

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

March  
2026

southeastexaminer.com Our 37th Year Vol 37 No 3 Portland, OR



Children enjoying playing outside are a familiar sight at all Childsworld Learning Center's playgrounds. Photo by Childsworld.

## Childsworld Learning Center and The Lantern Partnership Will Benefit Entire Community

BY ELLEN SPITALERI

These days it is almost a cliché to describe a partnership as a win-win situation; however, in the case of the pairing of Childsworld Learning Center and The Lantern, win-win perfectly describes the coming together of two organizations devoted to bettering the community.

In addition to community building, both nonprofits focus on supporting lifelong learning, so that both children and adults feel safe and supported in a creative and non-threatening environment.

In June, Childsworld Learning Center, which serves as a Multnomah County Preschool For All location, will offer a private-pay summer camp at its new Hosford Abernethy campus at The Lantern, located at 1920 SE 28th Ave. Regular preschool classes will begin in September; running 8 am-6 pm for the full year.

The Lantern is an inclusive, intergenerational gathering place that offers grief

support, healing and belonging. Currently the site, formerly a mid-century Presbyterian church, is being renovated to house the preschool on one floor and The Lantern on another floor. Workshops and gatherings will commence this coming summer, when construction will be completed. At that time, free programming will be offered virtually and off-site.

Childsworld first began in 1984, with a goal of letting young learners take responsibility for their own growth; it became a nonprofit preschool in 1999. Its mission is to promote learning that engages the body, mind and heart working together, with a curriculum based on developmentally appropriate practices and child-initiated environments designed to support confident and creative learners.

The expansion into The Lantern's space will allow Childsworld to "bring high quality preschool to the neighborhood and expand our footprint," said Mary Beth Kierstead, education director.

Rachel Essig, the executive director of Childsworld, added that she is also pleased to be able to offer the unique curriculum to the neighborhood. "We have anaesthetic atmosphere; we allow children to play as a way to learn. It is not a cookie cutter curriculum," she said.

She noted that curriculum designed for children age two to kindergarten, can be challenging. "We accommodate every child; every child is different, but they all need a lot of support," Kierstead said. "We don't have a canned curriculum. We find out what the children are interested in and create sensory areas and develop curriculum around their interests."

Essig noted that the 10-week summer camp in June will be a good way to introduce Childsworld to the neighborhood, as it will offer enriching experiences that encourage creativity and exploration.

"Like our preschool classes, camp will feature outdoor play, while art experiences, cooking and music will be embedded in each day," Kierstead said

## Communal Abundance, Environmental Stewardship at Oliver Middle School's Food Forest

BY SCAR DICKERSON, FRANKLIN HIGH SCHOOL'S THE FRANKLIN POST

In the natural world, crops are not in carefully cultivated rows, nor are they pruned and sprayed to ensure maximum yield. Natural ecosystems instead exist in layers, with multiple heights of trees and shrubbery, and layers of vines, ground-cover and roots. A "food forest"—a human-tended garden that is a mix between a fruit orchard, medicine garden and berry patch—mimics this sustainable structure, maximizing usable space and yielding edible food. It can be an effective use of space in urban settings while providing a habitat for pollinators and educational opportunities for nearby communities.

"They are a radical decolonization of urban, ecosystem-devoid spaces like lawns and parking lots, which used to be abundant and diverse [ecosystems]," says Dan Sloan, founder and executive director of the Portland Food Forest Initiative (PFFI).

PFFI, which was founded in 2022, is a nonprofit that creates food forests around Portland, replacing grassy or unused outdoor spaces with food-bearing ecosystems. They also distribute free fruit trees for homeowners to plant in their parking strips and offer free fruit tree pruning. Their goal is to establish edible landscaping that replicates the original agricultural style of Native Americans prior to European coloniza-

tion. Currently, PFFI has created 12 different food forests around Portland—mostly in the Cully neighborhood of NE Portland—and are planning more to follow.

"These sites are community-stewarded and on publicly-accessible land like public school yards," says Sloan. That accessibility allows the food forests to be used for community-building and education, along with producing food for the students.

One such site is at Oliver Middle School, in the Centennial School District in SE Portland. Melina Maltese, a seventh-grade elective teacher at Oliver, received funding through the Portland Clean Energy Fund (PCEF) for a student-led environmental project. She says her students were interested in creating a food forest, where they could both grow food and support local organisms, sparking their partnership with PFFI.

PFFI visited and worked with the students to design the 8,000-square-foot forest. The project became a community effort, with sixth and seventh grade students, as well as parents and volunteers, spreading mulch and planting more than 200 fruit trees, shrubs, herbs and flowers in April 2025. Many of these plants came from local groups like One Green World and the

*continued on page 9*

## SKY Program Returns to Kellogg Only to Face Uncertain Future

BY FRANCESCA "FRANKIE" SILVERSTEIN

If you walked into a Kellogg Middle School PE class this past January, you might expect to see students running around. Instead, you'd likely witness them sitting quietly, practicing their breathing. January marked the second quarter where the SKY Schools Program's two-week breathwork and emotional regulation curriculum was taught in Kellogg health and PE classes.

The program was piloted in the fall after SKY's parent organization, the International Association for Human Values (IAHV) reached out to the school. Due to budget cuts, some of the previous PE offerings, like dance, had been cut. A new PE class called Fit to Live was being implemented, and SKY's programming was the perfect addition. As Kellogg health teacher Logan Heyerly explains, "We're teaching [Fit to Live] in classrooms, so no jumping or running is possible."

According to SKY Schools, "A session at Kellogg has some active game or stretching, some positive psychology framework that [students] can reflect on and some breathwork practice for them to learn and reflect on its impact and benefits." Many of the lessons focus on self-exploration, asking students questions like "Who do you want to be?" or "What do you value in friends?"

The standout aspect has been the breathing, however. Heyerly remarks, "I thought that [students] would be much more self-conscious about it, because some of the breathing is kind of funny-looking—like you breathe in and out through your nose really hard and lift your hands up above your head as you do it. But they... wanted to keep doing it about once a week, and they would lead it themselves, which was really cool."

In the second quarter, students were

*continued on page 3*

*continued on page 15*

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
PORTLAND, OR  
PERMIT NO. 4618

# Rs Representatively Speaking

BY STATE REPRESENTATIVE  
ROB NOSSE

As this column hits the newsstands, the Legislature either will have wrapped up the 2026 legislative session or we will only be a few days away from finishing up. Last session I made a few predictions for how I thought the 2025 legislative session would end and it did not go well. My predictions were wrong. In that light I am going to avoid making predictions or even offering an update as to how things are going.

Instead, I am going to address one of the third rails of Oregon politics—"the kicker"—and talk about a bill I sponsored that I hope will pass, saving a session recap for the April edition.

I have been talking about the need to reform or even abolish the kicker basically since I moved to OR. Certainly I've talked about it over all my terms in office.

The "Two Percent Kicker" law was passed in 1979 as a way to control state spending. The law requires the state to compare its revenue estimate (forecast) for each biennium (the two-year period starting on July 1 of each odd-numbered year) to the amount actually received during that biennium. After the biennium ends, if actual revenues exceed the forecasted amount by more than two percent, the surplus is refunded to taxpayers. The folklore around this was that Democrats were trying to get ahead of the tax revolt that started in the state of CA with the passage of Proposition 13.

When the kicker first started, it was credited to taxpayers as a percentage of their taxes after all credits on their return for the kicker year. In the mid-1990s, this refund mechanism was changed to an actual check that was mailed out in December.

In 1999, when the kicker was in danger of being repealed, a bill was passed that would add the kicker law to the Constitution of OR. Ballot Measure 86 was approved by voters in 2000. During the 2011 session the Legislature changed the kicker refund mechanism back to a tax credit, rather than a physical check. This change, enacted to save administrative costs, went into effect for the 2012 tax year and continues to be the method for returning sur-



plus revenue to taxpayers.

I think by now most of you know I am a traditional tax and spend, progressive/liberal Democrat. I have rarely seen a government program I did not want to fund better. I hate the kicker because it reduces the funds that government needs to operate programs and services. I think a lot of you agree. Whether it is at town halls, meetings or emails, I have consistently heard from many who don't care about getting a kicker; instead, you care about funding schools, social services and public safety.

This chorus got really loud a few years ago. During the 2021-2023 biennium we had a kicker that was over \$5.6 billion, the largest ever. We were just coming out of the pandemic with tremendous challenges. Imagine what we could have done with those additional resources to address our transportation and housing challenges with "one-time" funds, not to mention investments that I believe are needed in education, health care and in preventing homelessness.

The estimated kicker for the biennium we are in currently is \$1.4 billion which if it was "saved," would be more than enough to mitigate the bud-

get challenge created by H.R.1 "the One Big Beautiful Bill" and help us do a better job of funding schools.

Over the years, plenty of ideas have been tossed around to get rid of or change the kicker, but House Bill (HB) 4125 seems to be the idea with the most momentum. Introduced by State Representative Mark Gamba, HB 4125 doesn't actually modify the kicker (which would have to be done by ballot measure) but instead tackles how the kicker itself is calculated and how it is used. The proposal is simple: when the Office of Economic Analysis publishes their forecast, they have to make recommendations based on the lower end of projected results. If for instance our state is predicted to collect between \$31 billion and \$35 billion, the report would incorporate data closer to the lower end of the projection.

If the more optimistic revenue forecast ends up being the more accurate one, and we end up having a kicker, HB 4125 would require that the surplus, the kicker, be deposited into The One-Time Emergencies and Finance Fund. The money in the fund could be used to reduce the unfunded actuarial liability of the Public Employees Retirement System, pay for capital projects for which the state would otherwise have to issue revenue bonds, make payment on debt service or pay for expenses related to emergencies like wildfires. There would be no more tax credits on your income taxes.

What an excellent idea—using one-time money you could not accurately predict for one-time unplanned expenditures or debt. I signed on to be a chief sponsor with Rep Gamba.

I am not sure if this is going to pass. Republicans are uniformly opposed to this idea, and more moderate Democrats are equally skeptical of reforming the kicker. If you combine those two groups, then anyone who's left in the legislature wanting to reform the kicker might be outnumbered. We will see. I promise to update you in April.

Looking for somewhere to get your taxes done?

MFS CASH Oregon

MFS CASH Oregon provides free, high quality tax preparation by IRS-certified volunteers for families earning under \$69k a year



Learn more and see if you qualify at [cashoregon.org](http://cashoregon.org)

**MANAGED MOVES**  
SERVING SENIORS SINCE 2006



Call for a free consultation 503.780.7136

ManagedMoves.com ODOT: #198404 USDOT: #2899598

Start 2026 Learning Spanish with Educate Ya!

(503) 238-3023

6327 SE Powell Blvd, Portland OR 97206

- All levels available
- Private or group classes
- Flexible schedules
- Bilingual instructors

[www.educateya.org](http://www.educateya.org)

We're ready to host your events!

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

**TABORSPACE**  
Your place for community space.

5441 SE Belmont St  
Portland, OR 97215

[TABORSPACE.ORG](http://TABORSPACE.ORG)

**SE** the SOUTHEAST EXAMINER

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

Total circulation: 17,800  
(16,600 mailed copies + 1,200 placed in street stands)  
Mailed and distributed the last week of each month.  
Founded in 1989.

**Publisher/Editor/Advertising: Kris McDowell**  
[examiner@seportland.news](mailto:examiner@seportland.news)

**Going Out/Arts & Entertainment:**  
[goingout@seportland.news](mailto:goingout@seportland.news)

**Proofreader: Pete Dunlop**

1020 SE 7th Ave #14313, Portland, OR 97293  
503.254.7550 | [southeastexaminer.com](http://southeastexaminer.com)

©2026 The Southeast Examiner

Curriculum + Community are UN?QUE at Bridger Creative Science!

PSS's only focus-option constructivist K-8 school in SE Portland. Our 5th grade waitlist is open!

PPS

Close March 18th! Lottery applications

To learn about BCSS and the PPS Lottery, scan here:



Paid for by BCSS Families

# Newly Launched OR Unplugged Brings Screen-Free Initiatives to Portland

BY MADELEINE VOTH

In recent years, you might have heard whispers of a new epidemic on our hands: that of the iPad Kid. You have probably seen them in the wild—kids walking home in clusters, heads turned down, with thumbs scrolling across glowing screens. At lunch, in parks, even in the classroom, devices rarely leave their hands. For a growing coalition of parents, educators and doctors, this epidemic signals more than a simple distraction—it is becoming a public health crisis.

Founded in December 2025, OR Unplugged is a new Oregon-based coalition advocating for the mindful use of technology for children. Operating under the fiscal sponsorship of SE Uplift, the volunteer-led group is working to address what members describe as an escalating crisis in youth mental health, academic outcomes and social development tied to excessive screen exposure.

“Our goals are to bring back all the things that have gotten chased away out of childhood by screens...to restore childhood and adolescence,” said co-founder Dr. Kathy Masarie, a retired pediatrician who has been speaking out about screen overuse since the 1980s, when the concern was primarily television.

Masarie’s urgency sharpened after reading *The Anxious Generation* by social psychologist Jonathan Haidt, which argues that the rapid rise of smartphones and social media has fundamentally altered childhood.

“The very foundational ex-

periences kids need to be healthy were rocked out of the water,” Masarie said, pointing to rising rates of depression, anxiety and suicide among youth.

National data show that Oregon ranks 47th in the country for positive youth mental health and 45th in educational outcomes, statistics coalition members cite as evidence that the state cannot afford complacency in this matter.

For Masarie and fellow co-founders Dr. Jody Scheer, also a retired pediatrician, and Megan Orton, a former SE Portland teacher and founder of Mindful Media, an organization helping parents navigate challenging screen time issues, the conclusion was clear: Oregon needed its own coordinated effort, which is how OR Unplugged came to be.

Many of the behaviors known to support mental health—time outdoors, free play, face-to-face interaction and even sleep—are increasingly displaced by screens. Teens now average roughly eight hours a day on entertainment-based technology, including social media, gaming and streaming. “That’s more than a full-time job,” Orton remarked.

The coalition also points to impacts in the classroom. For every hour students spend on screens at school, members say only about 38 minutes are devoted to active educational use, the remainder often lost to distraction or passive consumption. Citing research from cognitive neuroscientist Jared Horvath, members argue that much of the promised academic benefit of education

technology has not materialized at scale. Scheer emphasized this, saying, “We’ve been told that EdTech, for example, is going to make kids learn better, and there is no evidence to prove that. In fact, it makes learning and outcomes worse.”

Founders stress they are not anti-technology, though. “We make a strong distinction between technology as a tool and technology as entertainment,” Orton said. “When we put healthy limits on entertainment technology, it doesn’t take anything away from the fact that you can still use technology as a tool for productivity.”

They describe the issue not simply as exposure to content, but as a design problem—platforms intentionally engineered to maximize engagement and some argue, addiction.

OR Unplugged operates through three primary strategies: legislation, collective action and community networking.

On the policy front, members support Oregon’s phone-free school policies and are advocating for guardrails on AI chatbots marketed to youth. Longer term, they hope to see social media restricted for users under 16, reduced screen use in preschools and daycares and stronger accountability measures for tech companies.

Scheer says accountability is key. “We are putting the entire burden on families,” she said. “But many of these products are built to be addictive and have no protections from unsavory content.”



OR Unplugged staff at a recent event. Photo by Simcha Einhorn.

Beyond legislation, OR Unplugged focuses heavily on helping parents build collective norms. One strategy they promote: delaying smartphones until at least high school—or even until a teen is old enough to drive—and opting for basic call-and-text devices for younger children.

The group also promotes outdoor independence and unstructured play, echoing Oregon’s strong culture of nature-based living, and often points families toward resources such as Let Grow, which encourages free play and youth independence.

“When kids can run around the neighborhood and play independently, parents feel less pressure to hand them a screen,” Orton said.

In an effort to remedy this, meetings with local schools are already underway. A recent screening of the documentary *Can’t Look Away* at OMSI drew

nearly 300 attendees, and additional screenings are planned in the area, including events February 28 and March 15.

The organization frames its work as part of a broader cultural shift rather than a quick fix. “We have lots of tools to help parents get together with one another,” Masarie said. “One person struggling alone, they feel overwhelmed, they feel guilty, they feel hopeless, they feel helpless. You get two people together that feel the same way, and they feel cared for, empowered, energized, and want to do something.”

OR Unplugged is actively seeking volunteers and encourages parents, educators and community members to connect with others in their neighborhoods to establish shared technology norms. Tools for starting parent coalitions and information on upcoming events are available at [orunplugged.org](http://orunplugged.org).

## Childswork Learning Center and The Lantern Partnership Will Benefit Entire Community

from page 1

Both Essig and Kierstead are looking forward to the collaboration with The Lantern in the fall when both organizations are up and fully running. Both women noted that they love the vision of The Lantern and feel it is a good match to the mission of Childswork with its focus on community.

Emily Fusaro is the executive director of The Lantern, as well as the founder. In 2024, she realized that there was a need for an organization that supported those who have experienced a significant loss in their lives. The Lantern opened in September 2025, with programs that included song circles and grief-support groups.

When Fusaro’s mother died, she said she felt the grief in her whole body. “Everything suddenly felt impossible and I couldn’t just hide my emotions and get back to normal. I struggled to find a community with the time, space and understanding to help me hold everything I was

feeling,” she said.

Then, “somewhere in the midst of it all, I started to wonder why our infrastructure for grief support was so lacking, and why there was no physical space strong enough and safe enough to hold our collective grief,” she said. After that, the idea for The Lantern was born.

“I wanted to create that companion for grief I was looking for in my darkest moments: a place to create and feel human; a place where we could all go to feel seen, connected and supported through the waves of grief and life; a place where no one has to grieve alone,” Fusaro said.

The name of the organization comes from the metaphor for a lantern, as a companion that helps “make the darkness feel less lonely,” she added.

Fusaro noted that she will share leadership of The Lantern with Phoebe Ebright, as director of community engagement, and Valencia Valenzuela, as director of grief programs.

Ebright has spent 20 years working in nonprofits in the Pacific Northwest, while Valenzuela has a clinical background in social work and is also a Death Doula and Celebrant.

Fusaro noted that the organization is currently fundraising to support startup costs, and she is hoping to build relationships with foundations and individuals. She

noted that people can go to The Lantern’s website ([thelanternpdx.org](http://thelanternpdx.org)) to watch a video and donate online.

As for the partnership with Childswork, Fusaro said. “Our goal is to create an inclusive, intergenerational gathering place that becomes an anchor for the

community. I am most looking forward to seeing people of all ages coming together to support each other and connect more deeply, whether that is through childcare or community programming, or both.”

For more information on Childswork, visit [childswork.org](http://childswork.org).

**EASTBANK INTERIORS**  
CUSTOM KITCHEN AND BATH DESIGN  
Established 2006

Experienced kitchen and bath designers

Call to schedule a visit  
503.233.1502



KIRKLAND UNION MANORS

AFFORDABLE RETIREMENT LIVING

For Seniors 62 years or older

- Studio & One Bedroom Apartments
- Affordable Rent Includes all utilities (except phone & cable)

- No Application or Costly Buy-In Fees
- Federal Rent Subsidies Available for those that qualify

503-777-8101

www.theunionmanors.com

3530 SE 84th Ave • Portland 97266

## Martial Arts Academy is a Second Family For Its Students

BY DANIEL PEREZ-CROUSE

What started as private lessons at the PSU racquetball courts over 30 years ago is now one of the most successful and beloved martial arts academies in Portland. Northwest Fighting Arts founder and owner Jeff Patterson has cultivated an intensely passionate and loyal community of martial arts enthusiasts and experts.

As stated on his website, Patterson is renowned for his skills in Brazilian Jiu-Jitsu, Eskrima, Tai Chi, Qigong, Muay Thai and Kenpo. He has achieved black belt equivalency in all these martial arts disciplines.

His passion for teaching bloomed while in college. An instructor he was training under saw his potential and asked if he'd give private lessons. He also told him it was vital to not just make a living, but find a life worth living.

"I probably could've gotten a job that paid better than teaching martial arts, but it's just not what I was passionate about. I remember telling myself back in 1995, if I could just make \$30,000 a year doing what I love, then I'd be happy. I never would've dreamed where it is now," he said.

Despite his passion and current success, as Patterson zipped around different locations offering lessons in the early years,

there were financial struggles.

"The first six to eight years, I was \$150,000 in debt, and back then, that was worth more than my house. Then I started studying business. I got a couple of mentors in the martial arts business world and started following their systems and how to grow a business."

Patterson secured a building on Grand Ave. for a time, but settled on its current SE Morrison St. location in 2007.

"Through the years, I've heard hundreds of testimonials on how it has positively changed people's lives. Today, when I walked in here, on the doorstep of my building, there was a little box with a teacup and a stone that said 'I love this place.' You get little things like that and people showing their appreciation, and it makes it all worth it," said Patterson.

The academy's model is built on building a positive community. It is people's family away from home. "That's why we've had students who've been with us over 20 years. It is such an amazing environment, and there are so many amazing people coming through here. We're always trying to grow and get better. We want it to be an evolving life practice and not just a hobby they do once in a while," he said.



Northwest Fighting Arts founder and owner Jeff Patterson. Photo by Patterson.

Moreover, all of the instructors at Northwest Fighting Arts came up training there. For example, Daniel Tran started there at nine years old in 2003 and is currently one of its coaches.

The academy offers lessons in Muay Thai Kickboxing, Jeet Kune Do, Brazilian Jiu-Jitsu, Tai Chi and more. They also have martial arts classes for kids.

When it comes to where people should start, Patterson says they should identify what sounds most fun or interesting amongst the different arts. "Our Thai boxing has always been the busiest program. However, Tai Chi and

Chi Gong are right alongside it. In my noon class on Friday, there were 45 people," said Patterson.

Patterson also stresses that it is a welcoming and inclusive space—especially for beginners. "People come here because they want to learn the art and join a positive community, and not some meathead gym where people are beating each other's heads in. I want them to learn the strategy, skill and art behind it. I want people to be respectable and be good humans."

Patterson says that while many come for the excitement of martial arts, they reap the rewards

of their meditative practices and become more in tune with their bodies. This helps them reduce stress and perform better in other areas of life.

For those interested, they provide a free personal lesson if it is your first time attending a Portland martial arts school. If you decide to join, the first 30 days are also free, and a uniform is provided at no cost.

**Northwest Fighting Arts**  
1200 SE Morrison St.  
nwfighting.com  
503.235.3435

## Go Nuts For Your Health

BY KRIS MCDOWELL

Protein and fiber are big buzz words in nutrition so far this year, in part due to the revised food pyramid issued by the USDA, "The New Pyramid." There has been understandable concern by some that the new

guidelines may be translated by some people to mean consuming more red meat and buying protein- or fiber-enhanced processed foods, including snacks that are being marketed this way. Stroll through any grocery store these

days and there will be products like pretzels, popcorn, chips, snack bars and even candy touting their protein content.

One perhaps unexpected snack food where you can find both protein and fiber, and are

definitely "whole foods," is nuts. A November 2025 *Consumer Reports* article reported on the anti-aging benefits of snacking. Their criteria for a "healthy snack" was one that contained three grams of fiber or more and five grams of protein or more. For nuts, they recommended a one-ounce serving size (a small handful or approximately one-third of a cup).

In a recent Linus Pauling Institute (one of Oregon State University's Research Centers and Institute) webinar, "Go Nuts: The Science Behind Improving Your Heart, Brain, and Gut Health," a number of the researchers presented findings on nuts of all kinds and the benefits they can offer when incorporated into healthy snacking. Maret G. Traber, Ph.D., spoke about the fiber and protein content of various nuts and identified two—almonds and pistachios—that meet both requirements. Almonds have slightly more fiber per serving (4g) than pistachios (3g), while both contain 7g of protein. It was

noted that it's important to eat the skins of the nuts as well.

In addition to protein and fiber, nuts also contain important minerals, including magnesium, potassium, copper, zinc and iron. For people that have difficulty consuming five to nine servings of fruits and vegetables per day, nuts can help them meet their mineral needs.

Vitamin E, a fat-soluble nutrient, powerful antioxidant, important for vision, fighting off diseases and the health of the blood, brain and skin, is also found in nuts. Almonds and hazelnuts have the highest amounts of vitamin E, while pistachios, walnuts and pecans are good sources of y-Tocopherol, another antioxidant. Antioxidants are important for their role in protecting cells from the effects of free radicals, which are molecules made when the body breaks down food or is in contact with tobacco smoke or radiation. Free radicals could lead

continued on page 8

**The Blind Onion Pizza & Pub**  
3345 NE Broadway  
503.284.2825  
6031 SE Belmont St.  
503.954.2189  
www.blindonion.com

**Blind Onion Pizza: better than a pot of gold! (almost!)**

**\$5.00 OFF Any Large Pizza**  
Blind Onion Pizza & Pub cannot be combined with any other offer

**Monday Special Family Pizza Night**  
Buy 1 Large Pizza  
Get 1 Small Cheese Pizza  
**FREE**  
Blind Onion Pizza & Pub cannot be combined with any other offer. Max 100 orders - Expires 3/31/26

Check us out on facebook - blind onion pizza & pub portland

# Mission Implausible: SE PDX Student Uncovers Major Water Cost Savings, Saving PCC \$1 Million

By JAMES HILL

A student intern at Portland Community College (PCC) was given one mission—find savings on the college’s water usage and billing. The result? Mission accomplished and then some.

Eric Brurud’s deep dive into the college’s water billing system is delivering big results for students and taxpayers: \$143,000 in ongoing annual savings and \$50,000 in one-time credits, after the intern identified billing errors, streamlined accounts and helped PCC qualify for stormwater-related discounts.

While utility rate increases offset some of these gains, the reductions combined with other utility cost controls prevented more than \$1 million in additional utility expenses for PCC this fiscal year.

“I didn’t know how much I’d be able to move the needle,” said Brurud, who resides in SE Portland. “I knew I was making progress, but when I finally put everything together in my end-of-year presentation, I was shocked at the total.”

Brurud is a dual-enrolled PCC and Portland State University (PSU) student preparing to transfer into PSU’s Environmental Engineering Program. Brurud

expects to graduate in Spring 2027. He joined the internship after meeting with Adam Holzschuh, PCC’s Strategic Energy Management lead, to explore opportunities that aligned with Brurud’s career interests in water systems and management.

“When I told Adam I wanted to focus on water, he was thrilled,” Brurud said. “He had a real need for help organizing water bills and meters, and that became the foundation for everything that followed.”

In his position, Brurud worked as the Strategic Energy Management (SEM) associate, a position funded by the Energy Trust of Oregon. The college has had this casual position dating back to at least 2017.

“Eric’s interest in water and sewer infrastructure while pursuing a civil engineering degree stood out as an ideal way for both of us to learn more about PCC’s water and sewer infrastructure,” said Holzschuh.

His first major task was a comprehensive cleanup of PCC’s water meter inventory, mapping meter locations, working with staff, the Portland Water Bureau and Bureau of Environmental Services to document and under-



PCC’s Strategic Energy Management Lead Adam Holzschuh, left, and student Eric Brurud, right. Photo by PCC.

stand the billing line items.

“By digging into each billing line item across more than 60 bills, he was able to identify excess charges and additional discounts which PCC qualified for,” Holzschuh said.

He then helped PCC secure discounts through the City of Portland’s Clean River Rewards Program, which reduces stormwater charges when properties demonstrate on-site rainwater management. Brurud analyzed green space coverage, reviewed past construction documents, collaborated with GIS resources and used web-based tree canopy tools to document eligibility and enroll most applicable bills. He also identified “dead” meters associ-

ated with buildings that no longer exist, helping PCC avoid unnecessary fixed monthly charges going forward.

In one of the most significant findings, Brurud discovered the Cascade Campus’ billed area was overstated by about 12 percent. After providing documentation, the city corrected the measurement, resulting in approximately \$50,000 in backdated charges being waived.

“Especially in the current budget environment, realizing savings is crucial, and the dollars he found last year provide financial relief not only this year, but for years to come,” Holzschuh said.

Beyond the audit, Brurud

gained experience attending construction meetings and learning how major capital projects are managed. He also worked with Environmental Health and Safety staff on Department of Environmental Quality reporting requirements, and collaborated with PCC’s sustainability team to understand programs and incentives that support the college’s environmental responsibility.

“This is exactly the kind of work I want to do,” Brurud said. “It’s technical, it’s collaborative and it has a real impact on the community.”

Learn more about PCC’s SEM by visiting [pcc.edu/sustainability/operations/energy/strategic-energy-management](http://pcc.edu/sustainability/operations/energy/strategic-energy-management).

## BA Business Association Notes

### Hawthorne Boulevard Business Association By Jocelyn Jester

HBBA has not one, but three monthly happenings! HBBA Board meetings the second Thursday of the month, 9 am; the Boulevard Beautification Bunch clean ups with SOLVE the second Saturday of the month, 10 am; and our Hawthorne Mixers happy hours the last Thursday of the month, 5:30 pm. Join us when you can.

Plus, renew or start your HBBA Membership for just \$250. Email us at [administrator@hawthorneblvd.com](mailto:administrator@hawthorneblvd.com) or follow us on Instagram for information about any of the above.

## Treebate Offers Utility Bill Credits

Treebate provides a one-time credit on City of Portland water/sewer/stormwater bills when Portlanders plant a tree in their residential yard. The program encourages people to plant trees that will intercept rainwater, reducing the amount of stormwater runoff collected in the sewer system during rainstorms and reducing pollution in rivers. Larger trees receive larger credits because they will capture a greater amount of rain when they are fully grown.

Treebate is an annual program, running from September 1 to April 30, which is the best time to plant a tree in Portland. Trees must be purchased, planted and applications submitted during that time. Only applications for trees planted during the current planting season are eligible.

Trees must be planted in the yard of a single-family home or duplex by the homeowner (or one who has received permission from the owner prior to planting) and be a City of Portland water/sewer/stormwater utility customer for the property where the tree was planted. The location where the tree is planted must allow enough space for the tree to reach its full mature size. Additionally, the tree planting cannot be part of a requirement by City code or City-issued permit.

Trees may not be on Portland's Nuisance Tree List, must be at least four feet tall when purchased (measured from the top of the soil) and be at least 15 feet tall



and 10 feet wide at maturity with a single stem. Minimum mature tree size qualification is waived for edible fruit trees.

The program does not include woody plants such as shrubs, arborescent shrubs or plants used to create hedges or other closely planted buffers or thick borders on private property. Specimens bred or pruned to maintain an artificially reduced canopy, such as a topiary, espaliered, pollarded specimens and small weeping varieties, are also not eligible for this program.

Treebates credits 50 percent of the tree's purchase price, up to \$10 for edible fruit trees (apple,

pear, peach and persimmon), \$20 for small trees (Japanese maple, flowering dogwood, Persian ironwood, magnolia), \$30 for medium trees (silverleaf oak, dawn redwood, red maple) and \$50 for large trees (Douglas fir, Oregon white oak, giants sequoia, London plane). Treebate shows up as an "adjustment" on the water/sewer/stormwater bill.

This is the final year of the Treebate program. Treebate will conclude when the application window closes at the end of the current cycle, April 30, 2026. To apply and for FAQs, visit [portland.gov/bes/grants-incentives/about-treebate](http://portland.gov/bes/grants-incentives/about-treebate).

## Give Feedback on Incentives to Increase Needed Housing Types

Community members are invited to comment on the draft proposal to revise zoning bonuses to incentivize needed housing types, such as affordable and accessible housing, and units with more bedrooms. Guided by Portland's Housing Production Strategy, the Housing Bonus Alignment Project proposes zoning code amendments to facilitate the development of more housing units that meet the needs of Portlanders as part of the City's commitment to encourage the creation of quality, affordable housing.

Project staff have released initial zoning code change rec-

ommendations—also known as the Discussion Draft—for broad public feedback. These recommendations include small and technical changes, in addition to more substantive changes to Portland's housing bonus detail. The changes carry out the proposals to extend bonuses currently limited to certain zones in both multi-dwelling zones and commercial mixed-use zones; increase number of units that can be built and allow multiple bonuses to be used; revise and improve the feasibility of bonus requirements; and adjust code to remove overlapping provisions, add clarity and improve housing outcomes.

The Discussion Draft is open for review and public comment until Monday, March 23. Find it at [portland.gov/bps/planning/housing-bonus-alignment/project-documents](http://portland.gov/bps/planning/housing-bonus-alignment/project-documents).

In addition, there are two upcoming virtual information sessions—Wednesday, March 4, 12-1 pm and Thursday, March 12, 6-7 pm. Registration for both sessions is at [bit.ly/4rTwlbY](http://bit.ly/4rTwlbY).

Following the public comment period, project staff will integrate feedback and produce another draft—called the Proposed Draft—for consideration by the Planning Commission and City Council hearings.

## Portland Arts Tax Due in April

The Arts Access Fund Income Tax (Arts Tax) was approved by Portland voters and has been in place since the 2012 tax year. Each year the \$35 Arts Tax is due for each Portland resident age 18 and older that earns income above the federal poverty level and has \$1,000 or more in income. The tax supports arts and music education in K-5 schools and grants to local nonprofit orga-

nizations.

The Arts Tax is due at the same time as Federal tax returns (April 15). There is no extension to file or pay the Arts Tax. The tax (or a claim for exemption) can be filed online ([portland.gov/revenue/arts-tax](http://portland.gov/revenue/arts-tax)), by mail (Revenue Division Arts Tax, PO Box 2820, Portland, OR 97208-2820) or in person (Revenue Division, 111 SW Columbia St., Suite 600,

Portland, OR 97201-5840). Filing is required even if the tax is not owed. Filing for the Arts Tax requires only five pieces of information: name, address, email address, full Social Security number and year of birth.

Penalties for unpaid Arts Tax bills begin the day after the due date, with additional penalties accruing if the tax remains unpaid after six months.

## Making an Individual Difference Regarding ICE

In District 3 Councilor Steve Novick's recent newsletter, he recognized that many people think the City Council should do more to fight Federal violence. However, the City Council's ability to change Federal behavior through legislation is severely limited by the Supremacy Clause of the Constitution. Additionally, City Council's ability to get rid of the ICE office in Portland using land use laws is something that cannot be done quickly as there are laws and processes that have to be followed.

With that said, Councilor Novick reminded people that "regardless of what local government can or cannot do, there are ways that we as individuals can make a difference." The Portland Immigrant Rights Coalition (PIRC) offers Migra Watch trainings. In March, there will be a virtual training Wednesday, March 11 and an in-person training Saturday, March 28 (both in English; Spanish versions are coming soon). Visit [pircoregon.org/get-involved](http://pircoregon.org/get-involved) for more information and to RSVP.

People can also request a

training from Protect Oregon, "a network of civic leaders, groups and everyday people working to protect our rights, our communities and our democracy from the weaponization of federal power and authoritarian overreach." Their partners and volunteers can provide a non-cooperation training for neighborhoods or groups, helping people gather, build and act together to fight authoritarianism. Visit [protect-oregon.com/request-a-training](http://protect-oregon.com/request-a-training) to fill out the request form.

Suspected ICE activity can be reported to 888.622.1510. PIRC has also opened a new, non-emergency number for non-urgent matters (upcoming ICE check-in support, volunteering, donations) that can be accessed by calling 971.940.9053.

Finally, Congress can be emailed through the ACLU with their Tell Congress: No Troops on Our Streets message. Demand an end to reckless immigration raids and oppose support of any bill that would add to ICE's already massive budget at action. [aclu.org/send-message/stop-ices-attack-our-communities](http://aclu.org/send-message/stop-ices-attack-our-communities).

## Reporting Safety and Cleanliness Concerns

Central Eastside Together supports the Central Eastside district with on-the-ground programs that complement City services and help keep that neighborhood clean, safe and welcoming. They can't do it alone and encourage people to report concerns regarding safety and cleanliness to the City. To help, they put together a quick guide for who to contact and while they are focused on the Central Eastside, the guide can be used to report issues throughout Portland.

For emergencies or active crime that poses a threat to people or property, 911 is the best number to call. Examples include violent or life-threatening behavior, active fires that pose a threat and medical emergencies.

Liveability-related issues, including graffiti, abandoned vehicles, camps and more are handled by a variety of agencies. Graffiti should be reported to the City of Portland at [portland.gov/311/graffiti-report](http://portland.gov/311/graffiti-report).

Abandoned automobile removal is handled by the Portland Bureau of Transportation and should be reported at [portland.gov/transportation/parking/abandoned-auto](http://portland.gov/transportation/parking/abandoned-auto) or by calling 311.

Camping-related issues that are taking place on public property can be reported online to PDX Reporter ([pdxreporter.org](http://pdxreporter.org)), at [portland.gov/homelessness-impact-reduction/report-campsite](http://portland.gov/homelessness-impact-reduction/report-campsite) or by calling 311. For camping or activity on private property, consult information from the

City of Portland at [portland.gov/homelessness-impact-reduction/private-property-issues](http://portland.gov/homelessness-impact-reduction/private-property-issues).

For Central Eastside-specific issues, Central Eastside Together can provide additional support with their Community Ambassadors and Clean Team. The Community Ambassadors act as liaisons for businesses, residents and visitors in the district. They can be a great first step when someone is unsure of the best approach for handling a challenge such as de-escalating situations with trauma-informed care; connecting individuals to services; wellness checks and non-emergency outreach; and business check-ins. Contact the Community Ambassadors at 503.236.6830 x702 Monday-Saturday, 7 am-7 pm and Sunday 11 am-7 pm or by emailing [ambassador@ceic.cc](mailto:ambassador@ceic.cc).

The Clean Team provides cleaning services to help maintain the cleanliness and vibrancy of the Central Eastside for everyone who lives, works and visits the district. Contact them to help with public space trash removal; removal of needles and bio-hazards; and cleaning on private property when visible from the right-of-way (with some limitations). The Clean Team can be reached at 503.236.6830 x700 Monday-Friday, 7 am-3:30 pm or at [clean@ceic.cc](mailto:clean@ceic.cc). They do not clean Multnomah County Property (bridges, retaining walls, bridge signs or bridge columns); contact [dcs.bridges@multnoco.us](mailto:dcs.bridges@multnoco.us) for those concerns.

## SE César E Chávez Blvd. Safety Project

The Portland Bureau of Transportation (PBOT) is working to improve traffic safety on SE César E Chávez Blvd., from Lafayette Ct. (just south of Powell Blvd.) to Schiller St. (just south of Holgate Blvd.). The project will reorganize the lanes on SE César E Chávez Blvd., going from the existing two driving lanes in each direction to one driving lane in each direction, and add left turn pockets in certain locations. There will also be upgrades to the signals at the intersection with SE Holgate Blvd.

PBOT has an online open house available through Monday, March 23, which includes a survey for community feedback to be incorporated into the final design. Learn more about the project and give your feedback at bit.ly/4qzexlD.

ly/4qzexlD.

An All Roads Transportation Safety (ARTS) grant was awarded to PBOT to address traffic safety on this section of SE Powell Blvd. The project budget, which includes signal and roadway improvements, is \$2,232,000. Additional needs for the project area have been identified that go beyond what the current funding is able to address. PBOT is seeking additional funds for improved crossings (marked crossings with new curb ramps), repaving and for the SE Holgate Blvd. signal upgrades.

The project website (listed above) will be updated with information about new funding as it is identified. People may also sign up to receive email updates on the project.

## Public Comment Period Open For PBOT Projects

The Portland Bureau of Transportation (PBOT) is seeking public input on its proposed updates to four of its administrative rules. Administrative rules are binding requirements, regulations or procedures that are adopted administratively pursuant to authority often granted through City Code. PBOT has administrative rules that protect public space and safety in a wide range of activities, from requirements for real estate development to e-scooters, to street closure and outdoor dining permits.

The 45-day comment period for an update to TRN-14.34 (Automated Vehicles) will be open until Saturday, April 4, 5 pm. This administrative rule was adopted in 2018 and intended to regulate the testing of AVs and limit the commercial deployment of AVs for-hire on Portland streets. Since then, AVs have become widespread and are active in over a dozen US cities. PBOT has been engaging peers in other US cities to learn more about the practical opportunities and challenges of AVs in urban environments and is subsequently proposing several updates. A hybrid public hearing will be held Wednesday, March 11, 6-7:30 pm providing an overview of the proposed changes and time for testimony.

PBOT is also opening a 30-day comment period for three other administrative rules. Comments will be accepted until Friday, March 20, 5 pm; submit comments to [pbotpolicycomments@portlandoregon.gov](mailto:pbotpolicycomments@portlandoregon.gov).

The first is TRN-8.08 (Encroachments in the Public Right-of-Way), which describes the most common types of privately-owned structures in the public right-of-way (i.e. encroachments), and the necessary conditions that must be met to allow them. The rule went through

extensive update in 2023 and the current proposed minor updates intend to clarify three existing encroachment allowances (for landscaping, private non-franchised utilities and building projections/oriel windows), as well as two new allowances (alleys and basketball hoops).

TRN-9.02 (Transportation Demand Management Plans for Residential Uses Administrative Rule and Procedures Guide) provides guidance to PBOT, other City Bureaus, applicants and the public on the implementation of Transportation and Parking Demand Management requirements. The proposed changes would simplify the prioritized uses of the Multimodal Incentive Fee to broaden the availability of TDM funds and better meet PBOT's TDM goals. The proposal would also align with state requirements to remove or reduce minimum parking requirements by eliminating the TDM exemption for new commercial/mixed-use or multi-dwelling zone developments with more than 10 units located far from transit.

TRN-10.40 (Driveways - Operation and Location) is used by City staff, developers and the public to determine appropriate locations for driveways. The proposal clarifies and strengthens PBOT's driveway standards, including enhanced safety measures. The proposal also addresses issues that commonly route proposed driveways into an exception process to better streamline the process for applicants.

Full details for the four proposed administrative rule changes and information about the upcoming public hearing regarding TRN-14.34 (Automated Vehicles) can be found at [portland.gov/transportation/code-rule-updates/updates-transportation-code-and-admin-rules](http://portland.gov/transportation/code-rule-updates/updates-transportation-code-and-admin-rules).

## Mason Bee Program and Fundraiser

The Friends of Portland Community Gardens are selling Mason Bee houses and cocoons as a fundraiser for the organization. Proceeds from the sale will also fund their ongoing program of donating Mason Bee houses and bee cocoons to every City of Portland community garden. At present, there are 60 community gardens, with more to be developed in the near future.

The annual Mason Bee house sale and membership drive is offering a cedar Mason Bee house, reusable cocoon nesting trays, 70 cocoons, two seminars on Mason Bees (one in March and one in the fall) and ongoing assistance for those with questions at a cost of \$75. If people join the Friends of Community Gardens, they will receive 20 percent off the \$75 price and discount options for Portland Nursery and Concentrates nursery/farm store.

Mason Bees are native to the Pacific Northwest. They are different from honey bees in that they don't produce honey, build a hive or have a queen bee. They are solitary bees that pollinate flowers much more efficiently than honey or bumble bees. With the focus of their activity in the spring, they are important pollinators for fruit and nut trees and all spring flowering plants.

The female bee lays her eggs in holes found in nature or a bee house. She walls off each egg with mud, from which their name



Mason Bee house. Photo by Friends of Portland Community Gardens.

derives. The larvae spin a cocoon around themselves from which the adult bees hatch in the spring, generally April. Only female Mason Bees have a stinger and it's rare for them to sting someone.

To help the Mason Bee population through this sale, visit [portlandcommunitygardens.org/programs/mason-bee-program](http://portlandcommunitygardens.org/programs/mason-bee-program). The sale goes through March until they are sold out.



## MARCH EVENTS

**LWVPDX PANEL DISCUSSION** – The League of Women Voters of Portland (LWVPDX) hosts the panel discussion, Empowering Voters and Defending Democracy, Wednesday, March 4, 6:30-8 pm via Zoom. The program will highlight the notable work of three leaders (Jessica Jones Capparell, Director of Government Affairs of the US LWV, Oregon Attorney General Dan Rayfield and Esperanza Tervalon, founder and CEO of locally-based New Hope Consulting) to protect our democracy—through legislative lobbying, the legal system and the ballot box. Register for the free event at [lwvpdx.org](http://lwvpdx.org) to receive the Zoom link.

**LONE FIR CEMETERY TENDING** – Help will clean grave markers, learn about symbols found on headstones, support with weeding, litter and branch pickup at Lone Fir Cemetery (649 SE 26th Ave.) Friday, March 13, 10:30 am-1:30 pm. Refreshments, tools and gloves will be provided. Meet at the Soldier's Monument for the free, all ages event. No registration required.

**PORTLAND COMMUNITY SUMMIT** – Portland Placemaking Coalition hosts Activate Portland Saturday, March 14, 10 am-4 pm at TaborSpace (5441 SE Belmont St.). Connect with 20+ community organizations committed to creating a more connected and beautiful Portland. More information and tickets (\$13-\$30, includes lunch) at [zefly.com/en-US/ticketing/activate-portland-spring-summit](http://zefly.com/en-US/ticketing/activate-portland-spring-summit).

**CSA SHARE FAIR** – Learn about Community Supported Agriculture (CSA) and meet local farmers/ranchers Sunday, March 15, 10 am-1 pm at The Redd (851 SE Salmon St.) at the Portland CSA Share Fair Event. Attendees will find farmer matchmaking and fun activities like a cookbook swap and silent auction. Purchase a CSA share using SNAP and get 50 percent off fruits and vegetables. The free event (\$5 suggested donation) is run by the nonprofit, Pacific Northwest CSA Coalition. For more information, visit [pnwcsa.org/portland-csa-share-fair-2026](http://pnwcsa.org/portland-csa-share-fair-2026).

# The Yielding Warrior

BY DAVID KROGH

*The Yielding Warrior* is not what you might think it is. It is not a “how to” martial arts book. It does not have diagrams or illustrations demonstrating techniques. It is, however, a very descriptive and fairly comprehensive book about meditation and its influences in almost everything from martial arts to daily activities.

The author, Jeff Patterson, is a martial arts instructor and the owner of Northwest Fighting Arts, a martial arts and meditative arts academy located here in SE Portland. He has operated his academy since 1994. Before that he was in the Marines for four years, deployed in the Middle East during the first Persian Gulf War. Patterson said, “The Marine Corps wasn’t a defining influence on my work in the meditative arts, but it did teach me discipline, structure and how to take responsibility for my time and actions. I value that period of my life, and I think it helped me become a more rooted and stable young adult.”

After his service, he attended Portland State University, earning two business degrees while also training in Western boxing, which was a passion of his. “One of my boxing coaches suggested that if I truly wanted to become a better boxer, I should start practicing meditation and Tai Chi. At the time, I saw it purely as a way to improve my performance in the ring, I wasn’t thinking about how it might influence the rest of my life. But as I continued training, I began to realize that these practices didn’t

just make me a better fighter. They improved my focus, awareness and overall balance in ways that extended far beyond boxing. That recommendation quietly set me on a path that shaped not only my athletic development, but how I approach life as a whole.”

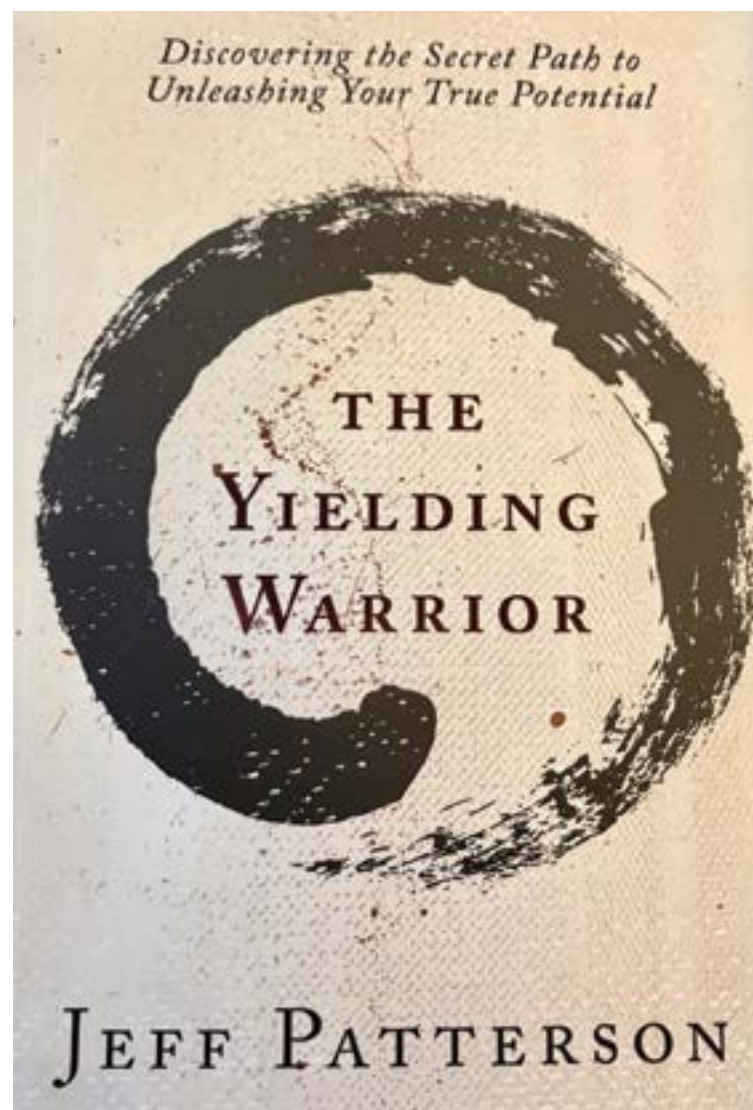
Getting back to *The Yielding Warrior* and what exactly is meant by the term “yielding,” Patterson describes the concept as follows. “At its core, yielding is about not butting heads with force or meeting resistance head-on. Instead of fighting force directly, yielding teaches you how to redirect it in a way that gives you the greatest advantage with the least amount of resistance. I break yielding down into three main pillars: physical yielding, mental yielding and emotional yielding. Physical yielding is how we work with the body and movement. Mental yielding is how we work with thoughts, pressure and decision-making. Emotional yielding is how we relate to stress, conflict and internal reactions. The strategy is the same in all three areas. Stop wasting energy fighting what’s already happening and learn how to adapt, redirect and move forward more effectively.”

Tai Chi and Qigong are discussed in great detail within his book and also taught at his academy. Patterson has clarified their importance and value. “People often ask about the difference between Tai Chi and Qigong. Historically, Tai Chi was developed as a martial art and used as a method of training for combat. It was de-

signed to teach structure, timing, sensitivity and how to work with force. Qigong, on the other hand, is an energetic and meditative practice. It’s often referred to as the science of the breath because it focuses on regulating breathing, cultivating internal energy and restoring balance in the body and nervous system. Today, the two are frequently taught together. In modern practice, most people who train Tai Chi are doing so primarily for health, longevity and stress regulation rather than for fighting. Because of that, many of the health-oriented strategies from Qigong have naturally been woven into how Tai Chi is taught and practiced. While Tai Chi and Qigong are very different in origin and emphasis, they also share many similarities. When taught together, they complement each other well, blending structure, movement, breath and awareness into a unified practice.”

Although Patterson teaches both martial arts and meditative arts, he states that most students are initially interested in only one track or the other. “What’s interesting is that many eventually begin to recognize how these disciplines complement one another. But that realization tends to happen organically, not by pressure, through experience.”

When asked if this book was a text for his classes or a stand alone book promoting meditation, Patterson responded, “The book is helpful for anyone who’s taking on a meditative practice, and really for anyone involved in performance or ath-



letics, since meditation is already so widely used to support focus, recovery and consistency. People come to the meditative arts for many different reasons. Some are on a performance path. Others are looking for therapeutic or medical benefits. Some are drawn to the philosophical side, and others to the meditative or spiritual aspect. Because of that, *The Yielding Warrior* was written as a stand alone book. It’s not dependent on someone practicing martial arts or even formal meditation. The principles apply across all of

these paths.”

*The Yielding Warrior* is Patterson’s third book and was published by Difference Press, an independent publisher that helps authors prepare and publish instructional books. Patterson has also created two audio courses and several instructional videos.

His books are available through his academy website, [nwfighting.com](http://nwfighting.com), and other online retailers. For additional information about *The Yielding Warrior* and Patterson, visit [theyieldingwarrior.com](http://theyieldingwarrior.com).

## Go Nuts For Your Health

from page 4

to heart disease, cancer and other diseases if not broken down.

For all of the benefits that nuts have, one of the things they contain that should not be overlooked is their fat content. While

most nuts contain 50 percent fat, the type of fat that they contain is important to note. Nuts contain both omega-3 and omega-6 polyunsaturated fatty acids that are required for life but the body

is unable to make. Walnuts are the superstar in this category, containing significant amounts of omega-3s and omega-6s. Pecans, pistachios and almonds score well in the omega-6 category al-

though they are lacking in significant omega-3s.

Omega-3 fatty acids are “healthy fats” that may support heart health. They benefit the body by helping to lower triglycerides, supporting the health of body systems, including cardiovascular and endocrine systems, and helping all the cells in the body function as they should.

Omega-6 fatty acids can help lower the risk of heart disease or stroke and protect the heart from lapsing into potentially deadly erratic rhythms. Additionally, they ease inflammation

(especially when consumed with omega-3s), inhibit the formation of dangerous clots in the blood stream and lower levels of triglycerides.

While researchers at the Linus Pauling Institute and at other research bodies continue to look into the exact benefits of each type of nut, the bottom line is that for the majority of the population, eating a serving (one-quarter to one half cup) of nuts is beneficial to one’s health. Traber’s closing message was, “Eat everyday some nuts. It doesn’t matter what kind.”

# Communal Abundance, Environmental Stewardship at Oliver Middle School's Food Forest

from page 1

Portland Nursery.

The food forest, which Maltese calls “both a shared learning space and a shared community resource,” has contributed a lot to Oliver and the surrounding neighborhood. “This project directly led to the creation of an environmental science elective that I now teach,” Maltese explains. The effect of the garden extends beyond the new class. “Kids are getting a lot out of having a food forest on the school’s property, not only educationally, but as a space to be calm and touch plants instead of screens,” Sloan notes.

Sloan says his goal for PFFI is to “establish food forests and systems of stewardship at schools all over Portland as a replicable model to be used anywhere in the

world.” The 12 food forests so far are being used as educational and demonstration sites for the communities they are in, and he hopes that their success can model the viability of urban agroforestry in neighborhoods lacking interactive green spaces like community gardens.

Building these multi-layered gardens takes resources, and food forests—though extremely beneficial for communities and ecosystems—by design, do not bring in money. PFFI has been funded by grants from PCEF, the East Multnomah Soil & Water Conservation District, the City of Portland’s Bureau of Environmental Services and donations. They hope to secure additional funding that will allow them to



Oliver Middle School's food forest, an 8,000-square-foot area that serves not only as a communal garden, but as a learning experience for the students. Photo by Melina Maltese.

continue tending to the food forest at Oliver and providing educational opportunities for students and families in the local commu-

nity.

Sloan is also working with Centennial Middle School to develop a food forest on their prop-

erty in the next two years. To get involved, donate or learn more, visit PFFI's website at [pdxfood-forest.org](http://pdxfood-forest.org).

## Smart Spending in Tough Times: Why “Cheap” Isn’t Always Smart

BY CAMERON NAKASHIMA, BBB  
GREAT WEST + PACIFIC

When budgets tighten, it’s only natural to hunt for deals and discounts. But in challenging economic times, cutting corners on essential services like car maintenance, home repairs or seeking critical professional advice can backfire. In short, “cheap” doesn’t always mean “smart.”

Research shows that when we shop, we value trust, quality and reliability over rock-bottom prices. Deloitte’s consumer insights leader noted it’s “no longer about ‘cheap’ but more about ‘worth.’” The numbers tell the same story: up to 40 percent of what makes something feel valuable comes from non-price factors such as the quality and service of an experience. In fact, the Institute of Customer Service found that nearly two-thirds of consumers are willing to pay more to companies they trust. But

are those shoppers delusional, or are they onto something critically important in times when every dollar counts?

Here are situations where spending wisely with trusted businesses today can save you money and give peace of mind.

### Auto Maintenance: Pay a Little Now or Pay a Lot Down the Road

When money’s tight, it’s tempting to skip that oil change or ignore a warning light. But surveys by the American Automobile Association (AAA) show that 46 percent of drivers later face repair bills they believe could have been avoided with routine maintenance. AAA warns that the roughly one-third of drivers who delay repairs report facing bigger costs and breakdowns later.

Small, routine fixes prevent

major disasters: a \$40 oil change can keep you from needing a \$4,000 engine replacement.

Worn-out brakes, cheap tires or skipped inspections don’t just threaten your wallet; they threaten your safety. Routine maintenance and preventative auto work nearly always costs less than unexpected breakdowns or emergency fixes. This is true with almost any industry or service.

Plus, reliable auto shops often back their work with warranties too, offering peace of mind that cut-rate alternatives can’t.

### Home Repairs: “Cheap” Work Can Blow the Roof Off Your

### Budget

Homeowners, your home is your biggest investment, making it the worst place to gamble on “too good to be true” offers. On a monthly basis at Better Business Bureau (BBB), we hear stories and receive complaints about contractors that charge extremely low rates for work but then take off with the money (scamming the client entirely) or perform the work in a way that it needs to be torn out and redone.

Surveys show that 15 percent of homeowners regret hiring the wrong contractor, which is often the cheapest bid. Poor workmanship can lead to leaky roofs, mold or electrical hazards that

end up costing thousands more. Oftentimes, this work also causes new damage and requires additional repairs, adding to the overall scope and cost of the project.

This is why it is important to always confirm licensing, insurance and reviews before signing. Quality, reputable contractors cost more initially, but they save you from living with (and paying to fix) shoddy work long term.

### Professional Services: Expertise Saves You from Costly Mistakes

When times are tough,

*continued on page 15*

TURN HORSEPOWER INTO FLOWER POWER

Reroute your pollution with an environmentally responsible solution when you donate your car, truck, or boat.

LEACH BOTANICAL GARDEN

EXPLORE  
ENJOY  
PROTECT

SIERRA CLUB | Explore, Enjoy, Protect. National Parks. Illustration by Kevy Ullendorff

Some animals hibernate in the winter and others roam to find food and shelter. Can you remember a time you have explored, enjoyed, or protected nature?

## SE Neighborhoods Walking Tours



Ladd's House. Photo by Brian Johnson.

The Architectural Heritage Center (AHC) offers a number of walking tours in March, including four through SE neighborhoods. The first tour rambles through a stunning neighborhood on the west side of Mt. Tabor Park Tuesday, March 3, 10 am-12 pm. From the former Baseline Rd., now SE Stark St., attendees will meander past numerous fine residences, as well as a school, church and hospital. The area retains much of the freshness and beautiful views today that made it a popular place to build beginning in the 1880s and continuing well into the 20th century. The tour includes some hills and is moderately strenuous.

Tuesday, March 10, 10 am-12 pm is the Buckman Neighborhood Tour. The historic neighborhood is one of Portland's oldest and includes a variety of vernacular housing types beginning with late 19th century cottages and extending through popular early 20th century styles such as the bungalow and four-square. See great examples of these housing styles, early duplexes and triplexes, plus post-WWII multi-unit housing that gives Buckman a distinctive character.

The Historic Ladd's Addition Neighborhood Tour takes place Thursday, March 12, 10 am-12 pm. With its central park, rose gardens and web of diagonal streets, Ladd's Addition is one of the most unique neighborhoods in all of Portland. The leisurely stroll through this leafy enclave of early 20th century homes, churches and businesses will also provide an overview of neighborhood history. Just about every popular style of residential architecture from the 1900s to the 1930s is represented as well as examples of speculative housing, multi-family residential, fascinating architect-designed homes and sacred spaces.

Tuesday, March 17, 10 am-12 pm the Hawthorne Neighborhood Tour explores a portion of the commercial and residential neighborhoods near SE Hawthorne Blvd. in what began as one of the city's premiere streetcar suburbs. Originally known as U St. and later as Asylum Ave., the boulevard borders several of Portland's most popular neighborhoods.

Walking tours are \$35 for the general public, \$20 for AHC members. Space is limited and pre-registration, at [visitahc.org/walking-tours](http://visitahc.org/walking-tours), is required.

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

## Mike Murray Album Release

PJCE Records, Portland's most active jazz record label, has announced the upcoming release of *March of the Gene Keys*, a contemplative guitar trio album with delicate beauty by Mike Murray. The album marks the end of an extensive search by Murray to find musicians that fully embrace his vision, a vision that brings a wide range of influences and approaches to improvised music that result in a collection of works that are dynamic, playful and evocative. Shawn Wang (bass) and PJCE Records stablemate Chris Lee (drums) certainly share Murray's vision and provide the constant interplay and sensitivity that his music demands.

From the shifting meters of "The Sacred Now" and "Cluster Cuss" to the harmonic density of "Fuss with Russ" (dedicated to mentor George Russell), to the noise-influenced opening of the title track, to the Arnold Schoenberg meets Charles Mingus feel of "HUS Blues" or the lyricism of "Here and There," this music covers a lot of territory. Four tracks feature the acoustic guitar (both nylon and steel string), giving the music a wide color palette for this format. The record is largely inspired by the book, *The Gene Keys*, by Richard Rudd, which takes a deep dive into the journey of self discovery.

Elements of jazz, rock, microtonal and various world traditions have all made their way into the music of Mike Murray. Whether involved in original composition, free improvisation, the great American songbook or somewhere in between, he is always pushing to explore new territory.

The album is currently available for pre-order (digital and CD versions) at [pjce.bandcamp.com/album/march-of-the-gene-keys](http://pjce.bandcamp.com/album/march-of-the-gene-keys), releasing April 23. Pre-orders include one track (streaming) at the time of order and the complete digital album the moment it's released.

## Single and Multi-Session MMU Classes

In March, Movie Madness University (MMU) offers two single session classes and one multi-session class at the Miniplex (4320 SE Belmont St.). The first single session class is Tuesday, March 3, 6:30 pm. *Jonathan Livingston Seagull* follows a real life trained seagull and his narrative journey as an outcast from his flock as he ascends high in the sky. Upon release, the film was considered a commercial and critical failure, despite several Academy nominations. Taught by MMU Instructor Zoe Gillian, the class will be re-examining this experimental feat of nature photography while exploring the behind-the-scenes details in this nearly forgotten film.

Wednesday, March 4, 6:30 pm is the start of the four-week Crash Course: Cut to the Chase! MMU staffer Cole Sorensen will look at the car chases/crashes and mayhem that shaped the Hollywood/Action industry forever. The cinematic car drive through film history will look at some of the movies that influenced directors like Edgar Wright to giant blockbusters like the *Fast and Furious* franchise.

Wrapping up the month is the single session class *Sunset Boulevard & the Murder of Hollywood* Tuesday, March 31, 6:30 pm. *Sunset Boulevard* is both one of the greatest film noirs and the best film about Hollywood ever made. The movie is packed with inside jokes, cameos and ancient Hollywood lore, all of which will be unpacked and discussed. The class will be taught by Mark Russell, author and comic book writer, and presented in partnership with the Northwest Museum of Cartoon Arts.

Tickets for single session classes (\$18-\$22) and the multi-session class (\$25-\$30) available at [moviemadness.org](http://moviemadness.org). Classes are limited to 18 participants each. Questions can be directed to [education@moviemadness.org](mailto:education@moviemadness.org).

## PJCE Young Jazz Composers Showcase

Portland Jazz Composers Ensemble's (PJCE) 2026 Young Jazz Composers (YJC) will have their debut compositions performed by a quintet of PJCE musicians Monday, March 16, 7 pm at The Hallowed Halls (4420 SE 64th Ave.). The YJC program is a mentorship and performance opportunity for students to learn the fundamentals of composing for a professional jazz ensemble through one-on-one private lessons and professional group feedback. By the end of the program, students are able to understand the basic skills needed to compose a tune, use digital notation software and correctly notate parts for rhythm section and horns. The 2026 YJC band features Mary-Sue Tobin (saxophone), Quinn Walker (trumpet), Joe Bagg (piano), Xylyn Hathaway (bass) and Machado Mijiga (drums).

More information and tickets (\$18 GA, \$12 students, \$5 Arts for All with Oregon Trail Card) available at [pjce.org/event/2026-young-jazz-composers-showcase](http://pjce.org/event/2026-young-jazz-composers-showcase).

## SheBrew Beer Festival

Kicking off Women's History Month, SheBrew Beer Festival celebrates women in craft beer and cider Saturday, March 7, 11 am-7 pm at the Portland Art Museum. The festival honors equality and supports all women and the LGBTQ+ community with 100 percent of the proceeds going to the Human Rights Campaign.

The 11th annual festival takes place in two sessions. The first session begins at 11 am for VIP ticket holders, 12 pm for general admission and concludes at 3 pm. The second session is 4-7 pm.

Tickets (\$40-\$75) and more information available at [shebrew.beer](http://shebrew.beer). The all-ages event will have food trucks and vendors as well. Alcohol consumption for those 21+ only.

**BURGER & A BEER DEAL**  
**\$15, WEEKDAYS 11-4**

5051 SE Hawthorne Blvd. [www.tpkbrewing.com](http://www.tpkbrewing.com)

**TPK BREWING CO.**

**McMenamins**

on **HAWTHORNE**

Bagdad Theater & Pub  
Back Stage Bar  
Barley Mill Pub

**ST. PATRICK'S DAY**

Join us for Irish-inspired food and drink specials and plenty of hijinks!

**MARCH 17**

**MARCH 21-27:**  
**RUBY ALE'S 40<sup>TH</sup> BIRTHDAY**  
Stop by for specials on all things Ruby!

See what's on the big screen at [bagdadmovies.com](http://bagdadmovies.com)

## The Life of Galileo

Mt. Hood Repertory Theater is excited to announce their production of *The Life of Galileo* will take place at OMSI's Kendall Planetarium March 6, 7, 13, 14 and 15, 7:30 pm each day. The play by Bertolt Brecht, adapted and directed by Patrick Walsh, is the third play performed in the Kendall Planetarium. It recounts the true story of astronomer Galileo Galilei, a key figure in the 17th-century Scientific Revolution. Galileo was an innovator who faced the ire of the Roman Catholic Church with his heliocentric view of our place in the cosmos.

The story takes place in 17th-century Italy, spanning roughly 1609 to 1637. It explores the role of a scientist in a religious society during a time of immense scientific discovery. Through this play, we see how Galileo Galilei changed the way we understand both the heavens and the earth. The performance includes celestial visuals designed by OMSI Planetarium director Jim Todd with live music performed by Adrian Harris Crown and glorious period costumes by Daisy Irskin.

Tickets (\$39 adults, \$35 seniors, \$25 youth/student) available at [omsi.edu/events/the-life-of-galileo](https://omsi.edu/events/the-life-of-galileo). The show is approximately two hours long, including one intermission.

## Biamp Portland Jazz Festival

PDX Jazz presents the 2026 Biamp Portland Jazz Festival Thursday, March 5-Saturday, March 14. The festival offers an expansive lineup of free community concerts, local artist showcases and partner events. Presented throughout Portland in collaboration with hotels, community spaces and cultural partners, these events reflect the festival's commitment to accessibility, local artistry and jazz as a shared civic experience.

The 10-day citywide festival features more than 50 concerts across 30+ venues and includes ticketed performances by internationally celebrated artists. Headlining the 2026 festival is St. Vincent, whose genre-defying work signals an expanded musical vision for PDX Jazz. Additional featured artists include Mavis Staples, Madeleine Peyroux and the Bill Frisell Trio, along with MonoNeon with Mohini Dey, Jeff Parker IVtet with SML, Tigran Hamasyan, Cyrus Chestnut, Jarrod Lawson, Lady Blackbird, Isaiah Sharkey, Charlie Hunter Trio, Roger Eno, Brandon Woody's Upendo, Delbert Anderson, Sam Greenfield and Cochemea.

Tickets, full schedules and community event listings are available at [pdxjazz.org](https://pdxjazz.org).

## Frog Sculpture Workshop



Leikam Brewery, in collaboration with Rain Dragon Studio, presents their fourth Clay Sculpture Workshop in Leikam's Community Room (5812 E Burnside St.) Sunday, March 15, 3:30-6:15 pm. In anticipation of Earth Day, the hands-on, skill-building workshop will be sculpting frogs.

All tools and clay will be supplied for the creation of your own whimsical frog sculpture from stoneware clay and glazing it. Instructor Teri Fahrendorf will take the still-wet sculptures back to her studio where she will slowly dry them and fire them in her ceramic kiln. Completed frogs will be on show to the public at the Student Art Reception at Leikam Sunday, April 19, 4-5 pm. Following that, students will be able to take their frogs home.

The workshop is open to adults and teens 13+. The \$80 cost includes two beer tickets; beverage substitutions will be available for minors, abstainers and others who don't drink beer. A slight upcharge may be necessary for some cocktails.

To register, visit [raindragonstudio.square.site](https://raindragonstudio.square.site). Questions can be directed to [teri@raindragonstudio.com](mailto:teri@raindragonstudio.com).

## History Talks and Author Signing



Photo by AHC.

The month of March brings three opportunities to learn about Portland and Oregon history from knowledgeable voices at the Architectural Heritage Center (AHC). Saturday, March 14, 10-11:30 am Darrell Jabin, Oregon's Traveling Historian, presents Oregon's Historic Homes and the People Who Lived in Them. Historic homes tell stories. Some of them are rather plain and some very extravagant. Some were the homes of Oregon business and community leaders and served as meeting places for people who helped create the state. They have been preserved and many are now museums. Jabin has been researching and sharing Oregon history since 2009 and has produced award winning videos, hosts a twice monthly radio show and frequently gives informative and entertaining presentations.

*Oregon Gold* author William F. Willingham Ph.D. gives a free talk with book signing Saturday, March 21, 12-1 pm. Willingham shows how mining was an important aspect of the state's history, far greater than has been traditionally understood. He provides special attention and analysis to the role Chinese miners played in the story of eastern Oregon mining and to the demographic makeup of two major mining communities, Susanville and Granite, that thrived during the period.

Saturday, March 28, 10 am-12 pm is The Portland Zoo Railroad: The Biggest Little Railway in the Country. The Portland Zoo Railway (PZRY) was founded in 1958 in the West Hills of Portland, one year before the opening of the new Portland zoo. Its flagship, the streamlined Space Age-styled Zooliner, made its debut June 5, 1958 and carried over 2,500 riders that day. This was a year before the opening of the zoo, and the fares collected over the season, as planned, were used to fund and build the zoo. The presentation by Melissa Darby will trace the history of the railroad and explore the route, examine the rolling stock and discuss some famous passengers.

Register for any, or all, of the talks at [visitahc.org/talks-and-events](https://visitahc.org/talks-and-events). The March 14 and March 28 talks are \$30 for the general public, \$20 for AHC members. While the *Oregon Gold* talk is free to attend, registration is required as seating is limited.

## Milagro's Women's History Month Festival

March is National Women's History Month and this year Milagro will celebrate its third annual Women's History Month festival, Mundo de las Mujeres, with events taking place Wednesday, March 11-Saturday, March 21. Mundo de las Mujeres was created to center the voices of Latina/e women whose creativity is shaped not only by culture and heritage, but by the realities of living, dreaming and making art in a time when communities are at the heart of national conversations.

The four events of the festival include two staged readings of plays by Latina playwrights, a stand-up comedy special by Milagro Artist Fund Recipient Andrea Menchacha Hall and a collaboration with IDEAL PDX presenting a visual arts gallery by Latina Artists. The Mundo de las Mujeres Art Gallery is free (advance reservations recommended) and located at El Zócalo (537 SE Stark St.). The other three events, taking place at Milagro Theatre (525 SE Stark St.), are pay-what-you-will pricing starting at \$5. Tickets/reservations and additional information available at [milagro.org/event/mundo-de-las-mujeres-2026](https://milagro.org/event/mundo-de-las-mujeres-2026).

## Buckman Art Show and Sell

The 36th annual Buckman Art Show and Sell returns Saturday, March 14, 10 am-5 pm. The beloved neighborhood tradition showcases more than 100 local artisans featuring original 3D art (ceramics, woodworking, sculpture, garden art), 2D art (paintings, illustrations, lithographs, photography), jewelry and textiles. In addition to the work of local artisans, student and alumni art will also be for sale.

The event is a fundraiser at and to support arts education at Buckman Elementary School in the heart of SE Portland (320 SE 16th Ave.). Enjoy food trucks, face painting, fairy hair and plenty of family-friendly community fun, all while supporting Buckman. The event is free and open to the public; there is a \$5 suggested entry fee. Visit [buckmanartshow.weebly.com](https://buckmanartshow.weebly.com) for more information, including information on artists, divided by categories.

.....

# ALBERTA ROSE THEATRE

.....

MARCH 2026



1 NATIONAL GUITAR the Music of Paul Simon with JENNER FOX BAND	14 27TH ANNUAL CLOWNS WITHOUT BORDERS
2 RONNIE BAKER BROOKS	15 BALLET OF LIGHTS
6 DAVID WILCOX + Justin Farren	16 PORTLAND YOUTH JAZZ ORCHESTRA WINTER CONCERT + Portland Vanguard Big Band
7 SHES SPEAKING a concert celebrating women songwriters	17 CELTIC LIGHT ORCHESTRA St. Patrick's Day Party
8 Resonance Ensemble presents 2pm NORTH AMERICAN INDIGENOUS SONGBOOK	19 LIVE WIRE RADIO
8 BIAMP Portland Jazz Festival 9pm TIGRAN HAMASYAN Manifeste with Blue Cranes	20 RUTHIE FOSTER + Adam Gabriel
9 Family Preservation Project's DAY OF EMPATHY	21 Dapperlesque
11 Belong Art Community Benefit COLIN MELOY + Anna Tivel	22 MORGAN JAMES
12 SEFFARINE	23 LUNASA
13 BIAMP Portland Jazz Festival CYRUS CHESTNUT TRIO w/ Alan Jones Trio	25 SCIENCE ON TAP Storm Chasing in the PNW
	26 ALASH
	27 PETTY FEVER Tom Petty Tribute
	28 RIZO
	29 SOLAS

[albertarosetheatre.com](https://albertarosetheatre.com)  
3000 NE Alberta • 503.764.4131



**Mr Plywood**  
**BUILDING MATERIALS**  
 Family Style Customer Service  
 Delivery Service • Custom Cutting • Special Orders  
 7609 S. E. Stark Sreet • Portland, OR 97215  
 Phone: 503.254.7387 • Fax: 503.254.7663  
 www.mrplywoodinc.com



**Rosenstadt**  
 Taproom Now Open  
 German-style Beer  
 Food | Patio  
 4-9 pm Thurs - Fri  
 1-9 pm Sat - Sun.  
 2117 NE Oregon St. POX 97232  
 503.206.4245  
 rosenstadt.beer



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

**EMAIL EXAMINER@SEPORTLAND.NEWS FOR MORE INFORMATION.**



**SINCE 1998**

**Email: info@arheadsframeco.com**  
**Facebook arheadsframeco**  
**Instagram @arheadframeco**

**(503) 232 5299**  
**5000 SE Hawthorne Blvd**

# 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.*

## Common Causes of Hand Numbness

Numbness and tingling in the hands is something that many people live with. It may show up after a long day at the computer, during sleep or while gripping a steering wheel or tennis racket. Because the symptoms tend to come and go, it's easy to assume it's just "poor circulation" or something that will simply resolve on its own. Numbness and tingling are often signs of nerve irritation or compression somewhere along the path from the neck to the hand. Understanding where that irritation comes from is the key to finding lasting relief.

One of the lesser known but not uncommon causes of hand symptoms is thoracic outlet syndrome. This condition occurs when nerves or blood vessels are compressed as they pass from the neck into the shoulder and arm, usually between the collarbone and first rib or through tight chest and neck muscles. People with thoracic outlet issues often notice numbness, tingling or weakness in the hand and arm, sometimes accompanied by neck or shoulder tension. Symptoms may worsen with overhead activity, poor posture or carrying heavy bags. Because the compression happens upstream from the hand itself, thoracic outlet syndrome is frequently overlooked or mistaken for other conditions.

Another common source of hand numbness is nerve entrapment at the elbow, often called cubital tunnel syndrome. In this condition, the ulnar nerve becomes irritated as it passes behind the elbow, the area many people recognize as the "funny bone." When this nerve is compressed, tingling or numbness typically affects the ring and little fingers and may worsen when the elbow is bent for long periods, such as dur-

ing sleep or phone use. Over time, people may notice grip weakness or clumsiness with fine motor tasks. Because the symptoms are felt in the hand, many people are surprised to learn that the root of the problem lies at the elbow.

Carpal tunnel syndrome is perhaps the most widely recognized cause of hand numbness and tingling. It occurs when the median nerve is compressed at the wrist, often due to repetitive use, inflammation or fluid retention. Symptoms commonly include tingling, numbness or burning sensations in the thumb, index and middle fingers, sometimes waking people at night. While carpal tunnel syndrome is common, it is not the only explanation for hand symptoms, and treating the wrist alone does not always address the full picture.

What makes these conditions challenging to diagnose is that they can feel very similar to the person experiencing them. However, the source of the nerve compression is entirely different in each case. Effective treatment depends on identifying where the nerve is being irritated and why. This is where sports medicine-trained acupuncturists can play an important role. Sports medicine acupuncture blends traditional acupuncture principles with modern orthopedic assessment, anatomy and movement analysis. Practitioners are trained to evaluate posture, joint mechanics, muscle tension and nerve pathways from the neck to the hand.

Diagnosis begins with a thorough history and physical exam, including orthopedic tests designed to differentiate thoracic outlet syndrome, elbow nerve entrapment and carpal tunnel syndrome. A sports medicine acupuncturist looks not only at where

symptoms are felt, but also at contributing factors such as shoulder stability, neck mobility, repetitive strain and overall movement patterns. This comprehensive approach helps ensure that treatment targets the true source of the problem rather than just the site of symptoms.

Treatment includes acupuncture to reduce nerve irritation, calm inflammation and release entrapping muscles. In sports medicine acupuncture, needling techniques may be combined with myofascial release, motor point work and corrective exercise recommendations. For thoracic outlet issues, treatment may focus on releasing tight neck and chest muscles while improving shoulder mechanics. For elbow entrapment, the goal is often to reduce local compression and improve nerve mobility. For carpal tunnel syndrome, treatment addresses both the wrist itself and contributing tension further up the arm.

The good news is that many people experience significant improvement without surgery or long-term medication when nerve compression is addressed early and comprehensively. If you're experiencing numbness or tingling in your hand, it's worth knowing that the problem may not be in the hand at all. With proper evaluation and targeted care, the true source of the problem can be identified and a skilled clinician can guide you toward lasting relief, so you can get back to daily activities with comfort and confidence.

**Oliver Leonetti, LAc, SMAC**  
**Inner Gate Health & Wellness**



**SE THE SOUTHEAST EXAMINER**

A monthly newspaper serving SE Portland

**Subscribe!**

If you don't already receive The Southeast Examiner, subscribe for just \$24/year and never miss an issue.

Email the below information to [examiner@seportland.news](mailto:examiner@seportland.news) or mail to:  
 The Southeast Examiner, 1020 SE 7th Ave. #14313, Portland, OR 97293

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# Neighborhood Notes

## Buckman Community Association By Susan Lindsay

The Buckman Community Association (BCA) hosted District 3 City Councilors Angelita Morillo and Steve Novick separately at our February 12 meeting. Both were well spoken, informed and engaged dynamically with attendees as they addressed questions and concerns ranging widely from the recently found \$100 million in City budgetary dollars to local concerns of transportation cuts and exposed hazards in streets.

March 12 we'll host our third D3 Rep., Tiffany Lane Koyama, who served as Council VP last year. Looking ahead, we plan to invite sitting Multnomah County Commissioners Shannon Singleton and Julia Brim Edwards to our April meeting. Both are planning on running for the position of Multnomah County Chair.

Good News! Buckman has again been awarded a Summer Free For All: Movie in the Park. While we can't yet reveal the exact date or movie title (due to Parks protocol), we can say it will be a very fun summer afternoon and evening. This year we'll be combining some of the elements of our traditional Buckman summer picnic to hold before the film comes on. The movie is "free for all" except for the hosting neighborhood and we'll start fundraising for those fees and our related picnic activities soon. All donations are tax-deductible and will go directly to pay for the movie, music and any special attractions for the kids. Buckman picnics are 100 percent volunteer and sponsor/donor supported so please consider volunteering.

The food cart pods at SE 28th Ave. and SE Ankeny St. are doing significant upgrades to include indoor restrooms, roof deck, covered seating, but keeping the fire pit.

The Fifth Annual Qing Ming Festival will take place Saturday, April 4, 11 am-1 pm at Lone Fir Cemetery to kick off construction of the Chinese Worker Memorial at Block 14. Registration link for this event and more land use information is on our website buckmanpdx.org. You can also register there for our monthly e-newsletter, read past meeting minutes and get more comprehensive land use updates. Contact the BCA directly anytime at buckmanboard@googlegroups.com. We meet the second Thursday of every month, except August, 7-9 pm at 1137 SE 20th Ave. (enter on SE Salmon St.). Hybrid option too! Find the link on our website.

## HAND By Jill Riebesehl

Top ongoing concerns for the Hosford-Abernethy Neighborhood Association (HAND) Board continue to be the Clinton temporary alternative shelter site (TASS) and a proposed bottle-drop. The shelter lease expires at the end of June. It is under negotiation and waiting on City Council budget appropriations. Discussion among those at our February meeting covered a variety of pros and cons on the TASS as well as the bottle-drop site. Meeting attendees suggested that the city add neighborhood groups to the ongoing city/bottle drop discussions. Portland Solutions Deputy Director Hank Smith joined us with updates.

Representatives of the Abernethy PTA returned to HAND with more information on activities in April and May: spring cleanup, fundraiser, bike fair and carnival. They also described the many adjunct activities available to help students who are learning to read. Those interested in helping can contact Felice Lamb at felice.lamb@supportabernethy.org. Regarding the ongoing Portland Public Schools budget negotiations, Abernethy could end up with blended 1st-2nd and 3rd-4th grades, as well as some support staff loss. The PTA meets at 6:30-8 pm, on third Thursdays in the school's auditorium.

Nancy Chapin gave us a rundown on celebrations (which have been extended to cover three days) around the 82nd Avenue of Roses Parade. The parade is Saturday, April 25; other activities include a carnival, classic car show, farmers market and two contests. The theme this year is History of East Portland.

The HAND Board agreed to approve Willamette River's Human Access Project grants up to \$50,000 this calendar year. PSU student Diane Odeh, a PSU PhD candidate, is studying why people join neighborhood associations, ways to sustain participation and how to help recruit and retain members. And a neighbor mentioned scheduling a possible neighborhood cleanup. HAND contact is Chris Eykamp, HAND chair.

The Board holds open meetings on the St. Philip Neri campus, the second Tuesday of the month, 7-9 pm. All neighbors and businesses are welcome.

## Mt. Tabor Neighborhood Association By David Petrozzi

MTNA was pleased to host an intimate Q&A session for the public with District 3 Councilperson Steve Novick at the February meeting. Novick spoke openly about various legislative initiatives currently underway, including his priorities around nuisance properties, enhancing gun safety, cracking down on questionable massage parlors and cutting regulations to make permitting easier and less costly for small businesses in our community. Councilor Novick also revealed some of the deliberations currently underway on how to spend resources from Portland's Clean Energy Fund and the Housing Bureau. We're always delighted when a government official makes time to drop by and chat with our members, as it shows a willingness to hear from and represent the very public who elected them.

Our February meeting also featured updates on the Pedestrian Safety Project, which is planning a future panel to be hosted by the Mt. Tabor Adventist Church. This body will solicit community input directly from neighbors on how to improve safety at challenging crossings they may face during their walking or biking commute. Thursday, April 2 the Tabor Heights United Methodist Church will host a screening of "No Place to Grow Old" followed by community discussion. Finally, check this space for future information on "Roll in the Park," an event currently in the planning phase from the Oregon Wheelchair Hiking Group in conjunction with our Tabor for All initiative, ensuring absolutely everyone has the opportunity to enjoy our beautiful park.

In this era of technological acceleration and political outrage, stay positive by taking action and making a difference in your community. Just looking someone in the eye, smiling and saying hello can be your way of making a meaningful difference in the world. After all, if those who don't have our best interests in mind want us divided, then clearly the solution is that we should come closer together. Why not join the MTNA at our monthly meetings, held in person at Tabospace and online via Zoom, on the second Wednesday of each month? You can sign up and get much more information at our website, mttaborpdx.org.

## Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) Board met February 9 at Central Christian Church, 1844 SE César E Chávez Blvd. Meetings are the second Monday of each month, 7-9 pm, except January. Everyone is welcome to attend in person or via Zoom. The Zoom registration link is at richmondpdx.org and on every agenda, which is sent to the RNA listserv. Meetings are recorded and posted on the RNA's website, richmondpdx.org. To join the listserv, email richmondnasecretary@gmail.com.

continued on page 15

### KIRKLAND ANNEX APARTMENTS

**AFFORDABLE RETIREMENT LIVING 503-774-8885**



7810 SE FOSTER ROAD  
PORTLAND, OREGON 97206

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

**THEUNIONMANORS.ORG**



## mongoose

CANNABIS CO.

COME BY AND SAY HI ~ FIND US AT 3123 SE BELMONT ST.



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

### Get Ready for Spring/Summer Projects!

Bring all your dull tools to be sharpened at Division Do it Best Hardware\*

## BLADE SHARPENING

Saturday, March 7  
9 am to 4 pm

**Mobile sharpening service provided by:**

LAWNMOWER BLADES  
CHAINSAW CHAINS | SHEARS | KNIVES  
CHISELS | PRUNERS | BYPASS LOPPERS  
SAW BLADES (5-day turnaround)



\* Inquire with Do it Best staff for blade sharpening prices.



## DIVISION HARDWARE

3734 SE Division St. • Portland, OR 97202  
503-235-8309

Monday through Saturday 8:30 - 6:00





Like us on Facebook

[WWW.DIVHW.COM](http://WWW.DIVHW.COM)



### OLD PDX HOMES

Specializing in Old & Historic Homes



**Tracy Wiens**  
*Principal Broker*  
503.516.8162  
tracy@oldpdxhomes.com



**Kristin Fitzgerald**  
*Broker*  
503.929.6990  
kristin@oldpdxhomes.com

WWW.OLDPDXHOMES.COM

NEIGHBORHOOD WORKS REALTY




# As At Your Service

**UNITY ELECTRICAL SERVICE**

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

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

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

CCB# 42219

**TREE MASTERS INC**

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

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

**503.771.4061**  
treemastersestimates@gmail.com  
treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995



**Murphy Construction**

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

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

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

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



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



503.284.7693 (office)  
info@freshairsash.com  
www.freshairsash.com  
fresh\_air\_sash\_cord\_repair  
OR LBPR/CCB#184991  
WA Reg. #FRESHAS 796DR

**PORTLAND EYE CARE**

SAMUEL ADELMAN O.D.

4133 SE Division St.  
Portland OR, 97206

503.444.7639

EYEPDX.COM

LOCAL EYECARE • GLOBAL EYEWEAR




**ADVERTISE HERE!**

Reach 16,000+ homes/businesses to let them know about your service!

503.254.7550  
examiner@seportland.news

**CZ BECKER COMPANY WOOD FLOORS**  
*A Family Owned Business Since 1982*



503.282.0623

Restoration Repairs & Refinishing  
State of the Art Dust Containment  
Installation of New Wood Floors  
Environmentally Friendly Finishes

www.czbecker.com  
CCB #48132

**NEED TREE CARE?**

**Call Quinn!**  
ISA-Certified Arborist  
Third Generation Southeast Portlander  
LCB # 100256

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



**Blue Dun Painting**

Expert interior painting  
Custom raised vegetable beds

Call Denny at 503.484.6525

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





**POLYMATH Studio**  
Architecture & Design

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

Houses Additions ADUs

503-395-8393 polymathstudio.com

**ECOHEAT INC**  
CCB:165150

Design + Installation

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

We LIVE and WORK in YOUR neighborhood!

**METICULOUS PLUMBING**  
HOME SERVICES LLC  
*Our Name Says It All!*  
Portland's Painless Professional Plumber  
We are your Neighborhood Plumber

Service, Remodel & Repair  
Licensed, Bonded & Insured  
CCB #186657

Visit our website for information, coupons and testimonials

Call or text us!  
**503-208-2812**  
www.meticulousplumbing.com



# NN Neighborhood Notes

from page 13

Most of the meeting was a presentation by Portland Bureau of Transportation (PBOT) and Q&A about César E Chávez Blvd. safety issues. Clay Veka, Vision Zero Program Director, was the lead presenter, with several other PBOT staff present. Also in attendance were District 3 Councilors Tiffany Koyama Lane and Steve Novick.

PBOT is launching a transportation safety planning study for César E Chávez Blvd., focusing on the segment from SE Powell Blvd. to the I-84. It is currently in a public engagement phase on César E Chávez Blvd. (SE Lafayette Ct. to SE Schiller St.). The Safety Project will likely reduce lanes, either to two lanes or three lanes with a center turning lane. For information about these projects and to sign up for project updates, visit [bit.ly/4rrJKbN](https://bit.ly/4rrJKbN).

PBOT will be at the RNA's March 9 meeting to discuss a SE Division St. repaving project, to start this Spring, repaving SE Division St. from SE César E Chávez Blvd. to SE 50th Ave. or SE 52nd Ave. The developer and architect for the SE César E Chávez Blvd. and SE Division/Caruthers streets apartment building developments will also be attending.

The RNA needs volunteers to deliver its quarterly Richmond News newsletter. If you don't receive it, the route you live on lacks a carrier. Contact [rnewsletter@gmail.com](mailto:rnewsletter@gmail.com) to help with deliveries. We are also seeking volunteers to help with the Richmond Spring Cleanup, Saturday, May 16. Contact [richmondcleanup@gmail.com](mailto:richmondcleanup@gmail.com) to sign up to help at the event.

The next meeting is March 9. Join us to get more involved in your neighborhood.

## South Tabor Neighborhood Association By Cathy Kudlick

For February, we pushed back our regular meeting time to allow interested neighbors to attend Protect Oregon's District 3 meeting on strategic nonviolent noncooperation being held at Apano.

After sharing insights from the meeting at a neighbor's home, we reviewed options for future meeting locations and continued our discussion about organizing small projects—things that are too big for a single person or household to do, but maybe too small for the City to prioritize. We've been surveying neighbors to get ideas and gauge interest.

To learn more, connect and pitch in, visit [southtabor.org](https://southtabor.org). There you can also sign up for our low-traffic mailing list and our online newsletter, the South Tabor Crow. Best of all, join neighbors at our in-person gatherings on the third Thursday of every month, 7–8:30 pm. It's a great time to help shape everything from candidate visits to spring and summer events.

Our next meeting will be Thursday, March 19, 7 pm, location TBA.

## Sunnyside Neighborhood Association By Gloria Jacobs

In February, the SNA Board met and discussed some potential new projects for this year, including the Sunnyside Cleanup Day, a community potluck, a new mural on the blank wall of the Sunnyside Community Center facing SES and the neighborhood Garage Sale.

What do you think? What would you like to be involved with planning or participating in? Share your thoughts on Facebook or at [sunnysideboard@googlegroups.com](mailto:sunnysideboard@googlegroups.com).

You are invited to come to the next General Meeting Wednesday, March 11, 7 pm at Southeast Uplift (3534 SE Main St.). Councilor Steve Novick will join us to discuss all the happenings at City Hall. Bring your questions, concerns and comments!

The Sunnyside Shower Project (SSP) has merch for sale: t-shirts, hoodies, long-sleeved T-shirts and crewneck sweatshirts. The fundraiser ([customink.com/fundraising/sunnysideshowerproject](https://customink.com/fundraising/sunnysideshowerproject)) is live through Sunday, March 15. The front image features work by a fantastic Sunnyside artist, MuteNeighbor, and the back has the SSP's new logo.

We are looking for someone to deliver newsletter bundles in the area bordered by SE Stark St., SE Belmont St., SE 28th Ave. and SE 39th Ave. Contact Carrie ([fergex@gmail.com](mailto:fergex@gmail.com)) for more information.

## SKY Program Returns to Kellogg Only to Face Uncertain Future

from page 1

especially engaged, as the teachers now knew what to expect. The sessions were collaborative: classroom teachers helped set classroom expectations to ensure the SKY facilitators were able to teach their lessons smoothly. "Pretty much all of the classes involved—sixth, seventh and eighth grade—were really bought in," says Heyerly. A teacher wellness program was also offered to some of the teachers, which Heyerly attended.

Overall, the reaction from both students and teachers has been positive. Heyerly recalls how one of her students wrote that she wanted to use the SKY breathing forever because of the sense of calm it provided. "I think [this] is something that really appeals to middle school kids, because they oftentimes feel like

they're not in control—they're still learning how to regulate themselves," she explains.

The SKY program believes this regulation is key to combating youth violence, including gun violence. Brad Krishnamurthy, the coordinator for SKY Schools Oregon, states, "What are we doing to help these youth manage their emotions better so that they can learn to respond instead of react? The SKY Schools Program tries to bridge that gap."

The funding for SKY to implement their curriculum at Kellogg stems from its utility as a violence prevention tool. SKY's parent organization, the IAHV, was awarded a \$45,000 grant for SKY Breathwork from the City of Portland's Office of Violence Prevention. \$7,000 of that grant—the 2025 Safer Portland Grant—went

toward the program at Kellogg.

However, since this is a one-time grant, the future of SKY at Kellogg is unclear. Heyerly explains, "There's a SKY teacher training...that they told us we would need to take to get their full curriculum, but it's fairly expensive and a pretty long time commitment. So I don't know that any of us are able to do that."

Ultimately, maintaining an official SKY-Kellogg partnership is contingent on renewed funding. Nonetheless, Kellogg's teachers hope to continue advancing SKY's underlying classroom mission. "All of us wish that it was possible for us to get trained in this program, so that we could do it in our classrooms, even when there's not grant funding for people to come in and do it," states Heyerly.

## Smart Spending in Tough Times: Why "Cheap" Isn't Always Smart

from page 9

people often try to save on "soft" expenses—skipping lawyers, accountants or advisors. While tightening up your budget for retainer costs might make sense in some cases, cutting out these services entirely can end up costing more money than it saves. A single bad contract, tax error or compliance issue can cost far more than professional fees.

Law firms routinely warn clients that those who skimp on legal advice (or rely on AI-generated legal guidance) are taking a gamble where the odds are stacked against them. Whether it's an IRS penalty, a business dispute or a botched legal filing, the wrong advice (or no advice) can be ruinous.

The same goes for financial professionals: a qualified Certified Public Accountant (CPA) may charge more upfront, but they can uncover tax savings and prevent costly errors that DIY software might miss.

Investing in expertise means buying peace of mind and

confidence, but more importantly, you're ensuring compliance that keeps you and your accounts protected.

### Value Over Price, Especially When It Counts

Being budget-conscious is smart, but the smartest consumers know that going too "cheap" can become costly. Whether it's a neglected \$30 oil change that turns into a \$3,000 repair, or a "discount" home job that has to be redone, low prices often hide higher risks. So what can you do about it?

Start with trust. Trusted professionals and quality services protect your safety, your property and your finances. They deliver reliability, longevity and accountability, things that can't be measured by the price tag alone. You can find a list of trusted businesses for free on BBB's website, [bbb.org](https://bbb.org).

In uncertain times, the best investment you can make is in quality and trust.



# THE CAPLENER GROUP

at Windermere Realty Trust

PORTLAND REAL ESTATE  
Southeast & Northeast Specialists

(503) 232-4763 | thecaplenergroup.com

## Caplener Group Homes For Sale



1210 SE 57th Ave. \$ 925,000  
1938 Traditional 4 BD, 3 BA  
3,722 Total Sq. Ft.



**SOLD**  
1315 SE 48th Ave. Last offered at  
1911 Bungalow \$629,900  
2,412 Total Sq. Ft. 3 BD, 1 BA



4021 SE Liebe St. \$ 550,000  
2016 Townhouse 2 BD, 2.1 BA  
1,601 Total Sq. Ft.



13162 NW McNamee Rd. \$ 1,395,000  
1986 Equestrian 3 BD, 2.1 BA  
Property w/10 acres  
2,646 Total Sq. Ft.



3962 NE Cesar Chavez Blvd. \$ - Call Listing Agent  
Modern Craftsman 5 BD, 3.1 BA  
4,217 Total Sq. Ft.



921-927 NE Prescott St. \$ - Call Listing Agent  
1927 Duplex 3 BD, 1 BA  
1,584 Sq Ft. Per Unit

## Neighborhood Happenings:

### Biamp Portland Jazz Festival

pdxjazz.org  
March 5-14

Tickets are on sale now for Portland's jazz festival! This event spans citywide with over 50 performances across approximately 30 venues. Come enjoy headliners like St. Vincent, support rising local talent and be sure to enjoy the debut of Portland's first all-female big band, the Stumptown Sirens Jazz Orchestra! Visit the website for pricing and performance details.

### Shamrock Run

shamrockrun.com  
Sunday, March 15

Join over 18,000 runners taking on the Portland Shamrock Run! Register today for races ranging from 5k to a half marathon and enjoy a celebratory beer at the finish line!

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

## HOW'S THE PORTLAND MARKET DOING?

WE ❤️

Inventory

4.3 Months

Ave Sales Price

\$610,400

Median Sales Price

+/- \$0.00

Ave Days on Market (YTD)

89 Days

Change in the Past 12 Months

+0.0%

THE CAPLENER GROUP  
at Windermere Realty Trust



THE CAPLENER GROUP  
at Windermere Realty Trust

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

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



View our latest listings today.  
thecaplenergroup.com

