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August
2026

southeastexaminer.com | Our 37th Year | Vol 37 No 8 Portland, OR

The Glencoe Elementary School bike bus. Photo by PBOT.

How Portland's Bike Bus Movement is Shaping the City's Next Transportation Investments

By Madeleine Voth

For decades, Portland has been known as one of the country's most bike-friendly cities. From Pedalpalooza to the infamous Naked Bike Ride, biking is not only supported, but celebrated. Today, the city houses over 400 miles of bikeways, including roughly 100 miles of Neighborhood Greenways, or low-speed residential streets designed to prioritize people walking, bicycling and rolling to their destinations with ease.

But for many, the question has never been whether Portland has the right bike infrastructure. It is whether that infrastructure feels safe enough for the tiniest of Portlanders.

In recent years, that concern has fueled the rise of bike buses, which are organized rides to school led by parents, where schoolchildren bike together along neighborhood routes. Now, the movement is shaping the city's next round of transportation investments.

The Portland Bureau of Transportation's (PBOT) Neighborhood Greenway Bike Bus Project is a pilot program that is funding targeted safety improvements along four elementary school bike bus routes, including Abernethy Elementary in SE Portland. The project grew out of conversations with parents, bike bus organizers and transportation advocates who argued that if the city wanted more children biking to school, it also needed infrastructure centered around how children actually experience their daily rides.

PBOT says the project was built around that feedback. According to Hannah Schafer, Communications Director for PBOT, the bureau identified nearly 30 active bike buses across the city before selecting one elementary school in each of the four council districts to receive improvements. Abernethy Elementary was chosen to represent District 3, alongside Lent, James John and Maplewood elementary schools for the other districts.

The project has a $500,000 budget spread across two years. The first year, July 2025-June 2026, focused on outreach, route analysis and project development, while the remaining funding will go toward construction July 2026-June 2027.

"PBOT conducted community surveys around needs, which led to project proposals with planning-level estimates for construction costs," Schafer said. Residents then ranked those proposals, allowing the bureau to prioritize which improvements moved forward within the available funding.

Across all four schools, families consistently identified "stressful or difficult crossings" as the biggest obstacle to walking and biking. Rather than expressing concern about neighborhood greenways themselves, survey respondents pointed to

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Merger May Create Opportunities to Relieve Train Blockages in SE

By Daniel Perez-Crouse

The landmark merger in progress between Union Pacific (UP) and Norfolk Southern may finally provide an opportunity for SE residents and their respective neighborhood associations to be heard and have a tangible improvement to the persistent issues with the dreaded train blockages in the area.

The Southeast Examiner first reported on this issue in 2021—and it's well known throughout the area. In SE near Division St. and 8th, 12th, and especially 11th avenues—people can be caught behind exhaustively long train delays. Chris Enkamp, Vice-Chair of the Hosford-Abernethy Neighborhood District (HAND), has followed this issue closely and advocated for change alongside the neighborhood association for years.

In terms of tangible, true change, not much has transpired from his perspective, and Enkamp echoes the sentiments of residents in the area that, over recent years, the situation has been getting worse, and it has been difficult getting traction.

"Just getting the city interested in the topic took a lot of work. Their general attitude is this is a railroad problem, we don't have the tools and this is not our jurisdiction. All of which is true, but at the same time, applying some creative thinking and being responsive to the community can yield results—and we've presented strategies that are within the city's abilities," said Enkamp. Despite this, HAND has been in fairly close communication with PBOT.

One of the main reasons why stems from UP implementing a Precision Scheduled Railroad strategy, which aimed to achieve low operating ratios and consolidate railroad networks. It essentially made for longer trains, which means longer delays when they block intersections.

Luke Johnson from the Brooklyn Action Corps says that when you add up the gate-down time for blockages exceeding five minutes, it's currently over three and a half hours per day on average at SE 12th Ave.

In a letter from the Brooklyn Action Corps in comment on the upcoming merger, they said, "Unfortunately, increasing activity at Brooklyn Yard, coupled with longer and longer train lengths, means rail operations have degraded air quality and become extremely disruptive to the flow of people and traffic in our community, especially in recent years."

They further elaborate and say: "It is clear that Union Pacific (UP) views our urban road crossings as an extension of Brooklyn Yard. Trains frequently block the roadway in excess of an hour, often sitting at a standstill. In the case of the crossing at SE 11th Ave., there is no legal path of escape for vehicles blocked by the train.

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New Greenway Construction Along SE Tolman St.

By Thom Stone

Earlier this year, residents of Mt. Scott-Arleta and surrounding neighborhoods such as Lents and Woodstock may have received notice that a new greenway would be constructed along SE Tolman St., between SE 52nd Ave. and SE 92nd Ave., providing much safer passage for pedestrians, rollers and cyclists.

Cyclists in particular may be pleased to know that the Tolman Street Neighborhood Greenway will also connect to the neighborhood greenway on SE 87th Ave. which directly connects to the Springwater Corridor Trail, a popular bike trail that stretches along the Willamette.

Portland Bureau of Transportation (PBOT) said that the project is currently in the final phase of design and they are aiming to complete the project by the end of September. PBOT still needs to secure and onboard a contractor who will determine the date for the construction to begin, but they hope to be able to start by mid-August.

For those who may be unfamiliar, PBOT defines greenways as "quiet and slow streets that prioritize people walking, bicycling and rolling."

Greenways are not unique to Portland but they are exceedingly rare in the US, offering non-motorized commuters a welcome alternative to thoroughfares like SE 82nd Ave. with high speed limits or narrow streets in residential neighborhoods (where cars can usually still go up to 20 miles per hour) to get where they want to go.

Together with the Bureau of Planning & Sustainability (BPS), PBOT led a planning process to address land use and transportation needs as part of the Lower Southeast Rising Area Plan, adopted in May 2024 by Portland City Council. PBOT worked on prioritizing projects that would meet community needs more expeditiously; as such, the Tolman Street Neighborhood Greenway was made one of the top priority projects for the transportation side

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

1020 SE 7th Ave #14313, Portland, OR 97293
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Rs Representatively Speaking

By State Representative
Rob Nosse

Well heck. Everything I am working on is still very much in process. The only "hot" issue of the moment is the Moda Center and I don't think it would be good idea for me to process all my feelings about that right now.

In previous columns about education I talked about how people want a longer school year, no layoffs, a greater focus on attendance, better funding that takes into account poverty or disabilities. But no consensus has emerged about how to address any of these concerns so there is not much to report out.

More discussion needs to happen. Elections will need to play out. We need to see how the economy is performing in December, and who knows what other problems will seem just as pressing by the time the legislative session starts in January. I think I have a good sense of what we will be tackling, but that column seems more appropriate to the proverbial "how I spent my summer vacation" essay for September or maybe even for January before the legislative session starts.

So that leaves me with healthcare. I swear, I had a whole summer of Medicaid two years ago, and it turns out that I am having a Medicaid summer again. Maybe that is to be expected when you chair the healthcare committee. It is HR1's fault. In case you don't remember, HR1 is the "one, big, beautiful bill" that passed in the Republican controlled Congress and was signed by President Trump on July 4, 2025. HR1 made all kinds of sweeping changes in healthcare, food and nutrition, taxation, transportation and immigration policy, to name a few. That bill is slowly being implemented, and it is slowly ruining my life. The changes I need to contemplate so our Medicaid program conforms to the policy and budget goals of HR1 are bad.

Right now, the main challenge with HR1 is how to administer eligibility for Medicaid benefits every six months as opposed to annually. (In Oregon because of a "waiver" that we got, thanks to President Biden, we do Medicaid eligibility every two years.) We also must make sure that eligible applicants are adhering to new work requirements and can document that they are working or looking for work. These changes all have to be ready to implement in January 2027.

Setting up a system and employing people to provide more frequent application processing is challenging. We already have seen more than 68,000 Oregonians experience reductions or the outright loss of their food stamp benefits because of HR1. (Food stamp benefit changes/reductions are on a faster timeline for implementation under HR1 than the Medicaid changes/reduction, but the eligibility requirements are similar for both programs.) Most people who became eligible for Medicaid under the Affordable Health Care Act (ACA) are working. The policy goal of the ACA's supporters was to provide health care for the working poor. Oregon got a waiver to do eligibility for Medicaid every two years rather than annually because we proved that biannual eligibility saves money in Medicaid operations and that the vast majority of people's incomes rarely fluctuate so much as to suddenly make them ineligible for Medicaid over a two-year period. So, let's be honest, the only reason we are doing a more strident examination of whether someone is working and doing an eligibility determination every six months is because it is the goal of HR1's proponents to kick people off Medicaid.

HR1 also changes the ways states can cover their share of Medicaid's costs. While the federal government provides most of the funding, the states have to come up with some money to cover their share. Oregon does that in part with hospital provider taxes and state directed payments. Explaining how they work is complicated technical writing. You just need to know that these two mechanisms have been used for a long time by our state and lots of others to help cover our share of the cost of Medicaid.

Right now, it is estimated that 200,000 people will lose their Medicaid benefit and that we will need to cut $421 million out of the program. If we cannot replace these cuts with general fund tax dollars (general fund tax dollars are the main source of the money we use to fund schools), and I don't think we can, we have to make cuts to the benefit. "Cuts" means either provide less care or less compensation to providers.

Less compensation to providers means fewer providers will see patients on Medicaid because they won't get the cost of the care they provided properly covered. That means it is harder to be seen when you have a chronic illness or an infection because there are not enough providers who will see a Medicaid patient at the rates that the state and our coordinated care organizations can pay. Of course, we could eliminate treatments and benefits outright like adult dental care or talk therapy. These two benefits are currently covered/provided under Oregon's Medicaid program, but are technically "optional." I suspect most of you think we should provide adult dental and talk therapy and they should not be eliminated.

Sigh. I know I ran for this job, but this is not what I signed up for. For the moment I don't have any great choices but we are just getting started so a lot could change. Stay tuned as I like to say.

New Community Garden Coming to SE Portland

By Naomi Granek Brown

Currently, the back yard of 3132 SE 67th Ave.—which hosts the Genesis Project, a local church, and the popular coffee shop The Porch—is an empty lot. But in just a few weeks, the vacant lawn will hold the South Tabor Demonstration Garden, open to the community, courtesy of Portland Edible Gardens.

Portland Edible Gardens is a local organization that supports home gardeners in growing their own food and produce. Primarily, they install custom garden beds and provide home gardeners hands-on support throughout the process of planting, growing and harvesting. As its founder and owner Ian Wilson says, "Portland is a place that really values...local food and sustainability." Yet, he noticed that there was a lack of resources for "actually getting hands-on support [with] home vegetable gardening," which inspired him to create Portland Edible Gardens in 2013.

Wilson describes Portland Edible Gardens's mission as "trying to support home gardeners in being successful in growing their own food." "There [are] so many benefits to growing your own food," he says. "Spiritual, physical, communal, psychological. There's a lot, a lot of benefits." Namely, he notes that home gardening minimizes use of fossil fuels, pesticides and herbicides, allows people to eat healthier, spend more time outside and helps "foster a relationship with nature in one's own space." These benefits extend to community gardens as well.

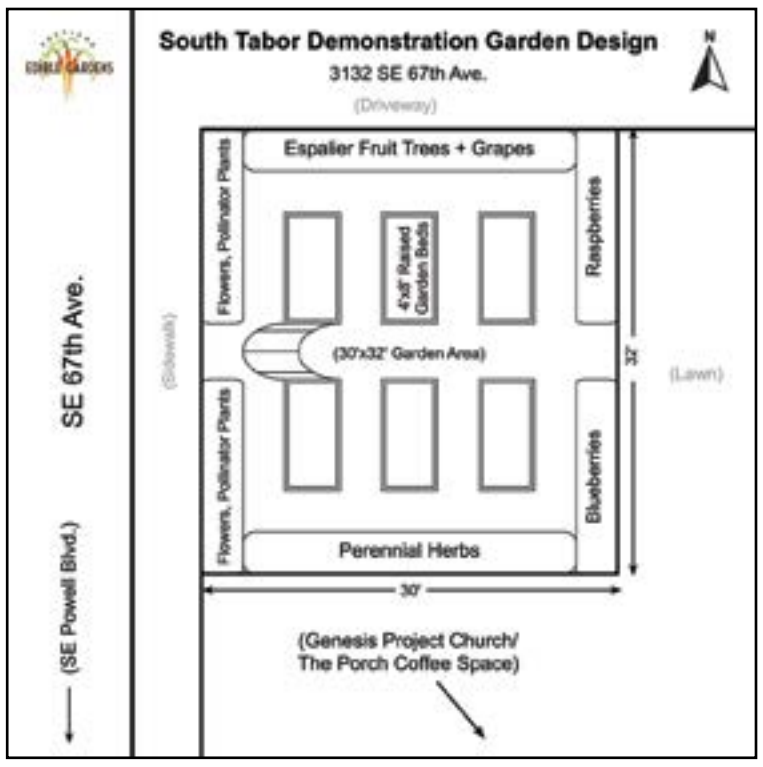
To build the demonstration garden, Portland Edible Gardens is partnering with the Genesis Project, which Wilson describes as a church "rooted in building community…and making connections." Wilson approached Brett Prior, Lead Pastor at the Genesis Project, about using part of the vacant lot in their backyard, and the project grew from there. Wilson says that Prior felt that the idea of starting the demonstration garden was well aligned with the church's mission and a great extension of its role as a community hub. "We feel really excited about the way that this garden is going to be…another place for people to gather formally [and] informally, because it's going to be a beautiful, productive garden space," he says.

This will be Portland Edible Gardens's second demonstration garden, though it is "the first one that has a lot of intention," Wilson says. "We built a demonstration garden in North Portland about five years ago, but it…happened sort of spontaneously." Portland Edible Gardens was building a garden for a customer who didn't know what she wanted to do with the space, and they had "always wanted to have a communal space where we could teach classes, so that one was sort of the prototype." Additionally, this garden is just across the street from Portland Edible Gardens headquarters, which will allow them additional ease when cultivating the garden and leading programming.

The garden, Wilson says, is "an amazing opportunity to continue to…advance our mission, and do it in a place that's really close to home." While he feels Portland Edible Gardens is very effective at supporting home gardeners being successful in growing their own food, he acknowledges that "not everyone can afford and access [the] services that we're doing in people's backyards," so having a publicly accessible space where Portland Edible Gardens can offer the same educational services in a free context is "very exciting and really core to our mission."

Portland Edible Gardens plans to host various community workshops and events in the garden. These classes will be donation based and open to all, realizing their goals of serving the community. In the future, Portland Edible Gardens plans to host monthly workshops from March to October focused on home vegetable gardening techniques, care and planting of berries and fruit, care of mason bees and similar topics.

Wilson is very excited about the garden and the opportunities it will bring. "I feel like I have a clear idea of a lot of the benefits of this garden, but I also am excited about all the unforeseen kinds of ways that this garden brings people together, and what it's going to mean to have a space like this in the South Tabor neighborhood."



A diagram of the new demonstration garden being built by Portland Edible Gardens. Image by Portland Edible Gardens.

The garden itself will be 35x38 feet, totaling 1,330 square feet, with six raised garden beds made of sustainable juniper lumber materials, automated irrigation and accessible pathways. Surrounding the border will be plantable space that Portland Edible Gardens plans to fill with herbs, berries and native and pollinator plants to support the garden ecosystem. In the future, they also plan to expand the scope of the garden to include a shed, more raised beds and an outdoor classroom. The garden will take up about a quarter of the lot, in the space directly along the sidewalk of SE 67th Ave.

The first stage of the garden—the construction of the raised beds, irrigation and planting spaces along its borders—is being funded by a grassroots giving campaign, with the goal of raising $12,000. As of July 22, $8,555 has been raised.

Portland Edible Gardens plans to donate produce from the garden to the food pantry at Kellogg Middle School, which they have an existing partnership with. At the time of publication, the garden will be mid-construction. The first community workshop (about growing fall and winter vegetables) is scheduled for Saturday, August 15, 10 am, as well as a party at 12 pm on the same day to celebrate its opening.

More information about the demonstration garden, including upcoming workshops and programming, can be found on Portland Edible Garden's website.

CORRECTION

In "The Impact of TriMet's Service Cuts in SE Portland" in the June issue, an incorrect figure on the 2026 ticket revenue for TriMet was reported. The correct amount was a projected $71 million.

The Southeast Examiner regrets the error.

Boredom, as a Catalyst For Motivation, Creativity and Imagination

By Megan Orton

We're in the home stretch of summer, and August is often when summer vacation starts to feel really long for parents. Trying to get things done while keeping the kids entertained all day can be really frustrating. It's so easy for screens to become the default solution because they zap summer boredom better than any invention we've ever had.

There's been a huge cultural shift around kids' boredom in the last 40 years. Anyone who grew up in the 80's will remember that Boomer parents trusted that their kids had the skills to deal with boredom. They didn't see it as a "problem" to be solved. 80's kids had hours and hours to develop boredom skills—boring car rides, a sibling's boring T-ball game, boring adult conversations—there were dozens of boring things that were part of every day because Silicon Valley hadn't yet invented the Instant Boredom Zapper.

Today the culture around boredom has changed. Now, we often perceive kids' boredom as a parenting failure and a sign we're not providing enough entertainment, excitement or enrichment. This puts a lot of pressure on busy parents and creates parental guilt. When boredom becomes a parent's problem to solve, we are much more likely to hand over a screen.

Here's an interesting statistic: the number of hours American parents spend with their kids has doubled since 1995. Today we're putting in twice as much effort as our parents but still feeling like we're not doing enough. What if the reason it's so hard to keep our kids entertained isn't because we're doing too little, but because we're doing too much? This is what one Portland teacher and mother of three discovered. "Boredom!" she says, when asked about her secret for helping kids and teens develop motivation, creativity and imagination. "Kids do the most incredible things when they get truly, truly bored. But you have to be willing to let them get REALLY bored. If they're not doing something amazing, they're not bored enough yet."

Understanding that boredom is the secret sauce to a childhood full of creativity, imagination and motivation can help parents move away from the feelings of guilt. Boredom is uncomfortable for kids and as parents, we can have a hard time watching them go through it because we've forgotten that boredom has a purpose. Just as hunger is the feeling that motivates us to find something to eat, boredom is brain hunger. It's a feeling that motivates us to come up with something imaginative to do, but it has to become pretty strong before we're actually motivated to solve it.

Kids in the 80's had a ready list of things they loved to do when bored, and it was always front of mind because they had to use it all the time. That mental list rarely gets made by kids today. When parents fix a child's boredom, particularly with screens, it keeps the child from developing the skills to solve it themselves. Boredom in kids and teens isn't a

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Bw Business Walkabout

Dream Deli Awaits Portland's Sandwich Seekers

By Norah Dobrot

The entrance to Dream Deli, a newer addition to SE Portland's food scene. Photo by Norah Dobrot.

It's a warm summer afternoon, and Dream Deli is bustling. Music is playing softly inside and, seated at the row of tomato-red outdoor tables, customers are enjoying a variety of sandwiches, salads and house-made sodas. The restaurant, which opened in late November of 2025, feels well-situated on the sunny corner of SE Division St. and 35th Pl.

For Jessie Levine, who co-owns Dream Deli with her husband, chef John Bissell, the restaurant's sense of belonging is no surprise. "Ever since we got to Portland, it's apparent it feels like home," she says. "We knew we definitely wanted to open a restaurant in SE."

Inspired by Bissell and Levine's Jewish and Italian heritage, Dream Deli's menu is also guided by "the North Star [of] sourcing and working with ingredients from the Pacific Northwest whenever possible," explains Bissell.

For Bissell, who grew up going to all kinds of delis—"German, Italian, Jewish, Vietnamese," he lists—Dream Deli pulls from both heritage and personal experience. Dream Deli's corned beef sandwich, for example, is inspired by his "favorite sandwich from when we lived in Los Angeles: pastrami on untoasted rye with coleslaw and Swiss cheese."

In taking elements from both Italian and Jewish deli traditions, "There's some tension…. You often won't see pork in Jewish delis, but an Italian deli wouldn't be that without cured pork products," he explains. "Straddling that line is what we're doing." This concept is executed using locally-sourced and house-made ingredients.

"We're trying to be more of a place for the immediate community than a perfect replica of somebody's East Coast deli they grew up with, which we'll just never be," says Levine. The deli was named with this in mind: "We wanted the name to be a little weird to set people up with the right expectation.…There are definitely familiar flavors, if they're looking for traditional Jewish or Italian deli things, but it's in its own realm."

In Dream Deli's case, creating a unique restaurant included building the physical space. The location, previously a boutique, "was essentially just a concrete window box," when the restaurant's lease was signed, explains Levine. With the help of a contractor, Levine and Bissell took on, as Levine put it, "the wild process of DIY building a restaurant in a space that wasn't one before." Just as in creating their menu, Bissell and Levine looked for sources in the community, employing local carpenters and artists to help create the restaurant.

More recently, the spring-time addition of outdoor seating greatly expanded the restaurant's seating capacity. "It's really nice to have a place for our guests and community to sit," comments Levine.

Bissell has 19 years of professional cooking experience under his belt, which has taken him from Colorado to Los Angeles to Portland, where he ended up working at Italian restaurant Ava Gene's—just a few blocks away from the deli—as executive chef. Bissell seems to enjoy the shift from fine dining to a more casual environment: "This is a place where family, community members, friends can pop in once, twice a week," he says. "It allows me to feel more in touch with our clientele."

Levine's background is in public relations and marketing, which she continues with Dream Deli. "I'm here at the deli usually three days a week, but a lot of my work happens behind the scenes," she says. Marketing, business administration, customer service and catering coordination all fall under her purview.

Many of Dream Deli's ingredients are sourced locally, including bread from Good Dough, brisket from Carman Ranch and tomatoes from Eloisa Organic Farm. Some of these connections were made by Bissell back at Ava Gene's, which has "a very farm-to-table concept," explains Levine. "He had built really strong relationships with the farmers and the growers and the purveyors, so he knew exactly the map where we would source [from]," she adds.

Other ingredients are prepared in-house, including pickles, corned beef and turkey. "It's a big math problem to figure out how to get everything ordered and brined and cooked on time. But it's a very fun challenge," says Bissell.

Levine describes Dream Deli as a place of "choose-your-own-adventures," some patrons come alone to have a cup of coffee and a knish; others come in groups for celebratory lunches. One of the residential neighbors asked Bissell to make pretzel buns for backyard barbecues, and the deli has catered "everything from baby showers to celebrations of life," says Levine. "We're still pretty new and trying to feel out what this immediate community needs and how we can be part of that," she explains.

Less than a year in, it's clear there's much in store for Dream Deli. In the immediate future, Bissell is looking forward to spicy peppers being in season. "We've been wanting to make our own hot sauce for as long as we've been open," he says, "and hot peppers are right on the horizon." Levine is excited "to plan and host one-off events or parties or pop-up dinners," she says, an aspect of the restaurant she's always been eyeing but that there has not been time for with "the day-to-day of running a restaurant within its first year." There's lots to enjoy in the present moment, too. As far as the fresh, local produce the deli incorporates goes, "We are in the throes of the best season," says Bissell.

Dream Deli
3542 SE Division St.
Tuesday-Sunday, 11 am-3 pm
dreamdelipdx.com

New Greenway Construction Along SE Tolman St.

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New sidewalk ramps on the corner of SE 72nd Ave. and SE Tolman St. Photo by Thom Stone.

of the plan.

The project is intended to address community needs as determined via community outreach, which included online surveys, community walks, a community advisory committee and many other opportunities for neighborhood input from 2021-2023.

Once construction is complete, people will be able to walk, bike and roll east of 52nd Ave. with new crossing improvements (like ADA curb ramps) at multiple busy intersections, including SE 82nd Ave. which is part of a separate project.

Some changes have already been made; one intersection improvement at SE 72nd Ave. and Tolman St. was recently completed. New sidewalks are in the process of being installed and should be finished within days of this issue's publication.

Among other additions and changes that will be made soon are the addition of more speed bumps, pavement markings and wayfinding signs to guide people to areas of interest. PBOT's construction contractor will construct three to four bumps per day between 7 am and 4 pm; notices will be sent to impacted properties within a 500-foot radius at least two weeks before construction begins.

Although such blockages may inconvenience some residents of the neighborhood, greenway projects generally move quickly so the construction won't impede them for long.

Portland currently has 150 miles worth of neighborhood greenways and there are still more than 200 miles that have been identified by PBOT as future neighborhood greenways.

Among other similar greenway projects included in the Lower Southeast Rising Area Plan are more improvements along SE Tolman St. to the west of 52nd Ave. although that would involve unpaved roads which would make it more complex. The plan also identifies improvements for key north-south routes although they are less clearly defined.

Provided that the city continues to have the funds and/or grants needed to carry out such plans, the Tolman Street Neighborhood Greenway project is only one step in creating greater connectivity throughout SE Portland and Portland's greenway network as a whole.

Adaptive BIKETOWN Relaunches with New Operator Nomad Cycles

By Amanda Howell

Nomad Cycles owner Brad Davis stands next to a new Hase electric tandem recumbent in the Adaptive BIKETOWN shop. Photo by Amanda Howell.

Adaptive BIKETOWN, Portland's adaptive bike rental program for those living with a disability or who can't ride the city's signature two-wheel BIKETOWN e-bikes, is back as of July 16 with Nomad Cycles at the helm. The program, which is supported by the Portland Clean Energy Fund (PCEF), expands access to cycling by offering a diverse fleet of hand cycles, trikes, recumbents, tandems and pedicabs to meet a variety of needs and comfort levels.

The program initially began as a pilot in 2017 alongside the launch of BIKETOWN and at the time, it was the first city-funded program of its kind. After a successful pilot, the program became permanent with Kerr Bikes, a social enterprise of Albertina Kerr, serving as the operator out of their existing bike and boat rental facility near OMSI on the Eastbank Esplanade. After eight years, Kerr Bikes closed up shop in September 2025 and the program was put on hiatus while the city sought a new operator.

The Portland Bureau of Transportation (PBOT) selected Nomad Cycles after a competitive selection process. Nomad Cycles' owner Brad Davis has a long history in the Oregon bike world and has spent years working on non-traditional bikes. He previously worked as a mechanic with Coventry Cycle Works, which specialized in recumbent and folding bikes, and got involved with EcoSpeed after a chance encounter with the owner at the Oregon Country Fair. EcoSpeed was, to the best of Davis' knowledge, the first e-bike business in Oregon, manufacturing motor systems that could fit onto existing bikes. This sparked a passion for e-bikes as far back as 2007, long before they were as ubiquitous as they are today. Davis started Nomad Cycles in 2015 with a focus on e-bikes and the shop has made a name for itself by specializing in e-bike conversions and maintenance.

In an email, PBOT staff expressed excitement at having Nomad as the new operator given Davis' extensive experience in the industry and his strong community connections. Nomad has taken over the former Kerr Bikes warehouse space on the Eastbank Esplanade, which is currently home to 24 non-electric adaptive bikes and six electric bikes. This includes a brand new electric tandem recumbent, the first of several new adaptive e-bikes that will be added to the fleet over the coming months. Tandems can be a great option for people with visual impairments by allowing for a "captain" to lead while the "stoker" can pedal without also having to steer, Davis said.

Davis noted that the features of some of the trikes and hand cycles in the fleet can be adapted for use by a wide variety of people. Pedicabs also open up a variety of opportunities for people with disabilities to experience the joy of cycling. Davis already has a regular coming in twice a week with her daughter, who has autism, to use a pedicab for a roll around the Esplanade.

For many people, adaptive bikes can be difficult to find, prohibitively expensive or simply unavailable to try before making a purchase.

Adaptive BIKETOWN helps break down barriers to access by making the entire fleet available to use for a nominal fee of $1 per rental. No proof of eligibility is required, but users must have a valid ID and a credit card to check out a bike. People can walk in or make appointments ahead of time by calling or emailing. Upon arrival at the shop, Davis helps people get fitted with the bike that works best for their needs. All rentals also include a bike tutorial and helmet. Once situated, riders have access to miles of car-free paths directly from the shop, including both the Eastbank and Waterfront Esplanades and the Springwater Corridor.

One of the benefits of having Nomad as the operator is that they can help facilitate the purchase and ongoing maintenance of a bike if someone finds one they love and wants to invest in their own. Adaptive BIKETOWN is complemented by Portland Rides, PCEF's new e-bike rebate program, which helps eligible residents purchase e-bikes at lower price points, including adaptive bikes. Together these programs help remove barriers to cycling and allow people of all abilities to experience the sights and sounds of the city in a way that is fundamentally different from other modes of travel.

Adaptive BIKETOWN is located at 1945 SE Water Ave., Building B on the Eastbank Esplanade and the shop is open Wednesday-Sunday, 11 am-5 pm. Staff can be reached at 971.484.5687 or adaptive@nomadcyclespdx.com. For more about Adaptive BIKETOWN and the history of the program, visit bit.ly/4vRvzOq.

Preserving Summer's Bounty

By Kris McDowell

Photo by Alina Kuptsova.

It's August already and as much as we may be trying to avoid the thought, the long, warm days of summer will soon be a thing of the past. With those days, also gone will be all of the wonderful produce bursting out of our gardens and at farmers markets. There's still time, however, to take steps to preserve summer's abundance to be enjoyed for months to come.

Oregon State University (OSU) Extension offers a wealth of trusted, research-based information on safe home food preservation. With their step-by-step guides, tested recipes and even hand-on classes, people can find ways to protect flavor and reduce waste while preserving food at home.

Canning has long been a great way to preserve food and, when done properly, foods will retain their nutrients and flavor. To avoid doing it improperly—and ending up with a product that doesn't taste good or worse yet, potentially causes serious illness—OSU offers information on selecting equipment and a guide to processing methods, plus advice on what foods to can. Get information on canning vegetables, fruits, tomatoes/tomato products and even seafood.

Canning, which some people may find daunting, isn't the only method of preservation, however. Many fruits and vegetables can also be frozen and it's one of the simplest and least time-consuming methods of food preservation. OSU offers information on various methods of freezing—without sugar, packed in sugar syrup, packed in sugar alone, as well as using sugar substitutes. Dozens of fruits and vegetables can be found on their freezing instructions chart.

Drying or dehydrating foods is also a fairly simple process, albeit one that will take varying amounts of time (most of it hands-off, though). The guide is primarily written for drying in an electric dehydrator, however it also applies well to oven drying. There are sections on selecting, preparing and pretreating foods, as well as ones for storing and using dried fruits, making fruit leathers and recipes that use dried foods.

Other resources on OSU Extension's site, extension.oregonstate.edu/food/preservation, cover pickling vegetables, safely smoking fish at home, kimchi basics, making garlic- and herb-infused oils, making fresh cheese (queso fresco) safely and more.

In case questions arise, OSU Extension also offers a Food Safety and Preservation Hotline, 800.354.7319, that is staffed Monday-Friday during the height of the growing season, July through mid-October (9 am-4 pm). During the off season, voicemails are checked weekly. The helpline is staffed with certified Master Food Preserver volunteers who are trained and certified volunteers who assist OSU Extension Service in their efforts to provide up-to-date food safety and preservation information to Oregonians.

"Oregonians are fortunate to have so many wonderful foods that are grown or gathered in our

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Community News

Central Eastside Cleaning Changes

Beginning July 2026, Central Eastside Together (CET) began making important adjustments to their Clean Team operations as part of the ongoing program evaluation and in response to feedback from the community through surveys, listening sessions and outreach. One of the most consistent pieces of feedback they received is the need for more visible cleaning coverage throughout the district. To better serve Central Eastside businesses, their employees and visitors, CET is making three changes.

CET will begin putting more cleaners in the field, shifting from a fleet of two cleaning trucks and two tricycle cleaners to one cleaning truck and four tricycle cleaners. This change is intended to increase CET's presence along corridors where trash and debris are most prevalent, while also improving response times for service requests. With more staff actively working through the district, they will be able to provide broader coverage and respond more quickly to issues as they arise.

Photo by Central Eastside Together.

This year, CET piloted a partnership with the City of Portland's Impact Reduction Program to coordinate large-item removals. When City crews are working nearby, CET can effectively triage bulky items through their system, helping address issues more efficiently. The partnership has been highly successful and allowed CET to reduce their truck fleet from two vehicles to one.

Finally, CET is refining their service routes to focus on major corridors, high-foot-traffic areas and locations preparing for district events. Responsive services will continue to prioritize biohazards, drug paraphernalia and trash or debris that impacts business operations.

There are no changes on how to request services and dispatch processes will remain the same. Services are available Monday-Friday, 7 am-3:30 pm. To inform the CET team of high-need areas, email clean@ceic.cc or call 503.236.6830 ext. 700.

Reducing Mosquito Habitat and West Nile Infection

As mosquito activity increases during the summer months, it's important to remember that there are things you can do at home to help reduce areas where they breed. Standing water is prime breeding ground for mosquitos and it can be found in a number of places including water around potted plants, areas under decks and shrubs where water may accumulate, clogged gutters and old tires, unused containers and outdoor debris. Water in buckets, birdbaths, pet dishes and other containers should be emptied at least once each week.

Mosquitos and their bites are more than just annoyances. Mosquitos carrying West Nile virus are detected in Oregon every year, primarily in eastern and southern parts of the state, although infected mosquitos have been found throughout the Pacific Northwest.

West Nile virus is primarily spread through the bite of an infected mosquito. The virus can infect humans, birds, horses and other animals. Mosquitos become infected after feeding on infected birds and can then spread the virus through subsequent bites.

"Summer is a great time to enjoy Oregon's outdoors, but it's also the time of year when mosquito activity is at its highest," said Emilio DeBess, DVM, public health veterinarian at Oregon Health Authority's (OHA) Public Health Division. "Most people infected with West Nile virus may not develop symptoms, but some become seriously ill, especially those over 50. Taking a few simple precautions can significantly reduce your risk."

About one in five people infected with West Nile virus develop a fever and flu-like illness that can include headache, body aches, joint pain, vomiting, diarrhea or rash. Adults 50 and older, people with weakened immune systems and those with certain underlying health conditions are at greater risk for severe illness. In rare cases, the virus can cause severe neurological disease affecting the brain or nervous system.

OHA offers tips to protect yourself outdoors, including using an EPA-registered insect repellent according to label instructions; wearing long-sleeved shirts, long pants and socks; limiting outdoor activities at dawn and dusk, when mosquitos are most active; using mosquito netting over infant carriers and strollers; and repairing or installing window and door screens to keep mosquitos out of homes and buildings.

People experiencing a high fever, severe headache, stiff neck, confusion, muscle weakness, tremors or paralysis should contact a health care provider right away. Additional information about West Nile virus, mosquito prevention and surveillance activities in Oregon is available on OHA's West Nile virus webpage, bit.ly/4vNULp7.

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

CONTACT US AT EXAMINER@SEPORTLAND. NEWS FOR MORE INFORMATION.

Burn Ban Remains in Effect

As summer wears on, it's a good to remember that the burn ban Portland Fire & Rescue Fire Marshal and the Multnomah County Fire Defense Board issued in mid-June remains in effect throughout the summer season. The ban was issued due to forecasted high temperatures, projected limited rainfall and expected dry conditions. The burn ban includes recreational campfires, fire pits, yard debris, agricultural burning and permits issued for open burning.

"This decision is rooted in our responsibility to protect the community and our natural resources," said Fire Defense Board Chief Jason Kelly. "Conditions are quickly becoming hot/dry, and human-caused fires remain one of our greatest risks. Limiting open burning is one of our most effective preventative measures."

Outdoor barbecuing (grills, smokers and similar cooking appliances with clean, dry firewood, briquettes, wood chips, pellets, propane, natural gas or similar fuels) are allowed; however, residents should exercise extreme caution. When using charcoal briquettes, properly dispose of the ashes in a covered metal container away from combustibles, and keep the ashes wet for a few days before properly disposing of them. Maintain at least 10 feet between outdoor cooking and anything combustible such as siding, fences, shrubbery, etc.

SMART Reading Volunteers Needed

SMART Reading, a statewide nonprofit, reached 10,606 kids with reading support and/or books to keep and gave away nearly 70,000 books during the 2025-26 year. Their final sessions of the school year concluded with smiles and laughter, with volunteers knowing their time spent with students made a positive impact that will continue to ripple in their lives for years to come.

If you'd like to join them to make an impact, consider applying to be a Reader or Site Coordinator. Applications are accepted year-round and the SMART team will be in touch about summer and/or fall volunteer opportunities in your community.

Being a Reader is a weekly, one-hour volunteer commitment at a local elementary school or preschool. Volunteer Readers provide literacy support to kids and help foster a love of reading through fun, child-guided reading sessions. At some sites, Readers read one-on-one with students; at other sites, a volunteer leads an interactive read-aloud for a classroom.

Site Coordinators are the on-site lead for SMART Reading at an elementary school or preschool. They work with SMART Reading staff to train Volunteer Readers and oversee the program at their assigned site throughout the year, including facilitating book giveaways to students and acting as a liaison with the school. The commitment is typically two to eight hours per week, depending on the size of the program.

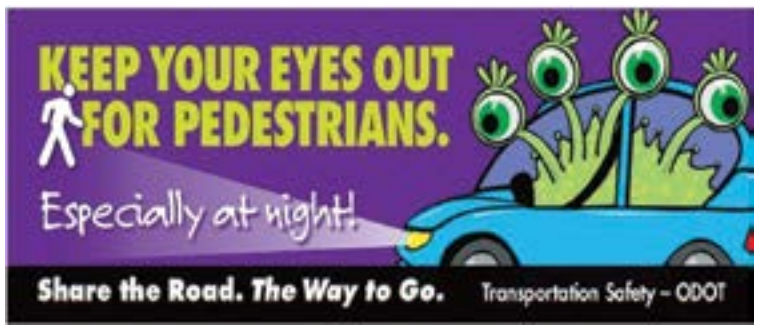
All volunteers complete an online orientation and on-site training. For more information and to apply, visit smartreading.org/volunteer.

Central Eastside Commuter Passes Available

The Central Eastside Commuter Pass, designed for individuals who live or work in the Central Eastside, is one of the best and most affordable ways to get around the district. For just $17 per month for six months, pass holders get unlimited rides on all TriMet services through a Hop Card.

The program is open to residents and employees in the Central Eastside Industrial Parking District (Zones G and N) which covers the area east of the Willamette river to SE 12th Ave. and I-84 south to SE Powell Blvd. See the map at centraleastside.biz/commuterpass for details on the zones.

Both new and returning participants can apply at form.jotform.com/242395495707165. Once approved, people will receive a loaded Hop Card. The program is not available to individuals participating in a PCC, TriMet Universal Pass or the Transportation Wallet Program. Note: passes may sell out.



Community News

City Rate Increases in Effect

The rates and fees Portlanders pay for the critical investments in the systems they rely on every day, like water, sewers, streets, parks and garbage pickup have increased. The City's costs to operate and maintain these systems have increased and, in turn, the rates and fees to cover those expenses have increased, effective July 1.

Sewer and stormwater rates increased 5.15 percent and water rates increased 8.1 percent. Together, the city estimates that these changes will increase the typical single-family residential customer's utility bill by 6.36 percent, or about $10.20 per month. The exact changes to bills will depend on the customer's use, property and account type. The rate increase is needed to cover the rising costs of providing clean drinking water; moving and treating wastewater; and safely managing stormwater, as well as supporting necessary investments in the infrastructure these services rely on, like the Bull Run Filtration Project.

Most residential customers will also see an increase on their monthly garbage bill, ranging between $1.20 and $2.25. The increase is primarily due to the increased costs of providing garbage, recycling and compost service due to inflation, increased cost of labor and higher garbage and compost disposal fees.

Portlanders will also see a new Flood Safety Benefit Fee added to their utility bill. The fee will be collected through the utility bill, but it is not a sewer, stormwater or water charge. Rather, the Flood Safety Benefit Fee funds the City's annual payment to the Urban Flood Safety and Water Quality District. The District started charging the City of Portland for the cost of maintaining the levees, pump stations and other infrastructure that protects people living and working along the Columbia River from flooding. For the typical customer, this fee is about $1.20 per month.

Two areas that may or may not increase their fees are permitting and development and parking. Permitting and development fees, which includes permit fees for building, electrical, plumbing and accessory short-term rentals, may not increase at all, while others will increase to cover their costs.

A variety of parking fees changed July 1 for the 2026-27 fiscal year to support cost recovery and inflation. The changes ensure that parking services are funded sustainably and that fees match the actual cost of providing and administering these programs. SmartPark Garage hourly rates will increase by $0.15 and the weekday all-day rate will increase by $1 in all garages. On-street pay-to-park rates will increase by $0.20 per hour in the downtown, Central Eastside and NW parking districts. The transaction fee will increase by $.05 to cover the cost of processing credit card transactions.

For additional details about the changes, visit portland.gov/hello/news/2026/6/30/city-rate-increases-kick-starting-july-1.

Belmont Library to Reopen Mid-August

Exterior rendering of Belmont Library. Rendering by Bora Architecture & Interiors.

Multnomah County Library has announced that the Belmont Library will reopen Saturday, August 15 as a transformed space that is more than twice its original size. The project is the final one stemming from the 2020 Library Capital Bond, which included 20 projects.

Belmont Library is one of the busiest locations in the entire county for circulation, yet it had one of the smallest footprints before the expansion (to approximately 6,000 square feet). To recognize its role as a beloved location, all of the updates are the result of extensive community and staff engagement with features for the community to enjoy. Gifts to The Library Foundation supported the creation of an interactive early learning space, a teen room for students to gather and study and a mobile creative learning lab.

During the construction of Belmont Library, a temporary location was established at 3557 SE Hawthorne Blvd. to provide patrons with a space for holds pickups, wi-fi printing, scanning and more. The temporary location will be closed to the public starting Monday, August 3 in order to move books, furniture and other materials out of the space and help staff prepare the updated Belmont Library for patrons.

To celebrate the opening of the new, expanded Belmont Library, the library is hosting two, fun-filled days of activities for the community Saturday, August 15 and Sunday, August 16. Beginning with a ribbon cutting Saturday and followed by music, dancing and more, there will be plenty to do while exploring the new features of library. Stay up to date on details and see a full listing of the library's new features at multcolib.org/building-libraries-together/belmont.

Big Changes Coming to TriMet Late August, MAX Green Line and 33 Bus Lines Effected

TriMet is urging riders to plan ahead and prepare for big changes coming to the system beginning Sunday, August 23. TriMet's website, trimet.org, has been updated to include the adjustments to help address the current $158 million long-term budget deficit. The adjustments affect 33 bus lines and the MAX Green Line.

The service adjustments are part of TriMet's multi-year strategy to resolve their deficit by reducing expenses and increasing revenue. The changes streamline TriMet's service, focusing on areas where people are most likely to ride, while reducing duplication and eliminating service where ridership is very low.

TriMet worked closely with riders and the community to shape the changes. Dozens of bus lines will be combined or adjusted where routes overlap or run closer to one another. Some routes will be adjusted to maintain service in higher-ridership areas while other bus lines will run less often during hours and days when fewer people are riding. In SE Portland the changes affect Lines 19, 4 and 10.

The MAX Green Line will run a shorter route, operating only between Gateway and Clackamas Town Center transit centers. Riders will be able to connect with other MAX lines at Gateway, and for many, a bus line may provide a faster option to reach downtown Portland.

Later this summer, TriMet will make another update to the Trip Planner feature to include information on buses serving Portland high schools. That service will continue, but some students may have to adjust their trips from previous years.

View detailed, line-by-line changes at trimet.org/servicechanges/2026august.htm. To submit comments and suggestions, visit trimet.org/hello or call/text TriMet Customer Service weekdays, 7:30 am-5:30 pm.

AUGUST EVENTS

OPEN GARDEN EVENT – The Multnomah County Master Gardener Association holds an open garden event at their demonstration garden Saturday, August 8, 10 am-2 pm. Tour the one-acre site and learn about growing veggies and fruits, native plants, pollinators and more. There will also be a kids activity table, garden craft ideas and MC Vector Control, Master Gardeners and Master Preservers on site to answer questions. Enter on SE 57th Ave. through the gate (about 500 feet south of SE Duke St.) and follow the path to the garden. Email questions to demogarden@multnomahmastergardeners.org.

LLOYD MALL HISTORY TALK – The Architectural Heritage Center (AHC), 701 SE Grand Ave., hosts a talk by Dr. Tanya March and Norm Gholston, AHC Programs Manager, on the history of Lloyd Center Mall and the history of ice skating in Portland Saturday, August 8, 10-11:30 am. Tickets ($15 members/$20 general public) available at visitahc.org.

ICE CREAM SOCIAL – The Friends of Portland Community Gardens hosts an ice cream social in Sewallcrest Community Garden (SE 32nd Ave. and SE Market St.) Saturday, August 15, 1-3 pm. Enjoy ice cream, learn about the city's community garden program, tour Sewallcrest Garden and learn about the work the Friends of Portland Community Gardens do to help community gardens in Portland. Visit portlandcommunitygardens.org for more information.

HARM REDUCTION TRAINING – Rahab's Sisters offers a free community-based overdose prevention and harm-reduction training Tuesday, August 18, 6-8 pm at 232 SE 80th Ave. Learn about the importance of harm reduction, how to provide compassionate care to people who use drugs and how to administer nasal Narcan/Nalaxone. Additional details and registration at bit.ly/4y1muot.

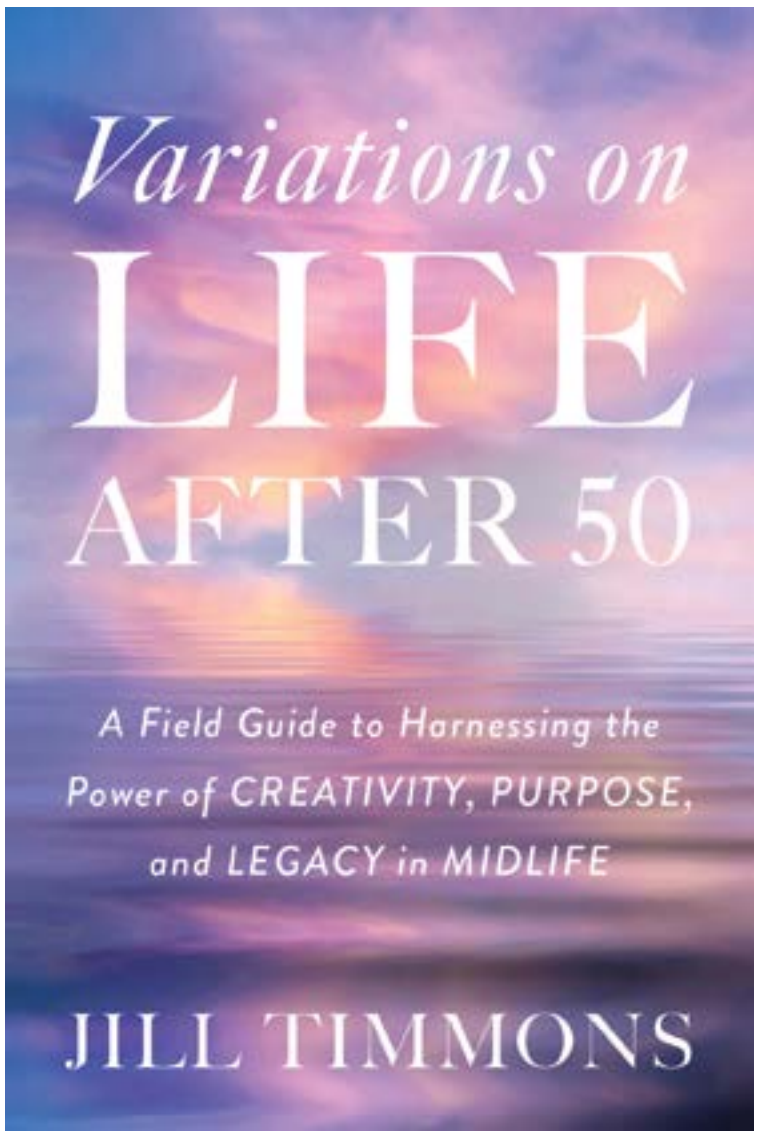
OREGON FUCHSIA SOCIETY SALE – The Oregon Fuchsia Society holds its annual hardy fuchsia show and sale Friday, August 21 (12-6:30 pm), Saturday, August 22 (9 am-6 pm) and Sunday, August 23 (9 am-2 pm) at Portland Nursery, 5050 SE Stark St. Fuchsia blossoms will be on display and pots of hardy, perennial fuchsia will be available for purchase. Members will be present to answer questions on fuchsia varieties and care. Visit oregonfuchsiasociety.com for additional information.

EXPLORE MT. TABOR PARK – Portland Parks & Recreation's Explore Your Park Series visits Mt. Tabor Park Wednesday, August 26, 11 am-1 pm. The free, drop-in program for all ages offers hands-on activities, scavenger hunts, creature features, guided park tours and more. See portland.gov/parks/environmental-education/explore-your-park for details.

PORTLAND FLEA – The free, family-friendly event takes place Sunday, August 30, 11 am-4 pm at The Redd, 831 SE Salmon St., offering a day of local shopping, snacks and community vibes. Visit pdxflea.com for a list of vendors and additional details.

Variations on Life After 50

By Sandy Miller



Piano virtuoso Jill Timmons has performed to rave reviews in the US and abroad for decades. She is an artist/teacher affiliate with Portland's Classic Pianos and a Linfield University professor emerita. Through her business, Artsmentor, LLC, she also works with other musicians who are navigating change in their lives and careers.

A fourth-generation Oregonian, Timmons has fond early memories of time spent on her grandmother's farm in Boring, learning to cook, reading great literature and playing the upright piano. She has long loved the Oregon coast, spending childhood summers in Manzanita in a barebones cabin with no phone and a wood stove for cooking. Along with her father, she was rescued at sea by the US Coast Guard a mile offshore when shock waves from the 9.2 magnitude 1964 Alaska earthquake capsized their boat. "I have lived all over the US and in France," she says, "but Oregon has been my heart place." She and her husband now reside in Netarts.

In *Variations on Life After 50: A Field Guide to Harnessing the Power of Creativity, Purpose, and Legacy in Midlife*, she addresses her fellow Baby Boomers, who are beginning to surf their "Third Wave"—that phase at midlife when they answer their soul's calling for greater authenticity, while also facing life's inevitable changes and losses. This book offers a strategic field guide on how to ignite the power of creativity to meet both the challenges and potentialities of life in the Third Wave.

Johann Sebastian Bach's Goldberg Variations (BWV 988) is a musical composition originally written for the harpsichord in 1741. The work consists of an aria followed by 30 variations—some contemplative, some lively. The last variation, called a quodlibet (Latin for "whatever you please"), is a playful reprise of the aria mixed with parts of two popular German folk songs from the period.

Inspired by performing the Goldberg Variations, Timmons in her new book has crafted 30 short variations with titles like "Creativity and Soul," "Gratitude," "Preparing the Ground for Your Creative Calling" and "Life and Death." Each variation is introduced by a thought-provoking quotation. For example, from transcendentalist Ralph Waldo Emerson, "It is not length of life, but depth of life." Or from Chinese philosopher Lao Tsu, "The path into the light seems dark." Each variation ends with "Here's an Idea!" which serves as a prompt for a short journaling activity that readers may find useful in sparking their own creativity.

Liminal space, a key concept, is "betwixt and between"—the borderland between loss or change and a new life that has been informed by that experience. A useful tool for traversing liminal space, she suggests, is the Native American medicine wheel, a circle divided in quarters by the four cardinal directions. This wheel can provide an actionable template to ignite one's creativity. Beginning at the North, the task is to show up and to enter with an open, "beginner's" mind in search of a creative vision-plan, something that is fueled by curiosity, passion and a sense of inevitability—something that one cannot not do.

When this right action has been identified, movement proceeds clockwise to the East to activate the plan through creativity, including time management. Many Third Wavers have significant life commitments to family, community and work, so this is an essential step—but momentum and energy follow from having found this creative purpose. In the South of the Wheel the creative product is realized, and in the West it evolves into service, wisdom, gratitude and abundance—all of which reflect one's legacy. As we harness our own creative spirit, again revisiting the Medicine Wheel, we become Life Artists.

In her own quodlibet, Timmons invokes many notes from the previous 29 variations in her book, while reflecting on two creative paths that have been key for her own journey: food and music. Like the Bach Goldberg quodlibet's folk songs, they suggest joy, delight and abundance.

Along with compelling studies on aging and the distilled wisdom of both poets and pundits, *Variations on Life After 50* is richly peppered with personal anecdotes and inspiring stories of people who embraced their own Third Wave with resilience, creativity and joy in the face of loss and change. The book speaks both to readers still working at a "job" and those who are ready to craft new ways of living and thriving. Advice from Timmons: retire the word "retirement," and never stop moving toward your soul's desire. Third Wave Life Artists have much to offer their community and the world.

The book will be released on August 4 and can be purchased directly from Simon & Schuster (simonandschuster.com/authors/Jill-Timmons/252816907), locally at Powell's Books and through other national and online retailers.

Merger May Create Opportunities to Relieve Train Blockages in SE

from page 1

Overview of Brooklyn Intermodal Terminal. Photo by Union Pacific.

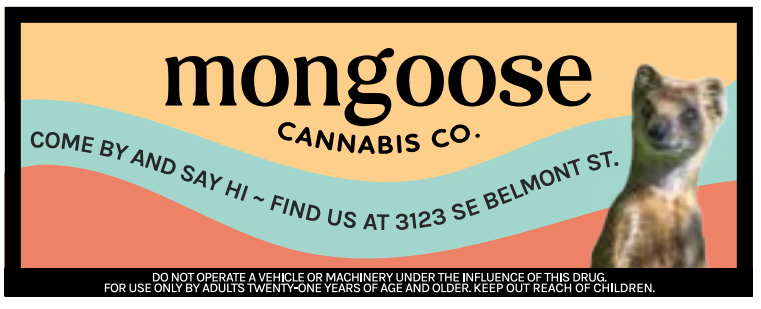
With typical duration blockages, it is an afternoon-altering event—not being a few minutes late to an appointment, but missing the appointment altogether."

At least recently, Enkamp says that District 3 Councillor Steve Novick has been more responsive than prior city officials to HAND's efforts, and it's been refreshing to have him "hear" the problem. Novick himself notably pushed for Portland's notice of intent on the planned $85 billion merger between UP and Norfolk Southern—which would create the first coast-to-coast transcontinental road.

The US Surface Transportation Board (STB) must now examine if the merger would disrupt, hurt or unbalance trade markets, the environment and the public. This could lead to an opportunity where settlements are made to mitigate impacts. Organizations like HAND and the Brooklyn Action Corps can comment with review from the STB, and Enkamp says they are reportedly taking them seriously. "I don't know what we (HAND) are going to say yet. We are likely to ask for some operational change or some infrastructure change to provide some relief."

As noted earlier, the Brooklyn Action Corps already submitted theirs to the STB and notably said, "Knowing that a merger with Norfolk Southern will increase activity at Brooklyn Yard by more than 20 percent, and acknowledging the continued lack of necessary investments on the part of UP to effectively mitigate impacts to the surrounding community, we are concerned about the merger unless it is made conditional upon resolving the root cause of blockages associated with routine yard operations."

While hopeful, Enkamp is cautious about whether substantial improvements like an updated crossing or bridge to provide relief will happen. "I don't want to say never, because it could happen, but I don't really see the endgame."



PHAME, an Arts School For Adults With Disabilities, Opens Near Ladd's Addition

By Ellen Spitaleri

After years of holding classes in various places, PHAME has finally landed on a new program space to call home. The building, at 2446 SE Ladd Ave., has almost everything that Carrie Siahpush, the new executive director, wanted, including a parking lot, TriMet access, a coffee shop across the street and welcoming neighbors.

The only things missing are walls. Currently the building is a large open space with room for visual arts, music and dance classes. There are separate rooms for technology and editing classes and a much-needed student lounge. A construction project in February will add walls to house a dance studio, a recording studio and four self-contained classrooms.

The building is called The Robin, Siahpush noted, named after a donor "who helped us get into the building; it reminded her of a family member who passed away."

PHAME is a local organization that empowers adults with intellectual and developmental disabilities to lead full, creative lives through arts education and performance. It was founded in 1984 as a creative alternative to the Special Olympics. "The core values of PHAME include imagination, equity, dignity, joy and belonging," Siahpush said.

"Our primary responsibility is ensuring that PHAME is secure, well into the future. People with intellectual and developmental disabilities will always need a place to create that prioritizes them," Siahpush said. She added that it is important for all students to have a safe and healthy environment and that classes are all taught by educators who have a high level of experience working with people with disabilities.

In addition to a full roster of classes, which will begin again in September, PHAME students take part in a big production, staged in professional performance spaces around Portland, Siahpush said. In the past, the group has performed at Portland Playhouse and Revolution Hall, among others.

In 2023, PHAME students presented "Stop Making Sense," a multimedia production inspired by Talking Heads' 1984 concert film of the same name. The production, staged at Revolution Hall, was a huge success, Siahpush said, adding that many audience members did not realize that performers had disabilities.

PHAME accepts students aged 18 and above; they find out about the organization through word of mouth and from independent centers where students are residents. Many parents know each other through support groups, and they tell others about the classes offered at PHAME, Siahpush said.

37 arts-based classes are scheduled each week and there are three, 10-week terms. Students can take classes in person, online or a hybrid of both. Classes include dance, drumming, drawing, storytelling, digital photography, acting, podcasting and more.

"All of our teaching artists are trained educators and are paid," Siahpush said. She added that not all the teachers have worked with students with disabilities, but the curriculum guides new teachers, and sometimes new teachers are paired with a veteran teacher.

Students do pay tuition, which Siahpush said was "below the market rate," and there is tuition assistance for students unable to pay the full amount.

Siahpush added that she ultimately hopes to share the space in The Robin with other arts organizations. Classes run Monday-Thursday, 10:30 am-6 pm, so there are times when the site is not used and could host community-based meetings.

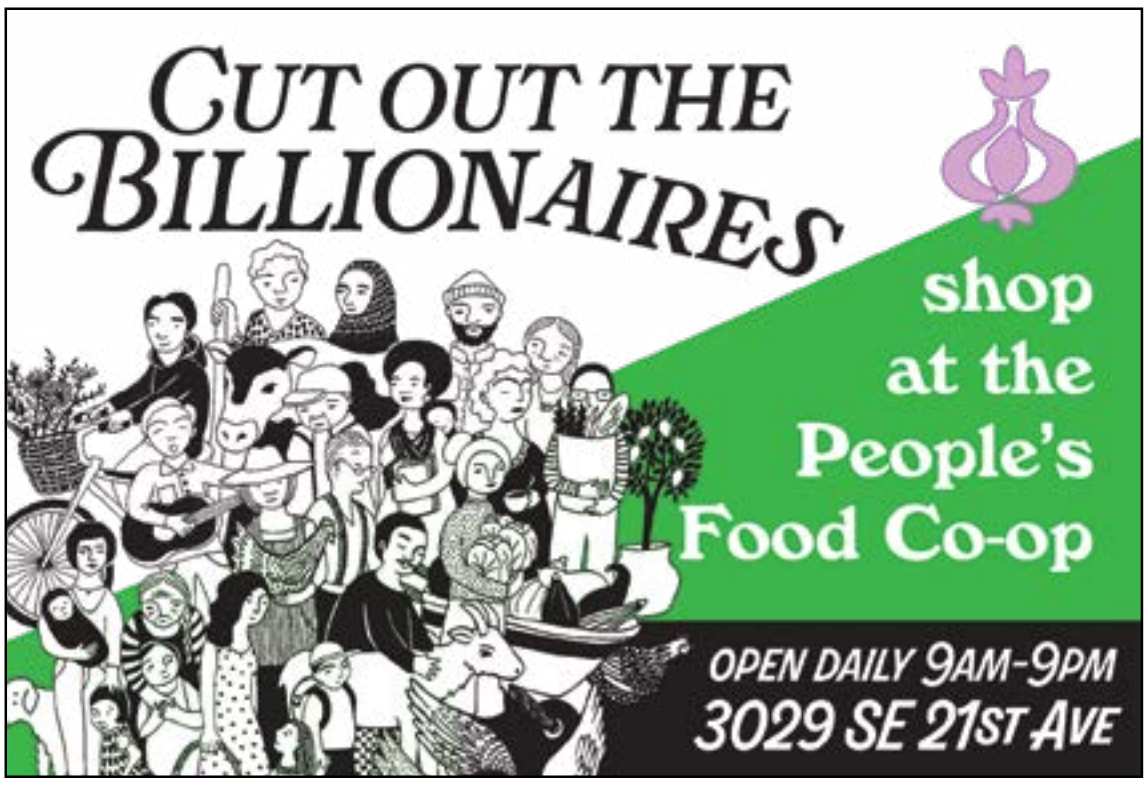
She noted that the best part of her job is "being part of the joy students experience when they are making art." Sometimes she sees a student fail at a specific task, but then they get up and try again. "The students support each other and learn to be proud of themselves," she added.

Dave Chachare, a teaching artist who has been with PHAME for 10 years, leads a drumming class in the new program space on SE Ladd Ave. Photo by PHAME.

Siahpush said that she is most proud of the community that PHAME has created. She added, "This is a place full of laughter, creativity and imagination. Students know they can show up exactly as they are."

"We're transforming how disability is seen and understood by amplifying artists' voices and celebrating their work," She said, adding that "we envision PHAME as an enduring cultural beacon. Together, we're building a future where people with intellectual and developmental disabilities are central to community life-belonging, leading and creating without barriers."

Visit phamepdx.org for more information.



Arts & Entertainment

SummerFest at Taborspace

Taborspace Nonprofit Community Center is proud to announce its second SummerFest Benefit in its welcoming yard Saturday, August 15, 4-8 pm at 5441 SE Belmont St. The event will have plenty of entertainment for the whole family, with a magician and silent disco.

Stefano the Magician kicks things off at 4 pm. The side-splitting showcase of magical mayhem is perfect for kids and kids-at-heart. Watch in awe as objects disappear, reappear and sometimes even do the cha-cha-cha. Stefano promises a laugh-a-minute extravaganza that'll leave your cheeks sore from smiling.

The silent disco, 5-8 pm, is presented by partner Community Beats, a local non-profit organization bringing people together from different communities. With three channels of family friendly music and personalized volume control, there's something for everyone. Proceeds from the sliding scale donation and $10 suggestion for headphones goes towards sustaining Taborspace.

Taborspace events are about more than just music, they're about creating a space where everyone feels welcome to move and connect. These gatherings break down barriers across age, ability and background, offering a unique opportunity for neighbors, families and strangers to come together in a shared experience.

Small Band Concert

Saturday, August 15 Lighthouse Community Yoga (9161 SE Foster Rd.) hosts a fully acoustic, collaborative night of music that caters to the crowd that enjoys shows that end by 9 pm. There is no Mountain, Morning Breath and The Glyptodons will be trading off tunes, and joining in on each other's songs. Each band will perform a five-song mini set, featuring copious harmonies and feel-good vibes.

Tickets (sliding scale, $10-$20) available at momence.com/57911/upcoming-events/139823399. Due to the small size of the venue, people are encouraged to get their tickets in advance.

Doors open at 7 pm with the show starting at 7:30 pm. Seating available includes chairs, bolsters, floors and standing. An afterparty takes place at The Zed, just two blocks away.

PFCAT Film Festival

Portland Festival of Cinema, Animation & Technology's (PFCAT) 14th annual festival takes place Tuesday, August 18-Sunday, August 23 at OMSI. Now in its fourth year in Portland, the festival has expanded to six days in response to record film submissions. The annual event brings together animators, filmmakers and audiences for screenings, presentations and networking events celebrating visionary filmmaking and animation.

Festival programming will utilize OMSI's Empirical Theater, Kendall Planetarium, Auditorium and Theory spaces and feature more than 150 films from over 30 countries. The schedule includes both live-action and animated features, alongside a robust slate of short films from emerging and established filmmakers. With more than 100 animated films, PFCAT is among the largest animation-focused events in North America.

PFCAT's headlining presentation is the Oregon premiere of the feature film *Sender*, directed by Russell Goldman. The thriller had its world premiere at SXSW 2026 and its cast includes Jamie Lee Curtis, Britt Marling and Rhea Seehorn. Goldman will attend the festival for a special discussion with audiences.

Other featured events include a keynote presentation by Matthew Inman, creator of The Oatmeal, followed by the Pacific Northwest festival premiere of *My Dog: The Paradox*. Portland-based animation studio Imaginary Planet collaborated on the short animated film based on the viral webcomic.

Saturday, August 22, 11 am-2 pm PFCAT will host the PFCAT Creator Expo. Free to attend with advance registration, the Expo will connect attendees with organizations, programs and resources supporting creativity, specifically in filmmaking and animation. The event will feature hands-on activities and opportunities to engage with industry professionals.

The full slate of programming, film selections, panels, special guests and ticket information is available at pdxfestofcinema.com.

Pro Wrestling at Gigantic

Pro Wrestling returns to Gigantic Brewing (5224 SE 26th Ave.) Saturday, August 8 for a night of body slams, beer slams and pure chaos. The biggest brawlers in the Pacific Northwest are coming to settle the score inside the squared circle.

First, The Real Deal Carl Steel goes head-to-head with The Scholar. One man brings fists of steel. The other brings a head full of knowledge. But when the bell rings, there are no textbooks—only pain—and only one leaves with bragging rights.

Then it's JD Mason versus AJ Duncan. These two aren't coming to wrestle…they're coming to fight. Pride is on the line, and somebody's walking out wondering what just happened.

And if you think you've got time to catch your breath…think again. The Lumberzack is in action, and when that giant starts swinging, timber isn't the only thing hitting the ground.

Then, just when the wrestlers need a breather, Jacob Vanknowe Music takes the stage for a live set before the ring explodes back into action for the main event where the King of the Keg Championship is up for grabs. The reigning champion, Chucco Bum, says no one can take his crown. But standing across the ring is the fearless, ruthless and absolutely unhinged Princess Deathwish, and they're not coming for a handshake—they're coming for the championship.

Cold beer. Live music. Flying elbows. Broken egos. Championship gold. Doors open at 6 pm with a 7 pm bell time. Get your $20 general admission ticket at bit.ly/3TwFnjl.

Frog and Fungi Paint Night

Get lost in color at Los Hongos Cafe and Plant Bar, 4330 SE Division St., Friday, August 7, 6-8:30 pm. Paint a frog and mushroom with artist guidance, great adaptogenic and functional beverages and room for experimentation.

This community paint night will begin with an original design: a frog perched on a mushroom beneath a moonlit sky. Where you go with it is completely up to you. Guidance will be provided through demonstrations of different techniques, but there's no single version of the painting being recreated. Use whatever colors you're drawn to. Try a technique you've never used before. Follow the painting closely, change a few things or take the whole thing somewhere completely different. No painting experience is necessary. This is a chance to spend a few hours absorbed in color, try something new, meet some people and make something with your own hands.

This community paint night will be facilitated by Kate, a Portland-based artist and member of the visionary art collective The Haven PDX. Kate's work is rooted in bold color, symbolism and the creation of strange, energetic worlds.

Come alone, bring a friend or make it a date for this all ages event. All painting materials are included in the $45 (plus fees) ticket price, and you'll leave with a finished piece that is completely your own. Visit bit.ly/4yCfgri to purchase tickets.

Arts & Entertainment

MMU Film Classes

Movie Madness University (MMU), a film and television appreciation program of the Hollywood Theatre, in the Movie Madness Miniplex on SE Belmont St., has two classes available in August. The four-week It Couldn't Happen Here: Horror Movies in the Suburbs class kicks off Thursday, August 6, 6:30 pm. Through the lens of four films, the class will examine how horror movies based in the suburbs differ from those set in rural and urban milieus. The suburbs scream safety. They were designed to encourage conformity, separate social classes and promote consumerism. The suburbs exist to beat back the evils of the inner city and keep the horrors of the country at bay. Yet, look beneath the veneer, peel back the layers of purported safety and you will see that the suburbs aren't immune to their own special brand of awfulness and evil. Taught by David Harris, a member of the Portland Critics Association, film studies teacher at Northwest Academy and writer for Spectrum Culture and SPIN, the class meets weekly through August 27. Cost: $75 members, $90 non-members.

For those looking for a quickie, there's the single-session Shadows at Noon Sunday, August 23, 12 pm. Spend an afternoon with celebrated writer, film historian, host of Turner Classic Movies *Noir Alley* and founder/president of the Film Noir Foundation, Eddie Muller. The class will be so steeped in shadows that the name of the film to be screened isn't being announced. Suffice it to say, if you're going to spend an afternoon in the dark, who better to spend it with than Muller? Cost: $18 members, $22 non-members.

Visit moviemadness.org/movie-madness-university to reserve your seat before the 18-person limit per class is reached.

It's Reigning Cats and Dogs

Our pets steal our hearts, hog the bed, demand treats and somehow still convince us they're in charge—and we wouldn't have it any other way. Join Sidestreet Arts this August for a fun-filled tribute to the four-legged friends who keep life interesting.

They've invited 19 amazing artists to create one to three original works inspired by cats and dogs. Expect plenty of personality, wagging tails, twitching whiskers and artwork that's as charming and unique as the pets that inspired it.

The show runs Thursday, August 6-Saturday, August 29 with a First Friday opening reception August 7, 5-7 pm with the artists in attendance. Sidestreet Arts is located at 140 SE 28th Ave. and open Thursday-Sunday 12-5 pm.

Summer Concert Series

The Heart of Hawthorne Summer Concert Series is running now through the end of August, Saturdays, 4-6 pm at the Heart of Hawthorne plaza, SE 37th Ave. and SE Hawthorne Blvd. The series is put on by the Hawthorne Boulevard Business Association (HBBA), with the help of Revel Events, a grant from Venture Portland and sponsorship by Toyota.

The musical acts were selected to appeal to all genres and ages. August 1 is Lee Walker, August 8 is Flat Pocket Trio, August 15 is Bigger Nova, August 22 is Sid Murrell and rounding out the series August 29 is Taste of Jazz. Picnic tables and chairs are available in the plaza and the community is encouraged to grab snacks, dinner or drinks from surrounding businesses and settle in to listen. Follow HBBA at instagram.com/hawthorneblvd_pdx for more information and updates.

Summer Shred Music Festival

The second annual Summer Shred Music Festival returns to the Central Eastside Saturday, August 15, 12-11 pm on the closed-down SE 2nd Ave. between SE Alder and SE Morrison streets. The outdoor music festival will feature 15 local rock, metal and punk bands and is completely free to attend. All festival staff and bands are volunteering their time, talent and music to make something uniquely Portland and positive happen. The murals and artwork on the surrounding buildings frame the perfect setting for a rock show. Summer Shred will also feature a beer garden, food trucks and local artists/merchant booths.

The bands are all active in the Portland music scene, regularly playing shows and putting out new music. Summer Shred will be an opportunity to see both veterans and up and coming bands all in one setting and on one stage. Each band will play a 30-minute set, with sound and lights professionally produced by Hollywood Lights.

Summer Shred is a 501(c)(3) nonprofit dedicated to promoting Portland's local rock and metal scene. The event is supported by numerous local businesses, including ones located in the immediate Central Eastside area as well as in other parts of the city. Visit summershredpdx.com for the lineup of bands and more.

Consider the Picture Book Event

Literary Arts, the nonprofit arts organization dedicated to supporting writers, readers and youth, welcomes National Ambassador for Young People's Literature Mac Barnett on his national tour for the "Consider the Picture Book" Initiative from the Library of Congress and Every Child a Reader. Barnett will be joined in conversation by children's author and singer/songwriter of The Decemberists Colin Meloy and Oregon's former Poet Laureate Anis Moigani Thursday, August 6, 6:30 pm at The Evergreen, 618 SE Alder St.

"Consider the Picture Book" invites adults to reexamine great literature hiding in plain sight: the children's picture book. During the event, Barnett will introduce unexpected techniques used to create treasured, classic picture books, while also showcasing the remarkable ways picture books connect to art forms such as poetry, song, visual art and even theater and dance.

"Kids are actually the best audience for art," Barnett said. "They have a flexible intelligence, a keen set of senses, a newness to the world that allows them to see things that we [adults] miss, so that we need to be making the best books possible for them. When adults appreciate and discuss and think carefully about picture books, children are more likely to get the rich, soul-nourishing literature they deserve."

Tickets for the event are $38 and include a copy of *Make Believe,* Barnett's new book for adults. Purchase tickets at literary-arts.org/eventsclasses.

Car & Dog Wash Benefit

The 20th Annual Bikini Car & Dog Wash Benefit returns Sunday, August 9, 2-6 pm, to support ARRAY Crisis Fostering and help keep people and their pets together during times of crisis. What started as a summer car wash with a uniquely Portland twist has grown into one of the city's longest-running and most unusual charity traditions.

The event is celebrating two decades of local bikini-clad entertainers volunteering their time to raise money for animals and nonprofit organizations throughout the Portland area. Hosted by Devils Point and Lucky Devil Lounge, the annual event brings together dancers, customers, car enthusiasts, dog owners, local businesses and neighbors for a charity event unlike anything else in the city.

Over the past 20 years, the event has raised and donated more than $50,000 to local no-kill animal shelters and nonprofit organizations. "For 20 years, Portland dancers have volunteered their time, washed a lot of cars, washed a lot of dogs and raised money for organizations doing important work in our community," said Shon Boulden, owner of Devils Point and Lucky Devil Lounge. "This is the summer party of the year. It's a little outrageous, and very Portland, but behind all of that is a group of people who genuinely care about helping animals and their owners."

All event donations benefit ARRAY Crisis Fostering. Lucky Devil Lounge is located at 633 SE Powell Blvd.

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Ww Wellness Word

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

Sun Safety, Wrinkles, Aging and How it Happens

According to fda.gov, people are advised to limit their time in the sun, especially 10 am-2 pm; wear clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses and broad-brim hats; and use broad-spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. Broad-spectrum sunscreens offer protection against ultraviolet (UV) rays—both UVA and UVB, two types of the sun's UV radiation.

But how does the sun cause wrinkles? According to Hopkinsmedicine.org, UVB rays cause a much greater risk of skin cancer than UVA, but UVA rays cause aging, wrinkling and loss of elasticity. UVA rays also increase the damaging effects of UVB, including skin cancer and cataracts.

In most cases, UV rays react with melanin in the skin. This is the first defense against the sun and commonly results in skin darkening or tanning. A sunburn develops when the amount of UV damage exceeds the protection that the skin's melanin can provide. A small amount of sun exposure is healthy and pleasurable, but too much can be dangerous. Measures should be taken to prevent overexposure to sunlight, such as those listed above.

The Cleveland Clinic offers detailed information on sun damage, or photoaging, which occurs when UV radiation from the sun penetrates the skin and alters it at a cellular and structural level. It breaks down essential structural proteins, mutates cellular DNA and causes pigment irregularities. UV rays (specifically UVA) penetrate deep into the dermis—the skin's middle layer—where they trigger the production of free radicals. These free radicals damage the enzymes responsible for creating collagen and elastin. This degrades the structural network that keeps skin firm and tight, leading to premature sagging, fine lines and deep wrinkles. Both UVA and UVB rays directly penetrate skin cells and damage their genetic material (DNA). This damage alters the way cells grow and divide. When cellular DNA accumulates mutations faster than the body can repair them, it can lead to precancerous spots.

Common signs of sun-damaged skin include coarse wrinkles (deep lines and creases), leathery texture (thick, rough skin), sun spots, age spots and freckles, broken-appearing blood vessels (often on the face) and sagging or lax skin. Over time, this overproduction and clumping of melanin results in uneven skin tone, including freckles, age spots and melasma (hyperpigmentation). Sun exposure damages the skin's local immune system and weakens the walls of small blood vessels. The result: impaired wound healing and a lowered ability to fight off cancerous cells. It also causes spider veins or broken capillaries on the face.

How much sunscreen should I use and how often should I apply it?

According to the American Academy of Dermatology, most adults need about one ounce of sunscreen—roughly the amount to fill a shot glass—to fully cover skin not covered by clothing.

When applying sunscreen to your face, use at least one teaspoon (about the amount needed to cover the length of your index and middle fingers).

Don't forget to apply it to the tops of your feet, your neck, your ears and the top of your head.

Apply sunscreen to dry skin 15 minutes before going outdoors.

Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.

When outdoors, reapply sunscreen approximately every two hours, after swimming or sweating, according to the directions on the bottle.

Skin types and sun tolerance

Sun tolerance times vary depending on skin type. Very fair skins may burn within 5–10 minutes, while olive or darker skins may tolerate sun for up to 40 minutes before damage occurs.

Darker skin has more melanin, which acts as natural sunscreen, but is still susceptible to skin cancer and premature aging.

Everyone should use broad-spectrum SPF daily to avoid photoaging. People with fair skin should use higher SPF (50+) and protective clothing, while those with olive to dark skin should focus on broad-spectrum protection.

How much sun should I get for vitamin D?

For most people, 10-30 minutes of direct sun exposure to the face, arms or legs twice a week is sufficient to maintain healthy vitamin D levels.

Getting a tan without sun exposure

To get a natural, sunless tan, use topical self-tanners (mousses, sprays, lotions) containing DHA, which darkens skin safely over several hours. For a more "inner-out" approach, consume foods high in beta-carotene (carrots and sweet potatoes) and dark-colored berries.

See you in the shade!
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Neighborhood Notes

Buckman Community Association
By Susan Lindsay

Buckman Summer Events are here!! Saturday, August 1, the Buckman Community Association is once again co-sponsoring Buckman Movie in the Park Night at Colonel Summers Park. Join us that evening for free popcorn, and a showing of the classic 1997 sci-if spoof, *Men in Black.* Bring your kids, friends, family and a towel, blanket or lawn chairs. Then Sunday, August 2, join the BCA for our 14th Annual Buckman Picnic in the Park. This free, all are welcome event, features music, snacks, free ice cream for kids, bouncy house, baby goats to cuddle, popcorn, face painting, fire truck visit, and of course, splash pad fun! The picnic runs earlier this year, 2-6 pm, so don't miss it! Music acts include Flamencas Silvestres, a trio of women playing and dancing Flamenco, bluesy singer/songwriter Cody Weathers and others.

These all-volunteer events are of course not free for the BCA to produce, and we welcome donations great and small which are completely tax deductible! Donating is so easy and you'll get a receipt sent out. Use our Give Lively button found on our website, buckmanpdx.org.

We also need day of event volunteers! Contact us at buckmanpicnicteam@googlegroups.com to volunteer. Volunteering even just an hour really helps and we really need you! Sponsors this year include Councilor Tiffany Koyama-Lane, Community Bridges Inc., the new contractor for the Coordinated Pathways (Deflection) Center, Hinson Church providing tables/chairs, kids activities and cotton candy and many others and we are so grateful for each and every donation. Please help us to be able to continue to produce these fun, free and community positive events with a donation and/or volunteering.

Due to these events, our regular monthly meeting, now held every second Thursday evening at Imago Dei 1302 SE Ankeny St., is canceled for August. Join us next month, September 10, in person or via our hybrid link, when we plan to host a candidate forum for those running for Multnomah County Chair. In October we will have contenders for City Council Position 3. The BCA welcomes everyone who lives, works, owns property or a business in the Buckman Neighborhood. Got an issue? Want to plan an event? Organize a project? Contact us! Email buckmanboard@gogglegroups.com.

HAND
By Jill Riebesehl

Ah, summertime. A free summer movie should provide some relief from the heat: *Cool Runnings*, a fun family comedy about the 1988 winter Olympics. The show starts around dusk at Sewallcrest Park, Saturday, August 22. Bring a picnic and the family. It is sponsored by the Richmond neighborhood and partly underwritten by us, the Hosford-Abernethy Neighborhood Association (HAND). We helped quickly organize a fun, successful block party July 11 on newly stubbed Caruthers St. and are planning more summer activities, while at the same time mulling over how to solve cycle/pedestrian conflicts on the Eastbank Esplanade. Abernethy PTA reports that volunteers are always needed at the school's garden.

Gabe Graff, from PBOT's Central City in Motion, shared detailed traffic planning on SE 11th and 12th avenues from E Burnside St. to SE Hawthorne Blvd. that have been in the works since 2018. Changes involve bus, automobile and bicycle interaction and access. The city is still taking input on the planning proposals. In time, HAND will benefit from this work. Graff also updated us on changes at OMSI, which is starting work on a low-income housing project on one of its parcels. Larger development plans will require a rerouting of SE Water Ave., beneath which will run water and sewer lines and other utilities.

The Board, representing the neighborhood, penned a letter of thanks for the work of PEMO—the city's Public Environment Management Office—pointing out the new mural on SE Powell Blvd. and the group's many years of work throughout the city.

But vexed by the drop in services resulting from changes at the Clinton TASS (Triangle Alternative Shelter), the Board will be strongly responding to the loss of PDX Love services that provided patrolling, addressed crime and camping situations and aid to people in distress. HAND is asking that funding be reinstated for PDX Love services. We are reaching out to the mayor, District 3 city councilors, city staff and our state representative and senator.

And, finally, we are brainstorming on ways to make our meetings more accessible to neighbors and businesses. Stay tuned. HAND meets every second Tuesday on the St. Philip Neri campus, 7-9 pm, except August and December.

Montavilla Neighborhood Association
By Steph Cleary

We hope you're enjoying the glorious season of bountiful plum harvests, wondering if that raccoon is the same one from last year and planning out all 1,000 garden projects you'll get to by the fall. Summer is in full swing, and so is our neighborhood. We have some ongoing projects we'd love to share with you!

Firstly, our art committee has been working hard on our neighborhood virtual art walk. Do you have a favorite piece of public art in Montavilla? We're building a map of our community's public art to create a self-guided walking tour of the area's extensive artistic footprint. Our goal is to celebrate the incredible diversity of art all around us and inspire neighbors and visitors alike to explore Montavilla.

Secondly, we are looking for nominations for our new "Meet Your Neighbors" segment in our monthly newsletter. We want to shine a light on the people who make Montavilla great. Do you know someone who deserves to be featured? We're looking for neighbors launching exciting projects, favorite employees at local businesses who always brighten your day, new residents we'd love to welcome, dedicated volunteers or anyone else you think should be celebrated.

Are you a Montavilla resident? Friends of Trees is planting FREE street and yard trees in our neighborhood! We have a wide variety of species to select from. They will provide planting support, tree care education and free watering for street trees.

Lastly, we're launching a street mural project sponsored by the MNA. Do you know an intersection in the neighborhood that could use some brightening up? Or, even better, are you an artist who can help create and execute a street mural project? We want to hear from you! Submit all your information, nominations and ideas for the above projects through our website, montavilla.org.

I want to take a moment to thank everyone who has supported the MNA with their presence and their skills so far this year! So many of you have been attending events, volunteering and finding creative ways to connect. Neighborhoods don't become communities by accident—they're built by people who stop to chat, lend a hand and occasionally rescue each other's recycling bins from the middle of the street. I love this neighborhood, and I'm so grateful to be your neighbor.

If you want to know more about what the MNA is up to, we meet every second Monday of the month. We're taking a break in August, but our next meeting is September 14, 6:30-7:30 pm at the Montavilla United Methodist Church. We hope to see you!

Mt. Tabor Neighborhood Association
By David Petrozzi

Mark your calendars for the return of the Mt. Tabor Soapbox Derby, returning for its 27th year Satur-

continued on page 15

How Portland's Bike Bus Movement is Shaping the City's Next Transportation Investments

from page 1

the places where quieter streets intersect with busier roads.

In SE Portland, many of those concerns centered on SE Clinton St. Parents reported limited visibility at intersections and frequent conflicts with drivers approaching from side streets.

PBOT's proposed solution followed: move parked cars farther back from intersections, improving sight lines so people walking, biking and driving can better see one another. The improvement became the highest-ranked project in PBOT's prioritization survey.

For Lindsay Huber, Interim Executive Director of The Street Trust, that community-centered approach highlights something important. "The growing popularity of bike buses shows that there is strong interest from families in biking to school when they feel supported and have safe, comfortable routes," Huber said. "This project also reflects the real needs and concerns identified by parents, volunteers and community members who have been leading bike buses. Their experiences help highlight where our transportation system is working well and where improvements are still needed."

Still, Huber believes infrastructure projects cannot stop at isolated intersections. "One project alone will not make every family feel comfortable letting their children bike to school," she said. "Parents think about the entire trip, not just individual blocks."

That concern resonates throughout SE Portland, where neighborhood greenways frequently cross busy corridors such as Powell Blvd., Division St. and SE 82nd Ave. Even if most of a ride feels comfortable, one intimidating crossing can be enough to convince families to drive.

PBOT has heard such concerns. Although most of Portland's neighborhood greenways already carry fewer than 1,000 vehicles per day, and many fewer than 500, Schafer said children participating in bike buses still reported not always feeling comfortable riding on them. Instead of immediately lowering its traffic-volume standards, PBOT plans to use this project, along with a pilot in N Portland, to better understand how street design influences people's perception of safety.

The bureau also hopes to measure whether the improvements actually change behavior. After construction, PBOT plans to collect operational data while continuing to gather feedback from bike bus leaders, participating families and the broader community. Officials will monitor traffic volumes, speeds and travel patterns where appropriate while evaluating whether the improvements make children and parents feel safer riding to school.

For Huber, success is about more than a single project or a single school. "The goal is not to make driving impossible," she said. "It is to make walking and biking possible for more people who want those options. Families deserve to have choices in how they get around, and creating safe, connected routes helps make those choices realistic."

Because funding allowed improvements at only four schools, PBOT hopes the project will become a model for future investments across Portland's neighborhood greenway network. There are already nearly 30 active bike buses throughout the city, and officials say the lessons learned from this project could help improve routes serving many more schools in the future.

For a city that has long embraced cycling, the Neighborhood Greenway Bike Bus Project suggests that being bike-friendly is measured by more than mere miles of bikeways, but something more important: whether children and their parents feel confident enough to use them.

Preserving Summer's Bounty

from page 5

state. But safely preserving foods is a science and an art, and it can be potentially dangerous if not done properly," said Jared Hibbard-Swanson, food security and safety program manager at OSU Extension. "The OSU helpline has volunteers in all regions of the state who can troubleshoot your preservation project or give you ideas for new methods to store the food you gather, hunt or grow."

Questions can also be asked through Ask Extension at extension.oregonstate.edu/ask-extension. Get personalized answers from employees and volunteers about anything related to food preservation—from safety concerns to recipes—or peruse the featured Ask Extension questions to see what others have inquired about.

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Neighborhood Notes

from page 13

day, August 15, 10 am-4 pm. This annual event is always a ton of fun for the whole family, featuring temporary food and beverage carts for your full day picnic needs and a friendly cast of colorful characters from around town. Check out soapboxracer.org for more info, including volunteer opportunities. And while you have your pen out, circle September 19 and 20 for the second annual "Taborhood Yard Sale" taking place in various front yards, driveways and garages near you. We'll publish more details including the neighborhood map soon, stay tuned.

MTNA is also pleased to announce an accessible summit hike to the top of Tabor Monday, August 3, brought to you by The Tabor for All project, in association with the Oregon Wheelchair Hiking group. Open to all skill levels, including families with children, wheelchair users and those with mobility devices; departing at noon from the visitors center. Finally, our older adults project has secured a community grant from AARP and helped organize two notable events at the Center for Positive Aging: a summer block party and an energy saving solutions shindig to help publicize ways eligible adults can save on utility bills and many additional programs designed to help seniors age well.

Can you lend a hand and help out? MTNA meets every second Wednesday of the month, in person at Taborspace and online via Zoom. Join us for our next meeting, August 12, 7 pm. Sign up on our website, mttaborpdx.org, where you can also find meeting minutes, more information on community outreach and join our mailing list.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) Board met July 13 at Central Christian Church, 1844 SE 39th Ave. Meetings are the second Monday of the month, 7–9 pm, except January. Everyone is welcome 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.

Nick Brodnicki, Executive Director, Division Clinton Business District, explained the city's Enhanced Service District (ESD) program. The Central Eastside Industrial District (CEID) is one of three ESDs where property management license fees are collected to fund enhanced services such as trash cleanup, events, visitor attraction and business development. Central Eastside Together is a non-profit that manages the CEID. For more information, visit portland.gov/esd/enhanced-services-districts-overview.

Sarah Bunger, SE Uplift, gave an informative overview of the services and programs provided by the SE Uplift Coalition office that oversees the 19 SE neighborhood associations.

Ana Aruajo gave a presentation on the Richmond area MigraWatch rapid response and immigrant support efforts. To get involved or get more information, email contact rsneighbors@proton.me.

Our Ice Cream Social takes place Monday, August 10, 7-8:30 pm at Sewallcrest Park in the SE corner of the park. Everyone is welcome. We have invited the Neighborhood Response Team (NRT) Police Officers and District 3 Councilors. Meet the Board, neighbors, your Council representatives, officers serving this area and enjoy ice cream.

Saturday, August 22 is the Movie in Sewallcrest Park, showing *Cool Runnings*. Pre-movie entertainment starts at 7:30 pm with One With Heart martial arts demonstration and movie starts at dusk.

The Board reelected Deby Hochhalter as Chair, Fran Davison as Treasurer and Allen Field as Secretary. We ran out of time to appoint committee chairs and liaisons/representatives, which we will do at our September 14 meeting.

The RNA needs volunteers to deliver its quarterly Richmond newsletter. If you don't receive it, the route you live on lacks a carrier. Contact rnanewsletter@gmail.com to help with deliveries.

The next meeting is August 10 in Sewallcrest Park. Join us for some ice cream.

South Tabor Neighborhood Association
By Kathy Cudlick

At our July meeting, the South Tabor Neighborhood Association (STNA) held our Board elections. We now have a near-fully-staffed Board with one open slot: representative to SE Uplift. If you're interested, this role is a great way to see how South Tabor's issues relate to those of the rest of SE Portland and the City. Who knows, it might even lead to higher office! If interested, come to one of our regular in-person meetings, the third Thursday of each month.

In response to neighbor concerns, STNA asked the City to enforce Portland Public Schools' conditional use permit for Franklin High School (FHS). When FHS was modernized in 2016–17, PPS proposed using an existing path from SE Division St. to SE Woodward St.—half in Clinton Park, half on FHS campus—as one of its required pedestrian connections. The exception was granted, but the permit required that the connection be kept open 6 am-11 pm every day, year round, as this was the only direct, accessible north-south connection through the park and campus. In the years since, PPS has often gated the connection during the required open hours. It has also failed to post the required signage letting the public know the access hours. This is confusing for pedestrians and renders the connection unreliable. The City has notified PPS of the violation and granted an extension until late August for PPS to comply. PPS told the City it will seek to revise its conditional use permit rather than comply with the current requirements. Stay tuned for more.

STNA will be tabling at All City Church's Taborhood community block party at SE 68th Ave. and SE Taggart St. Wednesday, August 26, 4–7 pm. Come say hi and learn more about us. And of course, there's always the web (southtabor.org) where you can learn about local businesses and sign up for our quarterly newsletter and low-traffic mailing list.

Sunnyside Neighborhood Association
By Chris Waldmann

The Sunnyside Neighborhood Association (SNA) is excited to announce our first neighborhood yard sale! The event will occur Sunnyside-wide Saturday, September 26, 9 am-3 pm. This is a great opportunity to de-clutter your home, make a bit of extra money and support your local neighborhood association. Registration begins August 1 at sunnysideportland.org/yardsale and requires a $25 tax-deductible donation to the SNA. This donation will cover inclusion of your sale location on both the digital and printed maps.

The SNA is super excited for the upcoming grand reopening of the Belmont Library! Prior to the August 15-16 festivities, the SNA will receive a sneak peak of all the new features that the library will offer the community at our August Board meeting. Join us at 7 pm at SE Uplift to see what's coming.

We will also be discussing neighborhood concerns over a potential redevelopment of the empty lot at 4511 SE Hawthorne Blvd. into an approximately 150-unit apartment building and how the SNA will engage the developer and city during the development process.

The SNA meets the second Wednesday of the month. Our next Board meeting will be Wednesday, August 12, 7 pm at SE Uplift, 3534 SE Main St., and online at tinyurl.com/sna-zoom. The next General meeting will be September 9. Our next Land Use & Transportation meeting will be Wednesday, August 19 at SE Uplift and online at tinyurl.com/sna-lutc-zoom. All of our meetings are open to the public.

Boredom, as a Catalyst For Motivation, Creativity and Imagination

from page 3

miserable state we should avoid at all costs—it's an incredibly powerful motivator we've culturally forgotten about.

It's undeniable that technology has added amazing things to our lives. But if boredom is actually the catalyst for motivation, what are we taking away from our kids when they have constant access to Instant Boredom Zappers?

Every single one of our kids has the imaginative and creative capacity to entertain themselves without a screen. There were no children sitting around in 1980, 1920 or 1530 saying, "I'm so bored! No one has invented an iPad yet so there's nothing to do." Developing the boredom skills kids had in the 80's just takes practice. It won't happen in a single day, or a week, but it will happen in less than a month. We just have to trust it, like our parents and grandparents did.

Summer vacation is a great time to experiment with changing how you think about and talk about boredom in your family. It can be challenging in the beginning, especially if kids are in the habit of being entertained by a screen.

One way to make it easier is to plan ahead. Sit down with your kids and challenge them to think of at least 10 screen-free things they enjoy doing. Write these down on a Boredom List and hang it on the fridge. This list helps kids move more quickly through boredom and helps parents feel more comfortable letting their kids go through the discomfort of it. It also gives parents an easy answer whenever someone complains of boredom and asks for a screen. Instead of resorting to a screen, tell them, "Boredom is what helps your brain find its creativity and imagination. If you need some help, go check your Boredom List—it has all kinds of great ideas for you!" Then, sit back and trust the process. And every time your child discovers something new they love to do, make sure to add it to the list.

The Printouts section of mindful-media.net, under Resources, offers a few handouts that will make it easier for your family to create their ready Boredom Lists. Look for Your Bag Of Tricks for Boredom and 50 Things For Kids To Do.

Let's make August the month we remember that boredom is a motivator, not a misery!

Business Association Notes

Hawthorne Boulevard Business Association
By Jocelyn Jester

The HBBA is gearing up for our annual street fair Sunday, August 23, 10 am-5 pm! Over 200 booths will be slinging local wares, treats and fun. We have two stages where you can enjoy live music and we will have family friendly entertainment at the Heart of Hawthorne plaza on SE 37th Ave. Thank you so much to Toyota and our other sponsors for making this happen!

Speaking of the plaza, join us for our free summer concert series at the Heart of Hawthorne Plaza every Saturday, 4-6 pm, until the end of August. Local musicians are stepping up to the Trillium to show off their skills and sometimes even their dance moves. Grab some local Hawthorne food and beverage to enjoy while you're there!

Kernside Business Association
By Elizabeth Armstrong

Rainbow Road in Kernside is the place to be in August! Sunday, August 16, Kernside Serenade will be hosting local musicians on the stage, 1-4 pm. That same day, we are collaborating with PDXwoofmeow to have a "Stupid Pet Tricks Contest" at 1:45 pm (no actual talent required!).

We also have Metanoia on Saturdays, 12-2 pm, with original music and storytelling on the stage. The Metanoia concert series is brought to you by Rose City Guitar.

The next monthly Kernside meeting is Monday, August 10, noon, located at Rose City Guitar, 2724 E. Burnside St.

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4505 SE Clinton St. — Offered at $997,000
3,114 Total Sq. Ft. — 4 BD, 3 BA
Sold at asking! — 1 BD, 1BA ADU

4723 SE Taylor St. — Offered at $739,900
3,363 Total Sq. Ft. — 3 BD, 2 BA
$7,000 over asking!

6939 SE Yamhill St. — Offered at $900,000
2,859 Total Sq. Ft. — 3 BD, 3 BA
Sold at asking! — 5 days on market

1426 SE Harrison St. — Offered at $585,000
1,464 Total Sq. Ft. — 2 BD, 2 BA
$65,000 over asking! — 4 days on market

1212 SE 50th Ave. — Offered at $975,000
3,046 Total Sq. Ft. — 4 BD, 2 BA
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5615 SE Oak St — Offered at $619,900
1,536 Total Sq. Ft. — 3 BD, 1 BA
$45,000 over asking! — 5 days on market

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$20,000 over asking! — 5 days on market

2015 SE 46th Ave. — Offered at $1,175,000
3,003 Total Sq. Ft. — 4 BD, 3.5 BA
$55,000 over asking! — 4 days on market

3217 NE 32nd Ave. — Offered at $825,000
2,200 Total Sq. Ft. — 4 BD, 2 BA
$52,000 over asking! — 4 days on market

1210 SE 57th Ave. — Offered at $837,890
3,722 Total Sq. Ft. — 4 BD, 3 BA

3962 NE Cesar Chavez — Offered at $1,599,000
4,217 Total Sq. Ft. — 5 BD, 3.5 BA
$120,000 over asking!

1315 SE 48th Ave. — Offered at $629,900
2,412 Total Sq. Ft. — 3 BD, 1 BA
$45,000 over asking! — 4 days on market

4021 SE Liebe St. — Offered at $550,000
1,531 Total Sq. Ft. — 2 BD, 2.5 BA
Sold at asking! — 6 days on the market

10130 SE Pardee St. — Offered at $384,000
936 Total Sq. Ft. — 3 BD, 1.5 BA
$12,000 over asking! — 5 days on market

2509 NE 18th Ave. — Offered at $2,690,000
5,094 Total Sq. Ft. — 5 BD, 3.5 BA
Buyer rep.

2223 NE 43rd Ave. — Offered at $875,000
2,480 Total Sq. Ft. — 4 BD, 2 BA
Buyer rep.

2624 SE Clinton St — Offered at $830,000
1,837 Total Sq. Ft. — 3 BD, 2.1 BA
Buyer rep.

4246 NE Hoyt St — Offered at $631,630
2,173 Total Sq. Ft. — 3 BD, 1 BA
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Data is courtesy of the RMLS.

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