



Your Neighborhood News Source
Created and Powered by the Love of Community

September
2024

southeastexaminer.com Our 35th Year Vol 35 No 9 Portland, OR



2024 BIG BREAK BLOCK PARTY. Photo by Elle Hygge.

Depave Receives Metro Grant to Transform SE Street

BY KRIS MCDOWELL

Metro Council approved more than \$2.5 million in funding this summer through the Nature in Neighborhoods capital grants program. Five projects in greater Portland were selected to receive funding, including SE's Depave.

Depave empowers disenfranchised communities to overcome social and environmental injustices and adapt to climate change through urban re-greening. They transform over-paved places, create resilient community greenspaces, promote workforce development and education and advocate for policy change to undo manifestations of systemic racism.

Metro awarded Depave \$784,366 to retrofit an over-paved street in Portland's Central Eastside to improve bike and pedestrian safety, manage stormwater and

boost tree canopy. The project will create a public greenspace that will benefit thousands of low-income Portlanders. Depave worked on this project with PBOT, Portland BES, Prosper PDX, Zucker Eng. & Design, Knot Studio, KPFF, UWD Pre-Build, GPT Construction, Ground Score, CEIC/Central Eastside Together, Friends of the Green Loop, Friends of Noise, Art Heaux Studio, Bike Loud, Better Block and Push Movement.

Stormwater engineer, Adam Zucker, approached Depave five years ago pitching this project for the site at SE 7th Ave. and Sandy Blvd. as a continuation of his work at SE 9th Ave. and Sandy Blvd. He had applied for city funding to create bioswales and a ponderosa pine medium on Sandy to help regreen the area and provide stormwater management. Since then, Depave has been working with the city (PBOT and BES) who are supporters of the project. PBOT, who owns the street, has green-lighted the project to break ground in 2026 if the project can raise enough funds.

Over the next year, Depave will be working to raise those funds to be able to fully complete the project, called the Future Green Plaza, and begin to hone the project design. According to Katherine Rose, Depave Communications and Engagement Coordinator, PBOT has approved the current 10 percent project design and supports the cul-du-sac concept for the site. Earlier this year, Depave and project partners met with PBOT suggesting a phased approach to the project to partially depave the site. PBOT said they wanted the project to be completed in "one fell swoop" once the needed funds were secured. Rose said, "This was a huge moment for the project because it demonstrated PBOT's enthusiasm and commitment to the project."

In July Depave hosted their annual BIG BREAK BLOCK PARTY, launching a two-month closure of the site using

Construction of New Cleveland HS Requires Passage of Future Bond

BY DAVID MAYNE

Significant progress has been made on the design for a new multi-story Cleveland High School, but a major hurdle remains: funding for construction of the school. That funding would need to come from a future Portland Public Schools (PPS) school capital improvement bond. It was originally scheduled to be placed on the ballot in November of this year, but in late spring, the PPS School Board decided it needed more time to determine the scope of the bond package. They will now put out a bond on the May 2025 ballot.

Cleveland and Ida B. Wells are the last two PPS high schools to be either remodeled or fully rebuilt. The plan for a brand-new Cleveland was approved by the PPS School Board in early May 2024. It was developed through extensive community engagement that included input from a citizen-led Comprehensive Planning Committee, three Community Design Workshops and targeted outreach to teachers and students and groups and individuals that have been historically underserved. The project team also conducted a community wide survey where 81 percent of people supported building an all-new Cleveland High School.

Once funded, the new multi-story 315,000 sq ft Cleveland High School will be built on the existing four-acre site. The plan lays out the school into a classroom wing and a gymnasium/arts wing con-

structed around a secure courtyard, which will allow students to access outdoor gatherings, study and performance spaces during the school day.

The design also includes two new gyms, dance and wrestling studios, a 500-seat performing arts facility and a black box theater. The main building entry is planned to be located adjacent to SE 28th Ave. The design will also allow for separate after-hours entry to the gym, theater and community support spaces.

The highly energy efficient, all-electric building will have a significantly lower carbon footprint that also generates some of its own solar power. The existing track and field site will get upgrades to the field house, bleachers and practice areas. The design also includes updates to the parking lot.

The project team is now developing ideas for how the building and outdoor student spaces will be organized on the site. A citizen-led Design Advisory Group has been formed and will meet with the architects in the coming months to further refine the design of the new school. There will also be several more opportunities for community members to participate in the process through upcoming design workshops and open houses. The next event is a Public Design Workshop Saturday, September 21, 9:30 am-noon in the CHS Cafeteria at 3400 SE 26th Ave.

continued on page 8

Reconfigurations: Mt. Tabor's New Pathway and Art Installation

BY BEATRICE LIEBRECHT

On Mt. Tabor's newly completed multi-modal trail, the South Tabor Access Trail, located at SE 64th Ave. and Division St. to Sherman St., sits a freshly completed art installation. Six poets and one artist came together to craft a joint poem and art installation which now sits on the path and will continue to change and grow along with the foliage surrounding it.

The process of this installation began in 2016 when artist Adam Kuby was invited to join the design team of Opsis Architecture and Lando and Associates, Landscape Architecture, for the Parks Replacement Bond project at Mt. Tabor Yard and the new access trail.

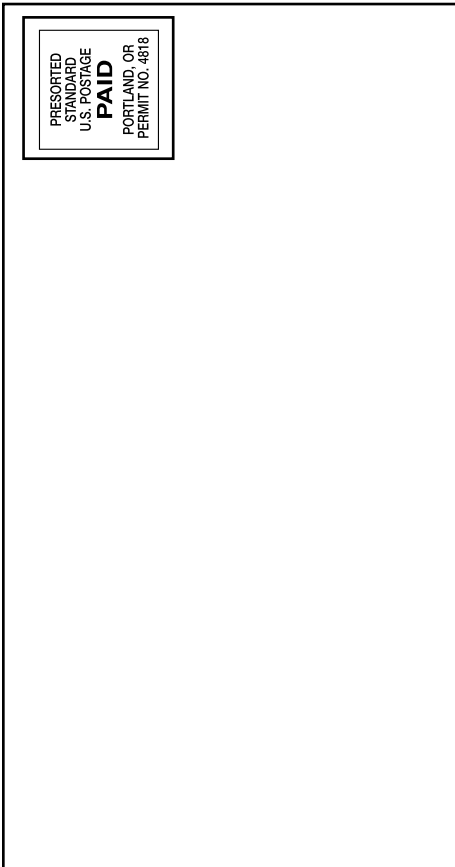
The project settled on a design of three sets of stones, each with poems relating to the theme of reconfiguration etched on them, all featuring a different tree in the center that will gradually shift (reconfigure) the stones' positions. Public Art Director and Project Manager, Kristin Calhoun,

then introduced Kuby to potential collaborators for the written pieces of the installation. They eventually landed on a group of six: Dao Storm, Samiya Bashir, Trevino Brings Plenty, Sam Roxas-Chua, Anis Mojgani and Stephanie Adams-Santos.

The poets were given the task of responding to the word "reconfigurations" in a short poem. Although this was the initial prompt, after meeting online and sharing a Google Doc the writers began to wander away from the strict theme of reconfigurations, exploring several different aspects of the physical element along with their fascinations. Mojgani explained, "Initially, we shared our responses to what the project was, our ideas and thoughts. Then all of us gave each other the time to write and share our pieces with each other." They then mutually agreed to blend their pieces, forming a new poem that would later be the words scattered across the granite on the pathway.

Over the course of the collaboration,

continued on page 5



continued on page 3

Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

As you read this, we are only 60 or so days out from the November election. Right?!? With that in mind, this column and October's will deal with topics that will be on our ballots as statewide ballot measures. There are five this year. I feel like this is something that I can talk about that is educational and a little less ideological or fraught with straight up politics, like endorsements of candidates. I will save that for my e-newsletter.

First up is Ballot Measure 118, dubbed by its supporters the Oregon Rebate, as it seeks to raise taxes on very large businesses to provide every Oregonian an annual check, a guaranteed income. If passed, the measure would raise taxes by three percent on companies with sales greater than \$25 million. Those taxes would then be distributed to every Oregonian, regardless of age or income level. Initial estimates pegged the benefit at \$750 per person, but a more recent analysis by the nonpartisan Legislative Revenue Office (smart tax economists who help legislators and the public understand tax policy and legislation) now has the benefit at \$1,600 per person.

When things sound too good to be true, they usually are. Ballot Measure 118 is one of those things. I suspect that might come as a surprise to some of you as I am a pretty liberal/progressive Democrat who has supported just about every tax increase that the legislature or the public via the ballot measure process has tried to pass.

Oregon's working families are struggling. I bet we all know someone(s) that could use \$1,600 right now. Having extra money to spend on food, gas and bills is useful. But I challenge anybody to look around and ask if raising taxes to give everyone in every household \$1,600 is the silver bullet for Oregon's problems. Is it that working Oregonians are struggling or is it that key things in our state are not working? It might be little of both. But working Oregonians who are struggling rely on decent schools and the health care system and Ballot



Measure 118 does nothing to help those struggling systems.

This was our worst forest fire season ever, and it is not over yet. Our public school system is not staffed as well as it needs to be for the outcomes we want. Tuition at our state universities and community colleges is too high and I already mentioned that our health care system, especially the behavioral health care system, needs investment as well. And we don't have enough affordable housing. If we as a state are going to make the difficult decision to raise taxes, we ought to raise taxes to address Oregon's most pressing predicaments.

Ballot Measure 118 would send checks to many people who don't need them, while making it harder to address the existing crises I outlined, along with a few others.

Noticeably, Ballot Measure 118 has drawn broad, bipartisan backlash. Legislative Republican leaders have decried the measure with the usual anti-tax talking points. However, leading Oregon Democrats, including Governor Tina Kotek, are also urging a no vote. "It may look good on paper, but its flawed approach would punch a huge hole in the state budget and put essential services for low-wage and working families at risk," said the governor. House Speaker Julie Fahey, Senate President Rob Wagner, as well as House and Senate Majority Leaders Ben Bowman and our own Kathleen Taylor, all called Ballot Measure 118 "a bad deal." Oregon's major unions have yet to weigh in, save for the Oregon Education Association, which came out against the Measure, but

I suspect more of them will also weigh in and urge a no vote.

I am sympathetic to the proponents' aims. As a long-time labor organizer, working people were squarely at the center of my work for my entire professional life. But so was/is standing up for a good healthcare system, paying for decent schools and lowering tuition. Moreover, as someone who got his start in politics in the 90's fighting against disastrous tax measures, I know all about how Oregon's uneven tax system benefits wealthy Oregonians at the expense of working Oregonians. But this isn't the way to fix that.

A tax increase of this scale has expectably drawn the ire of Oregon's business community. They make some good points. For starters, the tax is on sales, not profits. If a business has a large profit margin or a small one, they would be subject to the tax regardless of how well they were doing financially. This new increase would inevitably be passed along to consumers. The tax applies to every business along the supply chain. This means that as a product moves through the supply chain, the company manufacturing the product will be subject to the tax, creating a "tax on a tax." This would raise prices and potentially trigger job losses. Nowhere would this effect be more acutely felt than grocery stores.

In short, I am a "no" on Ballot Measure 118, and I urge you to vote "no" as well. If we want to try this approach, let's fix the "kicker," since we cannot seem to get rid of it. I will talk about the other four statewide ballot measures next month.

REX
FOR PDX CITY COUNCIL
DISTRICT 3

PAID FOR BY REX FOR PDX (23263)

rexforpdx.com

ALCOHOL and DRUG USE HABITS CAN BE HARD TO CHANGE WITHOUT HELP!
We want to help you start living a healthier more fulfilled life today!

Call 503-719-5250 to schedule a **FREE Consult**
Or scan code below

Scan to get started today!

Texas is located in the heart of Hawthorne!
3945 SE Hawthorne Blvd. Portland, Or. 97214
Para información sobre Servicios en español llame al 971-917-7163

European, Japanese and British Car Specialists
Since 1983

RE-BORN
automotive INC.

1800 SE M.L. King Jr. Blvd.
Portland, Oregon 97214
503-231-4947
Check out our Blog @ rebornautomotive.com

- Shuttle Service
- Amazing Folks
- Great Coffee
- Comfortable
- Convenient
- Locally Owned
- Outstanding
- Honest

SE THE SOUTHEAST EXAMINER

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor and Sunnyside neighborhoods.

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
Going Out/Arts & Entertainment:
goingout@seportland.news
Proofreader: Pete Dunlop

1020 SE 7th Ave #14313, Portland, OR 97293
503.254.7550 | southeastexaminer.com

©2024 The Southeast Examiner

Portland Chimney & Masonry Inc.

CHIMNEY REPAIRS & CLEANING
Serving the Northwest for over 35 years

CALL TODAY FOR YOUR FREE ESTIMATE
503-256-9140
www.portlandchimneyinc.com

Depave Receives Metro Grant to Transform SE Street

from page 1

the 10 percent project design as a template to trial run the future plaza. They followed that up with an August fundraiser with collaborator Push Movement that involved skateboarding, music, art and vendors in a family friendly environment and a giant puppet show with String and Shadow Puppet Theater.

Starting off September, there will be an Adidas skate team jam Thursday, the 5th, 5-7 pm. The event will feature world class skaters Miles Silvas, Mark Siciu, Lil Dre, Vincent Milou,

Jenn Soto and others. Events continue Friday, September 20-Sunday, September 22, when Depave will celebrate Parking Day, a global, public, participatory project. People across the world temporarily repurpose curbside parking spaces and convert them into public parks and social spaces to advocate for safer, greener and more equitable streets for people. They'll have interactive engagement activities, project designs, opportunities for feedback and lawn games to create a playful and engaging "park" in the street

at the Future Green Plaza project site. Parking Day will also be the culmination of the two-month closure of the site. The Depave block parties have provided feedback about the site and there will also be future community design events about the project.

Depave continues to invite the community to host events at the site; those interested can apply at bit.ly/3MfUtCU. If the plaza remains open past the anticipated reopening of the street Sunday, September 22, other community event pupups will be hosted.

10 Healthy Habits For Your Brain

BY ALZHEIMER'S ASSOCIATION OREGON & SW WASHINGTON CHAPTER

There are an estimated 79,100 Oregon residents living with Alzheimer's disease and more than 170,000 family members and friends caring for them. It's never too early or too late to start taking positive actions for your brain. Experts say the brain changes that cause Alzheimer's can begin 20 years or more before symptoms appear.

Growing evidence shows that modifying certain risk factors and promoting healthy behaviors can reduce the risk of cognitive decline and possibly dementia. Incorporate some or all of the following habits into your life to help maintain a healthy brain.

Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Stay in school

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.

Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day—walking, dancing, gardening—whatever works for you!

Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free

Quitting smoking can lower

the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.

Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to

you.

Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list—eating right, exercising and sleeping well—can help with maintaining a healthy weight.

Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

The Alzheimer's Association also has a list of the early signs of Alzheimer's and dementia listed on their website. If you notice them, don't ignore them. Instead, schedule an appointment with your health care provider.

How's That Old Deck Doing?

- Clear & Semi-Transparent Finish
- Oil or Water Formula
- Stain, Finish & Seal

We also carry

- Cleaners & Strippers (For wood & composite)
- Color Brightener & Rejuvenation Products

Do it Best DIVISION HARDWARE
 3734 SE Division St. • Portland, OR 97202
 503-235-8309
 Monday through Saturday 8:30 - 6:00
 Like us on Facebook WWW.DIVHW.COM

MANAGED MOVES
SERVING SENIORS SINCE 2006

MOVING DOWN SIZING ESTATE SALES CLEAN OUTS NOW HIRING

Call for a free consultation 503.780.7136

ManagedMoves.com ODOT: #198404 USDOT: #2899598

DENTURE WEARERS WITH UNTREATED SLEEP APNEA
 We're conducting a clinical study of two new oral appliance treatments, along with before and after home sleep testing. Call or text 503-329-1810 or email joy.thetmjclinic@gmail.com

mongoose CANNABIS CO.
 COME BY AND SAY HI - FIND US AT 3123 SE BELMONT ST.

DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF THIS DRUG. FOR USE ONLY BY ADULTS TWENTY-ONE YEARS OF AGE AND OLDER. KEEP OUT REACH OF CHILDREN.

This November, Portlanders will use Ranked-Choice Voting

Rank	1	2	3	4	5	6
Candidate 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate 2	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate 4	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate 5	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Candidate 7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Candidate 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Rank the candidates in order of your preference.
- Fill in no more than one oval per rank and no more than one oval per candidate.
- Only rank candidates that you support.

Learn more at portland.gov/vote

3-1-1

Bw Business Walkabout

Skyhook Bouldering

BY ELLEN SPITALERI

Cody Knope-Jenkins' desire to help people has taken him from being a personal trainer in his parents' basement and backyard to opening Skyhook Ninja Fitness in Tigard eight years ago and now to the grand opening of Skyhook Bouldering at SE 12th Ave. and Division St. on August 17.

"It felt like a relief, a huge weight off of my shoulders, and it brought such a sense of catharsis," said Knope-Jenkins, the CEO and founder of Skyhook Bouldering. "Here we close the chapter of almost being done, working 16-hour days seven days a week, and finally getting to see people using the gym we toiled over," he added.

"We had been looking for a second location for four or five years and then we found this building and knew it was the one; I love this part of town," Knope-Jenkins said of the former site of Carter Machine and Tool. He added that he chose the name Skyhook, as it is a technical ice-climbing term, and it "just sounds good."

The big, gray building looks much the same on the outside, but inside, the climbing walls sprout colorful plastic protrusions that are in fact hand and foot holds



Cody Knope-Jenkins, CEO and founder of Skyhook Bouldering, watches as Lara Carlisle attacks one of the colorful routes on the climbing wall. Photo by Ellen Spitaleri.

as climbers work their way over routes to the top. This leads to the question: What is bouldering? "Bouldering is climbing on walls with no rope; we teach you how to fall safely" on the cushiony mats below, Knope-Jenkins said. "Most people come in to experience a fun way to move their bodies and get a workout; even if you are new to climbing, you will have a great time," he said, adding that climbing shoes and chalk are available to rent.

As Knope-Jenkins and his team set about the months-long task of transforming an old building into Skyhook Bouldering, he realized that he wanted the facility to be more than just another climbing gym. He took

inspiration from sites in Europe, which he said are 10 years ahead of the US, and also from the Seattle Bouldering Project, a modern rock-climbing gym with frequently redesigned routes, plus a fitness center and cafe. That is why Skyhook Bouldering features adjustable walls with routes set up for easy, moderate and harder climbs; routes will frequently be reset to offer continuing challenges to climbers.

"We have classes for beginners and personal trainers; we take the time to set people up for success," Knope-Jenkins said. The new gym also has an area for conventional fitness activities, a hanging plant wall to bring nature inside and for those who need refreshments, Sip, a coffee cart, is located just outside. But even more importantly for Knope-Jenkins, Skyhook Bouldering provides what he calls "a third space," that takes people beyond home and office. "Our society doesn't have that anymore. I wanted to create a space to build community, a space for people to hang out," he said of the area with comfortable seating, adjacent to the climbing walls.

It is also important to Knope-Jenkins to keep membership fees as accessible as possible, and potential members should check out the website to choose the plan that best suits their needs. The website also has a section for frequently asked questions, rules and regulations for the new facility and a section about safety measures. Members will have access to the facility 24 hours a day, although staffed hours vary (currently Monday-Friday, noon-9 pm, Saturday and Sunday, noon-6 pm)

The bottom line is that Knope-Jenkins is passionate about climbing, noting that the sport "is not just about strength and technique, it is also about problem solving; a good route challenge will teach you something." When route setting is done well, he added, "it is the intersection of art and movement. It is like an art project, but people get to experience every part; it is interactive, hands-on."

Skyhook Bouldering
2436 SE 12th Ave.
503.683.7356
Skyhookbouldering.com

CORRECTION
In "The Tigers of Lents" article in the August issue it was incorrectly stated that the author would be doing a reading October 3. The correct date is Wednesday, October 30.
The Southeast Examiner regrets the error.



**Pruning & Shaping
Removal/Stump Grinding
Hedges & Storm Damage
CALL FOR FREE ESTIMATE!**

Tom Burke, owner, has 40 years of fast, dependable and professional service.

503.771.4061
treemastersestimates@gmail.com
treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995



KIRKLAND ANNEX APARTMENTS
AFFORDABLE RETIREMENT LIVING **503-774-8885**



- STUDIO & ONE-BEDROOM APARTMENTS
- AFFORDABLE RENT WITH NO APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE FOR THOSE THAT QUALIFY
- IDEAL URBAN LOCATION NEAR SHOPPING, BUS LINES, AND RESTAURANTS
- SMALL COMMUNITY ATMOSPHERE - RELAXED AND FRIENDLY

7810 SE FOSTER ROAD
PORTLAND, OREGON 97206

THEUNIONMANORS.ORG





Portland, are you ready to

- 1 RANK
- 2 YOUR
- 3 VOTE



**Get ready for the Nov. 5
election with us!**


Learn more:
Portland.Gov/Vote2024
Questions? Call 3-1-1



Ride More, Pay Less



Ride all you want for just \$28/month with our reduced-fare Hop card.



Apply now at
trimet.org/save **TRIMET**

Reconfigurations: Mt. Tabor's New Pathway and Art Installation

from page 1

the poem came together and grew. With no dominant voice, the poets all created and all the voices dissolved, with themes emerging from all six of them. Displacement, diaspora and the relationship of time, especially the stones being a message to the future and the past, were all explored in the poem.

The themes of longevity and the relationship of time was central in the writers' process. The stones on which the words were laid have a long history, coming from an aquarium in eastern Oregon, and the writers were fascinated by it. They focused on the actual journey of the material, the crystals and worked on addressing the stones.

Looking into the future as well, this installation has a long-standing aspect. These words will stick around. But time will change them. If a tree falls on the rocks, they may crack. Where do they crack? How does that language differ from what the poets wrote? These are things the poets considered when writing the poem.

The trees placed alongside the three stones are all different—an Amelanchier grove which will not grow tall, the next is a Sequoia, a tree known for becoming very big over many years, and finally an Incense Cedar, a tree near and dear to Kuby.

Following the completion



Art installation on Mt. Tabor's multi-modal trail. Photos by Beatrice Liebrecht.

of the written portion, Kuby arranged the words and phrases separated by the poets in a diagram of how they potentially would fall on the rock. Conversations were had discussing how they would place certain things now that they had the shape of the surface available to them.

The next step began in the winter of 2023, when the words were blasted into the granite. The rocks all look different, one with a crack and another with sharp edges, meaning placing words and pieces of the poem had plenty of intention.

Collaboration was a major part of this multi-year project for all involved. Mojgani appreciated working with his peers, finding it motivational in a sense, "It can be

hard to not be in control of everything, but I think it really grows you as a person."

Calhoun had the same outlook on the project, as she put her trust in both Kuby and the other poets. "Collaboration is, for me, one of the most exciting things about working in the public realm," she explained. "Sometimes it doesn't work. It can be hard. Sometimes it's really hard," she continued. "The fact that it had such a long path might have helped that. The passion and dedication in this installation may go unnoticed by some. But the work behind the scenes is full of heart and, of course, a lot of time—years, even."

Despite the path being open to the public for a few months, the



unveiling of this public artwork at Mt. Tabor took place on July 31. Four of the six poets were able to attend and speak, along with almost everyone else involved. Kuby opened the installation with a passion felt across the audience. "I want to thank our six talented writers. I'm so honored that you wanted to collaborate with me on

this piece. You know, it's been a long time, but hopefully these stones and trees and your words will be here for a very, very long time. And so I like to think of projects like these as a bottle of wine that's just been poured, and it's just going to get better with age, [just] as trees evolve and grow."

You know who you are.

Doctors in our network want to, too.

Discover doctors in Humana's network who get to know the whole you

With Humana, you'll get access to providers who want to know more about you, not just what's in your medical file. Doctors who are dedicated to listening to what's important to you, so you can continue doing what you love. Because when we say we connect you to senior-focused personalized care, we mean care that's focused all the things that make you, you.



Specialized primary care for adults 65+



A professional care team that takes the time to listen



Care beyond the clinical with mental health and social wellness support



Find a Vancouver Clinic location near you

Vancouver Clinic Gresham Square
340 N.W. Burnside Rd.
Gresham, OR 97030

Vancouver Clinic Happy Valley
11211 S.E. 82nd Ave.
Happy Valley, OR 97086

Vancouver Clinic Lloyd Station
1200 N.E. Broadway, Ste. 20
Portland, OR 97232



Call a licensed Humana sales agent

877-388-8277
Monday-Friday
8 a.m.-8 p.m., ET
Hablamos español



Visit [HealthThatCares.com](https://www.healththatcares.com) or scan the QR code.



Other Providers are available in our network. Provider may also contract with other plan sponsors. Important! At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-855-205-7829 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-346-2176 (TTY: 711). 繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-205-7829 (TTY: 711).

Y0040_GHHMBNAEN_C

Free Courses For Low Income Adults

Oregon Humanities is now accepting registration for three Humanity in Perspective (HIP) courses taking place in the 2024-2025 academic year. HIP offers free community-centered courses to Oregon residents who do not have a four-year degree and are living on low incomes or otherwise facing barriers to continuing their education. Participants do not need a high school diploma, GED or proof of legal residence to qualify.

Students who participate in HIP can earn up to 12 transferable semester credits from Bard College. There are no tuition costs or fees and all readings are provided. Bus tickets, technological assistance, childcare reimbursements and mentorship are also available to support student success.

Course schedules vary, but classes generally take place two evenings each week. The fall 2024 and spring 2025 classes—What is Democracy? and Yesterday Was the Future: Modern Art, Futurisms and Artificial Intelligence—will meet in person at Oregon Humanities' downtown Portland office, while the win-

ter 2025 course—Worlds Within Words: A Cross-Cultural Exploration of Multimedia Memoir—is offered online via Zoom. What is Democracy? begins Monday, September 30.

For over 20 years, the HIP program has provided opportunities for hundreds of Oregonians to earn free college credit while participating in a supportive learning community. Experienced instructors center class exploration in core humanities subjects such as art, history, philosophy, literature, writing and critical thinking.

Rozzell Medina, HIP program manager and lead instructor, says, "Some people [join HIP] because they want to go to college and they see this as a good way to get a foot in the door and earn free credits while they're at it. Other people join because they want to learn with other thoughtful people about the world we live in and what it means to be human. Whatever the case, there's a lot of room in these courses for diverse interests, perspectives and motivations."

Registration and additional course details at bit.ly/4cD4IRZ

Belmont Library to Close September 7 For Renovations

Multnomah County Library (MCL) is starting construction on one of its transformative renovations and expansions. Belmont Library will more than double in size to approximately 15,000 square feet, keeping the original 1924 brick building and adding a new, two-story addition.

To start on the updates and provide time for staff to move out, Belmont Library will provide door service only starting Saturday, August 31 through Friday, September 6. The location will fully close to the public September 7 to start the construction process.

Belmont Library is one of the busiest locations in the entire county, yet it has one of the smallest footprints (approximately 6,000 square feet). It's a textbook example of the space shortage the library bond is working to fix. As part of the library bond, Belmont is one of seven libraries the library will expand, renovate or construct. Through updates, Belmont will serve patrons more efficiently with features that are engaging and representative of the community.

Based on community input, new features of the library will include a large interior play and learning space for children and families; flexible meeting spaces



Draft rendering of Belmont Library's exterior from the northwest courtesy of Bora Architecture and Interiors.

for community use; a teen area with space for technology, homework and creative expression, updated technology and internet; and new art that reflects the community.

"Belmont Library is one of the busiest libraries and serves an active role in the community every single day," said Annie Lewis, Interim Director of Libraries. "As Belmont undergoes an exciting renovation and expansion, this updated library will be a truly beautiful and impactful place for everyone."

During construction a temporary location at 3557 SE Hawthorne Blvd. will serve the com-

munity. Opening Monday, September 9, the location will offer limited services, including holds pick up, Lucky Day items, 24/7 book returns and free mobile, wireless printing.

MCL encourages patrons to visit other locations for additional services beyond those provided at the temporary location. They suggest Holgate Library (7905 SE Holgate Blvd.) and the Central Library (801 SW 10th Ave.).

Belmont Library is scheduled to reopen in winter 2025/2026. Stay up to date on the latest news about Belmont Library and all MCL building projects at multcolib.org/planning.



OLD PDX HOMES
Specializing in Old & Historic Homes




Tracy Wiens
Principal Broker

Kristin Fitzgerald
Broker

503.516.8162
tracy@oldpdxhomes.com



WWW.OLDPDXHOMES.COM
Licensed in the State of Oregon



JOIN OTHER SE COFFEE SHOPS AND RETAILERS WHO ARE STOCKED WITH COPIES OF EACH MONTH'S ISSUE OF THE SOUTHEAST EXAMINER.

EMAIL EXAMINER@SEPORTLAND.NEWS FOR MORE INFORMATION.



Roger Jones (4/14/47 ~ 8/8/24) Homage to Hawthorne Boulevard's Hero

In the 1940's the first business organization on Hawthorne hosted the Rose Festival Parade when the downtown route was unavailable. Forty-three years later, in 1983, Roger Jones, owner of *The Sporting House* (where *Jam on Hawthorne* and *Hawthorne Hideaway* are today), reorganized the business association and celebrated it with an event on the Boulevard. The first Hawthorne Street Fair ("HSF") was born, the following year, it was held in an empty parking lot at SE 36th Ave. Roger knew the Boulevard well because his grandmother lived above where *Zach's Shack* is now so this was the perfect half-way point for Hawthorne's first ever Street Fair.

Though that first Hawthorne Street Fair (HSF) year was minimal, with a single entertainer and a few community tables, within six years, it grew from that parking lot to include a second lot at a drive-in restaurant. By 1994, HSF grew to feature four music stages, a Children's Stage, Main Stage next to *Showcase Music* at SE 34th Ave., an Acoustic Stage at *Hankins Hardware* on SE 17th Ave., and the International Stage at SE 44th Ave. And look what we have now!

It was Roger's dream to make Hawthorne Boulevard a vital and viable part of Portland. The street fair was just part of that dream. The Hawthorne Blvd. Business Association, now in its 41st year, was another part of that dream, along with more current achievements such as the peace poles in the little park on 50th.

Many of us remember the afternoons when we would run into Roger on the Boulevard, greeting neighbors and saying hello to store owners, most who knew him personally. Hawthorne Boulevard stretches from the Hawthorne Bridge to the volcano in Mt. Tabor Park.

Congratulations Roger, on achieving your dream. We thank you and will miss your passion for all things Hawthorne.

OHA Urges Measles Vaccinations

With the start of the new school year looming—and an on-going measles outbreak in three counties: Multnomah, Clackamas and Marion counties—Oregon Health Authority (OHA) officials are urging parents and guardians to get their children vaccinated against the highly infectious virus.

A total of 25 confirmed cases of measles have been reported in Clackamas, Marion and Multnomah counties, all among unvaccinated individuals. Two people have been hospitalized, and there have been no deaths. 10 of the cases are nine and younger; 10 cases are ages 10 to 19; and five cases are 20 and older.

Paul Cieslak, M.D., OHA medical director for communicable diseases and immunizations, said state and county epidemiologists have seen several waves of measles cases since mid-June. It's the largest measles outbreak the state has seen since 2019, when Oregon experienced 28 cases linked to a much larger outbreak in Clark County, WA.

"Before 2019, you have to go all the way back to the early 1990s to see case counts this high," Cieslak said. "The reason is we maintained very high vaccination rates and very high population levels of immunity. Unfortunately, we've seen an erosion in the percentage of people who

are getting vaccinated against measles."

Since about 2000, an increasing number of parents have chosen nonmedical exemptions from state school vaccination requirements for their children. Before that year, only about one percent of kindergartners had vaccination exemptions; since then, the number has risen steadily, and during the 2023-24 school year, the exemption rate reached nearly nine percent.

"In Clackamas County, as in other Oregon counties, pockets of unvaccinated people raise risk of infection in communities where they live," Clackamas County Health Officer Sarah Present, M.D. said. "That's why the counties reach out to every case that's been identified and try to determine exactly where they've been while infectious."

Someone with measles can spread the virus up to four days before the tell-tale rash appears, and their symptoms may be mild during that time. As a result, the counties and OHA have been sharing information about specific locations that cases are known to have visited, so "we can let members of the public know they may have been exposed to measles," Present said.

She noted that since measles is so contagious, an estimated 95 percent of a population needs

to have received two doses of measles vaccine to be able to protect the most vulnerable members of the community via community or "herd" immunity.

Measles is a highly contagious, airborne disease. Measles starts with a fever, runny nose, cough, red eyes and sore throat, and is followed by a blotchy rash that starts on the face or at the hair line and then spreads all over the body. Approximately 30 percent of reported cases have one or more complications including pneumonia, ear infections or diarrhea. Rarely, the virus causes encephalitis (brain infection). Complications are more common in young children and adults.

Getting the MMR (measles, mumps and rubella) vaccine can also help families avoid the burden of having to isolate at home for several weeks if they are exposed to measles. According to state law, an unvaccinated person exposed to the virus must be excluded from school or child care during the period when they could become sick, which is usually for 21 days after exposure. And this exclusion can be extended if there are more measles cases.

"It's really an important time to make sure students and their families are up to date on vaccinations as we go into the new school year," Present explained.

Green Century Recycling Accepting Styrofoam

Since Agilyx in Tigard stopped accepting Styrofoam earlier this year, it's been increasingly difficult to find a place that can recycle the product. Recently, Green Century Recycling in NW Portland began offering Styrofoam and plastic recycling to residents and businesses.

The fee is \$10 per 45-gallon bag and plastics should be sorted by type. Public drop off at 2950 NW 29th Ave. is Monday-Friday, 8 am-5 pm and Saturday, 11 am-3

pm. Dock appointments are required for commercial, truck and loads of two or more contractor garbage bags; contact Green Century for pricing.

In addition to Styrofoam, Green Century accepts other types of plastics, electronic waste and solar panels. See their website, greencenturyonline.net, for full details on items that are accepted and sorting plastics into their appropriate type for recycling.



We're ready to host your events!

- Birthdays
- Baby Showers
- Meetings
- Memorials
- Conferences
- Plus Coffee!

TABORSPACE
Your place for community space.
5441 SE Belmont St
Portland, OR 97215
TABORSPACE.ORG



WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Salem | 9.8.24
Corvallis | 9.15.24
Medford | 9.21.24
Vancouver | 9.22.24
Bend | 10.13.24
Portland | 10.19.24
Eugene | 10.27.24

JOIN THE WORLD'S LARGEST FUNDRAISER TO END ALZHEIMER'S. **REGISTER NOW!**

SEPTEMBER EVENTS

LWVPDX PANEL DISCUSSION – League of Women Voters of Portland's next Community Education program, "Ranked-Choice Voting: Moving Portland Forward with Confidence," will be held Wednesday, September 11, 7-8:30 pm via Zoom. The free webinar will feature local and national voting experts who will address questions regarding the new method of voting that will be on November's ballot so that people can vote with confidence. During the webinar, attendees can engage with the panelists and ask questions. More information and registration at lwvpx.org/election-2024.

COUNTY AUDITOR OPEN HOUSE – The Office of County Auditor Jennifer McGuirk hosts an open house tour Thursday, September 12, 12-1:30 pm at 501 SE Hawthorne Blvd. Meet the team and learn more about their work. The event includes informational sessions, art stations, light refreshments and more. RSVP for this event and find details about the virtual event taking place Thursday, September 26 at bit.ly/4fHb4NB.

LABYRINTH WALK – Unity Spiritual Center is offering an outdoor labyrinth walk starting at 7 pm Thursday, September 12, held in the east parking lot at 4525 SE Stark St. The walk will commemorate the closing of the 24-hour World Day of Prayer vigil and be conducted by the Unity chaplains. Contemplate life and the world, as well as express gratitude for all that is given to us. Everyone is welcome to attend. For more information, call 503.234.7441.

STRUT YOUR KIDNEY – The NW Kidney Kids family fun run (5k, 10k, one-mile fun run) takes place Sunday, September 15, 9 am at Sellwood Riverfront Park. The event brings together kidney families and supporters to celebrate. Anyone who would like to help celebrate, honor and raise awareness for children with chronic kidney disease is invited to attend. Visit nwkidneykids.org for more information.

ECO GARDEN FEST – SymbiOp Garden Shop hosts the first ever ecological gardening festival Saturday, September 15, 10 am-4 pm at 3454 SE Powell Blvd. Around 30 partnering local organizations will be setting up booths; there will be workshops, lots of plants for sale and more. RSVP at ecogardenfest.com to get updates on vendors and workshop details and schedules.

ELECTRIFYPORTLAND! – The second annual ElectrifyPortland! Home Electrification Fair will be held Sunday, September 15, 12-4 pm at The Redd, 831 SE Salmon St. Hosted by ElectrifyPDX, a non-profit program of Families for Climate, the fair offers Portland homeowners and renters inspiration and practical tips for switching from gas or older electric to efficient, renewable electric. For more information and event updates, visit ElectrifyPortland.org or [instagram.com/Electrify.PDX](https://www.instagram.com/Electrify.PDX).

BIKE SWAP – Baerlic Brewing, 2239 SE 11th Ave., hosts an End of Summer Bike Swap Saturday, September 21, 11 am-2 pm. Vendors will have bikes, parts, wheels, frames, accessories, clothing and there will, of course, be beer.



THE SOUTHEAST EXAMINER

A monthly newspaper serving SE Portland

Subscribe!

If you don't already receive The Southeast Examiner, subscribe & never miss an issue.

1 year subscription = \$24

Email the following information to examiner@seportland.news or mail to:

The Southeast Examiner
1020 SE 7th Ave #14313
Portland, OR 97293

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Purchase a subscription for yourself or as a gift.

Modern Rockhounding & Prospecting Handbook

By DAVID KROGH

Have you ever wondered about the variety and colors of rocks you see at the beach or along a river? Have you ever wondered what you have to do to pan for gold? Have you ever wondered about where to look for fossils or where you can get more information about them? If you answered yes to any of these questions, then this book will be a very helpful guide for you.

Modern Rockhounding & Prospecting Handbook (Third Edition) by local author Garret Romaine is newly published by Falcon Guides and is an introductory but thorough guidebook covering geology basics, rock and mineral identification tips, information on mining and gold panning, preserving your found gems and many other aspects of rockhounding. Romaine is a well-known author of many geology-related books, including such titles as *Gem Trails of Oregon* and *Gem Trails of Washington* (published by Gem Guides) and *Gold Panning the Pacific Northwest* (published by Falcon Guides).

Romaine, age 69, has always been an avid rockhound, fossil collector and gold prospector. He earned a Bachelor's degree in geology from the University of Oregon and a Master's degree in geography from the University of Washington. However, his working career started in journalism, writing for such papers as the *Valley Times* in Forest Grove, the *Newberg Times* and *Willamette Week* back in 1983. "Then I saw ads for technical writing that would double my salary and technology was exploding out here in Washington County. I knew from my journalism that I could string words together, hit deadlines and interview experts, so I jumped at an entry-level tech writing job and did that for 35 years."

While technical writing, he started contributing to *Gold Prospectors* magazine, the official publication of the Gold Prospectors Association of America. From there, he noticed a lack of up to date geology-related books for the Pacific NW and queried first Gem Guides, then Falcon Guides. This led to writing several geology-related books for these publishers, while at the same time teaching in the technical communication department at Portland State (until retiring in 2022).

The author has served on the Board and still volunteers



Author Garret Romaine. Photo by Falcon Guides.

at the Rice Northwest Museum of Rocks and Minerals in Hillsboro and highly recommends it. "Yes, I love that museum and am a member, visit often, volunteer frequently. I would definitely encourage anyone interested in rockhounding to visit them and check out the Northwest Gallery, the Murphy Gallery of petrified wood, etc." The Rice Museum (ricenorthwestmuseum.org) also sells several of the author's books in its shop.

Modern Rockhounding & Prospecting reads like a Geology 101 text, is easy and interesting to follow and generous in its provision of photos, tables and maps. It's as if the author wished to cover as many aspects as possible without getting too detailed. "That is it, exactly; it's my technical writing side showing through," said Romaine. "The twist is, I added lots of references in the *Modern* guide to metal detecting, 3D printing, etc. There are so many niches and segments to the whole geology spectrum. All I could do was get people started." The broad expertise of the author is readily apparent once you begin to explore sections of this book.

When asked about good locations for a beginner to look for things such as agates or fossils, the author replied, "For your

readers, I suggest Clackamette Park where the Clackamas meets the Willamette. When the water is low, there are good gravel beds with agate, jasper and petrified wood. In my book, *Gem Trails of Oregon*, I also list some beaches at the coast—Road's End by Lincoln City is a favorite."

Romaine indicated he was not aware of any classes in the area that teach rockhounding. However, there are several informational postings on YouTube. "Your best bet is to join a local group, such as Oregon Agate and Mineral Society (OAMS), the Mt. Hood Rock Club, Clackamette Rock Club, and/or Tualatin Valley Rock and Gem. Your readers will likely be drawn to Clackamette or OAMS. There is also an active amateur fossil club called North American Research Group that meets monthly down in Tualatin. For those wanting to stretch their geology knowledge, the premier local club is GSOC - Geological Society of the Oregon Country."

More information about the book, the author and his other books is available at falconguides.com/author/garret-romaine. This and his other books are available online and at many local booksellers, including Powell's Books on SE Hawthorne Blvd.

COMING TO MILAGRO!

THE HISPANIC
Latino/Latina/LatinX/Latine
VOTE

Sept 5 - 22, 2024

A National New Play Network
Rolling World Premiere

By **Bernardo Cubría**

Paola Aguilar desperately needs money, so when THE political party offers her a substantial paycheck to help them understand the Latino vote, she begrudgingly takes the job...

MILAGRO

Get info & register at
Milagro.org | 503.236.7253

Construction of New Cleveland HS Requires Passage of Future Bond

from page 1

If a Bond passes in May 2025, construction will begin in June 2026 and last for two years. The new Cleveland High School would open in the Fall of 2028. Cleveland staff and stu-

dents would move to the Marshall Campus on SE Powell Blvd. and 92nd Ave. during the two-year construction period.

For more information, visit the project website, pps.net/ClevelandBond.

Information found there includes updates on the latest developments, past meeting minutes and a list of upcoming engagement opportunities.

Community Livability Grants Awarded

By KRIS McDOWELL

Prosper Portland has announced the 18 projects that will be the recipients of the \$1.42 million Community Livability Grants for the 2024-25 fiscal year, leveraging more than \$1 million in private investment. Five of the projects are in the Central Eastside: Ecotrust, PHAME Academy, Portland Street Art Alliance, Kickstand Comedy and Miracle Theatre Group. The grants to these organizations range from just under \$5,000 to \$125,000.

Prosper Portland Executive Director Kimberly Branam said, “These grants highlight our long-standing commitment to fostering thriving, resilient neighborhoods. We are pleased to make these investments in community-serving projects and support the organizations that serve our city’s diverse populations and neighborhoods.”

The Community Livability Grant Program gives priority to projects that improve access to jobs and workforce development services; support wealth creation opportunities for small business owners; honor and enhance the neighborhood’s cultural diversity and history; deliver a community asset tailored to the community’s expressed priorities and opportunities; and advance goals of area-specific action plans. The evaluation committees for each area included representatives from community organizations, neighborhood and business associations, non-profit organizations,

individual business owners and Prosper Portland staff.

Ecotrust The Redd Food Hub is receiving \$47,865 for improvements to their commercial kitchen including installing a Type 1 hood HVAC system. The commercial kitchen space is part of a working hub and event space located on a two-block campus in the heart of Portland’s Central Eastside district.

PHAME Academy, a fine and performing arts academy serving adults with intellectual and developmental disabilities, has been granted \$125,000 for a new roof and window/door systems for PHAME’s new home that will open in 2026. “Since our founding in 1984, we’ve shared space with other organizations, and we are beyond thrilled to be working towards an accessible home built for making art. Finally, our students will be able to learn to dance in a room with mirrors, paint in a room that allows them to wash their brushes, and learn and perform in a state-of-the-art accessible facility utilizing the best in contemporary technology,” said CEO Anya Roberts-Toney.

The Portland Street Art Alliance’s (PSAA) funds (\$25,000) will be used for a public arts mural highlighting visual arts in supporting communities of need. PSAA was founded in 2012 by Executive Director Tiffany Conklin and works to advance street art

culture by empowering artists to activate the spaces where we live, work and play. Conklin said, “We have been planning the Streets of Hope mural for almost two years and finally secured enough grant funding to make it happen.” The mural is being designed and painted by Portland-based comic book illustrator and artist Damon Smyth, who worked with PSAA on the mural on the back of Broadway Grill. Streets of Hope will be painted across two large walls on the back of the building at 810 SE Belmont St.

Last fall, Kickstand Comedy opened their brick and mortar space and the grant funds will be used to make upgrades to the space. Artistic Director Dylan Reiff said, “We are so thrilled to receive the Community Livability Grant as we continue the renovation of our inner SE live arts venue and comedy training center. With the continued growth of our nationally recognized comedy training center we are able to use the funds to add additional classroom space and connect our venue space with the other side of our building where we are planning the activation of a lounge area in advance of 2025. We’re also using the funds to help with some general upgrades for audience experience.”

Miracle Theatre Group (aka Milagro) provides extraordinary Latino theatre, culture and arts education experiences for the en-



Muralist Damon Smyth working with Ground Score Association members on the mural design. Photo by PSAA/Tiffany Conklin.

richment of all communities. The \$4,875 grant they were awarded will go toward capital improvements. Executive Director Daniel Malan-González said it will “cover the cost of roof repair, so we won’t need buckets in our basement this winter, refinishing

of our Zocalo floor to make it all new and shiny, and repair to our Milagro marquee outside the theatre entrance.”

More on the Livability Grants and the other organizations awarded funds in this grant cycle can be found at bit.ly/4dLkKFc.

SE Uplift
NEIGHBORHOOD COALITION
presents

**CITY COUNCIL DISTRICT 3
CANDIDATE MIXER
& OPEN HOUSE**

Thursday, September 5 | 6-8pm
3534 SE Main Street | Free!

Meet the Candidates | Tour Our Community Spaces
Learn About This Election | Food + Drink | + More!

REGISTER at SEUPLIFT.ORG/EVENTS



autumn

AT F Y B E R W O R K S

Show up for life feeling confident with Liverpool – clothing created to make you look and feel your best. Save 10% on all Liverpool clothing this month at Fyberworks.

4300 SE Hawthorne Blvd · Upper Hawthorne District
Tues-Sat 11-5:30 · Sunday 12-4 · Monday Closed
503 232 7659

Shop online at www.fyberworks.com

Check us out on Facebook and Instagram for rotating specials!



AE Arts & Entertainment

David Francey Concert

Portland FolkMusic Society kicks off their Eastside Concerts 2024-2025 season Saturday, September 21, with David Francey, an authentic folk singer who chronicles the life of a working person. Francey toiled as a rail yard worker and carpenter (to name a few of his occupations) for over 20 years while writing songs about his experiences, never imagining earning a living from music. The winner of multiple JUNO awards, he documents life in three-minute increments.



Doors open at 7 pm with the concert at 7:30 pm at Reedwood Friends Church, 2901 SE Steele St. Tickets are \$12-\$24 + fees in advance (available at portlandfolkmusic.org/Concerts) and \$14-\$27 at the door.

12th Annual Catio Tour

Going into its 12th year, the annual Catio Tour was created by local cat and bird non-profits working together to highlight the importance of keeping pet cats from roaming freely outdoors for their safety and for the safety of birds and other wildlife. Catio tours are happening up and down the West Coast, but the original tour started right here in Portland, the Catio Capital, which reigns supreme with more than 1,200 catios and counting.

This year's self-guided tour takes place Saturday, September 7, 10 am-2 pm, and will showcase a variety of catios in Portland and neighboring Vancouver. It includes some of the area's best catios ranging from professionally designed to DIY. With crafty, creative and clever designs, these catios will offer great ideas that fit any budget and space.

Hosted by the Feral Cat Coalition of Oregon, Bird Conservation Oregon and Bird Alliance of Oregon, the Catio Tour was created in 2013 to inspire cat owners to build or buy an outdoor cat enclosure. Come see what feline bliss looks like while contributing to help people keep their Cats Safe at Home™, a program which helps protect cats and birds in the community.

Tickets (\$15/person), available at catsafeathome.org/catio, include a guidebook with photos, catio construction information and maps to help you plan your day. Talk with the people who built the catios and feline attitude permitting, meet the cats who enjoy them.

Open Studios Preview Show



Leslie Peterson Sapp collage

Sidestreet Arts is offering a sneak peek during the month of September of the Lake Oswego Open Studios artists. The show celebrates the talented pool of 40+ artists with diverse mediums including calligraphy, ceramics, drawing, fiber and textiles, glass, jewelry, mixed media, painting, paper art, pastel, photography and digital, printmaking, sculpture and wood. Sidestreet Arts is thrilled to host these local artists and showcase their many skill sets all in one location.

The show runs Thursday, September 5-Saturday, September 28 with the First Friday Artwalk 5-7 pm September 6. Sidestreet Arts, 140 SE 28th Ave., is open Thursday-Sunday, 12-5 pm.

The Lake Oswego Open Studios tour is a free self-guided tour of artists' home studios and galleries in Lake Oswego and West Linn Saturday, September 28 and Sunday, September 29, 10 am-5 pm.

Art-on-the-Brain Exhibit

Brain Injury Connections Northwest (BIC-NW) is honored and thrilled to exhibit the varying artistic styles created by their program participants at Art Design Xchange (ADX), Friday, September 27 and Saturday, September 28. Many of the 20+ artists will be attending the exhibit and look forward to interacting with attendees, sharing stories of their beautiful, compassionate artwork. Discover the bravery, raw vulnerability and what it takes for many brain injury survivors/families to survive and reorient back into society.

The exhibition is free and open to the general public Friday, 4-8 pm, and Saturday, 1-4 pm. Light hors d'oeuvres and drinks (alcoholic and non-alcoholic) will be served. ADX is ADA accessible and located at 417 SE 11th Ave. Street parking and public transportation are conveniently available.

Martha Gies Reading

Join Portland writer, teacher and activist Martha Gies to celebrate the release of her new memoir, "Broken Open," Sunday, September 8, 7 pm. This is her second book and Gies, now entering her eighth decade of life, explores a life robustly and thoughtfully lived in this 18-essay book. Her dry wit, sharp insights and deep empathy for the underdog come through in her writing as she talks about experiencing the American west while working as an assistant for a third-rate traveling stage musician, chaperoning an elderly, undocumented couple on their return home to rural Oaxaca, a chance encounter with a mysterious man who turned out to be a colleague of Oppenheimer's and much more.

The Native Oregonian began publishing in the 1970s, first with profiles of musicians and filmmakers, and later with short stories and essays. Gies also taught at Marylhurst University, Lewis and Clark and in Antioch's Individualized MFA program. She has led writing workshops across the world.

In addition to her literary work, Gies has been a long-time activist, writer and volunteer working on behalf of those impacted by the gentrification in Portland's downtown; protesting the methodical displacement of African-Americans from their NE Portland homes; the "war on terror" waged at home against US citizens in the wake of 9/11; and working to free journalists wrongfully imprisoned around the world.

The reading will take place on the first floor of Revolution Hall, 1300 SE Stark St., with doors at 6 pm and a Q&A following the reading. The event is hosted by Revolutions Bookshop and is free to attend. Books will be available for purchase onsite.

Cygnets Salon Reading

Cygnets Salon's staged literary reading this month is *Mother of the Maid* by Jane Anderson Monday, September 16, 7 pm. Intimate, messy and modern, *Mother of the Maid* takes on the Joan of Arc story from a riveting new perspective—through the eyes of her mother, swept up in the baffling journey of her odd and extraordinary girl.

Mother of the Maid speaks to the burden of disposability of celebrity, and the hard road of common people confronting a titanic political agenda. But most importantly, it asks, how can we possibly release our different, "other" children to make their own fate in a brutal, beautiful world?

Six actors—Jerilyn Armstrong, Grant Byington, Michael Fisher-Welsh, Akitora Ishli, Ariel Puls and Marily Stacey—play 10 roles in this game of wills and strategies. Its people are connected to the land and know that life can be brutal and short. Anderson's women fight to be believed as they cross swords and words with men determined to win regardless of moral cost.

The staged reading takes place at 21Ten Theatre, 2110 SE 10th Ave. Tickets (\$15) available at 21ten.org/readings.

**PREVIEW SHOW FOR:
LAKE OSWEGO
OPEN STUDIOS**

September 5-28
First Fri Art Walk: Sept 6, 5-7pm

SIDESTREET ARTS 140 SE 28th Ave, Portland, Oregon
Thur-Sun, 12-5pm www.Sidestreetartspdx.com

A TABLETOP RPG TAVERN

LEARN TO PLAY D&D OR FIND A QUEST TO JOIN
SAMPLE OUR CAMPAIGN-THEMED HOUSE BEERS
COME TRY A CUBANO AND FRIES FROM EN VIDA

TPKBREWING.COM

5051 SE HAWTHORNE
WED-MON
11-11

An Ale for Every Tale

TPK BREWING CO.

ANN

A no-holds-barred portrait of Ann Richards, the legendary Governor of Texas.

September 5 - 29

The Sanctuary at Sandy Plaza
Call: 503-239-5919
Online: www.trianglepro.org

Starring Margie Boule as Gov. Ann Richards

AE Arts & Entertainment

T Bone Burnett Concert

Grammy- and Oscar-winner T Bone Burnett is embarking on his first US concert tour since 2006 this month with the third show of the tour taking place at the Aladdin Theater Wednesday, September 11. The concert will feature songs from Burnett's critically acclaimed new album, *The Other Side*, as well as selections spanning the artist's illustrious, 50+ year career. Burnett will be joined by bandmates and long-time associates Dennis Crouch (bass), Colin Liden (co-producer of *The Other Side* with Michael Piersante, guitars) and David Mansfield (fiddle and mandolin).

On the new album, Burnett delves deeply into the myriad genres of American Music, returning to his roots as a singer and songwriter. It is a deeply personal work, featuring some of the richest vocals and most direct songs of the artist's long career.

The love story at the center of the 12-song collection follows the journey of a couple that may no longer be of this plane. The album features longtime friends Rosanne Cash and early bandmate Steven Soles, newer artists Lucius and Weyes Blood, and trusted musical companions including Dennis Crouch, Stuart Duncan, Jay Bellerose and Rory Hoffman.

When Burnett was making his new record, he was thinking a lot about "you." "I was reading a news story that some shocking percentage of number one hit songs had the word 'you' in the title," he says, and started contemplating who all those "yous" are and what it means when an artist puts them in a song. Burnett goes on to say, "I realized when a songwriter uses the word 'you,' he is, of course, in the world of conscience, but he's also in the world of people's dreams. And when you enter into people's dreams, you have to be very careful with them."

Tickets (\$60) for the 8 pm show available at tboneburnett.com/events. Doors open at 7 pm at the Aladdin, 3017 SE Milwaukie.

Cats, Love and Documentaries

Those things aren't all rolled into one but a sampling of what's playing at Tomorrow Theater in September. Things start off right away Sunday, September 1, 7 pm with CatVideoFest 2024, a compilation of the latest and best cat videos. Purchase *Catnip* magazine onsite before the screening, thumb through to find favorite kitties and purr along with these incredible videos for a cat-tacular pairing. A percentage of the proceeds will be donated to Animal Rescue & Care Fund.

As part of PAM's Free First Thursday, September 5, Tomorrow Theater hosts award-winning cinematographer and director Kirsten Johnson in conversation with Amy Dotson. Renowned for her irreverent, unorthodox and fun approach to cinematography, Johnson has redefined visual storytelling. The 60-minute conversation will follow the 7 pm screening of *Dick Johnson Is Dead*, a joyful and heartbreaking documentary about Johnson's father entering dementia.

The following Thursday at 7 pm is *The Untold Tales of Tūteremoana*, a dramatic anthology, woven together by three Whakapapa stories of the ancient Ngāi Tara people, each an individual episode. Special guest actress Mere Tokorahi, who stars in the third episode, will be present to discuss the films.

Backspot, the much anticipated cheerleading film, executive produced by Elliot Page, starring Devery Jacobs and directed by Jacob's partner DW Waterson hits the screen Sunday, September 22, 7 pm. The queer love story takes a grueling look at the physical and mental toll cheerleading takes on teenagers.

Finishing out the month Sunday, September 29, 7 pm is *Confessions of a Good Samaritan* with a Q&A with director Penny Lane directly following the documentary. Lane's decision to become a "good Samaritan" by giving one of her kidneys to a stranger turns into a funny and moving personal quest to understand the nature of altruism and provocative inquiry into the science, history and ethics of organ transplantation, asking an ancient question in a whole new way: Who is your neighbor, and what do you owe them?

Additional details and tickets for these highlights, as well as the full lineup of shows, can be found at tomorrowtheater.org.



Triangle Starts 35th Season

Triangle productions! is hitting a milestone—35 years of producing live theater in Portland, as well as throughout Oregon, Palm Springs, San Francisco, Seattle and off-Broadway. The first show of the season is a returning production that was last seen during the last midterm election. *Ann*, starring Margie Boule' is a no-holds-barred portrait of Ann Richards, the legendary governor of Texas. This inspiring and hilarious play brings the audience face to face with a complex, colorful and captivating character bigger than the state from which she hailed. Written and originally performed by Emmy Award-winner Holland Taylor, *Ann* takes a revealing look at the impassioned woman who enriched the lives of her followers, friends and family.

The play runs Thursday, September 5-Sunday, September 29 with 7:30 pm performances Thursdays-Saturdays and Sunday matinees at 2 pm. Tickets (\$20-\$40) available at trianglepro.org/ann-1.

Executive Director and Founder Don Horn says their motto fits pretty well, "We survived to 35!" Horn continues, "I know you have choices in entertainment, and we're hoping you join us on our journey this coming year."

Music Together Fall Classes

Music Together of Portland invites families to experience the joy and magic of music this fall. Create memories that will last a lifetime, and connect with other families in your neighborhood as you sing, dance and jam along. It's never too early to start singing, dancing and playing musically with your little one.

Fall session runs Monday, September 16-Saturday, November 23 with classes for children birth to age eight offered in two SE locations, Waverly UCC (SE 33rd Ave. and Woodward St.) and Moreland Presbyterian Church (SE 18th Ave. and Bybee St.). Classes include Babies—a musical parenting classes for new parents with babies up to eight months; Mixed-Age—family music time with babies, toddlers and/or preschoolers; and Rhythm Kids—drumming, singing and dancing for ages four to eight.

To try a free class and experience the magic firsthand, go to MusicTogether-pdx.com or call 503.236.4304.

Intro to Gaming Day at TPK

TPK Brewing, 5051 SE Hawthorne Blvd., loves teaching new players Dungeons & Dragons, as well as introducing folks to other roleplaying systems that enable interesting storytelling. They've previously run Cypher System, Monster of the Week and Avatar Legends intro games, but they can be tough to schedule so they are dedicating an entire day to intro gaming Sunday, September 22, 11 am-10 pm.

Games are scheduled in three-hour blocks and booked separately on a per-set basis. No preparation, experience or materials are required and drop-ins are welcome as long as the session still has room on the day of. Sessions are \$30 each with each session indicating the age group they are intended for (8+, 13+ or 16+).

A full listing of the sessions and links to tickets available at tpk-brewing.com/event-details/intro-day-at-tpk.

McMENAMINS
BAGDAD THEATER
bagdadmovies.com
First-run films in a historic, elegant and cozy theater.

HALFWAY TO ST. PATRICK'S DAY
TUES. SEPT 17
Drink specials • Passport stamp

3702 SE Hawthorne Blvd
(503) 236-9234

Starts September 5

BEETLEJUICE
PG-13

ALBERTA ROSE THEATRE

SEPTEMBER 2024

<p>1 11th Annual Montavilla Jazz Festival THE NICOLE GLOVER TRIO FEAT. TYRONE ALLEN & KAYVON GORDON</p>	<p>13 LEATHER & LACE A Tribute to All Things FLEETWOOD + STEVIE</p>
<p>5 TOO SLIM & THE TAILDRAGGERS + Johnny Wheels and The Swamp Donkeys</p>	<p>17 SCIENCE ON TAP The Story Collider: Stories About Science</p>
<p>6 Booklover's Burlesque Fantasy Edition</p>	<p>18 CONSIDER THIS WITH DAHLIA LITHWICK</p>
<p>7 I PUT A SPELL ON YOU NINA LaRhonda SIMONE Steele and the Adrian TRIBUTE Martin Sextet</p>	<p>19 Candlelight 6:30 Tribute to ABBA 9:00 A Taylor Swift Tribute</p>
<p>8 PORTLAND QUEER ARTS SPECTACULAR</p>	<p>20 9th OREGON BURLESQUE FESTIVAL 21 + FINAL</p>
<p>11 Paris Chansons</p>	<p>22 WE CALL IT BALLET SLEEPING BEAUTY IN A DAZZLING LIGHT SHOW</p>
<p>12 LIVE WIRE RADIO WITH LUKE BURBANK feat. Emily Nussbaum Sean Jordan Pink Martini</p>	<p>25 SCIENCE ON TAP Molds, Mushrooms, & Medicines: Our Lifelong Relationship w/ Fungi</p>
<p>27 Authentic Flamenco presents 28 RICARDO FERNANDEZ DEL MORAL 29</p>	<p>30 LIVE GAME THE SHOW</p>

albertarosetheatre.com
 3000 NE Alberta • 503.764.4131

WHEN YOU NEED HELP, WHO YOU GONNA CALL?

I NEED EMERGENCY SERVICES:
CALL 911 to reach dispatch for Fire, Ambulance, Police, and Portland Street Response.

I NEED SOCIAL SERVICES:
CALL 211 to get help accessing food, employment, housing or childcare.

I NEED LOCAL GOVERNMENT SERVICES IN PORTLAND AND MULTNOMAH COUNTY:
CALL 311 OR 503-823-4000 to ask a question, request assistance, or report an issue related to local government.

I NEED AN INTERPRETER:
 When someone answers, say the language you wish to speak. Allow 2-5 minutes to connect with an interpreter. Do not hang up. Wait until interpreter has been connected.

FOR PAWS
 TREATS - TOYS - FOOD - GIFTS - BELLY RUBS

3340 SE DIVISION ST.
 503-235-3204
 YOUR NEIGHBORHOOD PET SUPPLY SINCE 2008

St. Ignatius School
 PRESCHOOL TO 8TH GRADE

Developing students to build a just and compassionate world in the tradition of the Jesuit and Holy Names Sisters.

www.sispdx.org

NATURAL FURNITURE

NOW TAKING CUSTOM ORDERS

Revamp your space with our latest collections of bedroom and living room pieces, all made in Oregon of local hardwoods. Complete the look with a custom finish!

1510 NE 37th Ave, Portland
 503-284-0655
 nfpdx.com

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.

The Benefits of Chiropractic Care for Postural Correction and Overall Health

With today's sedentary lifestyle, poor posture is a common issue. It can contribute to a variety of health problems. From back pain to headaches, poor posture can affect not only your physical wellbeing but also your mental and emotional health. Chiropractic care offers an effective and non-invasive approach to correcting posture, which can lead to significant improvements in your overall health.

Posture is how we hold ourselves while standing, sitting and lying down. Good posture ensures that the bones and muscles are properly aligned, reducing strain on muscles, ligaments and joints. Proper alignment of the spine is also crucial as it allows the body to function optimally, reducing the risk of injury and chronic pain.

Poor posture, on the other hand, disrupts this balance. It can lead to muscle imbalances, where some muscles become overly tight or weak, putting stress on the spine and surrounding tissues. Over time, this causes chronic pain, reduces mobility and can affect internal organs by compressing the chest cavity, leading to issues like reduced lung capacity and digestive problems.

Chiropractors are healthcare professionals who specialize in diagnosing and treating musculoskeletal issues, particularly those related to the spine. We are trained to identify postural problems and offer personalized treatment plans to correct them. Chiropractic care focuses on realigning the spine and improving the body's overall biomechanics, which is essential for maintaining good posture.

Spinal Adjustments

One of the primary techniques we use in chiropractic care is spinal manipulation or adjustments. This involves applying controlled force to specific joints in the spine to improve alignment and relieve pressure on nerves. Spinal adjustments help in correcting poor posture and relieve the pain associated with it. Many people experience immediate re-

lief from back and neck pain after an adjustment, as the pressure on nerves is reduced, and muscle tension is alleviated.

Muscle Strengthening and Stretching

Muscle imbalances are a common cause of poor posture. By addressing these imbalances, we help patients achieve a more balanced and aligned body. Care often includes specific exercises prescribed to strengthen weak muscles and stretch tight ones.

Strengthening exercises often focus on core muscles, which play a vital role in supporting the spine. A strong core helps maintain good posture, reducing the likelihood of slouching or hunching. Stretching exercises, on the other hand, improve flexibility and reduce muscle tension, making it easier to maintain proper posture throughout the day.

Ergonomic Advice

Ergonomics is the process of properly arranging your work and living spaces to promote good posture. As a chiropractor, I make recommendations on proper chair height, desk setup and computer screen placement. By making these adjustments, you can reduce the strain on your body, which helps in maintaining proper posture over time.

Correcting posture through chiropractic care offers numerous benefits, both immediate and long-term.

Pain Relief

One of the most noticeable benefits of postural correction is pain relief. Poor posture is a common cause of chronic back, neck and shoulder pain. By realigning the spine and correcting muscle imbalances, chiropractic care can significantly reduce or eliminate these pains.

Improved Mobility and Flexibility

Good posture allows the joints and muscles to function optimally, leading to improved mobility and flexibility. When the

body is aligned correctly, there is less resistance in movement, which makes it easier to perform daily activities and reduces the risk of injury.

Enhanced Respiratory and Digestive Functions

Poor posture, particularly slouching, can compress the chest cavity, reducing lung capacity and leading to shallow breathing. By correcting posture, chiropractic care can improve respiratory function, allowing for deeper, more efficient breathing.

Additionally, poor posture can compress the abdomen, leading to digestive issues. Correcting posture can relieve this pressure, promoting better digestion and reducing symptoms like acid reflux and constipation.

Boosted Energy Levels

When your body is aligned correctly, it functions more efficiently, requiring less energy to perform daily tasks. This can lead to increased energy levels and reduced fatigue. Many patients report feeling more energetic and less tired after receiving chiropractic care for postural issues. Add in better digestion and breathing and you might be feeling much better!

Improved Mental and Emotional Wellbeing

Good posture is not only beneficial for physical health but also for mental and emotional wellbeing. Studies have shown that maintaining good posture can improve mood, reduce stress and enhance self-confidence. When you stand tall, you feel better about yourself, which can have a positive impact on your overall outlook on life.

If you're concerned about your posture or have been experiencing problems like these, consider reaching out to a chiropractor for more information.

*Michael VanSooy DC
 Inner Gate Health & Wellness
 InnerGatePDX.com*

Neighbor Notes

Buckman Community Association By Susan Lindsay

The Buckman Community Association meets monthly every second Thursday of the month, 7-9 pm at 1137 SE Salmon St. Enter on SE Salmon St. just past the tool library entrance. All are welcome. The meeting has a hybrid format also. The link is found on our website, buckmanpdx.org.

On September 12, the BCA welcomes another group of District 3 City Commissioner candidates in our quest to expose the community directly with those running for these important positions. Daniel De-Melo, Chris Flannery and Angellita Morillo will be present to introduce themselves, explain their views and why they are running for office and field your questions.

Also we've asked County Commissioner Sharon Meieran to help update neighbors about the deflection center and other county efforts pertaining to social service help for those in need. The BCA, along with members from the CEIC, businesses, residents and the childcare center, are beginning efforts to craft a good neighbor agreement ahead of the planned deflection center opening. You can also check our dedicated Deflection Center page on our website which hosts many articles related to the proposal.

The Earthquake Ready Burnside Bridge design was selected, but you can still weigh in as the County Commission needs to approve the committee's choice. More on that at the meeting.

Last month, the BCA held a widely successful 12th Annual "Buckman Picnic in the Park," complete with free ice cream, music, bouncy house, fire truck, baby goats and lots of happy kids! A good time was had by all! We have now completely exhausted our funds to host this all volunteer picnic and will be initiating a fundraising drive to replenish our fully tax deductible account at our fiscal sponsor, Southeast Uplift Inc. If you would like to see the picnic and Buckman Movie (which also costs money to host) continue, please consider donating. Send a check to SEUL at 3534 SE Main St., 97214, made out to "Southeast Uplift" and put **For Buckman Picnic 2024** in the memo line. You can also directly donate from our website. Thanks to all who have contributed funds and valued volunteer efforts to make our free events possible!

HAND By Jill Riebesehl

At the Hosford-Abernethy Neighborhood Association Board's August retreat, we were pleased to have a visit from Paul Leistner, who has studied, participated in and worked with neighborhood associations (NAs) in Portland for decades. He participated in our wide-ranging conversation discussing the history and role of NAs. We are written into the city Code Chapter 3.96, to encourage participation in civic affairs and aid community engagement. Our relationship with the city has waxed and waned over the decades.

We discussed our uncertainty over how the new city charter, going into effect in January, will affect us and city residents, that all-important constituency. Leistner, who lives in the Mt. Tabor neighborhood, has met with NAs across the city and heard similar questions and concerns as to how we all will fit in as the governing structure changes. He suggested new ways to look at what we can do and different ways to organize with other NAs where we see similar concerns. We brainstormed on how to create a more heard voice, how to reach out to neighbors' concerns and more effectively respond to and be in a position to help out.

The next HAND meeting will be Tuesday, September 10, 7 pm on the St. Philip Neri Campus. Our meeting dates have changed to the second Tuesday of the month.

South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association did not meet in August, but in September be on the lookout for the second issue of the recently revived South Tabor Crow and for our regular monthly in-person meetings the third Thursday of the month that resume September 19, 7 pm. As always, you can find more information at southtabor.org. Happy summer everyone!

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting August 12. Meetings are the second Monday of the month, 7-9 pm, except January. They are held in-person at Central Christian Church, 1844 SE Cesar Chavez Blvd. People can participate via Zoom; the link to pre-register is on the agenda, which is posted to richmondpdx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Rob Nosse, Oregon House Representative District 42, spoke at length on current issues in the Oregon House with much Q&A and offered his thoughts on the city council race. He has not yet endorsed any of the candidates for District 3, that encompasses Richmond.

Saturday, October 12, 9 am-noon, at Central Christian Church, 1834 SE Cesar Chavez Blvd. will be a recycling event. Green Century Recycling will handle the Styrofoam/stretch plastic, and Metro will handle the CFL/batteries/meds/sharps collection. We will also accept recyclable cans and bottles to help fund C3 Food Pantry. More details are on the RNA website and in the Summer issue of the Richmond Newsletter.

If you did not receive the newsletter at your house, it means there is no delivery person for that route. Contact rmanewsletter@gmail.com if you want to help with delivering the newsletter.

continued on page 15



The Blind Onion
Pizza & Pub

3345 NE Broadway
503.284.2825

6031 SE Belmont St.
503.954.2189

www.blindonion.com

Check us out on facebook - Blind Onion Pizza & Pub Portland

School + Blind Onion Pizza = A Great Year!



\$5.00 OFF
Any Large Pizza

Blind Onion Pizza & Pub
cannot be combined with any other offer

Monday Special
Family Pizza Night
Buy 1 Large Pizza
Get 1 Small Cheese Pizza
FREE

Blind Onion Pizza & Pub
cannot be combined with any other offer
while this offer is active - Expires 8/30/24

Good Day, Sunshine



Solar power no matter where you live

Subscribe to a community solar project to help the environment and get credits on your electric bill. It's your power, so why not choose the option that makes a difference?

Oregon Community Solar—no sunny roof required.



Scan the QR code or visit oregoncsp.org/get-started-4





Info@oregoncsp.org • 1.800.481.0510


Energy Trust of Oregon works with the Oregon Community Solar Program to help make it easy for Oregon customers of Portland General Electric, Pacific Power and Idaho Power to access the benefits of solar power. The Oregon Community Solar Program is a state-enabled initiative overseen by the Oregon Public Utility Commission.

Safety Never Stops

To report safety concerns while riding, call or text **503-238-7433 (RIDE)**. We'll respond 24/7.



Plan your trip at trimet.org



As At Your Service



MELISSA MAID IT

HOUSE CLEANING
MELISSAMAIDIT.COM
(503) 893-4340
INSTANT QUOTES
BOOK ONLINE



Fresh Air Sash Cord Repair, Inc.
Old windows that work!

Patty Spencer
503.284.7693
www.freshairsash.com
Licensed, Bonded, Insured
CCB/LBPR #184991
WA Registration #FRESHAS796DR
Preserving the past since 1999



MJB RESTORATION
Michael Burnett

All Phases of
Interior Painting & Repair
Cell: 503-701-6235
503-282-8032
www.mjbrestitution.com

ECOHEAT INC

Design + Installation


ENERGY EFFICIENT GAS FURNACES • AIR CONDITIONING • GAS FIREPLACE INSERTS
DUCTLESS + DUCTED HEAT PUMPS • TANKLESS WATER HEATERS • RADIANT SYSTEMS
503.708.9889 . WWW.ECOHEATPDX.COM . HQ@ECOHEATPDX.COM



DAN'S LANDSCAPE MAINTENANCE
No job is too big or too small

- Yard clean up • Flower bed clean up and installation
- Pruning & trimming • Stump grinding
- Natural/Organic available • Free estimates

Dan Bollard 503.704.0100
Owner/Operator #CCB 189748 danbollard@yahoo.com



CZ BECKER COMPANY WOOD FLOORS
A Family Owned Business Since 1982

503.282.0623
Restoration Repairs & Refinishing
State of the Art Dust Containment
Installation of New Wood Floors
Environmentally Friendly Finishes
www.czbecker.com
CCB #48132



UNITY ELECTRICAL SERVICE

- Locally Owned & Operated
- Full Electrical Service
- Residential Specialists
- Panel & Service Updates
- Troubleshooting
- New Circuits
- Home Solar Systems

(971)379-7380
unityelectricalservice.com CCB#234553

Tom Leach Roofing
45 years roofing your neighborhood.
503-238-0303
TomLeachRoofing@Comcast.net

CCB# 42219

ADVERTISE HERE...

to reach 16,000+ homes and businesses by direct mail.

Let them know about your service!

503.254.7550
examiner@seportland.news



NEED TREE CARE?
Call Quinn!
ISA-Certified Arborist
Third Generation Southeast Portlander
LCB # 100256

Tree Pruning ↑ Removal ↑ Consult
(971) 275-2409 ↑ leightonslimbsevice@gmail.com



Murphy Construction

Renovations | Remodeling | New Construction
www.Murphy.Construction 503-319-3437
A South East Portland neighbor since 1997 CCB #216870

To really feel at home, you need to make it yours.

Changing houses into homes since 1983.
Get a free estimate for your home remodel today!
(971) 808-5151



DIXON-REID REMODELING

JEFFERSON KINCAID M. Ed.

L.M.T. #1394
Certified Medical Massage
Registered Kinesiotherapist
Certified Trager Practitioner
The Reconnection

(503) 736-1081
1135 S.E. Salmon
Portland, OR 97214

Helping You to Keep Healthy Appointment Only

Blue Dun Painting


Expert interior painting
Custom raised vegetable beds

Call Denny at 503.484.6525


bluedunpainting.com
denny.bixby@yahoo.com
CCB#174741



POLYMATH Studio
Architecture & Design



We design simple, beautiful buildings with a strong connection to nature.



Houses Additions ADUs

503-395-8383 polymathstudio.com



PORTLAND EYE CARE

SAMUEL ADELMAN O.D.

4133 SE Division St.
Portland OR, 97206

503.444.7639
EYEPDX.COM
LOCAL EYECARE • GLOBAL EYEWEAR

SUN DOG CONSTRUCTION.COM

REMODEL - RESTORE - REPAIR

Basements, Attics, Conversions
Kitchens, Bathrooms, Additions
Interior/Exterior, Moisture, Rot,
Maintenance/Handyman service
BIG JOBS, small jobs, Design...



LICENSED BONDED/INSURED
CCB #173347

503.957.7559 AUTUMN SUN PARDEE
sundogconstruction@mac.com

NN

Neighborhood Notes

from page 13

The next RNA meeting is Monday, September 9. Everyone is welcome. Please join us and learn about ways to get more involved in your community.

Sunnyside Neighborhood Association By Gloria Jacobs

The Sunnyside Neighborhood Association is now meeting the second Wednesday of the month in the Fireside Room at SE Uplift (3534 SE Main) at 7 pm. This month's General meeting is September 11 and there are two main agenda topics. First, a representative from the Government Transition office will explain voting in the new city election system. Second, there will be a discussion of the new pedestrian plaza planned for SE 37th Ave. between Madison and Hawthorne streets.

With construction beginning on the Belmont Library, a new temporary service location is opening at 3557 SE Hawthorne Blvd. This location will offer limited services, including book hold pick-up, 24/7 returns and free wireless printing. The project is targeted for completion in the spring of 2026. Until then, don't forget that you can place holds, download e-books using the free Libby app, and visit any other Multnomah County library branch for additional services and events.

The Belmont Street Fair is Saturday, September 14, 10 am–5 pm. Come support local vendors and enjoy the first festival of fall with friends and neighbors.

Interested in learning more about the District 3 City Council Candidates and their plans to tackle homelessness? Portland Community College will be hosting a District 3 Candidate Forum and Summit on Homelessness Thursday, September 26, 6-8:30 pm. Light refreshments provided. RSVP at tinyurl.com/2j8sm8dp by Monday, September 23.

Want to help the SNA serve the community by aiding our less fortunate neighbors, beautifying Sunnyside and doing community outreach and education? You can donate with Give Lively (secure.givelively.org/donate/southeast-uplift-neighborhood-program-inc/sunnyside-neighborhood-association) or by texting SUNNYSIDE to 44-321. Thanks for your continued support.

BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

Repairs, additions and safety measures are in the works from one end of 82nd Ave., "The Avenue," to the other. It requires more patience than ever to put up with drivers who still think our Avenue is a highway, or even a freeway!

It's encouraging to see all of the taking care of business and the dining opportunities we have available to us. It will be great next April when the annual parade happens with more sidewalk improvements and more people on the entire route from Eastport to Yamhill St.

The Album of Roses contest report will be available next month. Stay tuned for more!

Belmont Area Business Association By Blake Armstrong

BABA is very excited to present our favorite event of the year, the Belmont Street Fair, held Saturday, September 14! Taking place in the historic Belmont District, the Belmont Street Fair is one of the largest-attended street fairs in Portland. With more food and retail vendors than ever, show-stopping performances and live music on three different stages, and the return of the very popular Kids Zone, there will be activities for all ages!

The fair runs 10 am-5 pm. For more information please visit belmontdistrict.org or our Instagram, @belmontdistrict.

Central Eastside Industrial District By Andrea Blanco

The month kicks off in the Central Eastside with Come Thru Market Mondays, September 2 and 16, where Black and Indigenous Farmers and Makers will be featured. Later in the month, SnackFest runs Friday, September 20-Sunday, September 22, followed by Portland Flea Sunday, September 29. More events at centraleastside.biz/summer-guide.

Our Member Meet-Up is Wednesday, September 18 at Coopers Hall Winery and Taproom. Members can hear from local candidates, and there will be a discussion led by Maya Harris from Rose City Reform. Admission is \$25 for Members and \$50 for Non-members. RSVP at centraleastside.biz/events/sept-member-meet-up.

We're also preparing our Winter Guide, which will highlight retail-focused businesses and events in the Central Eastside November 1, 2024-February 28, 2025. Submissions are free and open until September 20, with the guide being distributed October 28. All submissions must take place in the Central Eastside of Portland and event dates must fall between the above dates. Submit at form.jotform.com/242117898496169.

Division Clinton Business District By Anne Marie DiStefano

The Division Clinton Business District is gearing up for our big event of the year, the Division Clinton Street Fair! The event happens Saturday, September 7, 10 am-5 pm and is centered at the intersection of SE Clinton St. and SE 26th Ave. There will be vendors, food, activities and live music from Trabants, Pete Krebs Duo and the Minus 5, starting at noon. Our Board members will be hosting an info booth at the fair. Stop by to say hello or let us know if you want to join up! Our email is divisionclintonpdx@gmail.com.

Hawthorne Boulevard Business Association By Nancy Chapin

Hawthorne Boulevard Business Association, the Boulevard and Portland lost one of its very active and valuable community members on August 8, 2024. Roger C Jones, who owned The Sporting House in the 80's (now Jam on Hawthorne and Hawthorne Hideaway), was one of the founders of the APNBA (Alliance of Portland Neighborhood Business Associations, now Venture Portland), registered the HBBA with the state in 1984 and organized the first of 41 street fairs in the Hawthorne Boulevard business district, will be greatly missed by his family, friends and colleagues. Rest in peace, Roger.



Mr Plywood
BUILDING MATERIALS

Family Style Customer Service
Delivery Service • Custom Cutting • Special Orders

7609 S. E. Stark Sreet • Portland, OR 97215
Phone: 503.254.7387 • Fax: 503.254.7663

www.mrp plywoodinc.com



Urban Art
Painting and Construction, LLC
Licensed | Bonded | Insured

503-730-2866 | p_erickson@cloud.com | @urbanartpdx | CCB# 286665

Painting | Decks | Patio Covers | Fences | Remodels

Jeanne Kennedy D.C.
6101 SE Belmont St. Portland, OR 97215
503-267-0217 betterforeverpdx.com

Chiropractic + Applied Kinesiology
+ Health Care

Spine + Extremities + TMJ + Hiatal Hernia
Auto Injury + FMCSA Driver Medical Cards

Better Forever



KIRKLAND UNION MANORS

AFFORDABLE RETIREMENT LIVING
For Seniors 62 years or older

- Studio & One Bedroom Apartments
- Affordable Rent Includes all utilities (except phone & cable)
- No Application or Costly Buy-In Fees
- Federal Rent Subsidies Available for those that qualify

503-777-8101 

www.theunionmanors.com

3530 SE 84th Ave • Portland 97266



ART HEADS
FRAME CO

SINCE 1998

Email: info@artheadsframeco.com
Facebook [artheadsframeco](https://www.facebook.com/artheadsframeco)
Instagram [@artheadframeco](https://www.instagram.com/artheadframeco)

(503) 232 5299
5000 SE Hawthorne Blvd

THE CAPLENER GROUP

at Windermere Realty Trust

PORTLAND REAL ESTATE
Southeast & Northeast Specialists

(503) 232-4763 | thecaplenergroup.com

Caplener Group Homes For Sale



1341 SE 55th Ave. \$1,495,000
1909 Craftsman 6 BD, 2.1 BA
5,370 Total Sq. Ft.



SOLD
5606 SE Yamhill St. \$1,450,000
1914 Craftsman 6 BD, 3.1 BA
5,323 Total Sq. Ft.



PENDING
7217 SE Main St. \$619,900
1922 Bungalow 2 BD, 2 BA
2,192 Total Sq. Ft.



SOLD
930 NE 75th Ave. \$635,000
1884 Craftsman 3 BD, 2 BA
2,264 Total Sq. Ft.



12100 SW 34th Ave. \$Call Listing Agent
1950 Mid-Century 3 BD, 2 BA
2,562 Total Sq. Ft.



1741 SE 49th Ave. \$Call Listing Agent
1923 Bungalow 2 BD, 2 BA
2,064 Total Sq. Ft.

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

Neighborhood Happenings:

Art Show Opening

nancygillespie.com
The Caplener Group
5015 SE Hawthorne Blvd.
First Thursday, September 5, 5-8 pm

Neighborhood artist Nance will show her latest floral oil paintings, as well as a group of watercolor portraits from 2020. There will be 24 canvases and 12 watercolors, all in handmade wood frames.

Belmont Street Fair

belmontdistrict.org/belmont-street-fair
Saturday, September 14, 10 am-5 pm

Stretching from SE 33rd to SE 39th avenues, the annual Belmont Street Fair is one of the largest-attended street fairs in Portland offering food, retail vendors, live performances and fun activities for folks of all ages!

Chapman Swift Watch

birdallianceoregon.org/go-outside/swift-watch
Chapman Elementary School

During September, thousands of Vaux's Swifts make their annual migration from Canada to Central and South America. One population of these birds has been returning to the Chapman Elementary School smokestack in NW Portland. Head over to the school about one hour before sunset to see the birds gather and swirl before roosting for the night.

HOW'S THE PORTLAND MARKET DOING?

WE ❤️

Inventory

2.8 Months

Ave Sales Price

\$604,500

Median Sales Price
+\$4,000

Ave Days on Market (YTD)

44 Days

Change in the Past 12 Months

+1.4%

Windermere
REAL ESTATE
WINDERMERE REALTY TRUST

Data is courtesy of the RMLS.

THE CAPLENER GROUP
at Windermere Realty Trust



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

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



View our latest listings today.
thecaplenergroup.com

