



Pictured at the Clinton Triangle Wellness Village are James Easley, an Urban Alchemy lead practitioner, Ralph Terry and Miranda Laks, care coordinators, and Dennis Waters, practitioner. They support guests and help them work toward sobriety. Photo courtesy of Urban Alchemy.

Urban Alchemy Opens Two Wellness Villages in SE Portland

BY ELLEN SPITALERI

There is hope for Portland’s unhoused adult population now that Urban Alchemy has been tapped to be part of one of the largest shelter expansions in the history of Multnomah County, said Kaesha Green, director of Wellness Villages. Urban Alchemy’s Wellness Villages program will focus on “providing shelter, services and support for unhoused residents, and supporting the improvement of communities surrounding the Tiny Homes Village sites,” she added.

Urban Alchemy is an organization dedicated to solving two problems—people falling through the social safety-net, and the resulting turmoil that creates in public places. It uses a new, integrated

approach to the issues of homelessness, rising crime and challenging street conditions, and focuses on being a conduit for healing, recovery and renewal.

In Portland, Urban Alchemy staff, called practitioners, will work to support the city’s ultimate goal of getting everyone off the streets and into safer shelters, where they can be connected to the resources they need to move into permanent housing.

Urban Alchemy was founded in 2018 in San Francisco and Los Angeles with the mission to create career pathways for returning previously incarcerated citizens. At first, the organization provided street cleaning, public restroom monitoring and activation of public spaces. Urban Alchemy now has a staff of more than 1,300, and has expanded into Oregon, Texas and Alabama.

Urban Alchemy “heals neighborhoods by employing the unique talents of returning citizens to transform communities and urban spaces. Using methods rooted in love, respect and science, it has achieved remarkable success,” Green said.

The organization will focus on two Temporary Alternative Shelter (TASS) sites in SE Portland—Clinton Triangle, at 1490 SE Gideon St., and Reedway, at 10550 SE Reedway St. They will also work with a third site in N Portland. The Wellness Villages are located inside each site, are fenced off and have community space for activities.

“Our work fits with Portland’s TASS sites by providing a unique approach to community wellness and stability,” Green said. She added Urban Alchemy prioritizes “creating a sense of safety, health and dignity for residents, which aligns with the city’s goal of offering transitional support and holistic services to unhoused neighbors.”

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Children’s Literacy Nonprofit Call For Donations

BY KRIS MCDOWELL

Children’s literacy nonprofit SMART Reading is seeking community support to assist them in their mission of empowering young readers by donating gently used children’s books or hosting a book drive for their Children’s Book Bank. In particular, the organization currently has a shortage of board books and picture books aimed at preschool students.

Just 40 percent of Oregon third-graders are on track in reading and the Children’s Book Bank at SMART is a vital resource that helps children build literacy skills from an early age, distributing over 74,000 new and refurbished books to young readers in the Portland area each year. “Access to books is critical for children’s academic success and long-term well-being,” says SMART Reading Executive Director Jessica Bowersox. “We are committed to ensuring kids have high-quality, inclusive books to keep and share with their families.” With the community’s support, the organization will reach nearly 10,000 students who have limited access to books at home this school year.

Board books and picture books (books with less than a paragraph of text per page) for preschool students are urgently needed. In addition to picture books and board books, the Book Bank also accepts chapter books for students up to eighth grade.

Donations of new and gently used

children’s books can be made to the Book Bank Monday-Thursday, 9 am-5 pm at their location (1915 NE 7th Ave.). People who would like to drop off books outside of those days and hours can email bookbank@smartreading.org or call 503.616.3981 to schedule a drop off time.

Both new and gently used books are accepted. The Book Bank, however, is unable to accept books with yellow pages, vintage books, musty or damaged books, ex-school library books, ex-library books, books for high school students or adults, magazines, coloring books, encyclopedias, textbooks, classroom sets or Kindles/tablets/e-readers.

The need for books is ongoing and community members are also invited to organize their own book drives to gather books for the Book Bank. “Book drives are a simple way for schools, workplaces and community groups to support literacy efforts,” says Bowersox. To facilitate a successful book drive, SMART provides all of the needed tools, including promotional materials. To learn more about getting started, visit smartreading.org/bookbank/organize-a-book-drive.

SMART Reading has been around since the early 1990s. It started with a group of concerned business leaders, led by Gov. Neil Goldschmidt, coming together in 1991 to address the troublesome reality that Oregon’s children were routinely

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A Shipbuilder Despite the Odds: The Story of Stephen Hart

BY AUDREY LYNCH, FRANKLIN HIGH SCHOOL’S THE FRANKLIN POST

On the second floor of Whitewood Gardens, an assisted living facility in SE Portland, a unique crafts area resides. While his workstation may seem cluttered to the untrained eye, 75-year-old resident Stephen Hart knows where everything is. Hart carefully crafts model ships, a hobby that has followed him since childhood.

He explained that when he was young, his father had a workshop that was completely off-limits to everyone, where he crafted violins. Hart was always very intrigued by this space and the craft, so he began making model ships. However, many of his model ships were damaged due to his younger brother crashing into the shelf where they all resided. Still, his love of the craft continues.

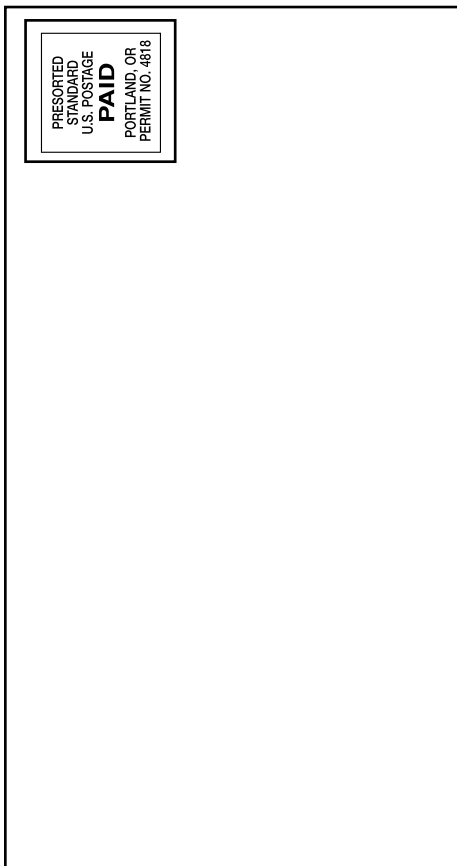
All of Hart’s tools and supplies were either brought with him when he moved to Whitewood Gardens or purchased since his arrival. However, since some materials are

in short supply, Hart has had to get creative about what materials he uses. His current ship, made out of walnut and basswood strips, has been carefully created throughout the year. After spending so long on creating the hull—the body of the ship—he is now ready to start working on the mast—a tall upright pole carrying the sail.

When he works on new projects, Hart believes that you have to “fumble around a bit” before you can find your stride. By fumbling around throughout the year, Hart has produced an impressive piece of art. However, whether it is to reach perfection or simply improve, it is hard to combat the urge to constantly revise your work. This idea rings true for many individuals, including Hart, who emphasized, “At the very end, you want to go back and redo [things] but you gotta say, ‘Stop! That’s good enough.’”

Hart explained that although he loves

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Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

Most of you know I spend a lot of time on behavioral health, healthcare and Medicaid. Of the 71 bills I filed back in December—so I could be ready for the up-coming legislative session—more than half are about something related to healthcare and Medicaid.

But I work on other things, too. Lots of other things! It is in that spirit that I am excited to preview a few other bills that I am introducing in the coming 2025 session that I really hope pass.

Oregon's state parks are one of our greatest treasures, but they are struggling with maintenance challenges and straining from utilization. One of my bills aims to make them more accessible and ensure they have the funding they need for maintenance and operations.

Here is what I am proposing. Vehicle registration fees in Oregon would increase by \$38 every two years (\$19 a year). The money raised would cover the costs of running and maintaining the parks and allow Oregon residents to use the parks without needing to purchase a day-use parking pass. If your vehicle is registered in Oregon, you won't need to worry about paying for day-use parking when you visit a state park—your registration fee has you covered.

I think this is a win for everyone. It would simplify park access for Oregonians and provide stable funding to maintain and improve these incredible spaces.

Most of us commute to work in a car alone. What if we cut the car in half literally and made the commute easier in a smaller electric vehicle (EV), and we made it greener too? This is what Lit Motors, an alternative car developer here in SE Portland is trying to do. You kind of have to see it to believe it. They are developing a next-generation EV technology that could transform our roads and keep commuters safe, with a unique two-seater two-wheeler car that uses gyroscopes to remain upright and resistant to falling, even when in a collision. Supporting businesses like this not only reinforces Oregon's leadership in sustainability,



but also invests us in a cleaner, greener kind of manufacturing.

The bill I am proposing asks the state to make an investment in the development of their prototype. If this style of car takes off, it could make Oregon a leader in manufacturing a transportation alternative that is efficient and safe to drive and very green in its energy usage.

Another project I am enthusiastic about is restoring the Ross Island Lagoon to islands. The Lagoon is a hidden gem in the middle of the Willamette River, but harmful algae blooms have become a recurring issue. They are caused by stagnant water conditions that the Lagoon occasionally creates. One of my bills funds the engineering and evaluation needed to restore the lagoon to its original state, removing a damn and bringing the channel back so that we improve water circulation, restore the lagoon's health, make it safer for recreation and preserve the treasure that a clean Willamette River has become.

The last two winters in Portland showed us just how disruptive severe weather can be for workers and businesses. Ice storms and snow shut down the city for days, leaving many people without work and income during those closures. Unemployment benefits don't start until after a worker's first unpaid week.

One of the bills I am running changes that and ensures that workers impacted by snow, heat waves and other extreme weather events could receive unemployment benefits right away—no more waiting week. This helps workers who depend on steady paychecks by keeping them financially secure during increasingly unpredictable weather conditions.

Since the pandemic I have become a leader on all things arts and culture in the Oregon Legislature. One of my bills allocates \$9 million to arts and culture projects across the state. From renovating historic sites to building new museums and performance spaces, these investments help grow Oregon's creative economy while preserving our cultural heritage.

Did you know Oregon ranks 39th in the nation for state supported arts funding? That's not a number we should be proud of. Another one of my bills would raise the Arts Commission's budget from \$4 million to \$10 million, moving us up to 23rd place when compared to other states for state supported arts funding. That extra funding would go toward grants and support for arts organizations all over Oregon.

I also have a bill to revive the Special Assessment for Historic Properties program, which incentivizes the restoration and preservation of historic buildings. Oregon's history is written in its architecture. Preserving iconic buildings also makes our cities and towns more beautiful, and it is good for tourism and economic development too.

I will also be working on a bill to merge the Oregon Arts Commission and the Oregon Cultural Trust into one larger more robust state agency, hopefully making it easier for the state to lift up and support the arts sector across our state.

See it is not just all about Medicaid. Like I said, I work on other things, too. If you have an idea for a bill, there is still time to have it drafted and submitted. Give me a call or write me an email and pitch your idea. Session starts January 21 and the deadline for new bill submissions is around the end of February.

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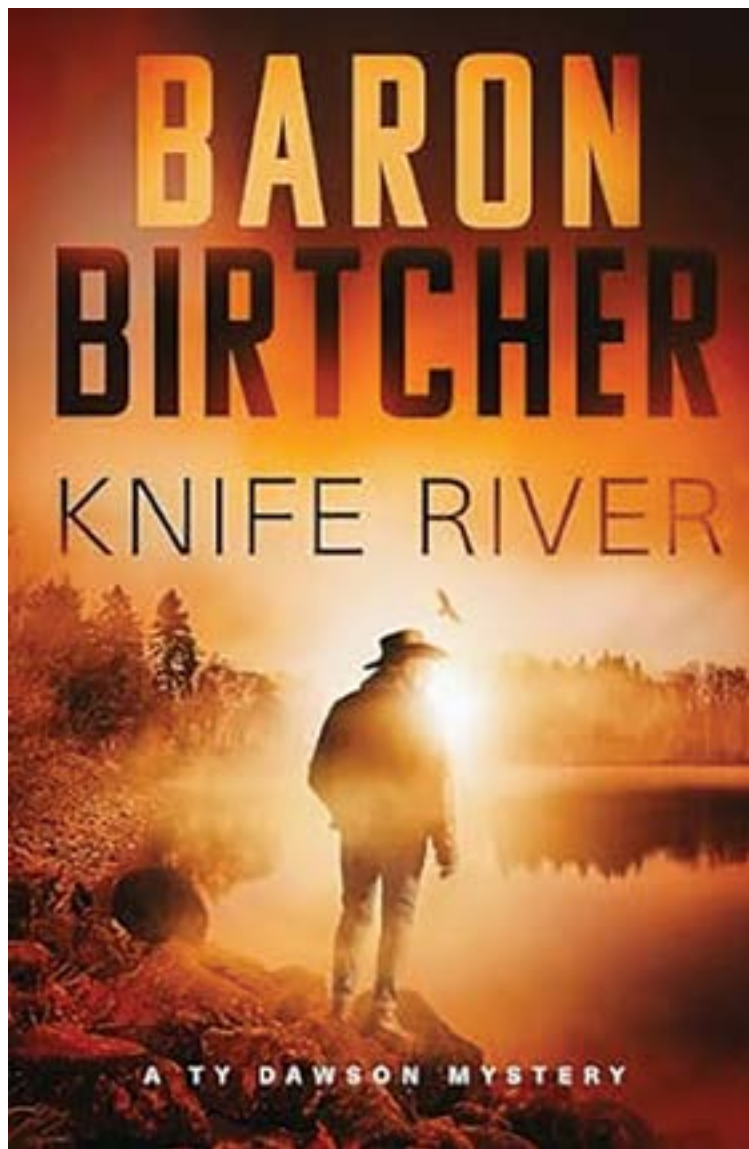
BY DAVID KROGH

Ty Dawson is the sheriff of a large and very rural county in eastern OR. He also runs a ranch there with his wife, Jesse. He grew up there, and, like so many others in similar situations, he tried to leave but ended up coming back. The time period for this story is 1976 when a music producer comes to town in preparation for a special concert by a big-name performer which includes a video production. As often happens with most mystery/crime stories, a major mishap occurs which kills the performer and three others. Is it an accident? Is it murder? Sheriff Dawson and his cowhand crew of deputies must figure it out.

Knife River was written by Baron Birtcher, an accomplished author of nine published mystery/crime books, four of which are focused around Sheriff Dawson. Although the Dawson mystery stories are a series, Birtcher states, "they can most certainly be read as stand-alones. The first in the series is *South California Purples*; the second is *Fistful Of Rain*; the third is *Reckoning*; the newest is *Knife River*, released just a short time ago."

One interesting aspect of this book is the use of teasers, which the author refers to as "Interludes." "I enjoy the idea of unfurling a story in multiple layers. I feel that it provides a unique depth and dimension to a story when executed properly," states Birtcher. "The 'Interludes' are an integral component of the narrative," and they help to ultimately reveal answers to solving the mystery. In this case the book jumps back several times to 1964 with a focus on individuals who play a big role in the book's conclusion (although this doesn't become clear to the reader for some time yet).

Birtcher was originally in the music business himself. "I spent a number of years as a working musician and songwriter, and later as an Artist Manager," he said. "I have spent most of my life with other 'creatives' and had always been an avid reader, which fostered a personal desire to someday write a book. That someday came for me in 1999 when I wrote my first mystery



novel (*Roadhouse Blues*) which was published in 2000 and went on to become a *LA Times* Best-seller."

The focus of the Dawson mysteries in rural eastern Oregon is no mystery in itself. "I grew up in a rural/agricultural area of CA and that part of OR seemed similar and familiar to me." In addition, "the Ty Dawson Series is set in the 1970s, and I wanted to select a locale that would highlight the many cultural and societal changes in play during that turbulent time in our country's history. I wanted to re-examine the zeitgeist of the times through the eyes of a fictional adult family man, Ty Dawson. I knew a number of men like him, not the least of whom was my own father. I relate very strongly to Ty and feel that I know him quite well. In fact, I know all of my characters quite well."

Birtcher also drew from his experience growing up on a horse ranch in southern CA. "I grew up on horseback and have a deep fondness for the rural life. I moved from Orange County in the mid-1990s to the Big Island of Hawaii, where my wife and I grew Kona Coffee for about

15 years before returning to the mainland (Willamette Valley, OR) to be closer to our kids and grandkids."

"I retired from the music business several years ago so I could devote my attention to writing on a full-time basis," states Birtcher, "but I do still maintain a genuine love for music, and ongoing relationships with my musician clients." The author also maintains a cadre of friends in law enforcement whom he relies on for fact checking his stories.

When asked about inspiration for his stories, Birtcher responded, "I identify the Ty Dawson series in this way: Longmire meets Yellowstone in the 1970s."

Knife River is a book that is hard to put down and you will be tempted to binge read it. The actions within come often and make for an interesting read indeed.

Knife River is published by Open Road Integrated Media. Additional information on Birtcher's books can be found at bit.ly/41N6KHW or on Facebook at facebook.com/BaronRBirtcher. *Knife River* and others of the author's books can be obtained online or at local booksellers including Powell's Books.

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Urban Alchemy Opens Two Wellness Villages in SE Portland

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The Wellness Village model differs from a regular shelter in that there are more wellness-focused activities and communal spaces, like the coffee bar where people can learn to make their own coffees and also spend time talking to practitioners about sobriety. “It is different from a simpler tent or tiny home village because it also focuses on holistic care,” Green said, adding that the Wellness Village areas are “purposefully separated to make sobriety more approachable and accessible.”

Residents also have access to services that will help them on their personal journeys, Green said, including addiction and domestic abuse counsel-

ing, Medication-Assisted Treatment (MAT) and activities and programs specifically designed for those who want to get sober. “We’re also constantly looking for new services that meet guests’ needs based on their requests and feedback. Our employees bring lived experience, empathy and encouragement to empower our guests, creating an environment where sobriety feels achievable and sustainable,” Green noted.

The Wellness Village program is funded through contracts with the City of Portland, which also pays for staff, counselors and other team members, Green said.

“We also maintain strong relationships with trusted organizations that provide services at

the Wellness Villages,” she said, including Central City Concern, Recovery Works NW, Care Oregon, Volunteers of America and more. Because the sites are like an apartment complex or a college dorm setting, Urban Alchemy does not provide security.

“Instead, our team of practitioners works 24/7 to support guests and maintain a calm, safe environment,” Green said. “They are extensively trained in de-escalation methods and conflict resolution. If any situation escalates to a threat, we contact the Portland Police Department.”

Individuals can enter the Wellness Village program in one of two ways. The first pathway is through a city outreach worker. “Unhoused individuals are connected with these workers, who assess their needs and match them with appropriate resources. From there, if there is capacity at the Wellness Village, they may tran-

sition into this program as part of their journey toward stability and sobriety,” Green said.

The second pathway involves partnerships with other sobriety-focused organizations, and individuals engaged with these organizations may be referred to the Wellness Village. The organizations work collaboratively with the city to coordinate placements, ensuring that individuals receive the support they need in a structured and intentional manner.

Four key benefits set the Wellness Village program apart from other shelters. First, the low-barrier shelters make them accessible to people with disabilities, substance-use issues and criminal records. They also welcome pets and couples. Second, staff are trained to respond to trauma-related symptoms, creating a sense of trust. Third, the focus of the village setting is to promote enhanced mental and physical

health, while offering counseling, group therapy and medication management. Finally, this model incorporates programs to help individuals develop life skills, such as budgeting, job training and independent living.

The Wellness Village program works due to Urban Alchemy’s highly trained practitioners, 96 percent of whom have lived experience with homelessness, addiction and/or incarceration, Green said. “Their unique backgrounds allow them to connect deeply with residents, offering empathy, understanding and practical support.”

Statistics show that the model works, Green said, noting that since the first village opened in 2023 in Culver City, CA, the site has served 80 people, and 42 have since moved on to more permanent housing. For more information about Urban Alchemy, visit urban-alchemy.us.

Cybersecurity eBook to Help Consumers Protect Themselves

By DAMIAN LAVIOLETTE, ON-POINT COMMUNITY CREDIT UNION

US consumers lost a staggering \$10.3 billion to fraud in 2023, a 14 percent increase from the previous year’s total, according to the Federal Trade Commission (FTC). Oregonians lost more than \$101 million to fraud in 2023, a 15.5 percent increase from 2022. Imposter scams were the top threats last year, according to the FTC’s report.

OnPoint Community Credit Union has released its 2024 “The OnPoint Guide to Personal Cybersecurity” eBook to help consumers protect themselves in an ever-evolving cybercrime landscape. OnPoint updates the free eBook every October in observance of National Cybersecurity Awareness Month to keep the community informed of the latest online threats.

“As cybercriminals become more advanced, it’s essential to remain engaged and proactive with your digital safety,” said Damian Laviolette, Chief Information Security Officer for OnPoint Community Credit Union. “We’re dedicated to providing members and non-members alike with the tools and knowledge to protect themselves and their loved ones from increasingly sophisticated threats. Being cyber smart is a crucial first step toward staying cyber safe in today’s rapidly evolving digital landscape.”

The eBook, available at onpointcu.com/files/OnPoint-Guide-to-Personal-Cybersecurity.pdf, covers the latest trends in online fraud including improvements to cybercriminals’ techniques with AI and automation. One technique used by cybercriminals is called deepfake phishing, where they recreate a loved one’s voice to add weight to these manipulative communications. Technology improvements have also made credential stuffing easier. This is when someone with stolen login credentials for one website will test the same combination on other websites. Cybercriminals use automation to test multiple sites and credentials at once with the hope of accessing at least one account with someone’s personal or bank information.

Anyone can become a target, but the most at-risk populations are youth and young adults (ages 13-25) and seniors (ages 60+). Young people, especially children, have clean credit histories that are not always closely monitored, making them valuable to identity thieves. Chat features in online games also give cybercriminals a platform to convince young people to reveal personal information, transfer money or click on malicious links to a supposed update or mod to a popular

game. Cybercriminals target people aged 60 and older because they believe they have considerable assets and are less familiar with cybersecurity best practices and online scams. Tech support scams, personal data breaches, confidence and romance scams, non-payment or non-delivery scams and investment scams were the top five most common types of elder fraud reported in 2023.

Smart devices have become targets. According to IoT Analytics, there will be approximately 18.8 billion connected devices by the end of 2024, a 13 percent increase from last year. The growing number of “smart” household appliances, cars and systems create potential access points for cyberattacks that might be easily overlooked. Cybercriminals can attempt to access your passwords or bank accounts through the information shared with a digital assistant or get into your Wi-Fi network to launch a ransomware attack.

The eBook also provides tips for increasing cybersecurity, starting with always verifying the sender. Messages from cybercriminals come in the form of emails, texts or phone calls, claiming to be a legitimate company. They want you to hand over personal information or click on a link containing hidden malware. Double-check the sender’s address and domain name and never rely on the display name. You can hover over a link to see if the URL looks legitimate or has tricks like a zero in place of the letter “o” or

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Preparing for Severe Winter Weather



As we settle into winter, the Portland Bureau of Transportation (PBOT), Portland Public Works and regional transportation agencies advise the public to prepare for potential snow, ice and other severe weather conditions that the season may bring.

With the City of Portland's transition to a new form of government, this is the first winter the City has a City Administrator overseeing all bureaus. Public Works Deputy City Administrator Priya Dhanapal oversees PBOT, the Portland Water Bureau and the Bureau of Environmental Services.

"I want to thank our PBOT maintenance crews and our regional partners for the work that they do year-round, and for the especially difficult work they do in winter weather," Dhanapal said. "During winter storms, crews from PBOT and our regional partners work night and day, in challenging conditions, to make our routes passable for the traveling public. When it snows, we also need the public's help. Make a plan today for how you and your family can stay off the roads and give our crews the

space they need to make our snow and ice routes passable. We need to work together and help each other. One of the best things you can do to help your neighbors is be ready to clear your sidewalk. Your neighbors need your sidewalk to be passable in the snow, so they can take public transit instead of driving."

"In winter weather, PBOT crews are the first responders for the first responders," Transportation Director Millicent Williams said. "We make roads passable for TriMet buses, as well as police, firefighters and paramedics. We update our routes every year to make sure we are plowing streets that provide access to hospitals and to emergency shelters. We need everyone to take responsibility now to make a plan for snow and ice, to keep your family safe. With smart planning and personal responsibility, we can all do our part to help everyone get home safe."

The first step is to create a winter emergency plan with family and coworkers that may include working from home, taking public transit and identifying an emergency meeting loca-

tion. People should also make a checklist for their homes, businesses and vehicles. Ice melt and shovels should be available to clear sidewalks and paths across driveways. Food, water, clothes and medications (for people and pets) should be kept at home, at work or in your vehicle in case you are stranded. Helpful items to include in a vehicle emergency weather kit include chains, snow shovel, bag of sand or kitty litter for traction, jumper cables, first aid kit, basic tools, blanket, warm clothing, extra food and water, flashlight, cell phone and charger. Be prepared to move your car off snow and ice routes to allow room for snowplows and other equipment to do their work.

If severe weather is in the forecast, avoid travel if you can. If you can't, stay informed of conditions by signing up to receive PBOT alerts by text or email or follow PBOTInfo on social media. Also consider taking public transit, using trimet.org to plan your trip (allowing extra time for unexpected delays). Additional tips for driving, biking and walking can be found at portland.gov/winter.

Climate Change Commission Seeks Applicants

The City of Portland is seeking applicants to serve on their new Sustainability and Climate Commission, a new advisory body that will elevate the importance of building resilience and sustainability in our communities to address the climate. The 20-person commission will review and propose actions to Portland City Council to achieve City-adopted goals to eliminate carbon emissions by 2050 and make Portlanders more resilient, especially communities of color and those most at-risk and vulnerable to impacts of climate change.

"Portlanders have an important voice in making sure our city government prioritizes sustainability and climate action," said Sustainability Officer Vivian Satterfield, who is based in the Office of the City Administrator. "As Portland moves forward with a new form of government, we are also advancing the city's commitment to be a climate leader."

The Sustainability and Climate Commission will be the leading authority on climate and sustainability, creating the City's next Climate Action Plan and

providing accountability for the City and its service areas. Four seats are dedicated to youth, ages 16-24 for one-year appointments. Eight of the remaining 16 seats will be for two-year appointments, and the other eight for three-year appointments.

The volunteer commission will meet at least once a month, on weekday evenings. Work will be organized by eight initial focus areas—building and homes; climate change resiliency and adaptation; energy and renewables; environmental justice and equity; urban forest, natural systems and carbon management; urban form and transportation; waste prevention, recycling and solid waste; and youth.

People from every part of Portland are encouraged to share their voices on the committee, especially people who have not been involved before and those with lived experiences from climate change. Applications, available at bit.ly/3ZY5Kzp, are due Friday, January 17, with review beginning soon after, followed by interviews mid-February through mid-March.

TriMet Rolls Out New Chat Function

The community can now reach TriMet's Customer Service team through a support chat, offering a new hassle-free way for riders to get help with where they're going. TriMet recently rolled out the new service to allow people to quickly engage with a live person of the Customer Service team. Chats can be done from smartphones, tablets and desktop computers.

To access the service, visit trimet.org/chat and click the "Chat with Customer Service" button or click the blue button in the lower right corner of support.trimet.org to open a chat window.

Another option is to select "Customer Service" from the menu on trimet.org for chat and other options. Customer Service team members are available for chat services 7:30 am-5:30 pm every day of the week. Representatives will answer questions, provide assistance and work to make riders' experience as smooth as possible.

Chat is an additional tool, complementing the phone/text line at 503.238.7433 and the TriMet website, trimet.org. The website offers many pages in six different languages and language interpretation services are available by phone.

Grants Review Committee Members Needed

Metro is looking for people to join the Nature in Neighborhoods capital grants Review Committee. Do you love parks and natural areas? Are you committed to helping the people in our region experience nature? Do you want to support opportunities for communities of color and other historically marginalized communities to design and build access to nature for their communities? Do you want to see greater meaningful community engagement, racial equity and climate resiliency in the Portland area? If you answered yes to any of these questions, Metro invites you to consider applying.

In selecting members for the committee, Metro seeks a mix of members that are committed to Metro's parks and nature mission and to supporting opportunities for communities of color

and other historically marginalized communities to design and build access to nature for their communities. They are looking for people with backgrounds in water quality and habitat restoration; landscape architecture; real estate; community development; workforce development, job training and apprenticeship programs; climate adaptation and resilient policies and practices; and sustainable development techniques, such as green infrastructure, sustainable agriculture and carbon sequestration.

Grant review committee members serve a one-year term with an opportunity to be reappointed. They will review approximately 10 pre-applications in February 2025 and 10 full applications in April 2025, evaluating the applications based on the information submitted; the purpose,

goals and evaluation criteria; and the review committee's professional and collective judgement. Attendance at one review committee meeting (four hours) and site visits of proposed projects (10 hours) will be required. Additionally, committee members will develop funding recommendations together with other review committee members and provide feedback to staff about ways to strengthen the grant program administration and outcomes.

To apply for the review committee, complete the application at surveymonkey.com/t/W7Z365H. Questions about the application process or the committee can be directed to the Nature in Neighborhoods program manager Crista Gardner at crista.gardner@oregonmetro.gov. Metro staff will begin reviewing committee applications in January.



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FOS Proposed Projects and Opportunity to Comment

Portland Bureau of Transportation's (PBOT) Fixing Our Streets (FOS) Smoother Streets recommended projects proposal is currently available for public review. FOS (2024-2028) paving dollars are focused on preventive maintenance like grind-and-inlay and sealing treatments that preserve and extend the life of our roads. This includes reconstructing corner curb ramps to improve accessibility and upgrading pavement markings to current standards. It also includes installing high-visibility crosswalks or adding striped buffers to bike lanes where space allows.

A map of the recommended projects is included in the 29-page FOS Oversight Committee document from November 2024 on page 11, with a list of the projects detailing the project type and lane miles per district. District 3

covers SE Portland and parts of NE. That pdf can be found at bit.ly/4gFQYTv.

The project list for the FOS Smoother Streets development included pavement condition analysis, legislative intent (type of street and geographic distribution) and leveraging funded capital improvement projects. The next stage of the project is community involvement.

The FOS Oversight Committee will hear public comment Tuesday, January 14, 5-6:30 pm in a hybrid meeting. The in-person meeting will take place at the Portland Building, 1120 SW 5th Ave., and people can also participate via Zoom. In addition to attending the meeting, people can provide comment testimony via mail or email to the staff coordinator. Visit bit.ly/41DMmZO for Zoom registration.

Street Trees Being Planted in Priority Neighborhoods

Portland Parks & Recreation's (PP&R) Urban Forestry team is planting Free Street Trees now through March 2025 in key Portland neighborhoods with a noted need for more tree canopy. City contractors will install over 1,000 young trees in the rights-of-way, typically between sidewalks and roads. The plantings are targeted for locations where the deficit of tree cover has left communities most vulnerable to heat illness.

"Everyone, regardless of where we live, deserves safer, cleaner, healthier neighborhoods," says PP&R Director Adena Long. "It's a matter of public well-being. The Free Street Tree program is a step in the right direction."

The priority neighborhoods for the current planting efforts include Kerns, Buckman, Foster-Powell, Kenton, King, Mt. Scott-Arleta, Piedmont, South Tabor, Wilkes and Creston-Kenilworth. Studies of these areas of SE and NE Portland show that they have less canopy cover than other parts of town. Closing this gap in priority service areas has been a primary goal for PP&R and the City overall as part of the Equitable Tree Canopy program.

PP&R Urban Forestry staff will ensure the new trees are watered, weeded and maintained for three years after planting. Tree



New street trees planted in the grassy strip between the curb and sidewalk. Photo credit PP&R.

planting sites are chosen to avoid utilities, maximize tree canopy and provide the greatest service to residents. The trees themselves are strategically selected to be climate-resilient and low maintenance.

"Trees are very important for improving the health, safety and well-being for Portlanders. Not only do they function to cool spaces on hot summer days, but they play a vital role in improving human health," says City Forester Jenn Sairo. "The Free Street Trees effort is one of several programs in action to improve the green infrastructure of our neighborhoods, over the next five years."

PP&R surveyed sites for available planting spaces Winter-Spring 2024 and a Street Tree Planting Survey postcard was sent to addresses being surveyed. The final selection of sites was made in Summer 2024, with notices being mailed to property owners adjacent to the selected planting sites in September. Property owners were given the opportunity to opt-out of planting through the October 15 deadline.

The project is funded by the City's Tree Planting and Preservation Fund. The fund is used to plant trees to compensate for those removed during property development and other situations.

PP&R Wedding Reservations Open January 6

People looking to get married at one of Portland Parks & Recreation's (PP&R) 200+ locations will want to circle Monday, January 6 on their calendar. The PP&R Customer Service Center will begin granting reservations for weddings scheduled for the 2025 calendar year on that day, prioritizing in-person registrations 8 am-12 pm. Beginning at 1 pm, staff will begin processing requests received by phone, mail and online.

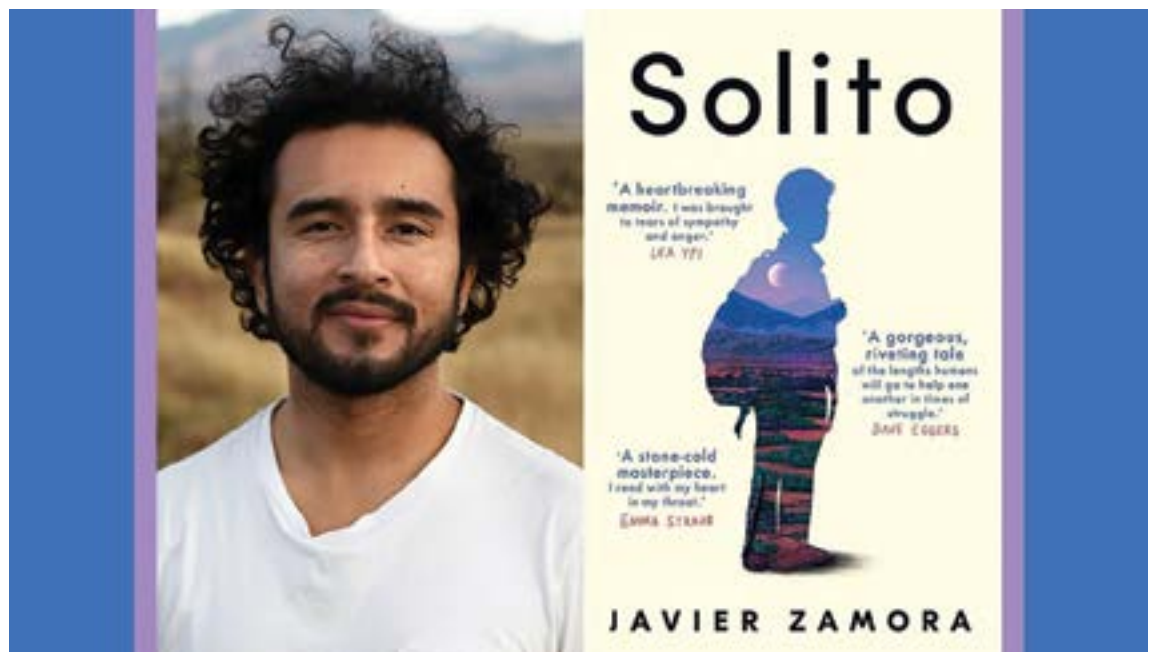
In keeping with past years, PP&R staff expects future brides and grooms-to-be to line up outside the Customer Service Center (1120 SW 5th Ave., ground floor) in the wee hours of the morning of January 6. At 8 am, people waiting in line will be invited inside the building for light morning refreshments while staff begins processing wedding requests. For the first time, PP&R will be hosting local vendors offering services supporting wedding planning

at the Customer Service Center 8 am-12 pm.

More information about weddings, including locations, fees, policies and insurance, can be found at portland.gov/parks/wedding or by calling the Customer Service Center at 503.823.2525. PP&R is the proud steward of more than 200 parks, gardens and natural settings which can be reserved for weddings and/or receptions.

There is a listing of unavailable dates on the website and weddings are not permitted at the Japanese Garden, Pittock Mansion (and surrounding acres) or Portland International Raceway. Weddings may be scheduled at a picnic site; however, receptions cannot be scheduled in a wedding garden (those areas are for the ceremony portion only). Additionally, city code requires that a permit be obtained for any wedding in a public park where guests are invited.

Everybody Reads 2025 Book Available



The Multnomah County Library has made the Everybody Reads 2025 title selection. Javier Zamora's *Solito* is an account of Zamora's 3,000-mile journey from El Salvador to the US when he was nine years old. His crossing involved perilous boat trips and relentless desert treks during two life-altering months alongside a group of strangers who became an unexpected family. He traveled unaccompanied by boat, bus and foot. After the person hired to lead the group abandoned

them in Oaxaca, Zamora managed to make it to Arizona with the aid of other migrants.

Zamora was born in La Herradura, El Salvador in 1990. When he was a year old, his father fled El Salvador, followed by his mother in 1995. At that time, Zamora was left in the care of his grandparents who raised him until he migrated to the US when he was nine.

Check out *Solito* from the library (book, downloadable audio book or eBook). All formats are

available in Spanish and English. Events surrounding the book and its themes, both in person and virtually take place through March. Visit multcolib.org/events-classes and select "Everybody Reads" as the event type for event details and registration.

Everybody Reads 2025 will conclude with "An Evening with Javier Zamora" Tuesday, March 11, 7:30-9 pm at the Arlene Schnitzer Concert Hall. Tickets (\$25-\$65) are available from Literary Arts, literary-arts.org.

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Email feedback or submit a Letter to the Editor to examiner@seportland.news.

One of Portland's Newest Bookstores Specializes in Travel

BY DANIEL PEREZ-CROUSE

Tucked away near the back of Cargo, a worldly and lively marketplace with imported and local artisan goods, there's a new bookstore in Portland that specializes in travel called Postcard Bookshop. But when Patrick Leonard, its owner, says it's a travel bookstore, he means that in the broadest sense possible.

Alongside guidebooks and language guides are cookbooks, nonfiction and international literature—most of them organized by country. Additional items include bags, curios from different locales and postcards.

"I feel like the way we travel, even though so much more information is available online, there's a desire for a connection with the culture and an authentic experience when we're traveling," said Leonard. He wants Postcard to be a place where different modes of travel can be satisfied; whether you're planning a trip or wanting to experience that place through stories or recipes.

"My parents inspired me with a real love of going out and

seeing new places," he said. After early, formative experiences going to France in high school and studying abroad in college, he got the travel bug. "For me, a big way that I did travel, and that I continue to travel to many places, is by reading about them." Leonard says the beauty of reading is that, while he might not have the time or resources for a particular destination at one point in time, he can read a travel writer's account of going there, a novel about the place or cook some recipes from there. And he's passing that love to his own child, who has her own section of recommendations.

Opening a bookstore has been a long-time dream of Leonard's. He worked at a New York publisher for several years, which got him excited about books and the business around them. When he moved back to Portland, where he's originally from, he wanted to learn more about retail to make that dream a reality.

"First, I spent several years working at Providore Fine Foods. I got a sense of how to run a store



The interior of Postcard at Cargo. Photo by Patrick Leonard.

and how to work in retail." He also got to preview his dream as he generated a collection of books, housewares and things related to food from around the world at Providore. "Working there and creating this global cookbook library got the idea in my head that, oh, if I were to open a bookstore, these are the kinds of stories I really want to share." So at the beginning of this 2024, he decided to go for it.

Leonard said the hardest part was finding a space for a small business. While new developments are happening and spaces are available, many of them are prohibitively large. "I was talking to realtors, brokers and landlords about great spaces in neighborhoods that would be fun, but when you go into the map, it's like, this isn't going to pencil out. I don't know how to pay for a 2,000 square foot space and staff it and keep everything open each day on the margins that retail works nowadays."

Leonard would find his home after talking with friends of his who are tenants at Cargo.

Leonard was impressed with the space, vibe and culture Cargo had cultivated and thought its worldly, artisan-driven marketplace motif was a great fit. And Cargo loved the concept of his bookstore and quickly made a section available to him. He said that since being a small business owner can be a difficult and isolating experience, getting to collaborate and share space with others at Cargo is refreshing. "They (Cargo) were wonderful to work with. They were flexible, supportive and nimble."

It's a fun challenge for Leonard to decide what he stocks while squeezing the world into a small space as it forces him to determine which books capture a location. What also helps is making sure he's highlighting native voices and steering from the old stereotype of American or British travelers presenting a location from their perspective.

"I've been pleased with how much people have gravitated towards literature, like the novels or translated stories," said Leonard. As a travel-oriented book store,

he expected people to be primarily interested in phrasebooks or guides, but the literature has been quite popular. "Portland is a very bookish town. There are a lot of really well-read people here who are excited to hear new stories. So, that's been fun."

The initial months of the store have been encouraging and positive for Leonard and he looks forward to its future. "The conversations with all of the readers who come in have been so positive and supportive. It has really made me feel like this was a good idea. I had someone tell me that opening business is inherently hopeful because you're putting something out there and it has to be authentic and you have to believe that people will be excited to embrace it. It's really nice to see that coming through."

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Children's Literacy Nonprofit Call For Donations

from page 1

reading below grade level. The organization's unique model was developed, blending early childhood reading support, adult mentorship and community engagement to positively impact literacy outcomes. In 1992, the program launched in eight schools in two cities, serving 585 children.

SMART has steadily grown since its inception, becoming the state's largest volunteer-driven nonprofit organization devoted to literacy, serving more than 373,000 children and giving away over four million books. Those numbers were achieved by the commitment of more than 147,000 volunteers logging 4.5 million hours reading with children across the state.

In 2022, SMART merged with the Children's Book Bank, a Portland-based nonprofit founded by Dani Swope. Swope, a parent and former teacher who wanted to ensure that her children's books got into the hands of kids who might not otherwise have books at home, started the Children's Book Bank in 2008. In the beginning, she donated her books to a local Head Start program. Showing that there was a great need for books, Swope's phone was ringing off the hook with people looking for the "Book Lady" and asking to sign up for her "program."

The books collected are distributed as part of SMART's two shared reading programs—One-to-One SMART and Class-

room SMART. The programs positively impact literacy skills and outcomes by providing early reading support for learners, access to books and community engagement in a fun, inclusive environment for everyone involved. Based on their Theory of Changes, the programs employ two strategies: sharing one-on-one reading with a trained volunteer and providing books for children to take home and keep. SMART students choose two books per month to keep, helping them build their personal libraries and become lifelong readers.

For more information about SMART, including volunteering opportunities, visit smartreading.org.

Sourcing Seeds For Your Home Vegetable Garden

By IAN WILSON, PORTLAND
EDIBLE GARDENS

On these shortest days of the year, it's easy to feel like the growing season is forever away, but in just a couple of months it will be time to start planting vegetables again. January is a great time to plan for spring planting, and nothing gets us in the mood for gardening like ordering seeds.

But why should you buy seeds, anyway? And where should you get them? And what varieties will do well in your PNW garden? We've got answers.

While planting vegetable starts from the nursery is convenient and has many benefits, planting from seeds directly in your garden (aka "direct seeding") has some amazing advantages that shouldn't be overlooked. For one, successfully direct seeded plantings are more pest and disease resistant, and hardier than veggies that have been transplanted. Root vegetables in particular shouldn't be transplanted at all, and do best when seeded directly. Sourcing your own seeds will also give you access to an incredible diversity of varieties and save you money.

Looking for a one-stop shop for a diversity of well adapted seeds for the Portland area? We recommend Oregon's own Territorial Seed Company (territorialseed.com). Crazy about greens? Try Wild Garden Seed, wildgardenseed.com, featuring over 50 lettuce varieties. Looking for the exotic and rare? Check out Baker Creek Heirloom Seeds (rareseeds.com).

And while browsing online is convenient, when it comes to seeds we think there's no substitute for an old-fashioned catalog. So request a few catalogs by mail, pour a glass of wine and plan that garden.

Wondering where to start or what varieties to purchase? Here are five of our favorite and easy-to-grow varieties that thrive in PNW Spring gardens, all available from Territorial.

Super Sugar Snap Pea is the first vegetable we plant in Portland gardens as early as mid-February. It's a vigorous grower and needs a trellis to climb on, but very productive with abundant

sweet succulent pods. It's consistently a favorite with the kids.

Celesta Radish is a great place to start if you've never grown root vegetables before. Beautiful, round, cherry red radishes mature in as few as 30 days from seeds. Don't forget to "thin" plantings to about half of an inch spacing after they emerge to allow proper space for roots to size up.

Roquette Arugula is one of the easiest greens to grow from seeds, and arugula prefers the cool wet weather that is typical here in the Portland area in March and April. This variety is quick to mature and is tolerant of frost.

Cilantro, despite what you might think, loves cool weather and grows very well from seeds. We sow small "successions" of this beautiful variety monthly through the planting season. The Cruiser variety also has some heat tolerance and resists "bolting" which won us over long ago.

Lofty Salad Mix is a curated mix of lettuce seeds with a variety of colors and textures. Harvest at



Celesta Radish. Photo by Portland Edible Gardens.

the baby leaf stage for a stunning cutting mix or let it grow to maturity and harvest whole heads

using seed catalogues, place your order and get ready to enjoy the magic of direct seeding in your home vegetable garden.

So get right to it. Start pe-

A Shipbuilder Despite the Odds

from page 1

working on his ship, "After a couple hours up [at the workstation], my hands are really tired, [it's] harder to do things and I feel like I'm taking a risk with sharp tools." This fatigue is a result of his arthritis and multiple sclerosis (MS). According to the Mayo Clinic, "[MS] is a disease that causes breakdown of the protective covering of nerves. [MS] can cause numbness, weakness, trouble walking, vision changes and other symptoms." Hart was diagnosed with MS when he was around 42 years old; soon after his diagnosis he began volunteering at the MS Society in Portland and started a support group for others with MS.

Hart shared that the most difficult aspect of his life since diagnosis is that he is now wheelchair-bound. This hinders his day-to-day life, ability to travel and work. In his youth, he rebuilt a motorcycle and traveled, ultimately ending up in Flagstaff,

AZ. There, he found work as a carpenter, which largely involved working on the interior and exterior of houses. Despite the barriers posed by his age and MS, Hart has found ways to continue to craft.

Hart met his partner, Robin, at an MS support group meeting, and they have been together for the last 14 years. The couple moved to Whitewood Gardens together around four years ago, and thus far they have enjoyed their time there. Whitewood Gardens has a variety of activities available for all of its residents, including exercise programs, movie screenings and live music.

Since residents choose which activities they want to participate in, many afternoons Hart works on his ship while Robin works on completing puzzles at a table next to his workstation. Hart has been grateful for the influence Whitewood Gardens has had on his life, sharing that it has been "a

sort of life-changing experience."

Arlyn Frankie has been a caregiver at Whitewood Gardens for the last 11 years. Frankie assists Hart with numerous tasks every day, depending on what he needs help with. She mainly aids him in the mornings and evenings when transitioning between his wheelchair and bed. She shared that her favorite part about working with Hart is "putting him to bed in the evening because he often is [very] talkative and gives great stories about his past work and hobbies."

While MS has placed some limitations on his abilities, Hart seems to have come to terms with it. He stated, "I've lived a rather colorful life, like a big puzzle that's filled in with all different colors." One of these puzzle pieces has been and continues to be the detailed, intricate model ships that adorn Hart's workstation, reminding us that life can be full in different ways, at every stage.



The workstation belonging to Stephen Hart, a resident at Whitewood Gardens. Hart often spends his afternoons here working on his model ship. Photo by Chris Nelson.



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AE Arts & Entertainment

Alberta Rose's January Highlights



Alasdair Fraser and Natalie Haas.

From Celtic music to tribute bands, the January shows at Alberta Rose Theatre offer something for every musical taste. Wednesday, January 15, 8 pm Alasdair Fraser, one of the finest fiddlers Scotland has ever produced and his California-born music partner, Natalie Haas, bring their Celtic magic to Alberta Rose.

Portland all-star rock band Love Gigantic performs Pink Floyd's classic album *Dark Side of the Moon* in its entirety, accompanied by aerial dance and choreography by B Movement and a dazzling light show Friday, January 17 and Saturday, January 18. Performers include Sarah King, Arthur Parker and David Langenes (Nowhere Band), Chet Lyster (Eels, Low Bar Chorale), Jenny Conlee-Drizos (The Decemberists), Ned Failing (The Next Waltz, Floydian Slips), Michael Nelson (Climber), Kristi Evans and many more for the 8 pm shows.

Saturday, January 25, is The Birth of New Wave with The Wanna Be-52's, Candy-O and DEVOTEes for an 8 pm performance. Get into the spirit of '79 with three of Portland's waviest tribute bands performing the embryonic material that invented and defined New Wave. The Wanna Be-52's is Portland's tribute to the original post punk new wave greatest party band ever and will be performing their debut album in its entirety. They've been rocking Portland stages for a decade, taking audiences on a cosmic trip to space and beyond. Candy-O, the Northwest's premiere Cars tribute band, has been bringing incredible tone, accuracy and authenticity to the music of The Cars since 2010. For this performance, they'll be covering The Cars debut album in its entirety. The DEVOTEes hail from the eclectic music scene of Portland and are the premiere tribute band dedicated to celebrating the pioneering new wave and synth-pop sound of DEVO. They bring the energy, quirkiness and innovative spirit of DEVO to life and will perform a set of DEVO anthems from the first three classic albums.

For tickets (prices vary depending on performance) and a full listing of January's shows, visit albertarosetheatre.com. Many shows allow minors when accompanied by a guardian although some shows are strictly 21+.

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January Events at OMSI

The month of January at OMSI brings a film fest, trivia night, another Reel Eats event and an OMSI After Dark presentation. Starting Friday, January 10 and running through Sunday, February 9 is OMSI's 10th annual Studio Ghibli Film Fest. This year's festival includes daily screenings, special guest speakers and an opening night celebration focused on the 20th anniversary of the US release of *Howl's Moving Castle*. OMSI, in partnership with distributor GKIDS, is proud to offer the studio Ghibli catalogue to local audiences at its Empirical Theater, the largest movie screen in Portland.



Put your thinking caps on and nerd out at Educated Guess: Trivia at OMSI in the museum's Theory restaurant Wednesday, January 15, 6:30-8:30 pm. The host will be asking questions about science facts, current events, pop culture and scientific discovery in this multi-round, interactive game. Grab some friends and build a team of up to four people. OMSI-related prizes available for the top three scoring teams.

Reel Eats: *My Neighbor Totoro* is the latest installment of OMSI's Reel Eats series, which pairs film and food. *My Neighbor Totoro* (dubbed version) follows two girls who have moved to the country to be near their ailing mother and have adventures with the wondrous forest sprites who live nearby Wednesday, January 22 and Thursday, January 23, 7:15-9:30 pm. While watching the film, viewers will be prompted to eat certain items as they correlate with a moment on the screen. The tasting menu that accompanies the film consists of up to 12 small items such as popcorn, sliders or fruit skewers. Additional food and beverage available for purchase prior to the event.

OMSI AFTER DARK

Life in Miniature

JAN 29 | 6-10 PM | ADULTS 21+

It's an adults-only night Wednesday, January 29, 6-10 pm for OMSI After Dark: *Life in Miniature*. Zoom in and take a closer look at life on the micro scale—from insects to tardigrades and the microorganisms that helped craft your beer. What will you discover under the microscope? Drink beer or wine and roam the museum as you enjoy science demos, performances, DJs, artisan food and beverage vendors and more with no kids around.

Visit omsi.edu for tickets to these events and more about all that is happening at the museum. OMSI is located at 1945 SE Water Ave.

PWNW Winter Season

Performance Works NW (PWNW) launched their winter season at the end of December and continues it in January. *SMALLER* is the dance improvisation duo of Karen Nelson and Nica Portavia, in collaboration with multi-instrumentalist Evan Strauss Friday, January 17, 7:30 pm. The piece takes its name from Steve Paxton's Small Dance query, "Can it be smaller?" In Contact Improvisation fashion, Nelson and Portavia, along with Strauss' living music, give their current answer, and explore the gigantic space found even within the most seemingly predictable outcomes.

The second part of the evening will include a *Tribute of Small Dance* to honor the inspiration of Steve Paxton, the instigator of the dance form Contact Improvisation, who passed away in February 2024. His January 21 birthday also inspires a chance to recall and review a small sample of Paxton's many pointings, physical gestures, writings and performance interactions.

Nelson and Portavia continue their time at PWNW with *Faking It With Gravity*, Saturday, January 18 (10 am-5 pm with one hour break) and Sunday, January 19 (10 am-3 pm). The two-day workshop will create a space of inquiry to study and research Contact Improvisation, including Tuning Scores and Material for the Spine. There will also be an open jam Saturday, 7-9 pm.

Finishing out the month is Linda K. Johnson's PASTfuture Long-Form Archival Conversations Series. The series picks up again with the first of six new public interviews with Portland's dance elders. In this edition, Johnson will talk with PWNW director and lighting wizard Jeff Forbes Sunday, January 26, 11 am-1 pm.

For additional details on the Winter Season (which continues into early February) and to purchase tickets, visit pwnw-pdx.org. PWNW is located at 4625 SE 67th Ave.

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AE Arts & Entertainment

Tomorrow Theater Show Sampling

Spend the first Saturday of the new year at Tomorrow Theater's Twi-Hard, a Twilight Saga Triple Feature. Enjoy over six hours of everyone's cozy PNW favorites with 2008's *Twilight* at 2 pm, followed by *The Twilight Saga: New Moon* and finally, *The Twilight Saga: Eclipse*.

The following day is *Basquiat - Black and White Version* at 7 pm. In celebration of artist Jean-Michael Basquiat and international treasure David Bowie's birthday (who plays Andy Warhol in this film), the theater is screening the new black-and-white remastered and restored release in 4K, supervised by artist and director Julian Schnabel.

Self Care Sunday with woo-woo is January 12, 3:30 pm and will feature a very special screening of the sumptuous and indulgent film, *The Taste of Things*, which encourages us to savor every moment. Hosted by Abbie Mulligan, Portland's wellness expert at woo-woo, she will guide people in sensory-centered breathwork, readying the audience to fully experience the film's evocative storytelling.

Calling all crafters! Bring your own knitting, crocheting and fiber arts Sunday, January 19, 4 pm for a special event co-hosted by Ritual Dyes, who will be on hand to offer assistance and support (plus a special giveaway). The light will be low and 9 to 5 will be playing in celebration of Dolly Parton's birthday.

The final Sunday of the month at 6:30 pm is *Carte Blanche: Radha Blank, The Forty-Year-Old Version*, Art Labor series curated by Julio Torres. Torres' video introduction will precede a rare theatrical screening of Blank's film, *The Forty-Year-Old Version*. After the film, Blank will host a conversation about filmmaking, sustainability, racism and power in the industry.

Tickets and additional Tomorrow Theater shows and events at tomorrowtheater.org.

Nickerson's Mythos Mayhem

For the month of January, Sidestreet Arts welcomes artist Lucas Nickerson with his Mythos Mayhem show. Oregon native Nickerson explores many different avenues with his work. He considers himself an artist, heritage craftsman and tinkerer. His love of history led him to discover and learn traditional crafts, many of which have been forgotten. He has taught himself the primitive craft of knapping stone, making birch, creating bows out of a single stave and archery, all of which were done using traditional tools. Nettle harvesting and cordage making are in his skill set as well. He also loves to carve both ornate and practical wood utensils inspired by the long-standing tradition of collecting self-harvested woods.

"I feel connected to my heritage when I work with wood," says Nickerson. "I also have a passion for using classical artist's tools and methods such as natural red chalk, silver point, paint-making from pigments I've collected myself and brushes made from roadkill. I relish in bringing historical elements into my work. The idea that humans are still able to create so much with so little fascinates me."

Nickerson's paintings are often inspired by puns, metaphors and his love of travel. Sometimes inspiration is snatched from his family—especially his wonderfully entertaining and quirky daughter. Explorations in mythology and history have become hallmarks of his work. He has also written and illustrated two children's books, *Taking it Slow and Other Fun Rhymes* and *The Long Shot and Other Important Stories*, as well as illustrating for other authors.

Nickerson was raised outside of Oregon City in the growing hamlet of Beavercreek. As an adult, he traveled the world, soaking up the history and art that we humans create. He lived in Ireland for three years before returning to Oregon to finish his education. Nickerson has a BA in Studio Arts from Portland State University.

The show runs Thursday, January 2-Saturday, February 1, with the First Friday Artwalk on the 3rd, when Nickerson will be in attendance 5-7 pm. Visit Sidestreet Arts at 140 SE 28th Ave., Thursday-Sunday 12-5 pm or online anytime at sidestreetarts.com.



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MMU January Line-Up

The January class line-up at Movie Madness University (MMU) is packed with new class types and new partnerships, along with familiar one- and four-session classes and even a two-session class because, why not? Afternoon classes, evening classes, offsite classes and guest instructors means there's something for everyone.

Portland is bursting with creative filmmakers whose work may be produced on a smaller scale than their Hollywood counterparts, nevertheless, their dedication to their vision and craft deserve to be celebrated. The first class of this new series, intended to do just that, is Monday, January 6, 6:30 pm. Let's Play: An Evening with Filmmaker Katie Prentiss will screen Prentiss' series of three short films. The Portland filmmaker and actress will teach the class and elaborate on her career, revealing her relentlessly positive outlook on the creative process.

MMU is proud to be partnering with the Oregon Psychoanalytic Center over the next few months to present a series of classes designed to consider films from a psychoanalytic point of view. First up is *Past Lives* Monday, January 13, 6:30 pm. In this autobiographical film from first-time director Celine Song, a moving performance by Greta Lee anchors a story about an artist and immigrant who is coming to terms with what and who she has left behind. Taught by guest instructors Francoise Eipper, MD and Alice Huang, MD (both of the Oregon Psychoanalytic Center), they'll use psychoanalytic concepts to examine the central themes permeating this film—dislocation and assimilation.

There are four single session classes: *It's Funny To Be A Person: Playtime* Monday, January 20, 6:30 pm; *Symbiopsychotaxiplasm: Take One* Friday, January 24, 1 pm; *Women In Love* Monday, January 27, 6:30 pm; and *Legendary Costume Designers: Gowns* By Adrian Friday, January 31, 1 pm.

Four week classes include *Twentieth Century Trauma: Post-Cold War Eastern European Films* Tuesday evenings starting January 7, 6:30 pm; *Pre-Nova Conditions: Cinema on the Edge of Apocalypse* starting Wednesday, January 8, 6:30 pm; and *Thrill Seekers Anonymous* Thursday evenings January 9-30, 6:30 pm. The two-session *Mind Control: Possession, Surveillance, and the Tech-Noir Subgenre* takes place Friday January 10 and 17, 1 pm.

In addition to these classes, MMU is partnering with Portland Community College to offer two free classes in January at the PCC Cascade Campus, 705 N Killingsworth St. Details and registration for all classes at [moviemadness.org](https://www.moviemadness.org).

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| 17 DARK SIDE 18 a piece for assorted lunatics aerial dance + live music from LOVE GIGANTIC | 30 KEOLA BEAMER & JEFF PETERSON + MOANALANI BEAMER |
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Wellness Word

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

Building a Sincere Gratitude Practice That Works

The concept of gratitude as a practice has gained significant attention in wellness circles the past few years, supported by numerous studies showing that cultivating gratitude can have measurable positive impacts on an individual's mental health. However, gratitude is often misunderstood. Some might consider it a frivolous exercise, while others might believe it involves ignoring life's challenges and difficulties. Despite these misconceptions, it is entirely possible to build a gratitude practice that feels both genuine and authentic—and may just improve your overall mental well-being.

It can be difficult to define gratitude, but perhaps the most all-encompassing and helpful definition comes from a 2010 study published in the *Clinical Psychology Review* that found a strong link between gratitude and well-being. It is described as “noticing and appreciating the positive in the world.” This implies that the effectiveness of gratitude lies in its ability to alter our focus throughout daily life. It encourages us to “search for the good” rather than “search for the negative,” fundamentally shifting our perspective.

Expressing gratitude can

reduce symptoms of depression and anxiety, improving emotional well-being and overall happiness. It can increase an individual's optimism, life satisfaction and joy. By appreciating others, gratitude also strengthens relationships and promotes a sense of belonging.

A gratitude practice can even benefit a person's physical health. Individuals who actively practice gratitude experience fewer health complaints, engage in more exercise and enjoy better sleep quality.

So how does one create an authentic gratitude practice that has a real impact in their life? Ideas include keeping a gratitude journal, creating a list of positive things that happened that day or even just telling someone something specific you are grateful for.

To get started, set aside intentional time for your gratitude practice. Even dedicating five to 10 minutes a day can make a significant difference. Try to reduce distractions and allow yourself to settle in, take some calming breaths and clear your mind.

For gratitude to be effective, it must be genuinely felt. It's more than simply writing things down for the sake of making a list. Instead, search your life for something you are sincerely grateful

for—something that brings positivity, satisfaction or joy.

If you choose to write down your gratitude, describe it in detail. How does it create positivity in your life? What feelings does it evoke? Outline in concrete ways how this particular thing or experience improves your life.

A gratitude practice is not meant to whitewash the difficult aspects of life. The truth is that life can be incredibly difficult and ignoring or denying that fact isn't helpful. Instead of trying to combat pain with gratitude, the key is to make space for both feelings.

Ultimately, a gratitude practice is best when you make it your own. With consistency, you'll find that your mindset begins to shift toward the positive without prompting. You'll lean on your practice to ease moments of stress and brighten a difficult day. And you'll find that a life with a bit of gratitude can have significant and positive long-lasting effects.

Nick Norman, LICSW, is a clinical social worker and the Clinical Program Manager at Mindful Therapy Group, a collaborative network of licensed, independent mental health clinicians serving OR, WA, CO, AZ and NV.

BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

The 82nd Avenue Business Association is proud to announce the Eastside Dining Guide. This elegant map informs visitors and residents about the exceptional international cuisine available along 82nd Ave. Featuring the best the community has to offer, this beautiful full color directory is available in the airport and downtown visitor centers as well as locations throughout the city. The Eastside Dining Guide also comes with a digital complement that provides driving directions, restaurant contact information and daily specials, as well as a passport program where diners can earn rewards as they sample the delicious dishes along the avenue.

Division Clinton Business District By Anne Marie DiStefano

The DCBD is excited to start 2025, which will be our first full year as an organization. We are hosting a community mixer Thursday, January 16, 6 pm (location TBD; check the website for updates). Please join us to make connections and learn more about our plans for the coming year. Bring your business cards!

We are also looking for a few more members to join our Board of Directors. We now have an official website, divisionclintonpdx.com. You can also email divisionclintonpdx@gmail.com for more information, and follow us on Instagram at [@divisionclinton](https://www.instagram.com/divisionclinton) for updates.

Hawthorne Boulevard Business Association By Nancy Chapin

Welcome to 2025 and Hawthorne Boulevard! Boulevard businesses are busily planning more events for fun, plus serving our community with dozens of shops and eating/drinking establishments to take care of your personal and family needs.

Join us Thursday, January 9, 5:30-7 pm at Trails End, 4601 SE Hawthorne Blvd. for Hawthorne Happy Hour.

Help us keep Hawthorne clean by donating a couple of hours to HBBA's Boulevard Beautification Bunch Saturday, January 11 (or any second Saturday, 10-11:30 am). We meet at Dairy Hill Ice Cream on SE 36th Ave. Sign up through SOLVE or just show up! Supplies are provided.

Plus remember to mark your calendar for the 2025 Hawthorne Street Fair Sunday, August 24.

Neighborhoo**d** Notes

Buckman Neighborhood Association By Susan Lindsay

On December 12 the Buckman Community Association hosted the winners of the recent City Council election—Angelita Murillo, Steve Novick and Tiffany Koyama Lane—as well as outgoing County Commissioner Sharon Meieran (who is term limited out and couldn't run for reelection) for a fun and informative meet and greet. There was a great turnout and everyone really enjoyed getting to hear from the new District 3 commissioners who seem already to have a positive, collective rapport.

January 9, 2025, 7 pm is our next meeting (always the second Thursday) and we have an interesting proposal being presented regarding sight line parking in Buckman for safety, which could remove street parking. This is a hybrid meeting; in person attendees enter 1137 SE 20th Ave., on Salmon St. To attend virtually, share a neighborhood concern, volunteer for projects or to request time on the agenda email buckmanboard@googlegroups.com.

We are starting our fundraising for our summer events, the Buckman Movie and Buckman Picnic. Please help us keep these fun, open-to-all events alive and well with a fully tax deductible donation to our fiscal sponsor, Southeast Uplift. Just send a check made out to SEUL for any amount to 3534 SE Main St., Portland, OR 97214. Be sure to write in bold letters "FOR BUCKMAN PICNIC 2025" in the check memo. Alternatively, you can donate directly to these events from our website, buckmanpdx.org. You will get a receipt mailed out to you from SEUL.

The good neighbor agreement (GNA) process for both the deflection center and LoLo Pass residential treatment center continues and reports will be given monthly. Deflection center meetings continue weekly in an effort to craft a GNA that will help all parties and provide safety for all. Check our website for details.

Want to get involved more to match your New Year's resolution? We have just the answer...an open Board position! Board service is a two-year commitment with a once monthly meetings and service on either a committee and/or project of your choice. Email us for more information. BCA meeting participants often go out after monthly meetings for networking and social fun.

HAND By Jill Riebesehl

Chris Eykamp, Hosford Abernethy Neighborhood Association's (HAND) chair, sums up our winter forecast, thusly, "In December HAND held our annual holiday party and invited current office holders and newly elected officials alike. Our priorities for 2025 include introducing ourselves to the new city council, working for an invigorated process of public participation at the city, looking for better ways to communicate with neighbors, monitoring the possible transfer of the Clinton Triangle TASS to the county and trying to get the Holman Dock back. The HAND Board wishes you a warm, happy and safe holiday season. See you in the New Year."

Our next meeting will be Tuesday, January 14, 2025, 7 pm on the campus of St. Philip Neri. We welcome all.

Kerns Neighborhood Association By Rebecca Boenke

Save the Date!! Our next FUNdraiser is Wednesday, January 22, 5-9 pm at The Goodfoot, 2845 SE Stark St., in the basement. There will be live music and bingo. No cover, ages 21 and over. We hope you'll join us.

Kerns Neighborhood Association meets every third Wednesday of the month, except August and December, 6:30-8 pm at Pacific Crest Community School, 116 NE 29th Ave. Access is on the parking lot side of the building. All are welcome. There is a Zoom option available if preferred; visit kernspdx.org/zoom.

Our next meeting is Wednesday, January 15, check the website for the agenda (kernspdx.org).

Mt. Tabor Neighborhood Association By David Petrozzi

From all of us at MTNA, we wish you a wonderful holiday season, a very happy new year and continued progress toward the more beautiful world that our hearts know is possible. Monthly meetings will resume online and in-person Wednesday, January 15. Register at mttaborpdx.org where you can read more about our neighborhood initiatives and successes, as well as sign up for the mailing list to stay connected. See you in 2025!

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting a week late, December 16.

continued on page 15

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Letter to the Editor

Editor's note: Letters to the Editor should be less than 300 words and The Southeast Examiner reserves the right to edit them for length or content.

To the Editor:

I enjoy reading *The Southeast Examiner* and appreciate the coverage of neighborhood news. However, in the November 2024 issue, I was dismayed by the article entitled "The Benefits of IV Vitamin Therapy: Preparing for the Cold and Flu Season" by Heather Krebsbach. The article promotes a procedure that Krebsbach's own clinic provides. It includes no discussion of possible side effects of IV vitamin therapy, nor does it cite any scientific studies. I am not a medical doctor or medical researcher, but a quick search of reputable medical sources including Mayo Clinic (bit.ly/3ZF6bgE), Merck Manuals (bit.ly/3VOzTyX) and Harvard Medical School (bit.ly/3P6OB0s), suggest that there is good reason to question the claims made in Krebsbach's article.

As these resources suggest, scientific evidence to date does not support the claim that

IV vitamin therapy boosts immunity or overall health in otherwise healthy individuals. *The Southeast Examiner's* inclusion of Krebsbach's piece without any accompanying critical perspective therefore amounts to free advertising for quackery. I would suggest that the paper follow up this article with one by a qualified medical or public health professional analyzing Krebsbach's argument and advocating evidence-based approaches to staving off respiratory illness, most notably, vaccination against flu, COVID and RSV.

Finally, it's troubling to read this article advocating unnecessary, voluntary IV treatments at a time when there is a nationwide shortage of IV fluids. Perhaps *The Southeast Examiner* could interview a bioethicist to offer a perspective on the ethics of offering such treatments under these circumstances.

*Sincerely,
Margot Minardi*

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NN Neighborhood Notes

from page 13

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 richmondpx.org and the RNA Announce listserv. To be added to the listserv events, email richmondnasecretary@gmail.com.

The Board discussed sending out to the listserv Southeast Uplift's Priorities Survey, the data from which will be provided to the new District 3 Council members.

The RNA will send out its own survey in early February to poll the neighborhood on Richmond-specific concerns and priorities people would like the RNA to know about and to pass on to the District 3 Council members. The survey will be sent out via the RNA's listserv, Richmond NextDoor and the Richmond Newsletter.

The Board voted to apply for a summer 2025 movie in Sewallcrest Park. The RNA has sponsored a free movie in the park the past two years with the Sunnyside and HAND neighborhood associations.

The Board voted to create a Venmo account to make it easier for people to donate online to the RNA, such as to help fund the annual Richmond Spring Cleanup.

The next RNA meeting is Monday, February 12—everyone is welcome. (The RNA Board does not meet in January.) Please join us and learn about ways to get more involved in the community.

South Tabor Neighborhood Association By Cathy Kudlick

Happy New Year, fellow South Taborians! In these times we need to pull together, look out for one another. Why not start the year off with something new? If you've never come to a neighborhood association meeting, consider joining your engaged (and engaging!) neighbors for our first meeting of 2025, Thursday, January 16, 7 pm. Come explore what the new city government and representatives mean for our part of Portland and discover empowering ways to make a difference locally. We welcome everyone who considers the area bounded by SE Division St., SE 82nd Ave., SE Powell Blvd. and SE 52nd Ave. home, whether you rent, squat or own. Check us out and sign up to receive the revived *South Tabor Crow* quarterly newsletter at south.tabor.org.

Sunnyside Neighborhood Association By Gloria Jacobs

Happy New Year Sunnyside! SNA's first General Meeting of the year is Wednesday, January 8, 7 pm at SE Uplift. We'd love to see you there.

The Sunnyside Newsletter is looking for a new Delivery Coordinator. This is a fun way to meet people in the neighborhood while serving the community—and it only takes 2-3 hours per month. If you're interested or to learn more about what's involved, contact Diana Deumling at dianadeumling@gmail.com.

Support the Sunnyside Environmental School by having a pint at Away Days Brewing Co. (1234 SE Cora St.) Wednesday, January 8, 3-9 pm.

Which Neighborhood Do I Live In?

If you have never been to a neighborhood association meeting, and aren't sure which neighborhood you live in, go to portlandmaps.com and enter your address. When the information panel comes up on the right hand side of the page, look under the first section of information, entitled "Property." About halfway down that section is "Neighborhood." You can click on the neighborhood and more information will pop up about the neighborhood association (general meetings, Board meetings, contact information, etc.).

CORRECTION

In "Winter is Coming: How to Support Our Unhoused Neighbors" in the December issue Gus Kroll was interviewed, identifying him as working at Transition Projects. While Kroll does work there and is on the Board for Sisters of the Road, he was not officially representing either organization with his comments, rather he was speaking from his years of experience doing this kind of work.

The Southeast Examiner regrets the error.

Cybersecurity eBook to Help Consumers

from page 4

an "s" added to the end of a word. Watch out for unsolicited offers or notifications, or messages full of grammatical errors and typos. Never trust a request for your password—a legitimate source will not need your password, a PIN or card number.

Watch out for quick money, unexpected windfalls and too-good-to-be-true offers. Cybercriminals often send messages promising unexpected money in exchange for a fee or tax. You should always be suspicious if an individual, bank or company contacts you offering any sum of money. Do not send money or attempt to deposit unverified funds—especially if you've never met the sender. A check might be fake, or a cash app transfer could be fraudulent. If the funds are removed from your account, you will lose any portion of the deposit you had withdrawn or spent. Search for the person or organization online and seek the advice of your financial institution if you're suspicious.

Talk to your children and elderly family members about cybersecurity. Your children and elderly family members should

be aware of the threats they are likely to encounter online. Play an active role in your children's online interactions and set up child-safety controls on their devices to restrict their access, block offensive content and limit screen time. Help your elderly family members by educating them about common scams, monitoring their financial accounts for fraud and blocking spam calls on their devices.

Protect your devices by changing your router name and password from the default settings, using a guest network for smart devices and adding multi-factor authentication (MFA) requirements to access administrative control of your primary network. Use strong passwords—or passphrases—that contain spaces between words, symbols and numbers in place of some letters.

As online fraud continues to evolve, staying informed and alert is more important than ever. You can protect yourself and your family by downloading *The On-Point Guide to Cybersecurity eBook* or consulting with a staff member at your nearest OnPoint branch.

New Year, New Job: Avoiding Employment Scams in 2025

BY CAMERON NAKASHIMA, BBB
GREAT WEST + PACIFIC

This time of year, people look ahead to 2025 with hopes and aspirations for many things. Topping the "new year, new me" list are hopes for a new job. According to a recent Gallup report, about half of all employees are looking for new job opportunities. However, for anyone planning a job hunt, Better Business Bureau (BBB) recommends being on the lookout for fake job scams, an increasingly risky threat to online job hunters.

Whether you're looking for seasonal work, a way to make quick money online or a new career path, it's important to research potential employers to make sure they're legitimate and reputable. Here's what you need to know about employment scams in order to make sure the businesses you apply to in 2025 are trustworthy and legitimate.

Employment scams are sophisticated schemes that target eager and sometimes vulnerable job hunters. According to recent investigations by BBB, employment scams impact an estimated 14 million people annu-

ally, resulting in over \$2 billion in losses. The median loss per victim is \$1,995, with recent BBB Scam Tracker reports exceeding \$10,000 in losses—a devastating blow to individuals simply trying to secure meaningful work.

These scams primarily target young adults, with individuals between 18 and 44 being the most frequent victims. Particularly alarming is that those aged 18-24 are at the highest risk of falling prey to online schemes in general.

Employment scams create fake job opportunities, often for remote positions, that impersonate legitimate businesses or trusted brands. These fraudulent listings appear on job sites and social media, and can even arrive via email or text if your information has been compromised. The scammers' ultimate goals are to steal personal information, time, labor and money.

Before "hiring," they may demand excessive personal details, including ID photos, videos of you holding identification and even social security numbers. These materials can be used for

identity theft and related malicious activities.

After the "hiring" process, scammers use various methods to exploit victims. A common practice of employment scams is to charge an upfront fee for job training or job equipment. They might also "accidentally" overpay you with a fraudulent paycheck and request you wire the "excess" amount back to them from your bank account.

Some of the most common versions of this scheme BBB's seen lately include the following. One is reshipping jobs that involve handling stolen goods or items purchased with stolen credit cards. Another is online "task optimization" jobs where you "bid" money for a task that promises a big payout, collecting your money and labor then never paying out.

To protect yourself, the most important thing you can do is research the company, the website, and the person who contacted you before you submit your application. Go directly to the source; look up the job listings

on the company's website and research the hiring manager. While doing this, keep in mind the signs of an impostor website to avoid scams that pretend to be brands you know and trust.

Then, before applying for the job, look up the company's reputation with trusted online tools like BBB.org to research the business's ethics, transparency and integrity. For example, if you see that a business you are interested in is BBB Accredited, that means it has been thoroughly vetted and has committed to acting in accordance with high ethical standards. In short, a few minutes of research can save you from potentially wasting weeks and/or falling into financial disaster due to an employment scammer.

Other tips

Be skeptical of upfront costs. Legitimate employers will not ask you to pay money to start working.

Remember the golden rule of fraud prevention—if something seems too good to be true, it probably is. Trust your instincts

and do your due diligence.

Look up the name of the company with the word "scam" to see if other job hunters have learned something fraudulent about the business.

For help recovering from a scam, and to warn others, report scams to BBB's Scam Tracker and other trusted reporting entities.

As employment scams continue to evolve, so must your approach to the job market. Finding your next job opportunity can be challenging, and a "too-good-to-be-true" job offer can sound tempting, but protecting your personal and financial information should always be the priority.

So, start your 2025 job hunt off the right way by approaching new opportunities with research, knowledge of current scams and a healthy amount of skepticism. If you do, you'll significantly increase your likelihood of avoiding scams and only working with the reputable and trusted companies that your "new year, new me" can be proud of!

Happy New Year Portland!



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