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July  
2024

southeastexaminer.com Our 35th Year Vol 35 No 7 Portland, OR



Osoberry School is set to operate out of First Covenant Church starting this fall. Photo by Kris McDowell.

## New Osoberry School Aims to Provide Alternative Learning Environment

BY JAKE LUBIN

Opening this fall at E Burnside St. and 44th Ave. is the new Osoberry School, a Kindergarten through sixth grade school that aims to provide an alternative to the often regimented learning environment that is public education. The school's curriculum follows a holistic model of education, focusing on social and emotional learning as well as fundamental academics.

Emily Souther is the founder and only teacher at the school. She has a background as a public and private school teacher in Oregon and California, and currently works to support homeschool teachers. She felt like now was the right time to open Osoberry School. "We're seeing that [students] are fairly stressed out, they don't like the learning process and they don't like being in school," Souther noted. She attributes this to an imbalance of learning and play.

"One thing that has been really important in my teaching experience is giving a lot of time for recharging throughout the day," she explained. "We'll have these bursts of learning time and [we'll] really focus, and then we will have this time that we'll go outside and we can recharge."

In terms of numbers, Osoberry School is starting off small. With under 15 students and only one teacher, Souther is hoping to expand the school in the coming years. Osoberry is fairly unique in SE Portland, with the only other school similar to it being Sunstone Montessori School, which is much further south at SE 52nd Ave. and Woodstock Blvd.

Osoberry School curriculum features everything that would be expected from a normal public school. Core subjects like Math and English are similarly featured in the school's curriculum. Despite the incredibly small class size, and the wide variety of ages and experience, the curriculum still aims to meet kids ages five through 12 where they're at.

Souther also believes small class sizes can really help students with different neurotypes. "I've worked with a lot of kids who come from traditional school environments where they are crowded and overstimulated," Souther explained. "Instead of having 24 kids in the class, there's 14. Getting into that lower sensory environment allows them the sort of individual attention they need." Souther hopes the calmer environment and small class size will be a breath of fresh air for students who struggle in the public school system.

Enrollment across the board in Portland Public Schools (PPS) is down 9.5 percent in the last five years, a drop of nearly 5,000 students. This exodus may be due to a desire by parents to find schools that better meet the needs of their kids.

Souther also notes that childcare can be a big issue for parents enrolling their children in public school. "There's work-

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## Customers Able to Bring Reusable Containers to Restaurants

BY DANIEL PEREZ-CROUSE

Oregon residents looking to reduce their waste with an alternative to one-time use to-go containers when bringing leftovers home from restaurants, and possibly their entire meal, now can. The change is made possible thanks to a bill that instructs the Oregon Health Authority to update health codes and allow for a customer to use their reusable containers.

This results from SB 545 and takes effect beginning June 30. As stated in its text, the bill, "Directs State Department of Agriculture and Oregon Health Authority to adopt rules allowing consumers to use own containers for refilling with food at food establishment. Directs department and authority to adopt rules allowing food establishments to reuse take-home food containers returned to restaurant by consumer."

This bill came in conjunction with SB 543—which will phase out polystyrene foam food-ware, packing peanuts and other materials. This is an overall effort to reduce waste and public health impacts of single-use and plastic wares in Oregon. Both were signed by Governor Tina Kotek last year. It also comes not long after the Oregon Department of Agriculture adopted new rules enabling grocery stores, small co-ops and other retail establishments to offer sanitary reusable containers and refill systems.

When Senator Janeen Sollman, (D-Hillsboro), introduced SB 545, she said

that she'd held a listening session with 42 businesses who wanted these health code changes and were frustrated they weren't allowed to put safe systems into place that would allow them to accept customer containers.

However, the degree to which restaurants and other food establishments will be comfortable doing so and how they go about it is up to their discretion. There's nothing in the health code changes that mandates restaurants to allow for this and Sollman herself acknowledged that when introducing the bill. Some restaurants may not even know this change is happening. Therefore, it might be worth contacting restaurants customers want to bring containers to in advance to know their comfort levels and processes.

Adam, owner of A Taste of Casablanca, on SE Tacoma St., said he was aware of the changes coming and would be okay with customers bringing their containers. However, he said that customers would have to bring "clean" containers and that he wouldn't handle what appear to be dirty ones.

Orcaio Hernandez, owner of Birrieria La Plaza on SE Division St., wasn't initially aware of the health code changes at the time of being asked, but had no problem with it and felt it would be good for the environment. He also said it, "could be beneficial for the small businesses. If it

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## "AtmosFEAR" Malfunctions at Portland's Oldest Amusement Park

BY BEATRICE LIEBRECHT

One of Oregon's oldest standing amusement parks, located in the SE neighborhood of Sellwood, had over two dozen riders suspended in the air Friday, June 14. Known for its rides, carnival games, indoor roller skating rink and classic foods, Oaks Park has been a destination for families and students across the city for many years.

The "AtmosFEAR," labeled by Oaks Park as an "extreme" pendulum ride, offers guests the choice between two ride experiences: a 180-degree pendulum swing for those seeking a milder thrill and a whole 360-degree upside-down adventure for adrenaline enthusiasts.

The 28 unsuspecting thrill seekers who had lined up for the 360-degree experience were strapped into the ride and sent up as usual. The ride then stopped at what park officials called the "apex position," or the highest point of the 360-degree experience. Riders' legs faced the sky, and as the minutes ticked by, the malfunction

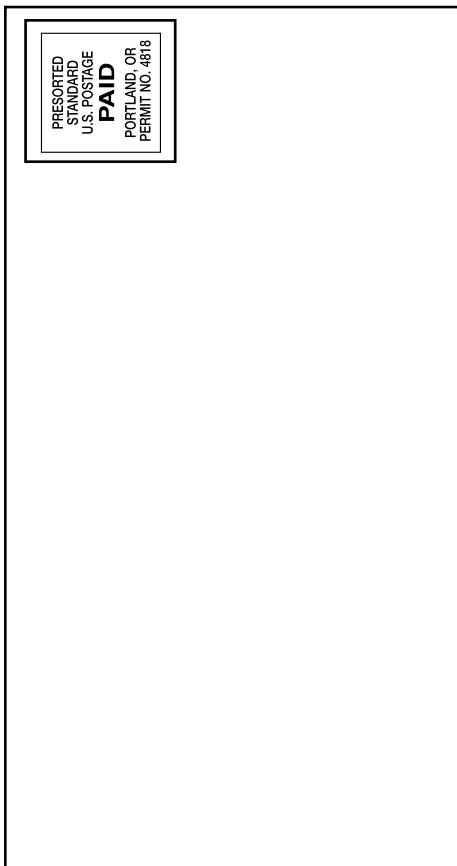
resulted in the park shutting down and all bystanders being escorted out of the park's grounds.

On one of the last days of classes for many Portland Public students, many onlookers said those trapped on the ride appeared to be students celebrating the start of summer break. In the age of digital media, when those on the ground noticed the malfunctioning ride, many turned to filming. Most videos were eventually posted on media sites like TikTok, garnering national attention to the incident.

Those watching the riders noticed shoes slipping off and phones falling from riders. However, riders remained buckled in until they were safely brought to the unloading position.

Some onlookers felt the Park did not handle the situation with the best communication, as there was only a megaphone simply repeating "Help is on the way" to the riders stuck, with no other reassurance.

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# Rs Representatively Speaking

BY STATE REPRESENTATIVE  
ROB NOSSE

I don't talk about the outdoors that much in these columns but with summer here I think this topic just makes sense. As you all know, just on the edge of our Oregon House district is the Willamette River. We have all heard someone say (or maybe we were the one to think) that the water's gross. Heck, if you asked me to get in a few years ago, I would have hesitated. But since 2010, Portland's Human Access Project (HAP), led by Willie Levenson, has been showing us that this untapped blue space is nothing but an opportunity for human community and fun. HAP has spent the last 14 years working to transform Portland's relationship with the Willamette.

Back in the early 1920s, the Willamette River was the spot of the summer for Portlanders. Places like Windemuth, a popular swimming and dancing floating platform located near Ross Island, hosted hundreds of swimmers a day. Sadly, all of these recreational facilities eventually shut down because the water quality became too poor. The city chose pollution over people—scaring Portlanders out of the river to this day.

What happened? Well, the Willamette River acted as the city's sewer for years until the Big Pipe was put in place. The Big Pipe Project stands as one of Portland's largest investments in the city's history, with a staggering \$1.4 billion price tag. At the completion of this 20-year project, Portland now sees only four to five sewage overflows into the river a year, reducing the number by 94 percent from its pre-pipe standard. This significant improvement paved the way for a safer, bluer, more inviting river; enter the HAP.

I met Levenson a year ago when he asked me to take a boat tour and learn more about the project and what they are trying to accomplish, particularly around the Ross Island Lagoon. The HAP movement leader grew up swimming. His connection with the water continued through college in Virginia where a river flowed right behind his campus. After college, Levenson moved to Boise, where the city river scene was flourishing. He fell in love with the recreational value of rivers and natural water. When



he saw that Portland had a large river flowing through its core, he made another move. Sadly, upon his arrival in Portland, he learned the river wasn't being used for recreation at all. So, in 2010, Levenson formed HAP to create new opportunities for engaging with this beautiful blue space.

In 2015, HAP was gearing up for its "Big Float," a grand parade, float and beach party in downtown Portland when Levenson received word that there may have been a harmful algae bloom in the river. Thankfully, after testing, this proved not to be the case.

As a result, two years later, HAP began a partnership with an Oregon State University (OSU) professor who teaches a river engineering class. Here, they sat at the meeting point of recreation and stewardship, demonstrating how we can enjoy our natural resources while taking care of them.

It seems like every year I read an Oregon Health Authority press release that the Willamette is unsafe for swimming because of algae blooms. These algae blooms have been traced to the Ross Island Lagoon.

Back in 1926, the US Army Corps of Engineers built a levee to connect Ross Island to Hardtack Island, turning two islands into what we recognize as one

now. This move created the Ross Island Lagoon, essentially a 140-acre pond inside the middle of the Willamette with zero water circulation and the likely culprit in creation of the algae blooms. To that end, HAP is working to prevent this from happening moving forward.

I am pleased to share that Multnomah County just approved a \$150,000 budget amendment to support HAP and OSU in addressing algae blooms by creating a channel for the Ross Island Lagoon. The project would restore water flow and the health of the water during the summer, making it safer and more enjoyable for all of us who want to beat summer heat and take a dip and, hopefully, preventing algae blooms. Please know that while there is an occasional health advisory for the Willamette, most of the season it is perfectly safe to take a dip in our river, though we should always listen to those advisories.

Our relationship with the Willamette River is evolving thanks to dedicated efforts by HAP and community leaders like Levenson and others. I am excited by Portland's emerging river culture and by the partnerships we're seeing to create this movement. This isn't just about swimming; it's about reconnecting with a vital part of our city's history and future that is good for our economy, too.

This summer, let's make the most of our Willamette River. Enjoy a concert or a boat ride or, yes, go swimming. But also help support initiatives that will keep the river clean and accessible moving forward. You can join HAP and enjoy a lovely summer swim party 5-9 pm at Duckworth Dock on Wednesdays. What's not to love about a live DJ, music and a sunset swim? It's events like these that remind me of the vibrant, community-centered spirit so central to Portland life.

Meanwhile, I am pretty sure Levenson is determined to get me to give swimming in the river a try. Stay tuned.

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Total circulation: 18,200  
(16,600 mailed copies + 1,600 placed in street stands)  
Mailed and distributed the last week of each month.  
Founded in 1989.

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

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## PCC Graduate's Journey of Resilience

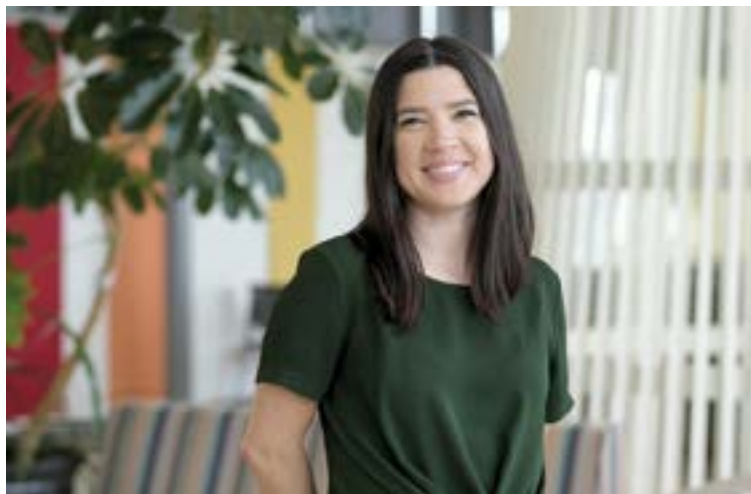
BY JAMES HILL

Portland Community College (PCC) student and recent graduate Gigi Giangioffe is all about being dedicated and a hard worker. These traits recently paid off as she was named a Bronze Scholar on Coca-Cola's 2024 Academic Team. Selected based on her performance in the All-USA Academic Team competition, sponsored by the Coca-Cola Scholars Foundation and the Phi Theta Kappa Honor Society, Giangioffe received a \$1,000 scholarship and beat out more than 2,200 applicants.

"Receiving this recognition feels great," said Giangioffe, who completed an associate degree in Creative Writing this spring. "I have worked incredibly hard the last two plus years, and there were definitely a couple terms where I briefly thought to myself, 'Can I do this? I don't think I can do this.' But I quickly brushed those feelings of self-doubt aside and assured myself that I could accomplish any difficult thing I set out to do."

Originally from Oakland, CA, Giangioffe found her home in the lush green spaces of SE Portland, where she has resided for the past few years. Her academic journey at PCC began when she was three months shy of her 31st birthday, a time marked by big changes and lingering self-doubt. Reflecting on her tumultuous 20s, she acknowledged the challenges she faced but emphasizes how finding stability reignited her drive and ambition.

"I struggled financially and in many other ways throughout my 20s, and I had completely



Gigi Giangioffe photo courtesy of Portland Community College.

written off college," she said. "I didn't have the money, the time, the drive, and I didn't believe in myself at all—I had genuinely forgotten I was a smart person capable of hard things. I found some stability and that made it easier to breathe and set goals and have dreams. I took these new goals and dreams and ran with them, always moving forward, and the only time I look back is to remember where I've come from and to smile at the girl I used to be."

Despite initially pursuing a degree in Environmental Science, her passion for writing, reading and editing eventually led her to switch her major to English and Creative Writing. She received her degree at PCC's commencement ceremony, which took place June 14 at the Veterans Memorial Coliseum. Giangioffe and thousands of newly minted graduates celebrated their degrees and certificates with family and friends at the ceremony.

Looking ahead, she as-

pires to become an editor, a published author and perhaps even a teacher. She attributes much of her success to the supportive community at PCC, from dedicated instructors to invaluable resources like counseling services and academic support centers. Giangioffe found solace and encouragement in the Women's and Queer Resource centers, where she could seek guidance, access resources and connect with peers who shared her experiences and aspirations.

"Having these communities, these instructors and these resources helped me every day," she said. "Honestly, I always had someone I could go to when I had questions, and I always had access to tea, snacks, and books—three of my favorite things. I have an incredible foundation outside of PCC, but these additional pillars within PCC have made all the difference. I don't know if I could have done as well as I did without the support of my instructors and peers."

## "AtmosFEAR" Malfunctions

from page 1

Both riders who experienced the malfunction on the "AtmosFEAR" and onlookers shared their pure terror online. Across various social media sites, many shared their experience. Some commented, speaking of plans their families have to sue the park. Others stating that some riders were on an eighth-grade graduation field trip, celebrating the beginning of the summer season.

Although authorities reported no serious injuries, the statement released by Oaks Park on X (formerly Twitter) said, "One rider with pre-existing medical conditions was transported to the hospital for further evaluation out of an abundance of caution. All other riders were released by medics to go home with their families."

The statement issued by Oaks Park also said that the malfunction occurred at approximately 2:55 pm. Shortly after, park staff contacted 911 and began emergency procedures. Rescuers with the Portland Fire Bureau arrived at 3:20 pm.

Minutes later, park maintenance workers returned the "AtmosFEAR" to the ground. Unfor-



Riders on "AtmosFEAR" were helped off by PF&R after it stalled. Photo by PF&R.

tunately, the ride had to complete swinging to return riders from the upside-down position to the safe and entirely stopped position, where they could be helped off.

The statement also mentioned that the ride has operated since 2021 without incident until now, and the root of the mechanical issue is unknown. The ride will remain closed until further notice.

"We wish to express our deepest appreciation to the first responders and our staff for taking prompt action, leading to a positive outcome today, and to the rest of the park guests who swiftly followed directions to vacate the Park to make way for the emergency responders to attend to the situation. Most of

all, we are thankful that the riders are safe and with their families," the statement said. They also mentioned that in 2023 local emergency response teams held a training at the "AtmosFEAR" ride as standard procedure, and the response plan was carried out effectively when the malfunction occurred.

Finally, the park offered refunds and opportunities to reschedule for onlookers and guests whose visits were cut short due to the malfunction. They urged attendees to keep their ride bracelets from June 14 to expedite the refunding and rescheduling processes, and to contact Oaks Park's Administration office Monday through Friday at 503.233.5777 or by email, info@oakspark.com.



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# Our Streets: Portland's George Floyd Protests

BY DAVID KROGH

100 days of protests in Portland is what was reported by both local and national media over the killing of George Floyd, a Black man who was killed by police in Minneapolis on May 25, 2020. These protests commenced on May 28, 2020, and lasted the entire summer, finally diminishing by October.

*The New Yorker* called the protests in Portland a “summer of rage.” Many of the protests were peaceful and orderly, like the march on June 4 which former Trail Blazer Damian Lillard helped lead across the Morrison Bridge to Waterfront Park. But emotions and tempers were high. A riot on May 29 influenced Mayor Wheeler’s decision to declare a state of emergency.

That and multiple protests fed massive crowd sizes (10,000 or more protesters estimated during the first week of June) and fueled small acts of vandalism which expanded into massive looting and violence, especially in the vicinity of the Multnomah County Justice Center. The riots became so intense that federal marshals were deployed by the Trump administration to Portland on July 2. The feds were especially aggressive after protesters used fireworks on both the Justice Center and the Federal Courthouse on July 4.

Mayor Wheeler tried to speak to protesters on July 22

and suffered tear gassing along with the protesters. Federal officers were finally withdrawn from downtown on July 30 to be replaced by state and local police officers. By August, new groups of broadly divergent and opposing political interests were violently provoking other groups. And by the 100th day of protests (September 5), protests were no longer focused just in downtown but at a variety of other locations all over the city. Into September the streak of protests wound down as demonstrations became scarcer and wildfire smoke deteriorated air quality.

At the protests was Sai (Sadiki) Stone, a Portland-based Black photographer. He recently compiled a collection of both black and white and color photos of one of the Floyd protest marches in Portland. Stone marched with the protesters and took all of the photos himself. These are self-published in a small book printed by and available online from Amazon entitled, *Our Streets: Portland's George Floyd Protests*.

In describing his work, the photographer/author stated, “I do other work, but I find myself drawn to street photography. I enjoy capturing life unfolding as an observer.”

Stone was asked why the book has no text explanations. “Yes, that was a deliberate

choice. I believe that art should be open to interpretation. Personally, I dislike it when movie directors dictate how I should perceive their work. I want to give people the freedom to experience whatever emotions the images evoke in them.”

And that emotion is clear to see in many of the photos within his book. Especially noteworthy is the image on page four of the woman carrying a poster which states “Say their names.” Her expression is extremely haunting and sensitive.

The photos in this book only cover one particular protest march. “These photos are from a march on June 4, 2020. We began on the eastside, marched over the Hawthorne Bridge and concluded with a rally at the waterfront. After the rally, I went to the park across the street from the Justice Center, where I captured the photos of police officers. I was given a lot of grace because I was marching alongside the subjects in my photos. At the same time, several people declined to have their photos taken, and I respected their wishes.”

Stone said that other than minor training and YouTube tutorials, he is self-taught as a photographer and relies on trial and error as the best teacher. As to the camera used, “I shot the photos in the book with a Canon 6D Mark II paired with a nifty 50 lens.”



Author Sai Stone. Photo by Christopher Scott.

When asked why it’s important to show Portland’s protests and what messages they convey, Stone stated, “It’s important for me to show Portland’s protests because of my own experiences with the Portland police. I understand the feeling of powerlessness that Floyd and many others

have felt. The media coverage didn’t accurately reflect the love and pain I experienced at the protests.”

And just how is Portland responding to all this? “While it might be easy to say that Portland

*continued on page 15*



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## SE Festival Receives Scale Up Grant

BY KRIS MCDOWELL

In partnership with Travel Portland, the Events & Film Office at Prosper Portland recently announced the five awardees for the 2024 Scale Up Grant, a competitive grant program that provides funding and technical assistance for local Portland events that are positioned to grow and attract attendance beyond the Portland metro region. Commissioner Carmen Rubio said, "Scale Up Event Grants build on Portland's reputation as a creative and eventful city. By helping mid-sized events grow to attract larger audiences, especially visitors to Portland, this program greatly benefits our community and our economy."

One of the five recipients is the 11th Annual Montavilla Jazz Festival (MJF). The MJF is a three-day festival that showcases the very best in Portland jazz. While other festivals focus on international acts, legacy heavy hitters or mainstream jazz, MJF instead supports and strengthens local culture by highlighting emerging and established artists from Portland's eclectic and vibrant jazz scene. Additionally, the festival offers Portlanders a unique and accessible way to join Portland's finest musicians as they chart new frontiers in jazz.

The Friday, August 30-Sunday, September 1 festival celebrates local artistry, food and shops in a village-style event suitable for the whole family. This year's event will feature more than double the number of performances over 2023, with concerts across the city. The lineup celebrates rising stars and creative, forward-thinking artists connected to Portland, with locally-raised and internationally-lauded saxophonist Nicole Glover bringing her trio to her hometown for the



Montavilla Jazz Festival. Photo by Kathryn Elsesser.

first time.

Neil Mattson, MJF Executive Director, said, "Montavilla Jazz is immensely excited to receive Prosper Portland's Scale Up Grant for summer 2024. This significant funding and technical support from Prosper Portland and Travel Portland will help us realize our grand vision for a fun and inclusive event that reaches more people, boosts the local economy and most of all, celebrates Portland's creative spirit."

Both ticketed and free concerts take place in iconic outdoor locations such as Mt. Tabor Park's Caldera Amphitheater and the Historic Downtown Montavilla Street Plaza as well as indoor venues including Strum, Portland Metro Arts, Vino Veritas Wine Bar and Bottle Shop and Montavilla breweries Montavilla Brew Works and Threshold Brewing & Blending in SE. The geographic footprint extends beyond just SE however and includes festival headliners at Alberta Rose Theatre and three of Portland's top pianists at The 1905.

MJF is the only Portland festival focused on the original music of the city's jazz artists, and this year's lineup is the first crafted by an artist-driven cura-

tion process. Mattson said, "We asked artists to tell us what they would love to present but might not have been able to without support, and they dreamed big. Every year, we are astounded by the way these musicians take risks and innovate. This year we're excited to invest in even more artist-centered programming that represents a wide breadth of jazz's creative spirit. It's a great way to usher in Montavilla Jazz's second decade."

The mission of MJF is not only to bolster Portland's dynamic jazz culture, but also to enrich the local community. Like the neighborhood that serves as its home, MJF is a progressive, diverse, locally minded event that offers Montavilla residents an opportunity to come together, form connections and plug into Portland jazz. The festival relies on the contributions of local businesses, donors and volunteers and is supported by local sponsors and community partners.

For additional details about MJF and to purchase tickets to concerts, visit [montavillajazz.org/festival](http://montavillajazz.org/festival). To learn more about Prosper Portland and the other 2024 Scale Up Grant recipients, visit [bit.ly/3VQEzVv](http://bit.ly/3VQEzVv).

## Going For a Hike? Get Prepared First

BY KRIS MCDOWELL

Before you head out on a hike on one of the many trails in our region or the Columbia River Gorge, for a day hike or longer, the Multnomah County Sheriff's Office encourages people to pack the Ten Essentials. While on a routine outing, some or maybe none of them will be needed but if the outing goes awry, you'll be better prepared to handle the unexpected. The Sheriff's Office says that the majority of people who need a rescue are not prepared for trail and weather conditions, or become disoriented and lost because they are unfamiliar with the area.

The Ten Essentials was originally put together by Seattle-based organization The Mountaineers for climbers and outdoor adventurers in the 1930s and has evolved. The list of items now includes navigation (map, compass, altimeter, GPS device, personal locator beacon or satellite mes-



The Ten Essentials. Photo by REI.

senger); headlamp/flashlight with extra batteries; sunglasses, sun-protective clothes and sunscreen; first aid items including foot care and insect repellent (as needed); knife and gear repair kit; matches, lighter, tinder and/or stove; emergency bivy or other shelter; and extra food, water and clothes beyond the minimum amount you expect to need. As the photo shows, these are primarily small items and will fit into a small to medium backpack.

Most people carry a cell phone, perhaps primarily for taking photos, but if you become lost, you'll have a way to call for help as well as a way to determine your location using GPS (if service is available). Make sure you know how to use your phone's GPS before heading out and that your phone is fully charged. Once you're ready to hit the trail, put your phone on battery saving

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## Summer Water Safety Reminders

Metro reminds Portlanders that when boating, floating or even splashing around, it's important to do so safely. Our area's rivers and lakes in and around Metro parks and natural areas are wild bodies of water and, unlike swimming pools, these waters can have currents, underwater hazards and dramatic temperature variations.

Always wear a life jacket and make sure it fits properly. Life jackets come in different sizes so make sure to check the label for height and weight requirements. Infant and child life jackets include a collar and leg strap. When putting a life jacket on yourself or others, make sure all zippers and clips are fastened, the straps are pulled tight and the jacket is at the shoulders. If it slides up to the ears, it's too big. If it stays tight, you're ready for the water.

Even if you are an experienced swimmer, go with a buddy. Knowing how to swim does not make a person drown-proof, regardless of age. Also, keep a close eye on children in the water at all times.

Signs of drowning are different in children than in adults. Older children tend to extend their arms to press down to try to lift their mouth above the water. Younger children typically remain with their face in the water with little to no movement in



Open water swimming. Photo by Metro.

their arms and legs. Rather than yelling, children struggle to take in air and it can be less than 20 seconds before a child sinks below the surface.

Choose natural water swimming spots carefully. Swimming in a river or lake is very different from swimming in a pool. Know the risks of natural bodies of water before you go. Those risks can include water quality issues, like blue-green algae; rocks and shallow areas; fast moving currents; and harsh weather conditions,

like strong winds that can send debris into the water and cause strong currents.

Swim, boat and supervise swimmers sober. Alcohol and other drugs can impair reaction time, reduce coordination, remove inhibitions and numb the senses. Just like you wouldn't drive impaired, neither should you recreate in the water impaired, for the safety of yourself and others around you.

By being mindful of water safety, a cool dip on a warm day can make for a relaxing outing.

## Curbside Battery Recycling



The Portland Bureau of Planning and Sustainability recently announced a new curbside battery collection service to collect and recycle batteries. Portlanders who live in a house, duplex, triplex or fourplex can now recycle their batteries by putting them in a one-quart bag and setting it out with their glass recycling. This new service makes it easy for residents to recycle batteries and addresses a rising problem across the country—battery-caused fires at recycling and waste facilities.

Any battery that fits in a sealed, one-quart bag can be set out for curbside collection. For batteries that say "alkaline" on the label, the battery can go right into a one-quart bag. If the label does not say "alkaline," tape both ends of the battery with clear tape (or for button and coin-shaped batteries, wrap tape around the entire battery) before putting it in the bag. If you can't tell what type of battery it is, tape it.

The sealed one-quart bag should be placed in a glass recycling bin, setting it on top of the glass so the waste collection driver sees it. Accepted batteries include AAA, AA, C, D, button-cell and coin, 6V and 9V; rechargeable and single-use; those labeled lithium, lithium-ion (L-ion), nickel cadmium (Ni-Cd), nickel metal

hydride (Ni-MH) and nickel zinc (Ni-Zn); and small batteries that can easily be removed (old cell phones, cameras, etc.).

Some batteries are not accepted at the curb and must still be dropped off for safe disposal. Anything that makes noise, lights up, heats up or moves and does not plug into a wall has a battery. This includes wireless devices, fitness bands, electric toothbrushes, cell phones, laptops, some toys and even "singing" birthday cards. These types of items and others with batteries in them, like vape pens and e-cigarettes, must be dropped off for safe disposal. Call 503.234.3000 (Monday-Friday 8:30 am-5 pm) or go to [oregonmetro.gov/askmetro](http://oregonmetro.gov/askmetro) for a drop-off location near you. These resources can also be accessed by people living in apartment buildings or workplaces that have batteries to dispose of.

Batteries should never be put in the trash or mixed recycling. Battery-caused fires in garbage trucks and at waste-processing facilities have increased dramatically in recent years. Not only do these fires put workers' lives in danger and produce millions of dollars in damage, Portland Fire Marshall Kari Schimmel said, "These fires can start and spread quickly, emitting large amounts of toxic smoke."

## Use ONE Online to Manage State Benefits

The Oregon Department of Human Services (ODHS) has introduced a new video how-to series. The short videos show the features of a ONE Online account. That's where people can apply for and manage their medical, food, cash and child care benefits. Video topics include creating a ONE Online account, using the Oregon ONE Mobile app, how to upload documents to a ONE Online account of the Oregon ONE Mobile app and where to find messages about your benefits in your ONE Online account and the Oregon ONE Mobile app.

"ODHS serves one in three people in the state. Folks let us know that they could use a little more help navigating their ONE Online account. Based on their feedback, we selected these topics for the video series," said Oregon Eligibility Partnership Director Nathan Singer. The videos are available in English and Spanish and can be found on the ODHS

YouTube page, [youtube.com/@ORGovDHS](https://www.youtube.com/@ORGovDHS).

In addition to using ONE Online and the Oregon ONE Mobile app, management of your medical, food, cash and child care benefits can be done in person, by phone, mail and fax. For in-person assistance, find an office near you at [oregon.gov/odhs/pages/office-finder.aspx](http://oregon.gov/odhs/pages/office-finder.aspx). Call 800.699.9075 (all relay calls accepted), fax 503.378.5628 or mail to ONE Customer Service Center, PO Box 14015, Salem, OR 97309.

The ONE Customer Service Center can provide help by phone in your language Monday-Friday, 7 am-6 pm. Bilingual staff speak English, Spanish, Russian and Vietnamese. Call 800.699.9075 and select your language. Interpreters are available in 16 other languages, as well. Find the appropriate number to call at [oregon.gov/odhs/benefits/Pages/languages.aspx](http://oregon.gov/odhs/benefits/Pages/languages.aspx).



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## JULY EVENTS

**COME THRU MARKETS** – The Black- and Indigenous-centered farmers market is held at The Redd on Salmon Street the first and third Monday, July 1 and 15, 3-7 pm, at 831 SE Salmon St. Visit [comethrupdx.org](http://comethrupdx.org) for a list of participating vendors.

**COMIC-CREATING WORKSHOP** – The Belmont branch of Multnomah County Library hosts Making Comics to Change the World Saturday, July 6, 11 am-12:30 pm. Wildfire cartoonist Breena Bard demonstrates the basics of making comics, designing characters and writing a script, followed by attendees writing their own one-page comic.

**MOVIE IN THE PARK** – The Buckman Community Association, [buckmanpdx.org](http://buckmanpdx.org), hosts a movie screening of "Ferris Bueller's Day Off" (1986) PG 13 at Colonel Summers Park Thursday, July 18.

**BLOCK PARTY CLEAN-UP** – SOLVE and CEIC partner for a litter clean up before Depave's 3rd annual block party. The clean-up takes place Thursday, July 25, 9:30 am-12 pm at SE 7th Ave. and Sandy Blvd. Advance registration required. Additional details and registration at [bit.ly/3Vnk8hp](http://bit.ly/3Vnk8hp).

**12TH ANNUAL BUCKMAN PICNIC** – The Buckman Community Association, [buckmanpdx.org](http://buckmanpdx.org), holds their summer picnic at Colonel Summers Park Sunday, August 4, 4-8 pm. All are welcome!

## Free Air Conditioning Units for Qualifying Portlanders

Portlanders can now dial 311 or go online to apply for a free cooling unit in advance of hot summer weather. Portland Clean Energy Community Benefits Fund (PCEF) is partnering with PDX 311 to equitably expand the reach of its Cooling Portland program, which connects people in need with free, efficient, portable units that provide cooling and heating. “Integrating PDX 311 allows us to connect with Portlanders in need and keep people safe ahead of the next heat wave or cold snap,” said PCEF Strategic Partnership and Policy Manager Jaimes Valdez.

PCEF launched Cooling Portland in June 2022 in response to the deadly June 2021 NW heat dome. Its goal is to install 15,000 efficient cooling devices in the homes of low-income people, with priority for those over 60, those with medical needs and those who live alone. It has installed more than 8,000 units in Portland homes to date.

“Because Cooling Portland is not an emergency response program during heat waves, people are encouraged to apply as soon as possible,” Valdez said. “This gives the program partners time to verify eligibility, order cooling units and schedule installation to their homes.”

To receive a cooling unit, Portlanders can talk to a PDX 311 staffer by calling 311 (or 503.823.4000 if using VOIP

phones) or filling out a secure web-based form at [bit.ly/3z2eidG](https://bit.ly/3z2eidG). PDX 311 is available 7 am-8 pm every day; staffers speak many languages and can easily connect interpreters for other languages (please allow 2-5 minutes for connection).

Cooling Portland provides life-saving and efficient portable heat pump/cooling equipment to Portland’s low-income residents, prioritizing those most vulnerable to the impacts of extreme heat fueled by climate change. In order to be eligible to receive a cooling unit, the recipient must live in the city of Portland, and have an income that is 60 percent or less of the Area Median Income, adjusted for household size. People with vulnerabilities are defined as people who meet income requirements and have two or more of the following risk factors: over 60 years of age, have medical conditions that increase risk of heat-related illness and are living alone.

If the applicant meets the program’s eligibility requirements, they will be added to the community partners’ installation list. Those who do not have two or more of the risk factors above will be placed on a waitlist until priority applicants have received their units. Most currently eligible applicants receive a highly efficient portable device that can cool during hot weather and provide supplemental heat in cold weather, Valdez said.

## Caring for Trees in Hot Weather

Portland Parks & Recreation’s (PP&R) Urban Forestry Team reminds the community that when temperatures soar, extra care is needed to ensure the well-being of Portland’s beloved trees. Not only are the trees a vital part of the city’s aesthetic charm, they also play a critical role in combating climate change and provide essential shade and habitat. Trees are an investment with long-term benefits; maintenance and ongoing care can help ensure their longevity.

Hydration is key, not just for humans, but for trees, too, in order to survive summer heat. During extended periods of high temperatures, it’s important to water trees adequately. Provide a deep, slow watering at the base of the tree to ensure moisture reaches the roots. Water in the early morning or late evening to minimize evaporation. For younger trees, consider using a five-gallon bucket with several holes drilled in the side at the bottom of the bucket. Fill the bucket and let the water trickle into the soil. Fill the bucket three to four times per tree.

Applying a layer of organic mulch around the base of trees can greatly benefit them. Mulch

helps retain soil moisture, suppress weeds and regulate soil temperature. Make sure the mulch is spread evenly and keep it three inches away from the trunk of the tree.

Young or newly planted trees may need additional protection from the sun’s intense heat. Use a shade cloth or burlap to create a temporary shade structure that reduces sun exposure. Remove the shade structure once the temperature drops.

Watch for signs of heat stress such as wilting, yellowing leaves or premature leaf drop. If the signs are present, take action immediately by providing extra water and care.

Different tree species have varying tolerance levels to heat and drought. Understanding the specific needs of the trees in your area can help you tailor an effective care routine. Even drought tolerant trees need water when they are young (in their first three to four summers).

Finally, during heat waves, avoid pruning trees as it can further stress the tree. For a comprehensive guide on tree care throughout the year, visit [portland.gov/trees/tree-care-and-resources](https://portland.gov/trees/tree-care-and-resources).

## Montavilla Pool to Reopen Later This Month

Portland Parks & Recreation (PP&R) has announced that they expect to reopen Montavilla Pool on or before Monday, July 22 following mandatory maintenance. The pool’s closure occurred due to a planned upgrade to the pool’s plumbing that required a more complex solution to achieve federal compliance. The work required fabricating and installing a new pool drain cover to meet Virginia Graeme Baker Pool & Spa Safety Act requirements. It also involved accessing the plumbing and drainage system through the pool’s concrete bottom with an excavator and other heavy machinery.

Since last summer PP&R aquatic maintenance staff have been unable to access Montavilla Pool due to an ongoing independent safety review. Once PP&R maintenance staff could access Montavilla Pool for summer 2024 preparations, they determined that the federally mandated plumbing and drain cover work would take additional time.



Montavilla Pool Open Swim. Photo by PP&R.

“Portlanders’ swim safety is paramount,” said PP&R Director Adena Long. “We appreciate swimmers’ and families’ patience and understanding alongside the diligent work of our maintenance teams as we adjust our reopening plans to prioritize swim safety for all. PP&R will continue to focus on keeping swimmers safe while improving swim literacy, through

infrastructure upgrades, training improvements, equipment acquisition, public education and the expansion of our Schools to Pools program.”

The city’s six other outdoor public pools opened for the summer at the end of June. For summer swimming schedules, visit the PP&R Aquatics website, [portland.gov/parks/recreation/pools](https://portland.gov/parks/recreation/pools).

## OHA Mental Health Resources

Nearly everyone faces challenges in life that can affect their mental health and emotional well-being. According to national statistics, one in five people will experience a mental health condition in a given year, and about half of all Americans will meet the criteria for a diagnosable mental health condition at some time in their lives.

Oregon Health Authority (OHA) Director Sejal Hathi, M.D., MBA says, “Too many people in our state are facing mental health challenges, and we want everyone to know you do not have to struggle alone.” Dr. Hathi, who has spoken about her own mental health journey, added, “In many of our communities, societal or cultural norms discourage people from reaching out, or even admitting that we may need some help.” OHA has a number of resources available to all Oregonians, including the following.

Community Mental Health Programs provide services related to mental health, substance use and problem gambling. A directory of these services, listed by county, is available. In Multnomah County, the Multnomah County Behavioral Health Division, [multco.us/behavioral-health](https://multco.us/behavioral-health), can be reached at 503.988.4888, as well.

The 988 Suicide & Crisis Lifeline is available 24 hours a day, seven days a week. The easy-to-remember 988 number is available for people experiencing any type of mental health challenge, substance use crisis or thoughts of suicide or self-harm. Anyone who needs support can call, text or chat in English and Spanish (interpretation services and American Sign Language are also available) and connect with

trained crisis counselors. The 988 Lifeline is also a resource for friends and families concerned about a loved one. Call or text 988 or chat online at [988lifeline.org](https://988lifeline.org).

The Mental Health Toolkit, found at [bit.ly/4a17GEe](https://bit.ly/4a17GEe), was created through a collaboration between OHA and Oregon Department of Education to help educators increase students’ academic achievement through meeting their mental and behavioral health needs. The Toolkit addresses six content areas: leading from strength to promote mental health, integrated model

of mental health, addressing traumatic stress, elevating student voice, centering racial equity and antiracism and promoting inclusive school environments.

Sources on Strength has two online resource packets. The first is Resources for Practicing Strength at Home, a 30-page document found at [bit.ly/3wxSkhT](https://bit.ly/3wxSkhT), and the second is a shorter version (nine pages at [bit.ly/3JYRpds](https://bit.ly/3JYRpds)) that also offers a wellness plan. Any resource in these packets can be used in classrooms, staff meetings, in individual or group counseling, or to practice strength wherever you are.



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# Bw Business Walkabout

## Farmhouse Carts Offer Diverse Culinary Options in Neighborhood-Friendly Space

BY ELLEN SPITALERI

For Reed Dow, the Farmhouse Carts site is more than just another cart pod: It is a “complement to the neighborhood” and provides a welcoming space for the community to enjoy good food from around the world.

Dow is the property owner of the Farmhouse Carts located at SE 35th Pl. and SE Division St., and has a long history with the

space. In the early 1960s, Dow worked at Dow Columbia, his father’s rug and furniture-cleaning business, located at 3525 SE Division St. It later expanded into house cleaning, environmental restoration and art and antique restoration.

The business was sold in 2007 and Dow remodeled the building in 2011, turning it into a

retail space. He saw the parking lot, tucked behind the building on SE 35th Pl., as an underused space that could become a vibrant neighborhood hub for people walking and biking in the area.

Dow said he chose the food vendors based on tasting food at a variety of carts in the city. “The cart business is a close-knit group; when I found someone I liked, they recommended another cart. It was good to get referrals,” he said.

The food vendors come “from all over the world and they represent different cultures and have different ways of running a business. This has been a learning experience for me,” Dow added.

Visitors to the cart pod will notice the handmade wooden tables and wooden decorative carvings hanging at the site—all made by Dow. Making them was “a labor of love,” he said, adding that his favorite part of going to the pod is “interacting with the tenants” and the community aspect of meeting customers.

Three months ago, Cody Galloway came on board to help with marketing for Farmhouse Carts and to increase visibility of the pod. Calling it a “hidden gem for food adventurers,” Galloway said the carts provide “a unique opportunity for residents; it is kid-friendly and dog-friendly and



Customers line up at Farmhouse Carts to enjoy food and drink from nine different vendors. Photo by Cody Galloway.

is a place people can come and hang out,” he said.

The food carts have an “international flair,” Galloway said noting that, at present, the carts include Mama Chow’s (Chinese), Sunrise Co. (breakfast sandwiches, coffee), Shera Indian Food, Narmpouh Thai, Gyro World (Middle Eastern), Papa’s Frita (Nicaraguan), The Bulgarian Job, Smash and Grab (sandwiches, burgers) and Migration Brewing.

Sunrise Co. serves breakfast sandwiches and is the only cart that opens at 8 am; it is closed on Tuesdays. All the other carts open at various times and some are closed several days a week; diners should check the website for availability.

For Galloway, Farmhouse Carts is a symbol of “reactivating” Portland. “When you see pockets like this, with local people bringing Portland back with their positive efforts, people feel good,” he said.

With that in mind, the cart

pod hosts craft-beer tasting with Migration Brewing 5-7 pm every Thursday; local musicians entertain diners once a month; and a mini-festival is planned for July 27.

“We will have face painting and balloon artistry, possibly a chalk artist, music and additional activities 5-7 pm,” Galloway noted. He added that a TV has recently been installed so that diners can watch sporting events and travel shows.

The space also hosts groups for parties and meet-ups, he said, adding that there is no charge for the space, but groups need to sign up on the online form on the website.

Why should people visit Farmhouse Carts? “For the excellent food with flavors you don’t get elsewhere, and the welcoming vibe,” Galloway said.

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## Customers Able to Bring Reusable Containers to Restaurants

from page 1

does take off and everyone ends up using their own containers, then for small businesses it’s one less thing to worry about as far as inventory.”

Beyond just the space and inventory factors, Hernandez said it could save money without the

need to purchase what can be costly to-go containers. This was something Sollman referenced when introducing the bill, saying, “\$24 billion is spent by restaurants and food service businesses on disposables each year in the US.”

Time will tell how this is messaged out to the public and restaurants. In the meantime, restaurants and consumers can now legally engage in using reusable containers to minimize waste, save money and support the state’s environmental goals.

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### 82nd Avenue Business Association By Nancy Chapin

The Album of Roses Photography Contest started on June 21 and continues through the end of July. Find the details at [82ndaveba.com/roses](http://82ndaveba.com/roses). We look forward to seeing your pictures with the locations noted. 82 Roses Community Enrichment Coalition, presenters of the Annual 82nd Avenue Parade, will assist in the contest judging.

Some of the rose gardens on 82nd Ave. are located at Springwater Carts (SE Harney St.), Motel 6 (SE Holgate Blvd.), Todd's Point S (SE Boise St.), Unicorn Inn (SE Kelly St.), BMO (SE Division St.), Washman USA (NE Glisan St.), Central City Concern (I-84), University of Western States (NE Tillamook St.), Banfield Pet Hospital (NE Schuyler St.) and more at residents to the north of Sandy Blvd. Walk the avenue and take time to smell (and photograph) the roses!

There are still a dozen roses that need homes on 82nd Ave. If you have some space for them, let us know right away at [info@82ndaveba@gmail.com](mailto:info@82ndaveba@gmail.com).

### Belmont Area Business Association By Blake Armstrong

The Belmont Area Business Association's end of summer event, the 2024 Belmont Street Fair, is currently accepting applications for vendors, sponsors and performers. Spots are filling up, so sign up now!

We also have our Annual Dinner coming up on Saturday, July 20. It will be held at PDX Commons and active BABA members will eat free. Everyone is invited, but if you plan to attend, we ask that you please RSVP as seats are limited.

For street fair, membership and Annual Dinner RSVP info, please follow our Instagram account, @belmontdistrict, and visit our website, [belmontdistrict.org](http://belmontdistrict.org).

### Hawthorne Boulevard Business Association By Nancy Chapin

From the drawbridge to the volcano, Hawthorne Blvd. businesses invite you to eat, drink, shop, check out the historic buildings and generally appreciate one of the oldest districts in the city.

Also, mark your calendar for the 41st Annual Hawthorne Street Fair Sunday, August 25, 11 am-5 pm. There will be music, art, hand-crafted and locally created clothing, jewelry and t-shirts, plus wall, garden and home decor. You will find local food and drink options, visiting food and treat vendors, plus information from and about community non-profits. Possible locations for a special kiosk on Hawthorne will be discussed. Where could it be? Is there a location for a community plaza with a kiosk focal point anywhere on the Boulevard? If you'd like to be on the planning team or volunteer on the 25th, contact [administrator@hawthorneblvd.com](mailto:administrator@hawthorneblvd.com).

## Want a Better Deal on Your Next Purchase? Haggling Could Help

BY CAMERON NAKASHIMA, BBB  
GREAT WEST + PACIFIC

Have you ever felt like you're paying too much on a large purchase, but didn't know how to get a better price? Or maybe you weren't comfortable asking for a lower price? If so, a little haggling might help.

Haggling, or negotiating prices, is a valuable skill that can help savvy shoppers save money and get the best value—especially on purchases related to your home, vehicle or other big-ticket items. While many people are intimidated by it—me included—haggling is a frequent practice that creates a healthy marketplace when done respectfully and the Better Business Bureau has tools and tips to help make it easy.

#### Why haggling

In today's economy, where every cent counts, learning how to properly negotiate can be extremely beneficial. The key is understanding that haggling doesn't have to be adversarial. When both parties approach it with integrity, it can lead to deals that satisfy everyone involved.

#### How haggling works

At its core, haggling is about buyers and sellers nego-

tiating back and forth until they agree on a final price. It operates on the premise that the initial price is just an opening offer, not necessarily set in stone. The buyer has every right to counter with a different proposed price until a final price is agreed upon by both parties.

Some people haggle because they enjoy the negotiation and scoring a good deal. Others do it out of necessity to ensure fair pricing. And, many choose not to haggle due to discomfort, the mistaken belief that it's rude or assumptions that prices are firm.

While not everything is negotiable—such as the produce at the supermarket—you'd be surprised how many scenarios allow for haggling. Such scenarios include major purchases like houses, cars, expensive services, large ticket items for your home or office, and more.

#### Tips for new hagglers

If you're interested in becoming a skilled haggler, here are tips to help you get started. First, do your research on the fair market pricing for whatever you want to buy. As part of this pro-

cess, price out similar items or get quotes for services from at least three reputable companies. You can easily get quotes from multiple contractors in your area by using the free Get-a-Quote tool on [BBB.org](http://BBB.org). The knowledge from your research empowers you to negotiate from a reasonable perspective.

If haggling makes you nervous, think of it as a conversation instead. You are simply communicating your needs and expectations to a seller so that you can make the best use of your money. Be willing to walk away if the seller won't meet your expectations—both financially and ethically. This demonstrates you aren't desperate and increases your leverage. Maintain a respectful, polite attitude throughout. The goal isn't to take advantage, but to find a satisfying middle ground for both sides.

By following these tips and approaching haggling with confidence and respect, even novice hagglers can significantly improve their chances of securing better prices with trusted businesses and getting the most value for their money.

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# AE Arts & Entertainment

## Entertainment and Education at OMSI



The month of July offers a mix of animated entertainment and educational events at OMSI. Opening Wednesday, July 3 is *Despicable Me 4*. In the first *Despicable Me* movie in seven years, Gru, the world's favorite super villain-turned-Anti Villain League agent, returns for an exciting, bold new area of Minions' mayhem in the Illumination production. Gru, Lucy and the girls welcome a new member to the Gru family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his femme fatale girlfriend Valentina, and the family is forced to go on the run.

Science Pub: *Tiny Tales of Lichen and Moss*, Tuesday, July 9, 7-9 pm, looks at these species that grow in every terrestrial biome on earth, serving key roles in each ecosystem. Researchers are still exploring their microscopic world, and discovering surprises along the way. Learn about their lifecycles, anatomy and ecology, as well as how to recognize a few species you might find at home, with Ruth Williams, Consulting Arborist for Community Forest Solutions. Tickets for both in-person and Zoom options are available.

Wednesday, July 31, 6-10 pm, is OMSI After Dark: Pickle it, a feast of fermentation. Learn how to make pickles, sauerkraut and more. The event is for the 21+ crowd and attendees can drink beer or wine and roam the museum without kids around. There will be science demos, performances, DJs, artisan food/beverage vendors and more.

For details about these events and all that's happening at the museum and to purchase tickets, visit [omsi.edu](http://omsi.edu). OMSI is located at 1945 SE Water Ave.

## Tomorrow Theater July Highlights



Spheeris making music videos for her business, *Rock and Reel*.

Tomorrow Theater, 3530 SE Division St., offers a wide variety of shows and performances, including some of which are free. That's right, \$0. One of those is the screening of the 2024 film, *Hit Man*, Thursday, July 11. Inspired by the true story of a fake hit man, it tells the story of a philosophy professor who impersonates small-time assassins for police sting operations, undergoing a personal transformation and getting too involved in the process. Although it is available for streaming, Tomorrow Theater is the only theater showing the film. To ensure seating, reserve seats for the 7 pm film (doors at 6:30 pm) online at [tomorrowtheater.org](http://tomorrowtheater.org).

Saturday, July 13 *The Elephant 6 Recording Co.* with Ross Beach and The Minders is presented by XRAYFM. The Elephant 6 music scene grew out of small southern towns (Ruston, LA and Athens, GA) and fostered 1990s psychedelic rock bands including Neutral Milk Hotel, The Olivia Tremor Control and The Apples In Stereo. The documentary provides insight into this revolutionary era of popular independent music in America, the defiant DIY spirit in music making, and champions the integrity of an authentic quest for artistic expressiveness over the more mainstream image of being a "successful" musician in our fame-obsessed times. Prior to the screening of the documentary, The Minders and Ross Beach will perform music from the film. Doors at 6:30 pm, performance at 7 pm and film at 8:15 pm. Tickets \$25.

The following night, 2023 film *Richland* will be shown, followed by a Q&A with the film's director, Irene Lusztig and members of The Hanford Challenge. The powerful film looks at the social impacts of the Hanford nuclear site in Richland, Washington, that was built by the US government to house workers who manufactured weapons-grade plutonium for the Manhattan Project. The film offers a prismatic, placemaking portrait of a community staking its identity and future on its nuclear origin story, presenting a timely examination of the habits of thought that normalize the extraordinary violence of the past. Doors at 6:30 pm for the 7 pm film. Tickets \$15.

The final weekend of July is Metal Weekend. One of four shows, Penelope Spheeris and *We Sold Our Souls for Rock 'n Roll*, offers a conversation with filmmaking legend Spheeris prior to the extremely rare screening of the film Saturday, July 27. To create the documentary about the 1999 Ozzfest, the crew traveled through 28 cities, each with crowds of 30,000-40,000, resulting in a remarkable and historic film offering the audience a unique view of life on the road. Directed by Sharon Osbourne, who refers to it as "an amazing historical document," Spheeris perceives this as her best music documentary. Doors at 5:30 pm, conversation at 6:30 pm, film at 7 pm. Tickets \$35.

## CMNW Summer Festival Events in SE

Chamber Music Northwest's (CMNW) 2024 Summer Festival, *The Beethoven Effect*, runs throughout July with more than 60 works performed. Instead of an exclusively Beethoven festival, it will also illuminate how Beethoven's genius generated ever-reverberating ripple effects in the world of music.

Three, free open rehearsals take place at Reed College in the Kaul Auditorium (3203 SE Woodstock Blvd.). Go behind the scenes and observe CMNW's world-class musicians working together to put the finishing touches on music for upcoming performances. An informal Q&A follows the rehearsal.

First up on Wednesday, July 10, is the John Luther Adams world premiere of "Prophecies of Fire" at 11 am, followed by the György Liget Trio for violin, horn and piano, Wednesday, July 17, 11 am and, finally, Jörg Widmann "180 Beats per Minute," Wednesday, July 24, 11 am.

In addition to the free daytime rehearsals, there are also nine evening concerts at Kaul Auditorium. *Sonic Evolution: Mendelssohn, Bernstein & Neikrug*, Monday, July 1; the final concert for the 2024 Young Artist Institute, Saturday, July 6; *Prophecies of Fire*, Wednesday, July 10; *Music on Fire: Beethoven, Brahms & Fagerlund*, Saturday, July 13; *Incandescence: Blazing Works by Joan Tower, Bartók & the "Kreutzer"*, Saturday, July 13; *Preeminent Piano: Beethoven, Ligeti & Goodyear*, Saturday, July 20; *Keyboard Convergence: Quintets, Quartets & Solos* Monday, July 22; *Soaring Soloists: Clarinet, Cello & Piano*, Saturday, July 27; and to close out, *Festival Finale: Celestial Virtuosity*, Sunday, July 28.

The concerts at Reed College are preceded by picnics (BYO or purchase on-site) and pre-concert preludes. For additional details on the above performances and the full festival line up, visit [cmnw.org](http://cmnw.org).

## Quinn Walker Album Release

Trumpeter Quinn Walker is releasing his debut album, *The Trail*, this month through Portland Jazz Composers Ensemble (PJCE) Records. The release represents a decade-long dream realized to present his compositional voice with like-minded emerging talents.

Walker, a composer, arranger and educator, strives to bring exciting music that can live within and outside the bounds of jazz idiom simultaneously. While receiving his Bachelor's degree in jazz studies from Portland State University and Masters degree in jazz studies from the University of Oregon, Walker became an important part of the jazz scene in Portland. He's shared the stage with the PJCE, the Chuck Israels Jazz Orchestra, the Ezra Weiss Sextet, George Colligan and consistently plays with local Portland bands/musicians.

On the album, Walker is backed by two different bands of equally ambitious Pacific Northwest up-and-comers and reveals himself as a talent to watch. The all-original set bristles with youthful energy and a confident compositional voice. Citing the past decade of dedicated study as a foundation for the release, it shows in the album's sophistication and instrumental prowess.

Walker says the album is "a documentation of my musical journey so far. It represents eight years of searching for where creative, improvisational music is moving towards, and finding where my compositional voice fits. Inspired by the lineage of jazz greats and the modern era fusion of hip hop, Latin music, sample-based music and avant garde with improvised music; the album displays my affinity for the wide variety of styles that I love and how my composition reflects that."

*The Trail* was recorded half in Eugene and half in Portland. Will Glausi (alto saxophone), Henry Coba (trombone), Robert Lasilla (bass) and Nik Barber (drums) joined Walker for the Eugene tracks and Adriana Wagner (trombone), Robin Fey (guitar), Xylyn Hathaway (bass) and David Hagen (drums) for the Portland tracks.

Visit [pjce.org](http://pjce.org) to purchase the album.

## Ocean-Themed Art Show

When Anna Figueira was asked to create paintings for an "ocean-themed show" at Sidestreet Arts, she thought about the kind of work she would create. Her thoughts immediately wandered to the Pacific Ocean, a vast place she has flown over for the past 20+ years, visiting children and grandchildren in Australia. On both shores, she has explored the mysteries of tide pools, snorkeled on fragile bejeweled coral reefs, trekked along rugged cliff-top trails and walked the sunny beachside promenades. Figueira called on these memories and their related sensations and emotions to guide her painting as she prepared for the show.

Figueira is one of three artists in Sidestreet Arts' July show, "Summer Idyll." The month-long show kicks off with the First Friday Artwalk July 5, with artists in the studio, and runs through Saturday, July 27.

Joining Figueira are artists Denise Krueger and Jude Welter. Krueger has been working in the ceramic medium for 25 years making hand-built earthenware sculptures inspired by natural forms, landscapes and the "bloopiness" nature of clay. Her pods were born out of a hand-building class she took. In her SE Portland home studio, she works to find the perfect combination of clay and glaze.

Welter has been employed as an artist in many different capacities over the course of the last five decades. Currently, she works from her studio in Oregon City and enjoys having her artworks in various galleries in the Portland metro area and beyond. It has also been a joy to be able to live part-time near the Pacific Ocean where it meets the Oregon coast, providing never-ending inspiration for her artwork.

Sidestreet Arts is at 140 SE 28th Ave., open Thursday-Sunday 12-5 pm, and can be found online at [sidestreetarts.com](http://sidestreetarts.com).



"Deep Beauty" by Figueira



"Blue Sea Urchin Pod" by Krueger



"Seahorse" by Welter



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## Summer Movie Season Classes at Movie Madness University

Though industry critics are saying that the Summer Movie Season is lacking this year, they haven't seen Movie Madness' July line-up of truly amazing classes. They'll be exploring bigger budget Hollywood films to independent foreign cinema, while celebrating iconic queer ancestors and shining a spotlight on the delightfully bizarre. July also sees the return of two of their incredibly popular What Is...? classes. To top it all off, there's a very special guest instructor.

Starting at the top is Eddie Mueller, the host of Turner Classic Movies *Noir Alley*, who is also a filmmaker. In a special class Sunday, July 21, 12 pm, Muller will present his 2008 short film, *The Grand Inquisitor*, a twisted take on San Francisco's most notorious series of unsolved crimes, and discuss his inspiration and process as a filmmaker.

Four single session classes take place, beginning right away Monday, July 1, 6:30 pm with *What Is Costume?*, exploring the important part costume plays in the visual language of film. Up next is *The Wonders*, Tuesday, July 2, 6:30 pm, looking at Italian writer-director Alice Rohrwacher's semi-autobiographical 2014 film of the same name. One more early July single session takes place Wednesday, July 3, 6:30 pm. *Central Station* and the Revival of Brazilian Cinema explores the cathartic narrative of 1998's *Central Station*, which functions as a modern fairy tale, and will discuss its place in the cinematic traditions of the Brazilian film aesthetic. The final single session class, *What is Movie?*, takes place Saturday, July 27, 11 am. The lecture class will provide a basic introduction to film appreciation and theory, introducing key concepts and vocabulary.

There are also four, four-session classes running Monday, Tuesday, Wednesday or Thursday evenings during July, starting at 6:30 pm. *WTF Was That?! Cult Favorites Edition* fills the Monday slot; *Our Iconic Queer Ancestors: Tab Hunter* explores the 1950s matinee idol Tuesdays; *Twisted Genius: David Fincher* is an expiration of the filmmaker's journey and spans two different eras of his career on Wednesdays and on Thursdays, *Edgar Wright: From Cult Comedies to Peak Geek* follows the director's journey from cult filmmaker to blockbuster director. Each class will look at a different film each week.

For class details and to register, visit [moviemadness.org/about/mmu](http://moviemadness.org/about/mmu). Classes are limited to 18 participants each so register as soon as possible to prevent missing out.

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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.*

## Strengthening the Pelvic Floor

As you may know, the muscles of the pelvic floor are very important. They support the bladder, bowel and uterus. They prevent incontinence of the bladder and bowel, and prolapse of the uterus.

Other functions of the pelvic floor include support for the internal organs and control of the sphincters, stability of the trunk during extremity movements and assisting the circulatory system to get lymphatic fluid from the legs back to the heart.

The pelvic floor muscles allow your body to absorb outside pressure from lifting heavy objects (and even coughing!) in a way that protects your spine and organs. The deep pelvic floor muscles consist of the pubococcygeus, iliococcygeus, coccygeus and puborectalis muscles.

The pelvic floor can be weakened by pregnancy, childbirth, prostate cancer treatment, obesity and the straining of chronic constipation. Incorrect heavy lifting, a chronic cough or sneeze, previous injury to the pelvic region and growing older are all causes of weakened pelvic floor muscles.

One of the most common signs of weak pelvic floor muscles is urinary incontinence. This can manifest as stress incontinence (leakage when coughing, sneezing or laughing), urge incontinence (sudden urge to urinate) or both. So how do you work on these important muscles?

To strengthen the pelvic floor muscles, lift (pull upwards) and squeeze the muscles (like stop-

ping your stream of urine) up to 10 times while sitting, standing or lying down. Don't hold your breath or tighten your stomach, bottom or thigh muscles at the same time. As you get used to doing pelvic floor exercises, you can try holding each squeeze for one or two seconds. These exercises can be done up to three times a day, and you should start to notice a difference at around three to six weeks.

Kegels are a great way to train your pelvic floor muscles by contracting and relaxing your pelvic floor. These can be done using a small soft ball or pillow between the knees while including the lifting and squeezing movements. You can do three sets of 10 repetitions several days a week.

Another great option is a physical therapist who specializes in pelvic floor training. This person may give you one-time information, or they may see you over the course of weeks or months to address your issue. This option is especially good if you are dealing with stress incontinence or urge incontinence. The therapist might have you try certain lifestyle changes (temporarily or permanently) as well as pelvic floor and breathing exercises.

Walking is also good for the pelvic floor, especially if you have been sedentary and inactive.

Pelvic tilts (while standing) and glute bridges (while lying on your back) can help as well. To perform the pelvic tilt, stand with your hands on your hips, and think of the pelvis as the shape

of a bucket; "tip" the top of the bucket forward and backward 5-10 times. To perform glute bridges, lie on your back on your bed or floor and lift the buttocks off the ground while keeping the knees bent and feet flat on the floor or bed; hold one or two seconds, then lower and repeat 10-20 times.

If you are more advanced, compound (multi-joint, multi-muscle) heavy weight lifting exercises of the lower body, such as squats, lunges and deadlifts, are hip thrusts that not only improve the strength of the legs and glutes, but the lower back, abdominals and pelvic floor muscles (which must be braced well in order to perform the exercise safely). If unsure, always consult a personal trainer or other fitness professional for guidance and cueing of correct techniques.

If your pelvic floor muscles are too tight, walking, yoga, pilates and targeted stretches can help. Pelvic floor tension myalgia, also known as pelvic floor dysfunction, is chronic pelvic pain caused by the inability to control your pelvic floor muscles. The muscles of the pelvic floor feel tight and constantly contracted, which is uncomfortable and can lead to long-term damage.

The primary treatment is physical therapy to retrain your muscles. Your doctor can recommend a therapist with training in pelvic floor dysfunction. Strategies physical therapists use include biofeedback to teach you how to contract and relax your muscles correctly.

It's never too late to start exercising these muscles! Pelvic floor issues are not an inevitable part of aging. Maintaining a strong pelvic floor can help prevent issues in the future.

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# NeighborhooD Notes

## Buckman Community Association By Susan Lindsay

Over the next several months, the BCA is hosting at our monthly meetings all the candidates for City Commissioner District 3. In June, we met Jesse Cornett and Dan Gilk. In July it will be Luke Zak, Rex Burkholder and Tiffany Koyama Lane. Come and meet your future commissioners to help inform your vote!

Meanwhile, summer is here and our Buckman Summer Events are in full swing! Coming right up is the Buckman Movie in the Park, the evening of Thursday, July 18 at Colonel Summers Park featuring cult classic and crowd favorite, "Ferris Bueller's Day Off."

Next is the 12th Annual Buckman Picnic in the Park Sunday, August 4, 4-8 pm at Colonel Summers Park. This event is over the top fun and should not be missed. The event is very kid (young and old) friendly, featuring music, an ice cream truck, fire engine tours, mini horses, prizes, splash pad fun, kids' games, face painting and a bouncy house or two! We always try to get a roving politician or two at the party. This being an election year, we can assume many will show up to woo your vote. While we will not be serving a hot meal as in years past, we hope to have free snacks and other goodies.

But we need volunteers and donations (both events are covered by our fiscal sponsorship so all business and individual donations are tax deductible). Sponsors will be recognized in signage and announced with great appreciation at the event. To volunteer, donate or get more detailed information, please email buckmanpicnicteam@googlegroups.com. We'll get right back to you!

If you live and/or work in Buckman, one of the oldest and greatest neighborhoods in Portland, and want to get involved in neighborhood projects, activities or community building, please contact the BCA anytime at buckmanboard@googlegroups.com or via buckmanpdx.org. We are also on Facebook and you are welcome to join our group and post your own events there. The BCA meets once a month, every second Thursday, 7-9 pm at Hinson Church, 1137 SE 20th Ave. (enter off Salmon St.). We also offer a hybrid option. Email us for the link!

## HAND By Jill Riebesehl

The Hosford-Abernethy NA June meeting was mostly all business, except for the visit with state Rep. Rob Nosse. He opened by saying it's been a light summer compared with the last few years of challenges. In his capacity, he covers and participates in a myriad of civic meetings and activities, which he shares in a newsletter as well as a column in this newspaper.

We discussed issues and problems of disadvantaged youths, public financing, housing and behavioral health care. Several people on our board are well-versed in much of this, making the discussion lively. Rob referred to Dr. George Keepers, chair of psychiatry at OHSU, who says what our state is doing on mental health is all wrong, as it is ranked 46th in the nation as measured by access to care and positive outcomes. We also discussed the pros and cons of the county taking over homeless sanctuaries managed by the city.

We, as well as Sunnyside NA, agreed to give Richmond NA \$300 for its annual movies in the park event. The movie will be "A Million Miles Away," Friday, August 30 at Sewallcrest Park. Entertainment will be youth martial arts One With Heart at 7:30 pm; the movie starts at dusk. We agreed to give our OK to the Hood to Coast run-walk relay to pass through a small section of our neighborhood Friday, August 23-Saturday, August 24. WeShine will be holding a "welcome day" for the Avalon Village sanctuary Saturday, June 29, 2-4 pm; the anticipated opening is late July. Chris Eykamp mentioned the old Kimball organ at Cleveland High. Members are concerned major changes at the high school may threaten it. The Columbia River Theatre Organ Society is holding concerts monthly on Tuesdays, for sure in September.

The Board discussed what HAND's role might be regarding the long-standing banana mural at SE Division St. and 12th Ave. and lent its support to two other murals.

We elected our slate of officers for the next interim, with no changes. And we agreed to change our regular meeting date to the second Tuesday of the month. The next meeting will be July 9, 7 pm at St. Philip Neri. Everyone is welcome.

## Mt. Tabor Neighborhood Association By David Petrozzi

MTNA hosted a neighborhood discussion focused on ensuring that summer events in Mt. Tabor Park are safe, secure, clean and considerate for everyone. Lieutenant Dominic Frederickson from the Portland Fire Department shared its existing plans for fire safety and the various ways they keep our park safe during dry weather, summer holidays and scheduled events. An officer from the Portland Police Department was also present to gather community feedback, aiming to fine-tune its response strategies for park events, particularly after dark.

Our neighbors then had the opportunity to share their personal stories of how these events impacted them, ask important questions to Portland Police and Fire regarding safety and security, and suggest ways to continue working successfully to address each other's concerns. It was wonderful to see our community come together to build a better, more enjoyable Mt. Tabor Park for everyone.

*continued on page 15*

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from page 13

A representative from the newly formed Tabor Dance Community shared their inspiring story of growth. What started as a small gathering of friends to boost mental health during the pandemic has blossomed into a vibrant community event, free and open to everyone. The group recently registered as a nonprofit organization. This step ensures their events will be properly permitted, addressing safety, parking, noise levels and fostering neighborhood goodwill. You can learn more about their story and upcoming events at [tabordance.org](http://tabordance.org).

MTNA's next meeting will be held Wednesday, July 17, 7 pm, online via Zoom. For more information, including how to register, as well as all of our additional neighborhood outreach, please visit [mttaborpd.org](http://mttaborpd.org).

### Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association met June 10. Meetings are the second Monday of the month, 7-9 pm, held at Central Christian Church, 1844 SE Cesar Chavez Blvd. The link to pre-register for Zoom attendance is on the agenda, posted to [richmondpx.org](http://richmondpx.org) and the RNA Announce listserv. Email [richmondnasecretary@gmail.com](mailto:richmondnasecretary@gmail.com) to be added to the listserv.

The annual Board Election was held June 10 and 11. All the candidates were elected—Fran Davison, Allen Field and David Michelson.

The Board voted to adopt the amendment proposed by SE Uplift to their Fiscal Sponsorship agreement on the annual fee structure. The Board also voted to pay the city the fee for the August 30 movie in Sewallcrest Park, "A Million Miles Away."

Field gave a report on the Spring Cleanup. A record number of cars came through (318), a record amount of bulky waste, Styrofoam and electronics was collected and it was Metro's second largest event this year for collection of household batteries, compact fluorescent lights (CFL), meds and sharps. Green Century Recycling, a new vendor, handled the Styrofoam and electronics recycling.

Goals for next year include eliminating the backup that occurred on Cesar Chavez Blvd.; adding more volunteers; enforcing the ban on construction/demolition/remodeling debris; organizing the rummage sale better; and having more organizations take unsold items from the Rummage Sale. The Styrofoam collection might be made a separate event next year to better ensure it won't rain on the event, which contaminates the Styrofoam. Contact [richmondcleanup@gmail.com](mailto:richmondcleanup@gmail.com) if you want to volunteer next year.

The next RNA meeting is Monday, July 8. Everyone is welcome. Check out a meeting and learn about ways to get more involved in the community.

### South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association (STNA) is in full swing this summer. In June, our 4th Annual Yard Sale/Garden Tour had more host sites than ever before—over 50 throughout the neighborhood!

Also in June, we revived The South Tabor Crow, a quarterly online newsletter that includes profiles of local places and people. To access the newsletter and sign up for our low-traffic mailing list, visit [southtabor.org](http://southtabor.org). And please fill out the quick survey in the newsletter with your feedback. We're already at work on the September issue and would love to expand our tiny editorial flock of two. Let us know if you'd like to get involved.

The enthusiastic response to The Crow brought new members to our outdoor June meeting and Board elections. Join us again in person Thursday, July 18, 7 pm to meet neighbors and new Board members and to discuss fall plans. Everyone is welcome!

## Going For a Hike? Get Prepared First

from page 5

mode, using it as little as possible in case an emergency does arise.

If you're heading out on a longer hike, the National Parks System recommends letting someone you know and trust, who is not going on the trip with you, where you are going, what you are doing and when you'll be back. Ask them to call the authorities and share your plan if you fail to return from your trip at the expected time.

Lost people generally fall into two categories, either panic or denial, according to the Sheriff's Office. Most people who have gotten lost say that they start to have feelings that something isn't right long before they stop to evaluate the situation. If those

feelings start to cross your mind, they recommend stopping and taking a break.

The most important step is to stop moving. Have a drink of water, and clear your head before replaying your actions from where you started until you stopped. Try to identify your current location, the last place you knew for sure where you were or at what point you made an error.

If you think you know where you are, ask anyone else that is with you (if applicable) or use navigational resources to verify your location. From there, assess what your intended route was, the equipment you have with you, the time of day, your physical condition, the terrain and

anything else that may factor into your next steps.

If you determine that you are in need of assistance and you have cell service, attempt to call 911. If the call doesn't go through, try texting 911 as text messages need less service than voice calls and the text will continue to "try" to go through for a period of time. Be ready to communicate your intended route and what may have gone wrong.

Most hikes will go as planned and you'll return from your outing having not used any of the Ten Essentials. But if you use just one of them, you'll be happy you took a few extra minutes before you headed out to pack them.

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## Osoberry School

from page 1

ing parents who are really struggling to find reliable childcare and are spending a lot of mental energy coordinating after school care." Osoberry School's pickup time is flexible, from 3 to 5 in the afternoon, as well as running from September to July, to provide more childcare for parents

whose needs aren't met by the public school system.

Souther hopes that Osoberry School can provide an alternative to the public school system by providing a curriculum that addresses the needs of students uniquely and personally, to provide a better future for them.

## Our Streets: Portland's George Floyd Protests

from page 4

is changing for the worse, I don't mind us shedding the 'Portlandia' reputation to show that we are far from perfect as a city. But we do have the opportunity to transform the town into a place that truly welcomes everyone."

In addition to photographic work, Stone manages a blog site promoting local hip hop artists. The site also showcases his own photographic work and book. Regarding his efforts, "I'd like to extend my heartfelt gratitude to

my village for their unwavering belief in me, even during times when I lacked faith in myself. To those who are just discovering my work, I extend a warm welcome—sit back, enjoy the show, it's up and it's stuck!"

The author is in the process of getting *Our Streets: Portland's George Floyd Protests* into local bookstores. In the meantime, information on Stone, his book and how to purchase it is available at [503tv.com](http://503tv.com).

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## Neighborhood Happenings:

### Kickstand Comedy in the Park

Laurelhurst Park  
[kickstandcomedy.org/comedyinthepark](http://kickstandcomedy.org/comedyinthepark)  
Every Friday through September 6, 6:30 pm

Free stand-up comedy shows featuring local and national comics every Friday all summer long! Bring a blanket and some tasty snacks and enjoy the show!

### Mt. Tabor Downhill Challenge

Mt. Tabor City Park  
Saturday, July 27  
[daddiesboardshop.com/collections/mt-tabor-downhill-challenge](http://daddiesboardshop.com/collections/mt-tabor-downhill-challenge)

Portland's longest-running downhill skateboard race is back for an 11th year! This year's race classes include Open Skate, Women's Skate, Master's Skate and Luge. Visit the website for registration.

### Waterfront Blues Festival

Tom McCall Waterfront  
Thursday, July 4-Sunday, July 7  
[waterfrontbluesfest.com](http://waterfrontbluesfest.com)

This year is the 37th anniversary of the Waterfront Blues Festival featuring a lineup of over 64 blues, soul and R&B musical artists, food trucks, breweries, wineries and more!

## HOW'S THE PORTLAND MARKET DOING?

WE ❤️

Inventory  
2.3 Months

Ave Sales Price  
\$603,000

Median Sales Price  
-\$3,500

Ave Days on Market (YTD)  
86 Days

Change in the Past 12 Months  
-0.4%

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