



One of KMHD's many recording studios, where all things jazz, both classic and contemporary, are embraced. Photo by Beatrice Liebrecht.

KMHD Carries on Portland's Rich History of Jazz

BY BEATRICE LIEBRECHT, FRANKLIN HIGH SCHOOL'S THE FRANKLIN POST

Jazz has been popular in Portland since as early as the 1930s, but it truly flourished after World War II, as the need for workers in the shipbuilding industry increased and so did the African-American population. Williams Ave. quickly became the center of the African-American community as former war-industry workers opened small businesses there. Due to racist animosity toward Black people settling in other parts of Portland, Williams Ave. and the Albina district quickly became a bustling community, embellished with jazz.

Throughout the 1940s, jazz clubs and venues began popping up. These stayed open around the clock to provide people with a place to stay to help with the congestion in the region. Soon, well-known artists from throughout the country were making stops in Portland on their way to other locations. Nearly 40 years later, Portland's beloved jazz station, KMHD—which began at Mt. Hood Community College—has continued to carry on the lavish history of jazz in the area.

Now, KMHD is located at Oregon Public Broadcasting (OPB), where they are able to run a listener-supported, non-profit 24-hour jazz and blues station. In 2020, KMHD was selected by the Doris Duke Foundation as one of five stations across the nation to receive an up to \$275,000 grant, allowing them to hire more full-time employees and continue to air the shows they do now. Day after day, KMHD embraces their slogan, “Jazz Without Boundaries,” through their usual programming and guest producer shows. The station is committed to both widening and examining the definition of the genre, and they continue to work with all kinds of sounds that stem from jazz.

Bri Drennon, host of *Takin' Off*, the Monday-Thursday, 4-6 pm drivetime show and programming director at KMHD, believes the success and longevity of the station is attributable to “[their] global audience.” The station also has one of the largest audiences under the age of 25 in the US. Drennon adds, “That growth has really happened since we came to OPB.” She continues, “One of the reasons KMHD is so successful is because we don’t gatekeep music. We’re not telling you what is jazz

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Bold Reuse Wins Funding to Prototype New Technology

BY DANIEL PEREZ-CROUSE

Portland-based startup Bold Reuse was one of 25 businesses awarded funding by the US Environmental Protection Agency’s Small Business Innovation Research (SBIR) program to develop technologies that address public health and environmental challenges.

The SBIR is an annual, two-phase competition. The first phase awards \$100,000 over six months for “proof of concept” of a proposed technology. Companies that complete Phase I can then apply for Phase II funding of up to \$400,000 to further develop and commercialize their technology.

Bold Reuse’s organizational goal is to end single-use waste with reusable packaging. For example, they work with local organizations like Moda Center and the Trailblazers to provide reusable food ware and cups. Bold Reuse then collects, inspects, cleans, sanitizes and repacks the cups to be ready for their next event.

While based in Portland, they have expanded their partnerships to cities like Seattle, Kansas City and Charlotte.

Co-founder and CEO of Bold Reuse, Jocelyn Quarrell, said their recent growth has been massive. “Last year was our biggest year ever. We grew three times our 2023 numbers. Most of that growth was driven through what we call closed loop environments—primarily professional sports stadiums.”

When it comes to this surge in demand for their services, Quarrell said, “Folks are recognizing that traditional options on the market, whether they are recyclable or compostable, are not achieving their sustainability goals, nor are they helping to provide for an elevated customer experience, and reuse enables both of those needs to be addressed.”

Bold Reuse won funding for its proposal to create a novel inventory management system (IMS)—which they say is a crucial component of delivering a reliable supply chain necessary to transition from single-use products to reusable packaging at scale.

As stated in the description of their proposal, the IMS would reduce labor overhead of monitoring and purchasing, encourage maximum asset utilization and minimize warehouse storage space, prevent rush orders, ensure timely deliveries and enable a comprehensive view of assets to forecast future needs and leverage cost-saving buying practices.

Quarrell says one of the major data points they track is return rates. For example, how many beverages were sold at an event, and how many cups were collected? “That changes from event to event, and it impacts return rates, and thus it impacts inventory. So we want to build out a system that communicates directly with our clients, what are called point of sales systems,

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Tiny House Village Shelter on the Avenue of Roses

BY NANCY TANNER

On December 17, 2024 the Board of Multnomah County Commissioners approved \$4.1 million for the construction of what is being referred to as the “Harrison Community Village,” a tiny home village shelter between SE Mill St. and SE Harrison St. on 82nd Ave. This money comes from the Supportive Housing Services Tax passed in 2021 that raises \$250 million annually for this purpose.

On February 18, Zack Kearn, Joint Office of Homeless Services (JOHS), gave a presentation about the project to the 82nd Ave. Business Association. He said the facility will be functional by December of 2025. Those in attendance were supportive of the shelter project.

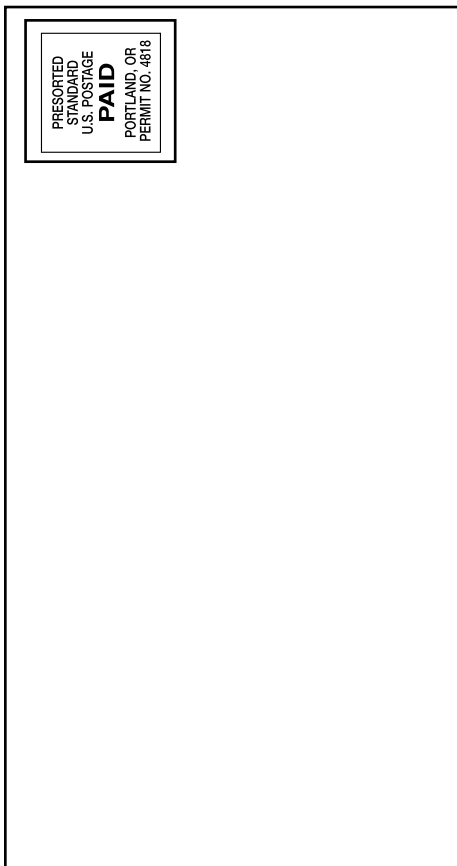
JOHS worked with the Facilities and Property Management (FPM) of Multnomah County to develop the design of the Harrison Community Village. At the first meeting neighbors expressed concern

about the design and the county took that feedback into consideration. Julia Comnes, Multnomah County Communications, said, “[T]he County has also incorporated feedback from the community to make changes to the design, including moving the location of trash containers further away from the property lines, adding participant lockers, adding landscaping outside the shelter near the bus stop and adding additional fencing around the property.”

Kearn said there will be three more community and business engagement meetings to discuss issues about the design, the name, the non-profit facility operators and also to work on a Good Neighbor Agreement (GNA). “The GNA is not a legally binding contract, but is used to guide the behavior of shelter residents and minimize the impact on the community.”

SE Mill St. is on a Safe Routes to School Street because of the light crossing

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Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

I am struggling with my sleep. I keep waking up in the middle of the night having the same anxiety dream I have always had—I cannot figure out how to graduate from college. Why? Back in January, I mentioned that many of the bills I filed for the session deal with Medicaid. I focus intensely on Medicaid not because our state's Medicaid system is in a crisis (unlike transportation, schools or wildfire response—all of which will require significant cash infusions to stabilize), but because Oregon has a Medicaid program we can be proud of, and it is one of my primary jobs to help keep it that way.



How do I know this? Last summer, I went to two conferences that were all about Medicaid. I had two big takeaways. First, after 10 years in the legislature, I am finally conversant on Medicaid, a pretty good thing when you are the main policy leader in the legislature for the program. But I learned something even more important. While many other states are proud to have reduced coverage, Oregon made health care more accessible to an ever-growing list of Oregonians. Our state was/is proud to make healthcare available via Medicaid to its residents. I am proud of it too.

So why am I waking up in the middle of the night? It's because so many national news headlines say that Republicans in Congress are hell bent on cutting Medicaid funding to help finance the tax cuts that President Trump is seeking.

Here is what is at risk. 1.4 million Oregonians are covered by Medicaid, which we also call the Oregon Health Plan (OHP). This is a third of our state's residents. We were one of the first states in the country to expand eligibility when President Obama and Congress passed the Affordable Care Act. Our latest expansion happened last summer when our state implemented the OHP Bridge program, which lifted eligibility from 138 percent of the federal poverty limit (FPL) to 200 percent of the FPL for Medicaid style health insurance.

Our state also operates a unique model for delivering Medicaid, which is based on coordinated care organizations (CCO) taking proactive steps to ensure patients receive preventative care.

In some instances, CCOs even provide housing, transportation and food assistance. All of this is designed to reduce emergency room visits and strengthen primary and preventative care. And guess what? The system works!

All of Oregon's progress expanding lifesaving coverage and access is in real danger from massive cuts that are being contemplated by Congress and President Trump as Congressional Republicans are considering whacking a whopping \$2.3 trillion from Medicaid.

State Medicaid programs are funded using a mix of state dollars and a federal match (FMAP). The base FMAP is 61.14 percent, meaning the federal government picks up 61.14 percent of the tab for Oregon's Medicaid program. For states like ours who expanded under the Affordable Care Act, the federal government pays 90 percent of the cost of the care on the expansion population. That is a lot of federal money coming into our state to help people access healthcare.

All told, the federal share of the OHP budget in the 2023-2025 biennium was \$17.53 billion. For context, replacing the I-5 bridge is estimated to cost less than \$8 billion.

Let me make this really clear: if President Trump, Elon Musk and Congressional Republicans get their way, 639,000 Oregonians will lose their Medicaid coverage. Medicaid enrollment in our state would get cut in half.

Um, that's the population of Portland.

No other state in the country would see as drastic a cut to their Medicaid program as we would. Sure, California would see more Medicaid patients lose coverage, but only because there are more people in California than Oregon. Only Virginia would experience a similar enrollment drop, as 681,000 Virginians would lose Medicaid coverage, or 45 percent of total enrollees.

But wait, there's more. Congressional Republicans are looking at work requirements. In essence requiring someone on Medicaid to work a minimum number of hours to keep their coverage. The vast majority of those who have Medicaid are working. The requirement ignores real world challenges for some Medicaid enrollees, like childcare, people who are laid off or even those with chronic illness. It also ignores experiments with work requirements that other states tried that did not work.

I have previously written about all the major challenges Oregon is attempting to tackle this session, top among those is finding a way to shore up ODOT's budget and save Oregon's streets. We are also trying to find relief for communities impacted by wildfires and provide better funding for schools. All those are hard topics, but I cannot imagine the financial difficulties our state budget will certainly experience should Congress and President Trump follow through with a vote on these kinds of cuts this spring. That's why I am losing sleep.

I will end with this. Medicaid enrollment varies county by county in Oregon. The cruelest irony is that the 10 Oregon counties with the highest Medicaid enrollment rates are also all counties that President Trump carried. President Trump and Congressional Republicans aren't cutting Medicaid for some sham reason like efficiency or reducing government bloat. They're choosing to give President Trump's donors a tax cut at the expense of his voters. Let's hope they cannot muster the votes to do it. No wonder I need a nap.

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How to Find the Right Trusted Tax Pro

BY CAMERON NAKASHIMA, BBB GREAT WEST + PACIFIC

We're in the middle of tax season. As you gather forms from employers, banks and other sources, you're faced with a crucial decision: should you file your taxes yourself or hire a professional? If you're filing on your own, will you use the IRS's free filing software or opt for a commercial tax preparation service with added features? And if you're considering hiring a professional, how do you know what kind of expert is right for your situation?

No matter the choice, one factor is paramount: trust. Whether you're using a website or a local business, you need confidence that your tax preparer will not only deliver accurate results but also safeguard your money and personal information. Here's what you need to know about the types of tax preparation services available, the benefits they offer, and how Better Business Bureau (BBB) can help you find one you can trust.

Not all tax professionals are the same. Understanding the differences between the types of tax professionals can help you choose the right fit for your needs.

Tax Preparers

These individuals hold a valid IRS-issued Preparer Tax Identification Number (PTIN). Their qualifications can vary by state, so verifying their credentials is essential.

Enrolled Agents (EAs)

Authorized by the IRS, these professionals pass rigorous exams or meet experience requirements. They specialize in complex tax situations and financial planning.

Certified Public Accountants (CPAs)

CPAs are licensed accounting experts who excel in detailed tax planning and preparation. They must meet state-specific requirements and continue education to stay updated on tax laws.

Tax Attorneys

These legal specialists handle tax-related legal issues, represent clients in tax court and draft relevant legal documents. They are best for complex tax disputes and high-stakes legal matters.

While most tax professionals are reputable, some red flags can indicate potential scams or unethical practices. Two things to watch out for are unrealistic promises and vague credentials. Avoid tax preparers who guarantee large refunds or base their fees on a percentage of your refund. These are often warning signs of unethical behavior. Be wary of preparers who cannot verify their qualifications or are evasive about their certifications.

Finding the right tax preparer doesn't have to be overwhelming. The following tips to choose a trustworthy tax professional can ensure you're making a safe and informed choice.

Do Your Research

Start with BBB.org to find BBB Accredited Businesses that are vetted and trusted. When you find a professional that interests you, check ratings, reviews and complaint histories of tax professionals in your area. It's also smart to consult referrals from trusted sources and review websites and verify credentials with

your state's licensing board.

Ask Questions

Before committing, have a detailed conversation with the preparer. Ask about their experience, services and security measures for protecting your information. A reputable professional will be transparent.

Trust Your Instincts

If something feels off, it probably is. Don't hesitate to walk away if a preparer cannot answer your questions or provide verification of their qualifications.

Verify Fees

Understand the fee structure upfront. Avoid services that charge based on your refund amount or have hidden costs.

Check for Year-Round Availability

Choose a professional who will be available to assist with any questions or issues that may arise after tax season.

This tax season, let trust and preparation guide your decisions. Whether you're filing online or partnering with a local expert, a little due diligence can make all the difference. By choosing the right tax professional, you'll not only save time and stress but also ensure your finances and personal information are in safe hands.



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Facts on SMOKE CHAMBERS

In Masonry Chimneys

- 1 The smoke chamber funnels smoke and heat from your firebox to your flue lining. The smoke chamber can reach temperature of 2000 degrees during a high heat event (chimney fire).
- 2 The smoke chamber is required to be sealed smooth with refractory mortar to protect exterior combustibles from igniting.
- 3 Wood can be found inside smoke chambers, which can lead to house fires.
- 4 Heat can transfer through masonry and actually ignite combustibles on the other side of a row of brick without actually touching it.



BEFORE



AFTER



Facts on WOOD BURNING FIREPLACES

Flues In Masonry Chimneys



HOLES IN FLUE LINING

Gaps between tiles will allow heat and gases to escape the flue and potentially get into your home.



CRACKED TILES

Cracked tiles will also allow heat and gases to escape the flue and potentially get into your home. These can be caused by a high heat event.



UNLINED FLUES

Unlined flues are not capable of protecting the combustibles of your home from high heat events.



A 2000° chimney fire can transfer heat through brick and ignite combustibles in your home.



A stainless steel lining with insulation is essential to protecting your home from fires. Liners come with a lifetime warranty and are tested to withstand 2000° chimney fires.

INDUSTRY GUIDELINES
Chimney Safety Institute of America (csia.org) According to the CSIA (csia.org) problems such as gaps, cracks, and spalling in your chimney's flue can present serious risks to your home and family, because your chimney can no longer perform its intended function - to safely contain and vent the products of combustion to the outside.

National Fire Protection Association (NFPA) "If the flue liner in a chimney has softened, cracked or otherwise deteriorated so that it no longer has the ability to contain the products of combustion (i.e., heat, moisture, creosote, and flue gases), it shall be removed and replaced, repaired or relined."
NFPA 211-Standard for Chimney, Fireplaces, Vents, and Solid Fuel-Burning Appliances (2008)

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Portland's Secret Address Code

BY FRAN GARDNER

Did you know that your street address, if it's in the city of Portland, contains a secret code?

Take the last two digits and divide by 0.2. That figure will be the distance in feet from your front door to the last intersection, that is, the one closest to the river.

For example, my address ends in 16. Divided by 0.2, that's 80, which is how many feet we are from the corner. Try it. It should work if your house is in the same place it was in 1933. New construction sometimes moves the location of the front door, so the calculation won't be accurate.

The code is secret only because nobody knows about it these days. When I was doing re-

search about "The Great Renumbering" of the early 1930s, I came across an offhand mention of the code in an article in *The Oregonian* dated July 16, 1933. It was about the renumbering effort.

The Great Renumbering consolidated the hodgepodge of street names and addresses from the smaller settlements that comprised Portland—Albina, Linnnton, St. Johns and Lents, for example. Portland had grown to about 315,000 and needed to end the chaos that made addresses hard to find and mail impossible to deliver.

At the same time, the city implemented the "quadrant" system, creating NW, SW, SE



Although Marguerite St. has been renamed 35th Pl., the original name still exists on the pavement. Photo by Fran Gardner.

and NE. The fifth "quadrant" is North—an area too far west to continue the SE-NE avenue grid. The dividers between quadrants became the Willamette River, Burnside St. and, to set off North Portland, N Williams Ave.

In *The Oregonian* story about the renumbering, Hilmar Grondahl, who was an engineer for the city, wrote: "Strictly speaking, there are not 100 numbers to a block in the new system. With a few exceptions, each block begins with a new hundred number. 908 comes between Ninth and 10th; 1215 between 12th and 13th, etc. But the blocks in Portland range in length from less than 100 feet to considerably more than 200, so it was necessary to arrange some scheme of secondary numbers to accom-

modate the majority of cases. The idea adopted was measuring the distance in feet, multiplying that distance by two-tenths and thereby finding the last two digits of any given house number. For instance: a doorway 60 feet from 15th Ave. became 1512; one 40 feet from Ninth became 908, and so forth. Conversely, a delivery boy may now determine the approximate number of feet he must go beyond the start of 100 block to find the given address simply by dividing the last two numbers of a house number by two-tenths. For example, he immediately determines that 3218 is a doorway 90 feet from the 32nd Ave. Streets run east and west. Avenues run north and south."

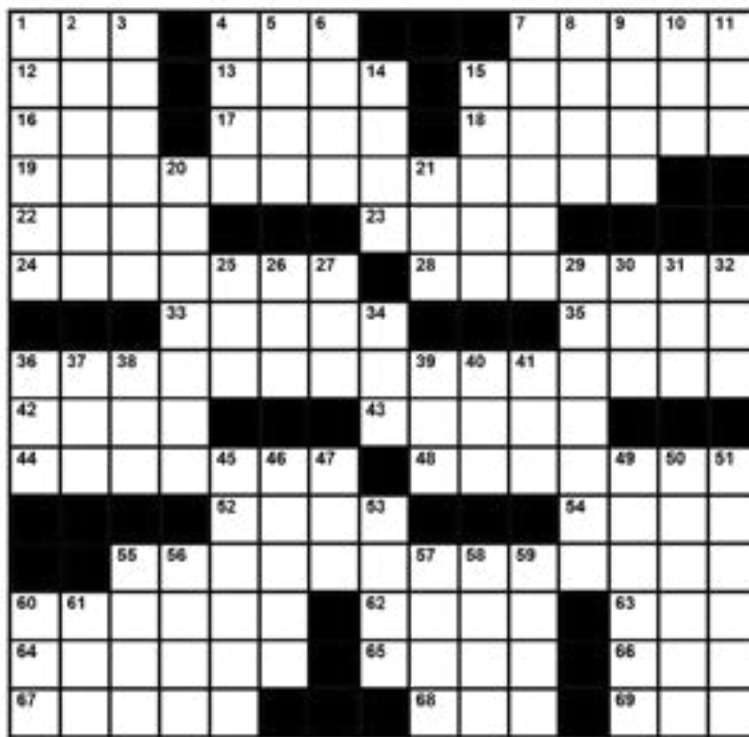
In the renumbering process, some north-south streets lost their

names, among them Marguerite St., which became 35th Pl.; Kenilworth Ave., now 28th Pl.; and Glenn Ave., 32nd Pl. I published my full findings about the code in an article called *Ghost Streets*, found at frangardner.substack.com/p/ghost-streets.

One other thing that happened during the Great Renumbering was that city workers visited every house to install four white tiles with black house numbers in an aluminum holder. You can still see these numbers on houses throughout the city.

Nobody I approached at the City of Portland knew of this numbering scheme. All the lots in the city have addresses assigned, and that's enough. The secret code underlying those addresses was forgotten. But now you know.

Work Your Noggin'



Across

1. Private
4. Buffoon
7. Halfhearted
12. Actress Dawn Chong
13. "No ___!"
15. Lunar craft
16. "Human Concretion" artist
17. Pantyhose color
18. Music downloader
19. Very dark
22. Name in a Kinks song
23. Let's play ___!
24. Brings out, a response for example
28. Connected networks
33. PayPal product
35. Language of Lahore
36. Independence Day sight
42. Vicinity

43. Kind of screen
44. "J'accuse" subject
48. Lamp type
52. Enthusiastic about
54. Chinese related
55. Spanish archipelago
60. Weather map feature
62. Fashion magazine
63. Based on instincts
64. "Chill out!"
65. Zilch
66. One engaged in, suffix
67. Gettysburg commander
68. Nine-digit ID
69. Nutritional inits.

Down

1. Fortune teller
2. Campbell's soup can painter
3. Katmandu native

4. Gas group
5. 76 station
6. Roman meeting places
7. Comes to
8. Cabinet dept.
9. Kind of rock
10. Suffix with infant
11. First half of an Iowa city
14. The start of a tulip
15. Pop music's ___ Vanilli
20. Track for harness horses
21. Baseball club
25. German "I"
26. Cocktail ending
27. Concorde or Tupolev, abbr.
29. Secretly
30. Web address
31. Part of some e-mail addresses
32. Attack legally
34. Baby girl
36. 1980s cool
37. Misinterpret
38. Sandra of "Gidget"
39. "That's nice!"
40. Confidentiality agreement, for short
41. Maverick's city, on scoreboards
45. Ending
46. Take a piece from
47. Geographical abbr.
49. India leads the world in its production
50. Clothed
51. Part of a mob name
53. Court call
55. Stimulating leaf
56. "That's not ___ idea"
57. French for islands
58. Some cameras, abbr.
59. Former Kingdom of Spain
60. Watson creators
61. Get the picture

Answers found on page 15

Affordability of Belmont Dairy Housing Preserved, Extended

BY PORTLAND HOUSING BUREAU

The Portland Housing Bureau (PHB) has invested \$6 million to preserve and extend affordability for existing and future tenants at the Belmont Dairy Apartments and Lofts (3340 SE Morrison St.). Funding was sourced from the City's Construction Excise Tax revenue.

Belmont Dairy Apartments and Lofts is a historic, 85-unit, 148,002-square-foot mixed-use affordable building. The property spans two city blocks and features studios, lofts, one- and two-bedroom residences. Belmont Dairy will utilize clean energy sources to reduce the property's carbon emissions in support of the City of Portland's ambitious sustainability goals. Once a functioning dairy facility, the property has been thoughtfully converted to feature contemporary homes offering ample storage and modern upgrades, including stainless steel appliances, hardwood flooring and more. Residents benefit from proximity to major transit lines, a grocery store on the ground floor, a diverse array of dining offerings as well as the expansive Laurelhurst Park.

"The preservation of Portland's existing affordable housing stock is absolutely essential to ensuring livability in our city," said Portland Housing Bureau Director Helmi A. Hisserich. "We are grateful to Vital Housing and AOF Pacific for partnering with us to preserve the affordable housing at Belmont Dairy for 99 years, ensuring people of all incomes will continue to live in the beautiful Sunnyside neighborhood of SE Portland."

With Belmont Dairy's 30-year affordability terms set to expire in 2026, Vital Housing, in partnership with AOF Pacific, has acquired the property, preventing its conversion to market-rate housing. PHB's catalytic investment will ensure that 67 regulated units will remain affordable for 99 years. The regulated units will be affordable to those making 60 percent of Area Median

Income, or \$63,720 for a three-person household, and consist of two studios, 46 one-bedroom and 19 two-bedroom apartments. The project also includes 18 market-rate lofts.

"Vital Housing's mission is to tackle the growing affordability crisis while making meaningful progress toward decarbonizing the housing sector," said Robert Sheppard, Founder and Managing Partner of Vital Housing. "The long-term preservation and decarbonization of Belmont Dairy is a testament to our commitment to delivering lasting social impact for the communities we serve."

Vital Housing will transform Belmont Dairy into a more energy-efficient and energy-independent property through the integration of heat pumps, solar panels, LED lighting, water conservation measures and indoor air quality improvements.

"Affordable housing plus energy efficiency equals a winning equation for southeast Portland," said Senator Ron Wyden. "This provides a wonderful example of how smart and targeted investments can help make our community an even better place to live while also designing a model that other communities can emulate."

"This milestone exemplifies our unwavering commitment to addressing the housing crisis while breaking down the financial barriers to energy efficiency," said Sadie McKeown, President of CPC. "CPC Climate Capital is proud to support Vital Housing and the City of Portland by investing in the extension of housing affordability."

Equity for the transaction was provided by Freestone Real Estate, an evergreen real estate fund managed by Freestone Capital Management. Freddie Mac provided the senior loan, originated by Berkadia Mortgage and additional subordinate financing was provided by CPC Climate Capital.

BA Business Association Notes

82nd Avenue Business Association By Nancy Chapin

Can we call 82nd Avenue "The Road to the World?" Just a thought since the Portland Airport is to the North and I-205 takes you to the South, West and East! To add to the picture, the food and drink establishments on the Avenue offer food choices from all over the world. The Dining Guide is at the airport and online now inviting travelers to start or end their journey to or from Portland and Oregon with a meal on the Avenue.

The first living spaces serving homeless people had an open house and ribbon-cutting last month and will be housing people soon. Neighbors, friends, Portland's Mayor, the county, city and organizers were all present to celebrate the beginning of this service to our community. For more detailed information go to montavilla.net.

The Avenue of Roses Parade, "Roses in the Heart of Portland," is on for Saturday, April 26, and will be shorter this year. Go to 82RosesCEC.com to volunteer, register or sponsor.

Belmont Area Business Association By Katie Morris

Becoming part of this dynamic association opens up a wealth of opportunities for networking, growth and visibility in the community, all of which can have a significant impact on your business' success. Here on SE Belmont and Stark streets, we have a unique and special part of Portland and we want to make sure to keep our district a magical place for all of Portland. We could use your help to make that happen.

One of the primary advantages of membership is the access to a diverse and robust network of local professionals. By connecting with fellow business owners within the district, you gain opportunities to collaborate, share resources and potentially find new clients or partners. The association also offers several unique benefits that can enhance your business's visibility and success, including social media boosts by prominent local influencers; business listing on the district website; networking opportunities with other members at meetings and social events; sharing of press releases and social media posts that promote your business; vendor discount at the Annual Street Fair; free attendance at the annual dinner; reserved agenda spots at the monthly Board meetings and so much more.

In addition to these tangible benefits, being an active member of the Belmont Area Business Association offers you a platform for professional development, advocacy and long-term success. The association's resources and support are key to staying ahead of industry trends, increasing brand recognition and ensuring that your business is positioned for continued growth.

For more information, please visit our website, belmontdistrict.org, and please follow us on Instagram @belmontdistrict.

Hawthorne Boulevard Business Association By Nancy Chapin

Mark your calendars for Hawthorne's 42nd Annual Street Fair Sunday, August 24 and be sure to visit, shop and/or eat out and explore on The Boulevard, serving you between the Hawthorne Bridge and the volcano on Mt. Tabor.

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Call For Laurelhurst Park Volunteers

Friends of Laurelhurst Park (FLP) volunteers are looking forward to another season of enjoying and improving this beloved SE Portland park. FLP works on a variety of projects, including planning, advocating and hands-on horticultural work to support Portland Parks & Recreation (PP&R) staff.

In 2024 the group planted an array of native perennials and shrubs on the east end of the pond and in the north woods area; plans call for more to be planted this April and May. Laurelhurst Neighborhood donations and Portland Nursery discounts have helped greatly with these purchases.

Besides new plantings, FLP does a lot of pruning on existing plants, mulches with chips and compost to keep plant roots moist and nurtured, and removes invasive species like ivy and blackberries. For inexperienced gardeners, volunteering with FLP is a great way to learn alongside long-time volunteers, who work with PP&R staff.

FLP greatly appreciates



Volunteers and PP&R staff putting in new plants at the east end of the pond in October 2024. Photo by Alice Knouff.

new volunteers who bring their energy and ideas, things that are vital to keep this group going. Work parties take place the second Wednesday of the month April-October, 9 am-noon. 2025 work dates are April 9, May 14, June 11, July 9, August 13, September 10 and October 8. Volunteers meet at the blue-green

PP&R building (3600 SE Ankeny St. on the north side of the park). All tools are supplied; bring work gloves, wear grubby clothes and sturdy shoes.

To stay up to date on work party plans and to be added to the FLP email list, email laurelhurst.parkfriends@gmail.com or call Peggy Glascock at 503.459.9248.

Native Plants and Workshops to Save Water Outdoors

The Portland Water Bureau is thinking of you as you're thinking about warmer days and spring gardening. Top on their list of suggestions to save water outdoors is to plant more native plants, which require less water than most non-native plants. Native plants also require fewer pesticides and fertilizer than turf grass lawns, provide habitat for wildlife, pollinators and birds and are a great low-maintenance choice to beautify your garden.

Among the many native plant options for this area are western yarrow, kinnikinnick, Oregon iris, Douglas aster, tall Oregon grape and Pacific ninebark. The East Multnomah Soil & Water Conservation District (EMSWCD) has a listing of retail and wholesale locations to purchase native plants, including Birds and Bees Nursery (3327 SE

50th Ave.), Garden Fever! (3433 NE 24th Ave.), Left Field Garden Supply (6450 SE Foster Rd.), Portland Nursery (5050 SE Stark St. and 9000 SE Division St.) and Symbiop Garden Shop (3453 SE Powell Blvd.).

The EMSWCD also offers workshops, from native plants to stormwater solutions to water conservation, to help save you time, money and energy. Attend online workshops from the comfort of your own home or find an in person workshop (offered periodically throughout the Portland area, including Intro to Stormwater Wednesday, March 26 at Symbiop). Online workshops in March cover edible landscapes, rain gardens, naturoscaping, landscaping for wildlife and urban invasive weeds. Find a full listing of free workshops at bit.ly/4b9P6km.

Direct File Taxes Available to Some Oregonians

FPL Change Qualifies More People for TriMet Honored Citizen Fares

In a time when groceries, electricity bills and other expenses are going up, bring monthly costs down by riding TriMet. Their Honored Citizen reduced fare allows unlimited rides for \$28 per month for those who qualify based on their income. With a recent change in the federal poverty level (FPL), even more people are eligible to take advantage of riding for less.

To qualify for Honored Citizen reduced fare based on income, people must be Oregon residents ages 18-64 and earning up to 200 percent of the FPL. New 2025 income guidelines increased the FPL, which means the income level for those who qualify for TriMet's reduced fare went up by more than \$1,000, to a maximum gross annual income of

\$31,300 per year for a household of one. The maximum gross annual income limit for a household of two is \$42,300; \$53,300 for a household of three; \$64,300 for a household of four; and \$75,300 for a household of five.

Those who participate in an assistance program such as the Oregon Health Plan (OHP) or Supplemental Nutrition Assistance Program (SNAP) also qualify, as do those who are 65+, on Medicare or experiencing a verifiable disability. Honored Citizen reduced fares apply to active duty, reserve and veteran members of the US Armed Forces, as well.

Enrolling is easy. Go to trimet.org/income to fill out an application online and find a list of locations to get in person help. Locations include the TriMet

Customer Support Center at Pioneer Courthouse Square, Portland State University Transportation Office and five Worksource Portland locations (including the SE location at 6401 SE Foster Rd.). Once enrolled, you will receive a personalized Honored Citizen Hop Card pre-loaded with a month's fare (\$28) at no cost. The card and first month of rides are free.

For those facing challenges like housing and hunger, TriMet is aware that \$28 per month is a hardship. To serve those individuals, TriMet partners with nearly 150 community-based organizations, agencies and service providers to put free and reduced fares into the hands of those that need it through their Access Transit Fare programs.



This tax season offers a profound change in how 640,000 Oregonians will be able to file their taxes. Direct File is an online tool that allows people to easily prepare and file their tax returns with the Internal Revenue Service (IRS) for free. Currently, however, Direct File does not work for those who itemize deductions or who have business income to report.

Last year the IRS tested Direct File in 12 states, producing overwhelmingly positive reviews by users. This tax season, Direct File has been expanded to 13 additional states, including Oregon. Once users file their return with the IRS using Direct File, the system will direct them to Oregon's own Direct File system. The federal and the state systems are synced, meaning users will not have to re-enter information from their federal return when filing their state return.

Another benefit of the Di-

rect File system is that it will pre-populate personal information and certain figures from a filer's W-2.

The Oregon Center For Public Policy estimates that Direct File could save Oregon taxpayers more than \$100 million in filing fees, while making it easier for families to claim certain tax credits. Credits like the Earned Income Tax Credit and the Child Tax Credit can only be claimed by filing a tax return. The complexity and cost of filing taxes have been obstacles that may have prevented people from claiming these credits in the past.

To find out if you are eligible for Direct File and to use this system to file your taxes, visit directfile.irs.gov. The site also provides guided help for every part of the federal tax return and provides access to live support from IRS staff Monday-Friday, 7 am-10 pm Eastern time (4 am-7 pm Pacific).

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Arts Tax Due By April 15

Every year, Portland residents support arts education and Portland's creative economy by paying the Arts Education and Access Income Tax (Arts Tax). Every Portland resident age 18 and older that earns income above the federal poverty level and has \$1,000 or more income is liable to pay the \$35 tax. If your household's annual income is at or below the federal poverty level, you may request an exemption.

The money collected funds art and music education in public elementary schools and increases access to arts programs and performances for Portlanders city-wide. Six public school districts in the city of Portland (Centennial, David Douglas, Parkrose, Portland Public, Reynolds and Riverdale) receive at least one visual art, music, drama or dance teacher for every 500 students.

The remaining funds are distributed as grants to programs and nonprofit organizations that help make arts and culture experiences more accessible to the public, including K-12 students and underserved communities.

Since the ballot measure was passed in 2012, \$135 million has been collected, providing arts teachers for 30,000 elementary



school children and more than \$30 million in grants to local organizations. Prior to the Arts Tax, there were 31 K-5 full time equivalent arts teachers across the six school districts; in 2024, there were 111.

The Arts Tax is due at the same time as Federal tax returns (April 15). Unlike tax returns, there is no extension to file or pay the Arts Tax. Filing and payment (or claiming an exemption) can be done online, by mail or in person; visit portland.gov/revenue/pay-arts-tax for details on all methods. Filing is required even if you do not owe the tax.

Those who do not pay the tax by the due date will be assessed penalties—\$15 assessed April 16 and an additional \$20 assessed if the Arts Tax is unpaid by October 16.

Multnomah County Candidate Filing Window Open

The next election in Multnomah County is the May 20 Special District Election. This election includes contests for local school district boards, community college district boards, the Multnomah County Education Service District board, rural fire districts boards, the Urban Flood Safety and Water Quality District board, water district boards and local ballot measures.

The candidate filing window for all Special District Election candidates is now open, with a deadline to file of Thursday, March 20, 5 pm. A full listing of

the positions that will be on the ballot and candidate qualifications can be found at multco.us/info/may-20-2025-special-election.

Candidates may file a Voters' Pamphlet candidate statement (due March 24). Candidates or prospective candidates can schedule a 30 minute information meeting with the Elections District and Candidate Specialist to discuss or review candidate filing and Voters' Pamphlet filing. Meetings can be scheduled as a Google Meet video call, over the phone or as in person meeting.

New Public Trash Cans Spruce up the Central Eastside

Newly installed public trash cans are popping up around the Central Eastside Industrial District thanks to a collaborative effort between the Enhanced Services District, Portland Bureau of Transportation (PBOT) and the Bureau of Planning and Sustainability's (BPS) Solid Waste and Recycling Team. The project has been a long time in the making and it's finally coming to life.

The new trash cans will make it easier to keep the streets clean and make the area more inviting, and there are more cans to come. Keep an eye out for the new trash cans located at MLK Blvd. and E Burnside St. (SE corner), SE 3rd Ave. and Main St. (SW corner), Grand Ave. and E Burnside St. (SE corner), SE Water Ave. and SE Taylor St. (NW corner), SE MLK Blvd. and SE Taylor St. (NW corner) and SE Grand Ave. and Washington St. (SW corner).

The trash cans are scheduled to be emptied twice per week. Any trash can maintenance (overflow, graffiti, etc) concerns can be reported at portland.gov/bps/public-trash-cans/public-trash-can-report.

The locations for the trash cans were determined based on a lack of trash cans in the surrounding areas and/or high use areas. Brianna Woods, Enhanced Services District Director said, "I initially submitted 17 locations on the West side of Grand (because there were so few on this side of our district in comparison to the East side of Grand). When only



One of the new trash cans, at SE 3rd Ave. and Main St., outside the WonderLove food cart pod. Photo by Kris McDowell.

six were available to start, I chose the priority locations from the list based on high traffic corridors or known areas of need based on observation or interaction with stakeholders."

Funding for the trash cans came through support from proj-

ect partners PBOT and BPS Solid Waste and Recycling Team. Ongoing maintenance will be provided through their infrastructure and process. Plans for additional trash cans are in the works, but a timeline for them has yet to be determined.



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EMAIL EXAMINER@SEPORTLAND.NEWS FOR MORE INFORMATION.

MARCH EVENTS

MASON BEE FUNDRAISER – The Friends of Portland Community Gardens are selling Mason Bee houses (with reusable stacking cocoon trays) + 70 cocoons for \$75 through March (while supplies last). Save 20 percent and receive discount coupons for Portland Nursery and Concentrates nursery/farm store by becoming a Friends member. Mason bees are an excellent pollinator in the early spring for fruit trees. Contact awfportland@gmail.com to order a bee house or if you have questions. More information at bit.ly/4fVzrWD.

POLICING IMMIGRATION WEBINAR – League of Women Voters of Portland presents a panel discussion on the profound and polarizing issue of immigration Wednesday, March 12, 7-8:30 pm. This event will provide perspectives on how immigration enforcement is changing under President Trump, with an emphasis on local impacts. Join this dynamic conversation to hear many perspectives on how changes in federal policy relating to immigration and immigrants are affecting our community and how the community may react. Visit lwvpx.org to register and receive the Zoom link.

FRIENDS OF MT. TABOR PARK ANNUAL MEETING – Join the Friends of Mt. Tabor Park for their annual meeting to learn about the latest news and opportunities to support the park Monday, March 31, 6:30-8:30 pm at TaborSpace (5441 SE Belmont St.). The event is free to attend and no RSVP is needed. Learn more about the Friends of Mt. Tabor Park at taborfriends.org.

Discover the Joy of Sensory Deprivation at Float On

BY ELLEN SPITALERI

Looking for a place to leave all your worries behind or a spot where you can let go of all those aches and pains? If so, Float On has you covered—or nearly covered in 10 inches of skin-temperature water that will help make all your cares float away.

Float On features six tanks of various sizes, each holding 10 inches of water saturated with 850 pounds of Epsom salt, creating an environment that keeps you floating on your back, half in and half out of the water. The tank is soundproof, the air flows freely and the door never locks.

And what will you feel? Nothing. That is the goal: no sound, no light, complete darkness—only nothingness.

“We are living in stressful times. We’re constantly bombarded with information, and much of what we read and hear and see on our screens is not very pleasant, and it takes a mental and physical toll,” said Marshall Hammond, president of Float On’s Co-op Board of Directors.

“It’s important to be able to disconnect from all that, to be able to take some time to be alone with yourself, to process,

to let go, to relax and recharge. It makes life much more manageable and much more pleasant,” he added.

For Hammond, what is most rewarding about being part of Float On “is knowing that I’m part of a business where every single day we’re making people feel better.” He added that Float On has regular customers who have done hundreds of 90-minute sessions and really appreciate the experience.

Hammond noted that he and every employee have had dozens of heart-warming experiences with customers, including when they come up to him in tears, telling him that this is the first time in years they have experienced relief from physical pain. “We’ve had people come in who are grieving the loss of a loved one, people who maybe have difficulty letting their emotions come to the surface, and they’ll have an emotional breakthrough in the tank,” he said.

“Sometimes our floaters tell us years later that floating has changed their lives, or even saved their lives, if it helped them through a really tough time,”



Float On’s lobby, pictured above, is a serene environment, welcoming those who are awaiting a 90-minute float in one of the establishment’s six tanks. Photo by Taylor Nichols.

Hammond added.

He further noted that when pregnant women float, they often report that they felt a connection to their babies in the tank, in addition to the relief they experienced from physical pains associated with pregnancy.

Float On first came about when Quinn Zepeda, one of the founders, tried floating in California, loved it and suggested to his friend Graham Talley that they open a tank center when they moved to Portland. They brought in two other friends, and Float On opened in 2010 as a small operation with only four float tanks. When it first opened, construction

wasn’t even finished and some of the rooms lacked proper doors, Hammond said.

The business is now twice as big, expanding into the space next door and adding two more float tanks that are larger and more luxurious, he noted.

In addition, the business became an employee-owned cooperative last August. “We’re still adjusting to our new roles as owners. One of our goals is to be able to pay all of our employees what is considered a living wage in Portland,” Hammond said. “We have a long way to go before we’ll be able to reach that goal,” he added.

Hammond noted that potential customers should visit Float On’s website to learn about the different styles of float tanks, sanitation procedures and membership options.

The experience at Float On is meant to be a solo one, Hammond said, adding, that “it’s about being alone with yourself and letting your mind go inward.” Float On is open Monday, 5:30 pm-midnight and Tuesday-Sunday, 8 am-midnight.

Float On
4530 SE Hawthorne Blvd.
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floaton.coop

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Preparing For Urban Wildfires

BY KRIS MCDOWELL

Wildfires are a growing concern and, as the wildfires in Los Angeles demonstrated, wildfires are not just a rural concern. It is possible, especially when areas are dry, for urban wildfires to happen.

Portland’s 2024-25 winter started out very wet; however,

January, historically one of the city’s wettest months, saw relatively little precipitation. As we go into the last months of winter, the state’s snowpack is still relatively healthy, a good sign. Nevertheless, being prepared should Portland experience an urban wildfire can help keep you, your

family and your property safe. “Our city works hard to prepare for disasters like wildfire,” says Mayor Keith Wilson. “We plan, we train and we are constantly learning along with our partners. But our most important partners are the people of Portland. Disasters happen. Take steps to prepare yourself and keep our city strong and resilient.”

Having access to accurate, up-to-date information will help you make smart decisions when there’s a high risk of wildfire. One way to do that is to sign up for PublicAlerts (publicalerts.org/wildfire) to get alerts based on your location. PublicAlerts is the region’s opt-in emergency alerting system for getting phone, text and email alerts. The website also provides helpful information about making plans, staying informed, evacuation, sheltering, prevention and defense.

PDX 311 is another resource and your connection to local government. Call 311 or email 311@portlandoregon.gov 7 am-8 pm seven days a week to get questions answered, request services



The Keeper of Valuable Objects

BY MARSHALL HAMMOND

"I've always felt a little pretentious identifying as an artist or a writer, but I'm trying to get over that and just be like, 'Yeah, that's what you do and that's who you are,'" says Gabriel Matthew Granillo.

The 33-year-old Portlander has had a diverse career working as a reporter, editor and comic book creator. His passion for journalism began on a high school paper in Arizona. Like many journalists whose careers start this way, Granillo fell in love with the energy and camaraderie of the newsroom, as well as that special feeling of holding the latest edition hot off the press.

"At the end there is a physical manifestation of all the work that you put into it," says Granillo. "And I just liked designing the paper with friends and having those conversations about what looks best and what feels good."

After earning a Journalism degree from Northern Arizona University and working as a reporter for a few Arizona newspapers, Granillo moved to Portland in 2020.

He arrived just before the COVID pandemic. "I had one clean month of 'normal Portland,' before everything sort of hit the ground and got kind of weird," says Granillo.

He took a job as a digital editor, then as associate editor at *Portland Monthly*, where he mostly wrote about health and wellness, and later travel and the outdoors. However, covering the pandemic and the George Floyd protests took a toll on Granillo. He found himself yearning to express another, more lighthearted, silly and creative side of his per-

sonality.

Granillo took a step back from fact-based reporting and accepted a job as an editor at ONI Press, a publisher known for graphic novels and comics, including *Scott Pilgrim* and *Rick and Morty*. He also began spending more time on his own creative writing pursuits.

"I've always been writing short stories and getting published here and there. But I think in the last couple of years I tried to put more of an emphasis on that part of my life and really try to identify myself as a writer," he says.

Granillo began submitting his work more actively, and his poetry and short stories were published in a variety of online and print journals. One of his most recent personal works is *The Keeper of Valuable Objects*, a chapbook published by Bottlecap Press in September of 2024.

The Keeper of Valuable Objects consists of three short stories, "connected by shared themes of perception, identity and legacy." The first story, *Eddie V. on the Silver Screen*, follows a Mexican actor in 1940s who struggles to hold onto his celebrity status as he ages out of the roles he was typecast into as a child. As the titular character grows more desperate, he enters a "devil at the crossroads" bargain with a mysterious stranger, the Keeper of Valuable Objects.

Granillo, a third-generation Mexican-American, drew inspiration for *Eddie V.* from his great uncle Fernando Alvarado, who, as a child actor, shared the screen with luminaries such as John Wayne, Elizabeth Taylor

and James Dean. The story is also inspired by the tradition of Latin American folk tales, which often blend humor, horror and the supernatural to create moral parables. It is written in the style of a grandfather reciting a fable to his grandchildren.

The next story, *Studio C*, centers on Ray Fonseca, a struggling late-night talk show host who goes by the name Ray Forte. While grappling with a crisis of identity and purpose, Ray inadvertently causes an incident that rockets his show to the top of the ratings charts.

The third story, *Watch Out for Sprinkles*, takes the form of a letter from an office worker, Rudy, to his father, Oscar Orlando, a moderately famous musician whose most successful song was inspired by a moment spent with his young son. Rudy struggles with the knowledge that his experience of the event was very different from the version his father shares with his audience. On top of that, Rudy finds himself thrust into the public spotlight in a most unfortunate, yet hilarious way.

Each of these stories contains a captivating blend of humor and tragedy, mundanity and profundity, leaving readers with much to ponder long after they've finished the chapbook.

"I try to not be terribly serious in my writing," says Granillo. "Obviously, I think at the core of the stories there's some sort of social political message. And I try to incorporate the different aspects of who I am."

"I'm really interested in absurdism, surrealism and more recently folklore storytelling, so



Author Gabriel Granillo by Kelcie Smolin Grega.

I try to just incorporate a lot of those elements of being a little bit silly, a little bit surreal, and a little serious to create something that's enjoyable and feels complete," he adds.

Granillo's next big project is a novella that he is currently shopping around to publishers. He's also been illustrating and

writing comics, and plans to attend and distribute some of his work at the upcoming Emerald City and Rose City Comic Cons.

You can purchase *The Keeper of Valuable Objects* from bottlecap.press, and follow Granillo on Instagram and Bluesky. He is also a contributing writer for *The Willamette Week*.

KMHD Carries on Portland's Rich History of Jazz

from page 1

and what isn't jazz. We respect that this art form has given birth to a million different sounds and various interpretations."

KMHD structures their days around prime periods of listenership, usually via radio, so 8-10 am and 4-6 pm, they have drivetime DJs to ensure everyone stuck in traffic has music to get them through the rest of the ride. While Drennon hosts the afternoon drivetime show, she also works with guest producers. All of the evening shows at KMHD are made by independent producers who are paid per episode, and she helps recruit, talent scout, onboard, administer and teach them the basics to ensure they can make it on the radio.

Drennon emphasizes the importance of jazz, understanding that "jazz informs every other music that we think of as [popular American] music today." She focuses on curating her show so her audience feels good. "My role is to celebrate Black genius," she continues.

Alex Newman, host of *The New Format*, which airs Monday-Friday, 11 am-1 pm, sees his show as "[his] personal expression of what Jazz Without Boundaries is." When it comes to the station blending classic jazz and contemporary artists and developments, they work to search for connections between the past and present. "The dots are all there and I think we find a lot of joy finding ways to connect those dots for our listeners and ourselves," Newman continues.

A regular day at KMHD is versatile and always depends on what each host has lined up—whether that be interviews, pre-recordings or jamming along with listeners. Drennon adds, "Unless I have meetings I'm working around, for the most part, I spend a couple hours prepping for my show, pulling songs [and] trying to find things that are interesting." As technology continues to advance, the options for radio have become vast, allowing listeners to stream on-demand and hosts to

pre-record their shows.

Radio has survived so many emerging mediums throughout the decades, and Newman believes that "the future for radio is surprisingly bright. Time has shown that there is something special about the experience of hearing music presented on the airwaves."

Drennon also loves the rush of playing music to a wide audience. "Being a radio DJ for me is all about being on the air and being live. The key thing for me is I don't hit play and walk out of the room," she continues. "If you're listening to the radio and you hear me sound a little out of breath, it's because I was dancing in the booth to the music."

The future of KMHD is bright; this is seen in the station full of people passionate about jazz and the experience of playing music on the radio. "I think our excitement around discovering music—new and old—positions KMHD uniquely to be on the forefront," Newman says.

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AE Arts & Entertainment

Alberta Rose March Highlights



Wednesday, March 5 Alberta Rose Theatre presents a special screening based on the best selling Camino memoir, *The Way, My Way*. Written by Bill Bennett, the film documents one man's journey along the Camino de Santiago, searching for meaning, not realizing it was right in front of him, one step at a time. The special screening includes a Q&A with writer/director Bennett. Doors open at 6:30 pm for the 7:30 pm show.

Celebrating 15 years at the forefront of Hawaiian contemporary music, Waipuna performs Sunday, March 9 with an exciting collaboration of three talented individuals—Kale Hannahs, Matthew Kawiola Sproat and David Kamakahi—from celebrated Hawaiian musical families. Their eclectic musical backgrounds and gorgeous vocal harmonies have led to their unique sound that draws comparisons to their name, “waipuna” or spring waters—resource, life force, connecting to ancestors and nurturing generations to come. The show starts at 7 pm with doors at 6 pm.

Petty Fever, a multi-award winning full production tribute to Tom Petty & The Heartbreakers takes the stage Friday, March 14, 8 pm (doors at 7 pm). The band, featuring captivating guitarist/vocalist and Hollywood FAME award winner Frank Murray, delivers an amazing and memorable salute to the musical legacy of Tom Petty, performing over four decades of classic Petty hits. The high energy show is second to none and always leaves crowds craving for more.

To see the full line up of shows and events at Alberta Rose and to purchase tickets, visit albertarosetheatre.com.

Central Catholic Spring Musical

The Central Catholic High School Drama Department takes you beyond the fairytales you thought you knew in its Spring Musical, “Into the Woods.” More than 50 students worked tirelessly under the direction of Theater Director Avery Heater to put forth the production. “Watching these students bring this piece to life has been an incredible journey,” said Heater. “Their growth, dedication and sheer talent make this production something truly memorable.”

The show runs Friday and Saturday, March 7 and 8, 7 pm, Sunday, March 9, 2 pm, Thursday-Saturday, March 13-15, 7 pm, and Sunday, March 16, 2 pm. All performances take place in Central Catholic's (2401 SE Stark St.) Performing Arts Center (doors on SE Stark St. just west of SE 26th Ave.). Tickets (\$15 adults, \$12 seniors, \$10 students) available at cchsrams.pub/tickets.

“Into the Woods,” is Stephen Sondheim and James Lapine's Tony Award-winning musical that intertwines beloved fairy tales with a thrilling original story, reminding us to be careful what we wish for—because wishes have consequences.

Sidestreet Welcomes Hipbone Artists

Sidestreet Arts' March exhibit, *Behind Closed Doors II*, is a collaboration with Hipbone Art Studio, which has been serving Portland area artists for more than 36 years. The Studio is located on inner E Burnside St. and offers multiple weekly, affordable figure drawing sessions open to everyone. The work produced during these sessions can be quite amazing, but most artists view it primarily as practice. This is the reason most people come into the studio and it is the collective experience of creative individuals, laser-focused on practicing in supportive art space is what makes it so unique.

Hipbone founder Jeff Burke, a professional model from New York, “encouraged the view of the model as a sensitive, thinking, expressive being—a subject, rather than an object.” This set a tone of professionalism, generosity and collaboration between artists and models. Over the years, Hipbone has become a vibrant and supportive community reflecting a wide variety of artistic disciplines—from fine artists, professional illustrators, comic book artists and animators to retirees, students and people just wanting to try figure drawing for the first time.

All the artworks in the exhibit were created by Hipbone artists and juried and curated by Sidestreet Arts Gallery members. The community is invited to enjoy the beauty, complexity, variety and mystery of the human form in this wide range of art mediums. Each piece presents an opportunity to reflect on individuals' perceptions and experience of the form and function of the human body. The exhibit is intended to offer a contemporary window on the long and honored history of figure drawing and painting.

Behind Closed Doors II runs Thursday, March 6-Saturday, March 29 with the artists in attendance for the First Friday Artwalk March 7, 5-7 pm. Sidestreet Arts, 140 SE 28th Ave., is open Thursday-Sunday, 12-5 pm.



In The Studio by Finn Wilson.



Transplanted by Riley Waite.

AHC Author Events and Neighborhood Tours

The Architectural Heritage Center (AHC) holds two author events and resumes their neighborhood tours in the month of March. Saturday, March 8, 10 am-12 pm is *No Honest Man Fear Cartoons: The Homer Davenport Story*. Davenport (1867-1912) was Oregon's first media superstar, yet few outside of his hometown of Silverton are aware of the impact this self-described “country boy” had on society. Learn more from presenter Gus Fredrick, President of the Silverton County Historical Society and author of several books that may be purchased at the event.

Chester Benson hosts a 30-minute presentation on his book, *Simon Benson Immigrant, Lumberman, Philanthropist*, Saturday, March 22, 2-3:30 pm. Simon Benson arrived in Oregon from Norway in 1867, made his fortune in the lumber business and then spent his time and fortune on local philanthropy. Today his legacy lives on through many projects, including the Columbia River Gorge Highway, Benson High School, “Benson Bubbler” city water fountains and the Benson Hotel. Books will be available for purchase and signing at this free presentation.

Tuesday, March 4, 10 am-12 pm is the Buckman Neighborhood Tour. Stroll through one of the oldest eastside residential neighborhoods while learning about house types common to the late 19th and early 20th centuries in Portland. See a variety of residential architectural styles and learn about some of the early residents of the Colonial Heights Neighborhood Saturday, March 22, 10 am-12 pm. Explore the tree-lined streets and beautiful early 20th century architecture of Historic Ladd's Addition, a uniquely planned neighborhood, Saturday, March 29 10 am-12 pm.

RSVP for the free Simon Benson event and purchase tickets for the other offerings at visitaahc.org.

Arts events, livestreams and fun news? Email your press releases and images to: goingout@seportland.news
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COMING UP THIS MARCH AT MUSIC MILLENNIUM!

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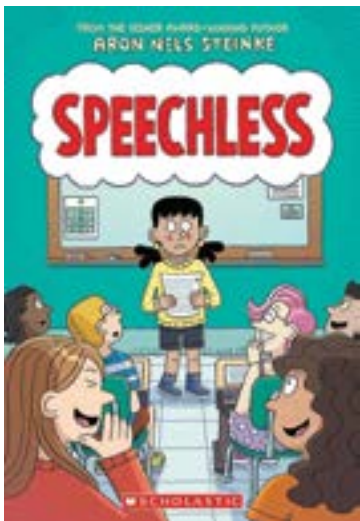
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March Madness and More at Tomorrow Theater

Tomorrow Theater has a different kind of March Madness, featuring Millennial Movies, and it's going on all month long. Just like the sports version, there are brackets—Lit Adaptations, Romance Realness, So Indie So Extra, Teen Dream, Fam Jam and Epic AF. Winners will be determined by the number of votes; votes are weighted at one point for votes on Instagram (@pam_cut) and through the form on the theater's website and two points for the number of people attending the screenings.

Fans of Ridley Scott should mark their calendars for Saturday, March 8 when there will be a double feature of *Thelma & Louise* and *Alien*, starting at 3:30 pm. Film critic Bennett Campbell Ferguson introduces both films, starting with the landmark road movie, a saga of a two-woman revolution that is more relevant than ever. Following that (7 pm) is Scott's earlier film, a genre-defining vision of a daring resistance to deep space terror. Take in one or both films; tickets are sold separately.



The following day, join award-winning Portland author Aron Nels Steinke as he celebrates the release of *Speechless*, his newest graphic novel for kids. Come early for a book signing (3:30-4 pm), followed by Steinke's presentation (4 pm), then a screening of short animated films that helped inspire the book and wrapping up the event is an audience Q&A and book signing. The family-friendly event will also have books sold separately by Books with Pictures.

At the end of the month is a one-night-only marathon, interactive video game, food and live theater extravaganza event called asses.masses. Taking place Saturday, March 29, 1 pm, audience members will work together to determine the fate of the revolution in an epic 8-bit video game. Four intermissions with snacks will be provided during the experience, with additional food and beverage for sale. No previous gaming experience required.

Visit tomorrowtheater.org for additional details and tickets for these events, as well as a full line up of events at Tomorrow Theater (3530 SE Division St.).

Belew Gallery Opening

ADX is pleased to host an opening reception for the Tobias Belew gallery Friday, March 7, 5-9 pm. *The Garden of Life & Reliving* is an intimate and poignant exploration of grief, growth and self-identity. In this collection, Belew reflects on the profound personal loss of both his brother and father, weaving a visual narrative that honors their memory while navigating the challenging path of healing.

Through 25 vibrant full-color digital prints, the exhibition invites viewers to walk alongside the artist on a journey of reflection and emotional growth. The works capture the delicate balance of sorrow and hope, offering sympathy and connection for anyone experiencing their own personal struggles. It is also a celebration of the resilience found in embracing life's cyclical nature, finding new paths in times of hardship and ultimately growing through the experience.

Join Belew at ADX (417 SE 11th Ave.) and experience the powerful blend of emotion, art and reflection that forms the core of this remarkable exhibition.

Jon Shain and FJ Ventre Concert



The Portland FolkMusic Society is proud to present guitarist Jon Shain and bassist FJ Ventre in concert Saturday, March 15 at Reedwood Friends Church (2901 SE Steele St.). The two have been playing music together since they met in high school 35 years ago where they developed a brotherly connection that continues to this day.

Veteran singer-songwriter Shain has been turning heads for years with his words, fiery acoustic guitar work and evolved musical style—combining improvised piedmont blues with bluegrass, swing and ragtime. He has released nine solo albums, along with two albums with Ventre, a Jon Shain Trio live album and one album of co-writes with Joe Newberry. In addition to performing throughout the US and Europe, Shain produces other artists, gives private instruction in guitar and teaches group workshops in songwriting and blues guitar.

Ventre earned a BA in Music Performance and Sound Recording from the University of Massachusetts-Lowell and remained in the Boston area for some time afterward, performing in the city's vibrant music scene. Since relocating to North Carolina in 2000, Ventre has performed with his own group, The Swang Brothers, as well as Chris Stamey, Wes Collins, Huzzah and a who's who of NC music groups. Ventre also spends time behind the mixing board, producing and engineering at his own Good Luck Studio and writing songs.

Doors open at 7 pm for the 7:30 pm concert. Tickets (\$12-24, plus fees) available at bit.ly/3QdMOR0.

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Buckman Art Show and Sell

The 35th Annual Buckman Art Show and Sell will be held Saturday, March 8, 10 am-5 pm in the heart of SE Portland at Buckman Elementary School (SE 16th Ave. and Stark St.). The event (a play on the familiar classroom phrase "show-and-tell") is a fundraiser to support arts education at the school and will feature more than 100 local Portland artists, Buckman student art for purchase, a community art project, food trucks, face painting and fairy hair.



Hand-thrown ceramic vase from potter Dave Parry.

Each year the event features local artists and craftspeople creating art in the Portland area utilizing a variety of mediums. Find works of 3D art (ceramics, woodworking, sculpture and garden art), 2D art (paintings, illustrations, lithographs and photography) and jewelry/textiles (jewelry, clothing, textiles and homegoods).

This is the largest fundraiser for Buckman School and is 100 percent produced, organized and managed by an all-volunteer team. Without the incredible dedication, enthusiasm and hard work of volunteers (many of which are parents of Buckman students), this important community event and fundraiser would not be possible.

Organizers suggest a \$5 donation at the door and hope people will enjoy participating in this community event that supports local Portland artists and Buckman School.

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7 QUADRAPHONES presents MOONDOG	20 LIVE WIRE RADIO
8 CLOWNS WITHOUT BORDERS BENEFIT SHOW	22 Come to Mama! Celebrating Etta James
9 WAIPUNA	25 LÚNASA
11 CANDLELIGHT 6:30PM Vivaldi's Four Seasons 8:30PM Coldplay & Imagine Dragons	26 SCIENCE ON TAP Story Telling with Data The Ethics of Data Visualization
12 ALBERT CASTIGLIA & CHRIS CAIN	27 WE CALL IT DRUMS Movie Soundtracks + LED Percussion Show
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Ww Wellness Word

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

The Importance of Getting Up Off the Floor

Most of us don't even think about it when we're younger. We just get down on the floor and back up as needed. But over time, a combination of back or joint issues, stiffness or pain and gradual muscle loss (sarcopenia) can make getting up from the floor without assistance difficult. This really becomes problematic if we find ourselves in a situation where there is no one there to help or nothing to hold on to to get back up.

Any time I have a client who expresses concerns about their ability to get up off the floor, I point out that the best thing to do is practice getting up off the floor! So if you have any concerns about yourself, it's something to consider working on as part of your daily fitness routine.

What is the best way to get up off the floor? The most common method used by older folks is to roll over onto their hands and knees and then bring one leg forward underneath them. You can then push off with your hands and legs to return to standing. There is nothing wrong with using this method, although when practicing it I would recommend that you alternate sides to make sure you're not only strengthening one side of the body. Don't worry if it doesn't look graceful, it just needs to be effective.

Other methods of getting up

include remaining on your backside and crossing the lower legs or using a wider stance; in either case you can use your hands as assistance if you need to. If you are able to get up without any assistance from your hands that is the best of all, but is not necessary in a practical sense. I generally have people lie down and stand up from the floor four to six times with alternating sides emphasized.

Other things to keep in mind are your overall muscular strength, balance and agility. These are important components of your fitness routine as you age and will benefit you in activities of daily living as well as when you need to get up off the floor.

One of the problems of aging is the gradual loss of muscle mass, especially in the legs. Working specifically on exercises that target the quadriceps, hip stabilizer muscles, glute muscles, lower leg muscles and balance exercises will be beneficial. But don't neglect the upper body; using your chest, back, arms, shoulders and core are also important.

A full body strength training routine that includes functional exercises, mobility exercises and balance exercises is very beneficial. Some great exercises to start with include:

- Wall sits
- Wall pushups

Rows with a band or hand weights

Plank (modified if needed)
Basic squats (modified if needed)

Balancing by standing on one foot

Clamshells with a weight or band

Bird dog (opposite arm and leg extensions while on hands and knees)

Heel/calf raises on a step or stair

These types of workouts can be done two to three times a week and for one to three sets of 10-15 repetitions for the most benefit. This still gives you time for cardiovascular exercises, stretching/flexibility and mind/body exercise during your week.

If in doubt, contact a personal trainer who specializes in working with middle-aged and senior folks to help you with this. Their job will be to help you with learning the exercises, using modifications and working around any injuries to give you the most benefit for your own particular situation.

Remember to stay active and strong as you age. We can't stop the aging process, but we can certainly slow it down.

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Buckman Community Association By Susan Lindsay

Because of snowy weather, the February 13 BCA meeting was canceled. The agenda rolls over to Thursday, March 13, 7-9 pm, with the exception that Megan Moyer will now be at the April 10 meeting instead due to her schedule.

Megan Moyer, the newly elected District 1 County Commissioner will join the BCA for meet and greet April 10. As the County holds the purse strings for behavioral health, medical need, homeless services, shelters, community corrections and bridges, getting a chance to meet our new representative and hear her ideas, aspirations and areas of interest should prove informative and engaging. The County and City are facing budget crunches; where will the cuts be?

Our new Metro Councilor, Duncan Hwang, will have a meet and greet to make connections with his Buckman constituents March 13. Come meet Hwang and learn about Metro's tax plans and projects.

A request has been made to ask Buckman to support the imposition of "intersection daylighting" where parking would be prohibited 20 feet or more back from all intersections in order to increase visibility and safety. We will vote on this after discussion. Many areas of residential Buckman have historic housing, built without garages, and most presently subdivided into multi units. Add to this the loss of street parking by the ongoing Buckman/Kerns sewer/green streets project and Revolution Hall activities and in summary its 'parking' (always a hot topic) so come and share your thoughts.

Friends of Rainbow Road, a PBOT project on SE Ankeny St. near 28th Ave., will attend seeking support and local connections.

If you have additional items that you would like to see on the agenda, email us at buckmanboard@googlegroups.com.

The Buckman Summer Events Fundraising crew really needs your help. We'd love to host another Movie in the Park this July and love hosting our fun, free Summer Picnic for all, but we need sponsors (business or individual) and donations to make it happen. You or your business or company can sponsor and there are benefits! The movie costs about \$1,200 and the picnic \$4,000. Both events are free, 100 percent volunteer and all donations are 100 percent tax deductible via fiscal sponsorship with Southeast Uplift. So please help us be able to keep these positive, inclusive, multi-generational and really fun events going. There's a link on our website to donate, or you can contact us directly at buckmanpicnicteam@googlegroups.com.

The Buckman Community Association meets every second Thursday, 7-9 pm, 1137 SE 20th Ave. (enter on Salmon St.). Meetings are hybrid; the link on our website, buckmanpdx.org. Contact the BCA anytime at buckmanboard@googlegroups.com.

HAND By Jill Riebesehl

The Hosford-Abernethy Neighborhood Association (HAND) Board opened its February meeting with a surprise visit from two Portland police officers, introducing themselves and saying they plan to attend when it doesn't compete with their duties. HAND old-timers fondly shared how now-retired Officer Yee frequently stopped in, providing beat statistics and criminal incidents. We gave Officers Trujillo and Martinez our take on how the Clinton Triangle sanctuary seems to be working out, pointed out the neighborhood oversight committee (CTOC) and cited specific incidents plaguing our neighborhood, in this case strobe rockets and heedless speedy drivers on SE Hawthorne Blvd.

HAND Board member Peggy McDaniel updated us on the Clinton Triangle, which is now full, with 200 people. 43 are in the wellness section; nine are going through detox. She reminded us of the work of

continued on page 15

Bold Reuse Wins Funding to Prototype New Technology

from page 1

so we have those data points and we can start using them in real-time as soon as we know it."

Should it be completed, the IMS may also be offered as a software-as-a-service model to other reuse providers and municipalities.

Quarrell says this grant and proposed technology support their current clients and help them identify the needs of new partnerships—especially around inventory management. "So, we're seeing the greatest business opportunity in the closed loop space right now, but we know that in the next few years, the appetite is going

to increase in open loop environments—like retail and grocery. These are billions of products that are going to be moving through reuse systems in just a few short years, so that is very much the scale that we're leading to."

The funding phase lasts December 16, 2024-June 15, 2025. After this, Bold Reuse can apply for the second phase of funding.

"We recognize the opportunity to achieve our goals with this Phase I SBIR grant, and then set us up for success to apply for Phase II grants and enable us to build something useful for the entire industry."

LE 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:

Your article "11 Ways to Reduce Waste" has some good ideas. But I take issue with the one about paper towels. Use cotton kitchen towels instead? What about the cost to the environment to wash them? Production of laundry soap; the production of the electricity/oil/gas for running the washing machine and

(for those without enough space to hang them up to dry) the dryer; and the usage of water, to do the laundry, ending up dirty in the sewers. All are necessary to keep the cloth towels hygienic.

Paper towels should be used judiciously, to be sure, but they do have a place in an environmentally friendly home.

Jerry Harris

Tiny House Village Shelter on the Avenue of Roses

from page 1

82nd Ave. At the present time, SE Mill St. does not have sidewalks. Part of this project includes Multnomah County working with Oregon Department of Transportation (ODOT) to build sidewalks on SE Mill St.

Comnes said that there have been no negative reports from local schools and the surrounding communities and businesses where village style homeless shelters are located. "One example is the St. Johns Village shelter in North Portland, which opened in 2021, with support from the surrounding community. To this day, the community continues to support the village." It should be noted that shelter operators are on site 24/7.

Nancy Chapin, co-chair of the 82nd Ave. Business Association, asked Kearn if Harrison Community Village would be amenable to the elderly since it is so conveniently located. Kearn said that will be determined by the operator and what the best demographics would be. "We usually try to house the elderly in

motel shelters where it is easier for them," he said. Using motels as temporary living quarters began during COVID-19 where over 400 rooms were acquired for this purpose. The motel shelters have continued to house people in need, especially the elderly and teens.

Harrison Community Village, along with the two other alternative shelters in development, will bring the total to 27 year-round shelters and 3,000 shelter beds. In the next two months JOHS will decide upon the non-profit shelter operator company, who will be on site 24/7.

According to the homelessnessmore.com there are 11,000 homeless people living in Portland. The passage of the Supportive Housing Services Tax has enabled the City and the County to become more proactive in building alternative shelters to meet this need. The 2023 Alternative Shelter Evaluation Report studied how well these temporary living shelters are working to move people into permanent housing.

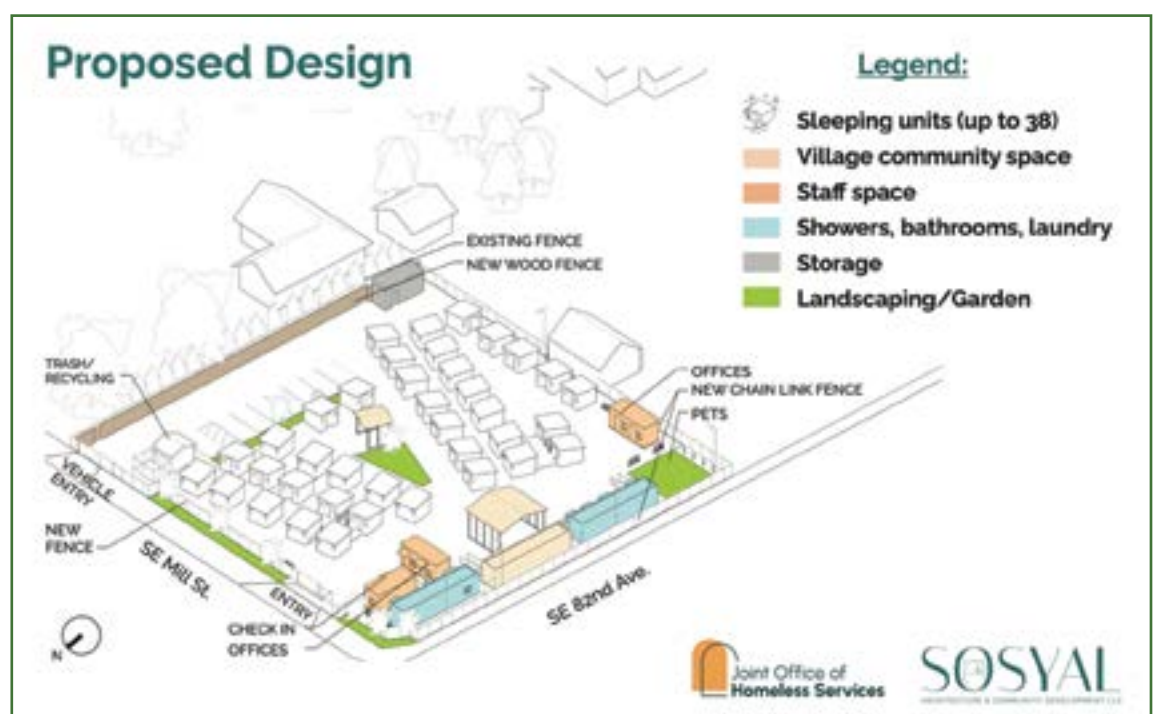


Image by Multnomah County.

According to the report, the proposed Harrison Community Village-style of shelters are proving to be the most successful—offering privacy, safety and support.

There's an unspoken worry that because the City and County provide housing and services to the homeless population we are attracting more people to come here from elsewhere. Comnes shared some statistics from a Point In Time Count published in 2024. According to the report,

60.8 percent of people unsheltered in the region that night were from the tri-county area, 17 percent were from a state other than Oregon or Washington and the majority of folks report coming to Portland to be closer to family and friends, or for jobs or housing opportunities.

Harrison Community Village will have 38 shelter pods, including eight that are ADA accessible. Kearn said that assembling these temporary homeless sites is

efficient and cost effective. "The wiring and plumbing takes the most time." The modular units will provide office space for staff and participant services, bathrooms and showers, kitchenette amenities and laundry facilities, all of which will be ADA accessible. Outdoor spaces will include a green space and a covered outdoor community area. The site will be fenced with privacy inserts on all street sides. More on the JOHS website, bit.ly/4b8PSye.

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Neighborhood Notes

from page 13

the Portland Environment Management Office (PEMO), established in 2022, to improve livability by addressing graffiti, trash and illegal dumping. She encouraged anyone interested to join in; meetings are twice a month.

The county is deep into planning for a 24/7 drop-off sobering and crisis stabilization center, which will be in our neighborhood at 1901 SE Grand Ave. Natalie Amar, Anthony Jordan and Commissioner Meghan Moyer filled us in on progress and goals. It will be geared toward law enforcement and first-responder drop-offs and have 50 beds broken into separate sections depending on need: deflection, sobering service's acute needs and withdrawal management. Stressed were goals of partnering with and being a good neighbor. Once the site is finalized, the county will hold a community meeting with the whole neighborhood.

The city is offering informational budget introduction meetings in every district. A recording of the District 3 meeting is available on YouTube and elsewhere. Specific budget engagement sessions, where residents can provide direct input on the draft budget recommendations, will happen in March.

All attendees are invited to participate in discussions at HAND Board meetings. Let Board chair Chris Eykamp know ahead of time if you have a comment or issue you want to bring up. Our meetings are at 7 pm, the second Tuesday of each month on the St. Philip Neri campus.

Mt. Tabor Neighborhood Association By David Petrozzi

MTNA hosted our regular monthly meeting February 19, in person at Taborspace and online via Zoom. Several members delivered updates on various neighborhood initiatives like our history project, Mt. Tabor Park reservoir efforts, pedestrian safety outreach, coordinating neighborhood emergency response teams, even exploring a community-wide yard sale which would stretch across 'Taborhood' to produce a more cohesive feel for our area as a whole.

Speaking in more detail was a representative from City Repair, a local nonprofit that works to improve social connection and combat isolation by making places like street paintings, public seating, support for public squares and block parties so that neighbors can interact and form bonds in fun and low pressure settings. Have an idea for your block? Visit their website, cityrepair.org, to see how they can help.

Mark your calendars and get those old mattresses and computer waste ready for disposal at our annual neighborhood cleanup, a joint effort with our partners from the North Tabor Neighborhood Association. This year's drop-off will be Saturday, May 17. Stay tuned to our website, mttaborpd.org, for more details, and while you're there, register to attend our next monthly meeting Wednesday, March 19, held online and in-person. Sign up for our mailing list to stay connected!

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) met on February 10. Meetings are held 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., and people can participate via Zoom. The link to pre-register for Zoom is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com. All are welcome to attend and participate.

Jonathan Trutt, with public housing provider Home Forward, presented on the purchase and renovation of the Cesar apartments at 1610 SE Cesar Chavez Blvd. It will provide supportive housing for homeless individuals. There will be fulltime onsite management by Home Forward with a service partner also onsite 24 hours. Earliest move-in date is expected to be June 25. For questions, contact jonathan.trutt@homeforward.org.

Lise Gervais explained a Spring Chip Mulch program for street trees. The Richmond Tree Team is planning for around Earth Day. Contact her at richmondtreeteam@gmail.com to inquire if your trees qualify for the program or if you want to help.

Board member David Michaelson updated the Board on the survey the RNA is conducting to collect information on neighbors' concerns and priorities to pass along to the District 3 Council Members Tiffany Koyama Lane, Angelita Morillo and Steve Novick. The survey will help the RNA in setting agenda topics and perhaps lead to new events or projects. The survey results will be discussed in our March 10 monthly meeting.

The annual Richmond Spring Cleanup is Saturday, May 17, 9 am-1 pm at Central Christian Church, 1844 SE Cesar Chavez Blvd. We will collect bulky mixed waste, electronics and metal for recycling, reusable items for the U-Price-It rummage sale and we will have a huge plant sale. We will NOT collect styrofoam at this event. Instead, we will have a Saturday, July 19 event for styrofoam and Metro's batteries/meds/sharps/CFL collection at the church.

Come to a meeting to get more involved and learn about issues in the neighborhood.

South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association is off to a colorful start in 2025. For our February meeting we changed things up by inviting neighbors to our first-ever adult coloring circle to allow folks to slow down and decompress during the meeting. We provided paper, crayons, markers and some people even brought their own. We brainstormed about future events, including our upcoming neighborhood garage sale/garden tour on June 7—mark your calendars!

Be on the lookout for the Spring edition of the South Tabor Crow flying into your inbox in the next couple of weeks. If you have ideas for articles or profiles to showcase the challenging, the inspiring, the curious of our neighborhood, please contact us through our website, southtabor.org. We also welcome photos that capture whatever makes South Tabor, South Tabor.

Join your neighbors (with or without crayons :) for our next meeting March 20, 7 pm—like every month, the third Thursday at All-City Church, SE 67th Ave. and Clinton St. (enter through the parking lot).

Sunnyside Neighborhood Association By Gloria Jacobs

Please join us on Wednesday, March 12 for a special SNA General meeting. We will have all three of our district councilors with us to talk about the budget process and their priorities for the new city council. There will be plenty of time to answer neighbors' questions and interact with our elected representatives. Join us at 7 pm at SE Uplift (3534 SE Main St.) or online!

Welcome to Dennis Behrens, SNA's newest Board member and treasurer. Dennis recently moved back to Portland after years spent in northern California, where he worked in finance for numerous organizations.

Preparing For Urban Wildfires

from page 8

or report issues. During emergencies, PDX 311 can provide information about locating evacuation shelters, finding proposed routes out of the city, requesting ADA access and reporting fallen debris on streets or sidewalks.

211, accessible by dialing 211 or visiting 211info.org, is your connection to social service and available 24 hours a day. The service can be used to find local assistance, disaster recovery centers and transportation options. Language interpreters are available for those needing assistance.

Many neighborhoods also have Neighborhood Emergency Teams (NETs), groups of Portland residents who provide emergency planning and assistance within their own neighborhoods. In the event of a citywide disaster such as an urban wildfire, these volunteers have been trained to save lives and property until professional responders can arrive, without putting themselves in harm's way. They will likely be first on the scene when firefighters and police are slowed by impassable streets or overwhelmed by calls for help. There are 87 NETs in Portland with over 1,200 active volunteers. Anyone who lives or works in Portland is invited to take a NET training for free.

Households need to be prepared to be on their own for a week and the first step is stocking up on water. The Portland Water

Bureau recommends storing 14 gallons of emergency water for each person in your household. During a large-scale fire, dramatic changes in water flow or damage to the water system could impact the availability or quality of drinking water. Everyone should be prepared for a sudden water disruption.

In the event that you need to evacuate, you should prepare a "Go Kit." Start with a list, putting items in priority order, focusing on the things that will keep you alive like water, food, medications, medical supplies and items for warmth and sanitation. Since everyone has different needs, each person's Go Kit will look a little different. And don't forget to include the needs of pets or service animals in preparing your Go Kit.

Portland Bureau of Transportation recommends moving your vehicles off the street, if possible. This will create space for fire trucks and other emergency vehicles to move through the city quickly and safely.

The best way to prepare yourself is to take active steps, even if they are small. Start today. Do things you can do. In addition, talk to your neighbors and find out what they're doing to prepare for an emergency. Visit bit.ly/4h94P4R for Go Kit tips and other resources to prepare for the possibility of an urban wildfire.



Crossword Answers

Turn to page 4 for the puzzle.

1	O	W	N	4	O	A	F	7	T	E	P	I	D						
12	R	A	E	13	P	R	O	B	15	M	O	D	U	L	E				
16	A	R	P	17	E	C	R	U	18	I	T	U	N	E	S				
19	C	H	A	R	20	C	O	A	L	21	B	L	A	C	K				
22	L	O	L	A	23	B	A	L	L										
24	E	L	I	C	25	I	T	S	28	T	I	S	29	S	U	E	S		
				33	E	C	A	S	34	H			35	U	R	D	U		
36	R	E	D	37	W	H	I	T	E	39	A	N	D	40	B	L	U	E	
42	A	R	E	A					43	R	A	D	A	R					
44	D	R	E	45	Y	F	U	S	48	H	A	L	O	49	G	E	N		
				52	I	N	T	O	53				54	S	I	N	O		
				55	C	A	N	A	R	57	Y	I	S	59	L	A	N	D	S
60	I	S	O	B	A	R			62	E	L	L	E		63	G	U	T	
64	B	E	C	A	L	M			65	Z	E	R	O		66	E	E	R	
67	M	E	A	D	E				68	S	S	N		69	R	D	A		

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2,192 Total Sq. Ft.

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4118 SW View Point Ter.
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701 NE 120th Ave.
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Neighborhood Happenings:

Shamrock Run

shamrockrun.com
Sunday, March 16

The Shamrock Run is celebrating their 47th year of running in 2025. Register today for races ranging from 5k to a half marathon and enjoy a celebratory beer at the finish line!

Ticket to Dine

tickettodinepdx.com
Saturday, March 1-Monday, March 31

Enjoy dishes from a list of participating restaurants and get a chance to win your meal for free! Or get the chance to win "a year of dining out" with 52 gift cards to Portland restaurants you can use throughout the year! Visit the website above for information on how to play.

Tom McCall Waterfront Cherry Blossoms

The cherry blossom trees on the waterfront are about to be in full bloom. While there hasn't been an official prediction yet on what days the trees will be at their peak bloom, you can bet the best time to visit will be mid-March to mid-April. The most beautiful indication that spring has sprung!

HOW'S THE PORTLAND MARKET DOING?

WE ❤️

Inventory

3.7 Months

Ave Sales Price

\$610,300

Median Sales Price

+\$12,500

Ave Days on Market (YTD)

88 Days

Change in the Past 12 Months

+1.9%

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