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Anna Madill, center left, and her team. Photo by Madill.

Avenue Foundation Offers Funding, Mentorship For Portland's BIPOC Business Owners

By Madeleine Voth

In Portland, it is typical to see residents put their money where their neighborhood is. A 2025 nav.com survey of residents in the 40 largest US cities ranked Portland third for support of small businesses, with residents reporting an average of $555.52 spent at local small businesses over the previous year. 84 percent of Portland respondents said it was important to them that their money stay in their community when they shop.

However, supporting local businesses as a customer does not necessarily make running one easy—particularly for business owners who have historically faced greater barriers.

According to a Federal Reserve survey of small businesses from fedsmallbusiness.com, 35 percent of white-owned firms that applied for traditional financing in 2021 received all the financing they sought, compared with 16 percent of Black-owned firms and 19 percent of Hispanic-owned firms. The Federal Reserve has found similar disparities in financing access for businesses owned by people of color across multiple years of its Small Business Credit Survey.

The Avenue Foundation, a Portland-based nonprofit organization, is trying to bridge that gap by providing small grants to BIPOC-owned businesses in Portland while pairing the money with support, coaching and mentorship.

The foundation's Avenues of Impact program provides a $1,000 grant funded through one percent of Avenue Agency's revenue, along with digital marketing consulting and coaching sessions. Businesses must be at least 50 percent BIPOC-owned, registered in Oregon and have a purpose-driven mission with a social, environmental or community impact. Woman-owned businesses and nonprofits can receive additional consideration.

Anna Madill, who founded Avenue Agency nearly 11 years ago, launched the foundation after years of working with entrepreneurs and helping administer grant programs through Prosper Portland. "There is a ton of data just locally, but also nationally," Madill said. "Women and BIPOC business owners are at a much greater disadvantage of being able to get funding."

For Madill, the solution is not simply to give business owners money. "Just giving money is one thing," Madill said, "but it can often not necessarily do what the donor intends it to do."

As a result, each Avenue Foundation grant is paired with support intended to help business owners make the most of the funding. Avenue's team provides market-

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EV Charging Company Upscales to New Central Eastside Headquarters

By Daniel Perez-Crouse

In August OpConnect celebrated the grand opening of its new Central Eastside Headquarters with a bevy of local and state politicians, and with the support of Prosper Portland. The organization's expansion of EV charging technology purportedly supports Portland's net-zero carbon emission goals, while providing additional jobs to the area.

OpConnect, as described on their website, is a turnkey provider of EV charging solutions for public and private fleets. For example, the OpConnect network transforms any OCPP-compliant charging station into a "smart charger." Their comprehensive software gives real-time visibility and control over every charger's status, usage and performance in one dashboard. Some of their main customers are government agencies, municipalities, school districts, apartment communities and corporate campuses.

CEO Dexter Turner, quoted in a *Portland Business Journal* article, said OpConnect was his third tech startup. His second, OP Technologies, was a low-cost electronic flight system that he sold for $2.5 million and gave him some seed capital for what to do next.

OpConnect's mission is to accelerate the transition to electric mobility by providing reliable, accessible charging infrastructure. While headquartered in Portland and offering services in over 20 states, they are expanding to serve international markets, with operations already deployed in Canada and Puerto Rico.

Prosper Portland has a long relationship with the company. Senior Communications Coordinator, Yume Delgado, said that, "Our Business Advancement Team provides support for traded sector businesses that will help those companies start, stay and grow in Portland. OpConnect is a key company in our Green Cities Industry. Prosper Portland has supported OpConnect for more than a decade, and it has been incredibly rewarding to see them grow from a small startup to an industry leader that now powers critical local fleets like the City of Portland, Portland General Electric, Beaverton School District and Multnomah County."

This expansion to their new 115 SE Yamhill St. location allows them to scale local manufacturing for electric fast chargers. While not open to the public, the new facility has an open-concept vibe where you can see a large chunk of their main operations and beautiful mural with heavy Portland vibes.

The facility also allows them to add 45 new jobs over the next five years. You can stay updated on their future career postings on LinkedIn. Their most recent Portland position was for a Field Services

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Legin Commons Affordable Housing Complex Opens in Jade District

By Rusty MacKenzie, Franklin High School's *The Franklin Post*

Legin Commons, a new four-story apartment complex in SE Portland, officially opened on September 10. The grand opening featured a panel of speakers, a ribbon-cutting and an optional tour of the facilities. The new building's site is leased by Portland Community College and features 124 units of affordable housing, 63 of which are sized for families.

Legin Commons is situated on SE 77th Ave. and Division St. in the Jade District. "It's such a beautiful building and a unique space with lots of green space," says Michael Magnes, the director of resource development and communications at Our Just Future (OJF). OJF is a housing equity organization serving the Portland area that aims to "[counter] the forces that keep people and communities in poverty by building relationships and assets that create opportunity," according to their website.

OJF is a co-owner of Legin Commons, alongside the real estate firm Edlen & Co. and the Asian Pacific American Network of Oregon (APANO). The Jade District is a majority-Asian neighborhood with many Asian-owned businesses and restaurants. As such, APANO helped ensure that the development was responsive to the needs and wants of its community. APANO also runs Legin Commons' residential services.

"Stable housing is the foundation for almost everything else in a person's life, including health, education, employment, family stability and the ability to remain connected to a community," says Emily Gazda, business operations and executive administrator at Edlen & Co. Magnes adds, "There is an affordability [and] housing crisis in Portland. … People simply cannot afford to pay rent."

All 124 units at Legin Commons are

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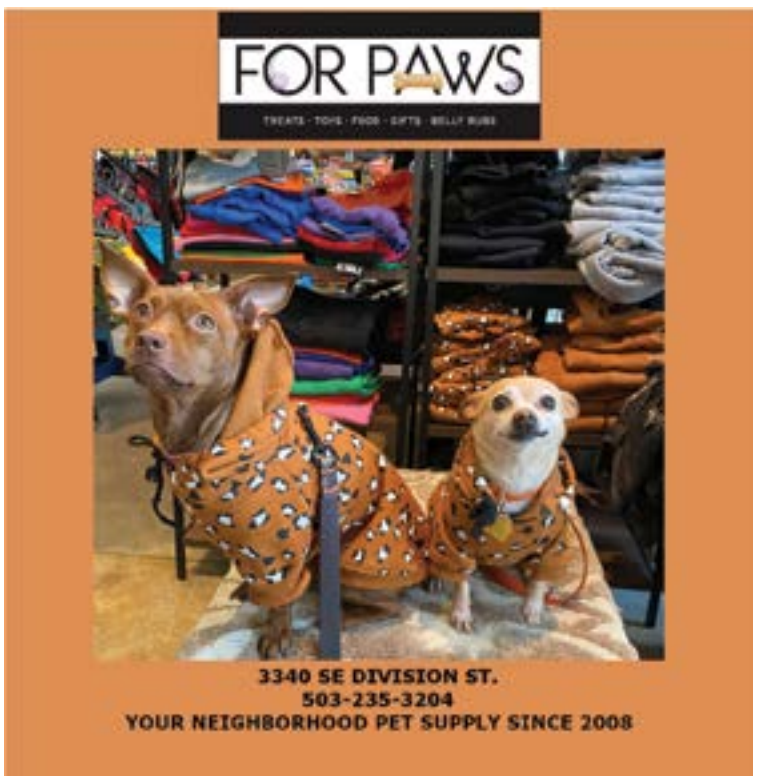

Rs Representatively Speaking

By State Representative
Rob Nosse

I had planned to write about something else for this month's column, but I feel it's better use of this space to provide a bit of a public service announcement regarding Medicaid.

Throughout the year I have written about HR 1, also known as the "One Big Beautiful Bill." In case you don't remember, this is the bill that was passed by the Republican Congress and signed by President Donald Trump last year on July 4. The bill made sweeping changes to the federal tax code, immigration policy, student aid and financial assistance programs and social programs—namely Medicaid and the Supplemental Nutrition Assistance Program (SNAP), what we used to call food stamps. Those changes are being implemented in phases over several years.

If you or someone you know is using the Oregon Health Plan (that is what we call the Medicaid program in Oregon) for their health insurance, please read this.

Starting in January 2027, some 600,000 Oregonians who qualify for Medicaid for their health insurance will be subject to work requirements in order to keep their Medicaid coverage as well as a renewal process that used to be every two years that will now be every six months. There are exceptions to the work requirements, but in general you have to prove you meet the income thresholds as in, you are poor enough to qualify, and you are working.

The work requirements will apply to people ages of 19-64. To keep their insurance coverage under Medicaid they will have to demonstrate that they have earned at least $580 a month, or you are working (or volunteering) 80 hours per month or you are in school at least part time.

Those same 600,000 Oregonians will be getting notices starting in October explaining that they need to comply with the new work requirements, how they can prove or demonstrate that they are working and what they will need to do to stay covered. If you or a loved one gets one of those notices, follow the instructions closely.

There are exemptions where a person does not have to be working to keep their Medicaid insurance. They include: being the main caretakers of children under age 14, or someone with a disabling health condition of any age; having a disability such as blindness or a physical or intellectual disability that impairs the ability to perform activities of daily living; living or coping with certain medical conditions; having chronic substance use disorder and being in treatment; being an American Indian/Alaska Native; being pregnant including for up to one year after the pregnancy; being a former foster youth until you attain the age of 26; or being someone who was incarcerated in the last three months.

There will also be temporary exemptions from work requirements, such as if you are admitted to a hospital; have to spend a week away from home to get medical care for yourself or someone in your household; during a declared emergency; or when there is high unemployment in your county.

By the way, if you receive SNAP benefits and you have to meet work requirements to get SNAP benefits, you have met the work requirements for the Oregon Health Plan (OHP). If you do not have to meet work requirements to qualify for SNAP benefits you will have to meet work requirements to be on the OHP unless you meet one of the exceptions. Yes, it is confusing. Congress and the President made the eligibility and the work requirements different on purpose.

The renewal process is also changing. Currently most OHP participants can stay covered for two years without having to fill out a new application to determine their eligibility. Starting in late 2027, new federal rules will require many adults to renew their coverage every six months. Others will need to renew once per year.

Want to get a head start or do you need more details? Go to oregon.gov/oha/hsd/ohp/pages/federal-changes.aspx and follow the prompts on how to get help and stay covered.

For questions or to report changes to your contact information, call 800.699.9075, go to Benefits.Oregon.gov or visit your local Oregon Department of Human Services benefits office, found at oregon.gov/odhs/pages/office-finder.aspx.

You can also manage your benefits online using the free Oregon ONE Mobile app or by creating a ONE Online account at one.oregon.gov/UserRegistration/LoginCA.

You can also get help from a certified OHP assistant at OregonHealthCare.gov/GetHelp.

You should also know that your state representatives and senators are available to help too. Whether you live in the district I represent or somewhere else in Oregon, if you have trouble signing up do not hesitate to email your state representative and/or senator to get some assistance.

As noted, a similar process has been happening with SNAP as well. To understand the new work requirements for food stamps a little better, visit oregon.gov/odhs/food/pages/snap-time-limits.aspx.

This is a stressful time in our country for many reasons and, unfortunately, some of our friends, family and neighbors who rely on Medicaid might lose their health insurance. Please share this around so that we can make this go a little smoother as we try to keep people covered.

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Ikoi no Kai's Community Lunch Program Has Been Going Strong Since 1979

By Amanda Howell

If you've spent any time in the Hawthorne neighborhood, it's possible you've walked, biked or driven past the Epworth United Methodist Church many times without noticing the Ikoi no Kai sign hanging from the back of the building. Four days a week, this unassuming location is bustling with activity come lunchtime.

Ikoi no Kai, which means "a place of rest" in Japanese, is a community lunch and cultural program that has been operating out of the same location since it first launched in 1979. A group of first generation Japanese Americans, in association with the Japanese Ancestral Society of Portland, started the program as a way to provide nutritious meals to elder members of the community and foster connection. Multnomah County funded the program through its Loaves and Fishes Centers until 2009 when Ikoi no Kai became an independent nonprofit.

On an average weekday today, 45-80 people enjoy a delicious meal at Ikoi no Kai. There's one paid chef on staff, along with six to seven volunteers assisting in the kitchen on a daily basis and another two to three people serving meals and collecting dishes. This busy operation hums with life as staff and volunteers work to get everything prepared before community members begin arriving between 11-11:30 am. Prior to lunch at noon, attendees can participate in pre-lunch activities, such as volunteer-led Tai Chi, or take advantage of services offered, such as blood pressure checks. Once everyone is seated, lunch is served and attendees have an opportunity to connect and socialize over a three-course Japanese lunch featuring a soup, main course and dessert.

After lunch, programming varies by day of the week. Some days attendees play Mahjong, other days bingo, or they participate in a sing-along featuring the Ikoi no Kai band. Songs are sung in Japanese with the aid of lyric sheets that contain both Japanese and Romaji, which is a phonetic translation of the Japanese written language using the Latin alphabet.

Perhaps it's not surprising given the strong focus on community that there are approximately 20-30 regulars in attendance most days, and some have been involved since the program first started. One volunteer has been helping out for 35 years, since she was a teenager. Many in the community know her and will attend if they know she'll be serving meals on a particular day. The oldest regular attendee is turning 100 in October. Since he can no longer drive himself, he attends with the help of friends and neighbors who drive him from his home just south of Ladd's Addition. He'll have a chance to celebrate his birthday with "birthday sushi," which occurs once a month at Ikoi no Kai.

While there's still a focus on providing meals and connection for older adults in the community, Ikoi no Kai draws a multigenerational crowd. This is how Jeannine Shinoda, who runs the program, wants it to be. Shinoda joined Ikoi no Kai in June 2021, when the program was still closed due to COVID but set to relaunch in August of that year. At the time, she wasn't sure how much rebuilding she would need to do, but, as it turned out, community members were eager to return. The organization had been looking for someone to take the helm for some time before Shinoda came on. Initially, there was only enough funding to support her part-time. Knowing that would only work for so long, she set out to secure grant funding from institutions like the Oregon Health Authority, Oregon Community Foundation and Portland Clinic Foundation. She now oversees the program on a full-time basis.

Ikoi no Kai is still affiliated with the Japanese Ancestral Society of Portland, but it's the only active program with paid staff. Meals are provided Mondays, Tuesdays, Thursdays and Fridays. Advance reservations are generally required since they often reach capacity, although they can sometimes accept same-day attendees. Suggested lunch donations vary by age group: it's $9 for people 65 and older, $12 for adults under 65 and $6 for kids. While no one is turned away for lack of a donation, Shinoda said most people do donate every day, which helps cover costs.

One Wednesday a month, the staff chef and volunteers prepare a bento-style meal to deliver to community members who are no longer able to attend in person. In August, volunteers delivered 86 meals throughout the community to people who are homebound or in assisted living facilities without transportation. Shinoda noted that, while people definitely look forward to the meal delivery, they also really enjoy the opportunity for connection. In an increasingly fractured and isolated world, Ikoi no Kai combats loneliness by bringing people together to share a meal, activities and stories. For some, it's also an opportunity to connect over shared histories and experiences as first, second and third generation Japanese Americans.

Shinoda is always looking for volunteers who can help make this impressive operation run, especially people who can consistently volunteer on a weekly or even monthly basis. Volunteers are required to obtain a food handler's permit within the first month of volunteering. As a perk, volunteers also get to enjoy a meal once all attendees have been served. Individual donations are also welcome and can be made online at ikoinokai.org. And, of course, any community members who are interested in joining for lunch are invited. You'll be treated to a delicious lunch, a delightful conversation and, if you're lucky, a sing-along.

Ikoi no Kai is located at 1333 SE 28th Ave. in the Epworth United Methodist Church. Lunch reservations can be made by phone at 503.238.0775, by email at reserve@ikoinokai.org or by filling out a form at ikoinokai.org/reservations.

Bw Business Walkabout

Chaparral Books Offers High-Quality, Reasonably Priced Books

By Ellen Spitaleri

John Thomas, co-owner of Chaparral Books, takes pride in offering a variety of gently used books in top condition. Photo by John Richard Trtek.

By the time John Thomas retired from engineering, he had accumulated so many books that his wife asked him to move them all out of the house. And so, he began selling books out of the basement of the Ford Building at 2505 SE 11th Ave. and SE Division St. Six years later, he established Chaparral Books at 5210 S Corbett Ave., and now he has returned to the Ford Building with a second Chaparral Books storefront, in Suite 104.

"Coming to the Ford Building was like returning home," Thomas said. He further noted that the building has "a certain Karma," possibly because at one time Binford and Mort, a major Northwest book publishing house, was in the building for over 20 years. "I would guess that most of their later publications were done in the Ford. So the Ford has a long history with books," Thomas noted.

Thomas owns both branches of Chaparral Books with his wife Sue and noted that the name of the bookshop comes from the chaparral bush, which is a common plant in New Mexico near the Arizona border, where he grew up.

Thomas said that he doesn't just sell books, he also offers people "the opportunity to come to the shop and be comfortable; there is no pressure to buy anything." As a small, independent bookshop owner, he said he intentionally set out to create a space that fostered a sense of community and a welcoming atmosphere. He also praised his staff, calling them very knowledgeable.

Walking into the new bookstore, people will immediately notice that the books, organized by genre, are high-quality, affordable used books in general fiction and non-fiction, poetry, visual and performing arts and rare and collectible books. "Our inventory is very selective and in impeccable condition; you will never find a discarded library book in bad shape on these shelves," Thomas said.

He added that he is particularly proud to have a collection of books and ephemera that once belonged to Charles Seluzicki, who died in Portland in 2024. He was a respected publisher, poet and antiquarian bookseller. His books of poetry, include *Elegiac* and *An Accounting of Days.*

In addition to the shop, Chaparral Books has an online catalog featuring an extensive and continuously expanding used inventory in all subjects. "We sell through ABE books, Alibris, Biblio, Amazon and our own web page. Since the costs for selling on these sites is not cheap, we continue to try to drive business to our stores or our webpage," Thomas said.

As for his customer base, he said that as older book collectors are aging out, "we are seeing younger readers that are looking for cheaper copies as reading copies." He also noted that he is surprised that these younger readers are also seeking out the classics, and he theorized that the movie of *The Odyssey* may have something to do with that. Thomas also said that graphic novels and science fiction books are in high demand.

He noted that the internet plays a big role in determining the value of a book, along with condition, edition and the author. A signed copy of an Ursula Le Guin book, for example, is much more valuable than a reprint of the same book.

As a bookseller, Thomas has seen many a book come and go, but one example sticks out in his mind. He can't recall the exact title, but he does remember that it was expensive. He added, "When I asked the book buyer why he bought the book for that price, he said it was going to The Smithsonian."

Chaparral Books
2505 SE 11th Ave., Suite 104 (enter on SE Division St.)
Open Sunday, Monday and Thursday 12-5 pm, Friday and Saturday 11 am-6 pm, closed Tuesday and Wednesday
503.206.5133 and 503.887.0823
chaparralbooks.com

Avenue Foundation Offers Funding, Mentorship For Portland's BIPOC Business Owners

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ing assistance in areas including SEO, paid advertising and social media, while recipients receive coaching and business support.

That approach grew partly from Madill's own experience. During Avenue's second and third years, she said she was unsure whether the company would survive. She eventually found support through the Portland chapter of Entrepreneurs' Organization's Accelerator program, which connected her with other business owners, mentors and training.

"Accelerator really was the place where I felt like I found people for the first time who really got what I was going through as a business owner," Madill said. "I really feel like that community helped me."

The Avenue Foundation is now trying to create a similar community for the business owners it serves.

Applicants describe their business, goals, challenges and plans for the money. The foundation verifies businesses through information such as their websites, social media accounts and physical locations, and uses a scoring rubric to evaluate applications.

The foundation also tries to make the grant application process useful for businesses that are not selected, by giving them feedback and are encouraging them to apply again during the next cycle.

For Madill, that feedback is important because applying for funding can otherwise feel like a "black box." "You don't know why it was a no," she said. "Like, what can I improve?"

The foundation's approach reflects a broader network of business support already present in Portland. Madill said neighborhood business communities and city initiatives have helped promote local businesses, particularly since the COVID-19 pandemic.

However, she said finding that support can still be difficult for small-business owners to navigate. "There does seem to be a decent amount of support for small businesses," Madill said. "I think some small businesses might say that it's a little bit opaque as to how to get that support from a funding perspective."

Avenue's own work reflects that emphasis on combining funding with other forms of support. Through partnerships with Prosper Portland, Mercatus and Xxcelerate, the agency says it has supported more than 45 women and BIPOC entrepreneurs with mentorship, marketing consultation and more than $90,000 in grant funding since 2022.

The foundation plans to hold its first mixer in March 2027, bringing together past grant recipients, businesses that applied but did not receive funding and other women- and BIPOC-owned businesses. Madill said the goal is to create a place where business owners can find potential collaborators, mentors and other people who understand what they are going through.

For the Avenue Foundation, the goal is to make the $1,000 grant just one part of a larger support system. "We're trying to give each business owner who receives a grant just a support system to help them get off the ground," Madill said.

To learn more about the Avenue Foundation, apply for an Avenues of Impact grant or find out how to support its work as a donor, visit avenueagency.com/avenue-foundation-grant.

BA Business Association Notes

82nd Avenue Business Association
By Nancy Chapin

We are working on the Rose Gardens map for next Spring's blooming season. We are also working on a new version of the Dining Guide, going towards one with more simplicity for finding 82nd Avenue and nearby eating and drinking opportunities from the airport and downtown. As we look forward to next year, the 2027 membership opportunities will be out soon.

Best wishes for an abundant Fall to us all.

Kernside Business Association
By Elizabeth Armstrong

Friday, October 30 Kernside is having Halloween fun all day and into the evening! During the day, neighborhood businesses are passing out Halloween treats. Please check Kernside's Instagram page, @kernside.pdx, for a list of participating businesses. You can keep the festivities going into the night at Rose City Guitar's "Dead or Alive: Karaoke/Lipsyncing" party. It's a Halloween party and musical costume showdown where you get to become your favorite artist for the night. Come dressed as a musician, living or dead, and perform one of their songs. Early bird tickets are $15 and General Admission tickets are $20.

PDXwoofmeow is hosting a FREE Halloween pet costume contest Sunday, October 18. The contest starts at 1:45 pm. Pre-register for the contest at pdxwoofmeow.com, or register the day of the event at 1 pm. The contest is held on Ankeny Rainbow Road Plaza, located at SE 28th Ave. and Ankeny St. The contest will be held on the stage.

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Community News

Voter Registration Deadline is October 13

Tuesday, October 13 is the last day to register to vote in the statewide general election November 3. To register to vote in Oregon, you must be a US citizen, a resident of Oregon and at least 16 years old. Those under 18 years of age will not receive a ballot until an election occurs on or after their 18th birthday.

Online voter registration, at oregonvotes.gov, requires an Oregon driver license, permit or ID card number issued by the Oregon Driver and Motor Vehicle Service Division (DMV) or if you don't have one of those items, the last four digits of your social security number and a signature. Those using the last four digits of their social security number can still use the online system, but they will need to have access to a printer. After entering their information, a PDF of the voter registration card will appear. Print it, sign it and mail or deliver it to your county elections office.

Those who prefer not to register online to vote can complete a voter registration form, found at sos.oregon.gov/elections/Documents/SEL500.pdf, and return it to their county elections office. In Multnomah County, the office is located at 1040 SE Morrison St.

Host a Halloween Block Party

Pumpkins and potlucks and candy! Oh my! What could your block do with a little more room to celebrate this Halloween? With a free PBOT Block Party Permit, you and your neighbors can close your residential street to cars and open it up for community fun. A street without car traffic becomes a place for kids to trick-or-treat, neighbors to gather and everyone to enjoy Halloween together.

Before you start planning your Halloween celebration, make sure your street is eligible for a Block Party. Block parties are intended for small, neighborhood-scale gatherings on Local Service Traffic streets. You can check your street using PBOT's Transportation Plan street classification map. If your street isn't eligible, don't be scared off. Ask around and perhaps a neighbor on a nearby qualifying street may be interested in joining forces to host the party on their block.

Talk with your neighbors early to figure out what everyone would like to bring to the party, how to make the celebration fun for everyone and make sure to apply for your permit at least 15 days in advance. Dividing up responsibilities is a good way to share the work and give everyone a chance to feel like they are involved. Maybe one neighbor applies for the permit, another brings the giant skeletons and someone else helps manage your street closure. PBOT does not provide traffic control devices so once you receive your permit, plan with your neighbors to get what you need to safely close your street.

Keep in mind that not everyone on the block may be ready to boogie and that's ok. Communication is key. Be sure to keep every neighbor in the loop about party activities, and when the street will be closed and reopened. Work with anyone who may need accommodations during the event.

Visit bit.ly/4yq3jEH to find out if your street is eligible for closure, the permit application and tips for a safe street closure.

No Ivy Day

Portland Parks & Recreation (PP&R) collaborates with partner organizations annually to host a variety of ivy removal and educational events in multiple locations across the Portland area on No Ivy Day. This year the event takes place Saturday, October 24 and features ivy removal volunteer work parties, the Explore Your Park Series (EYP) and the Know-Ivy Crafting Workshop.

In SE, work parties will take place at Mt. Tabor Park, Leach Botanical Garden and Knapp Falls. Most work parties take place 9 am-12 pm, although there may be some variation depending on location. Additional work parties take place in N, NE, NW, SW and greater Portland.

EYP is a free program for all ages that offers hands-on activities, scavenger hunts, creature features and more. PP&R will set up by the Mt. Tabor playground at Mt. Tabor Park 11 am-1 pm. No registration required; just swing on by and learn about the plants and animals that call this special place home.

The Know-Ivy Crafting Workshop, at Rice School Gym 1-3 pm, is the perfect opportunity for anyone who wants to learn about restoration efforts in Portland, get creative and connect with community. Materials and instruction to create an ivy basket or basic ivy flower wreath will be provided, as well as information about some of the challenges Portland experiences with introduced (non-native) plants like English ivy. Registration is required.

Removing English and Irish Ivy is done to keep it under control in our local ecosystems. Since it is not native to this area, it didn't evolve with wildlife that eats it or parasites that destroy it, and it survives through our relatively mild winters just fine. These ivies are a popular, fast-growing garden and landscaping plant and birds love its tasty berries. For these reasons, ivy has been able to gain a strong foothold in our natural areas.

English and Irish Ivy are able to grow in dense carpets across the forest floor, taking resources from native plants that support wildlife. Invasively growing ivy also climbs trees, adding weight that can cause them to topple during storms. By removing ivy and planting native species, we give our native plants and wildlife a fighting chance to survive and thrive in our beautiful and unique urban natural areas.

Visit bit.ly/4d8Dlgu for full details on the work parties and for a link to register for the Know-Ivy Workshop.

Community News

ADA Ramps Being Installed in Buckman-Kerns

Environmental Services is partnering with PBOT to construct American With Disabilities (ADA) curb ramp improvements throughout the Buckman and Kerns neighborhoods. The work builds on the recently completed Buckman-Kerns Green Street and Sewer Project and will improve accessibility at intersections throughout the project area.

A broad area of the Buckman and Kerns neighborhoods, from NE Glisan St. south to SE Hawthorne Blvd., and SE/NE 11th avenues east to SE/NE 35th avenues to the east has been identified where ramps will be installed. The map of the area, at bit.ly/3VbghHS, will be updated as construction progresses.

Construction was expected to begin as soon as mid-to-late September and will occur in phases through the fiscal year. Work will take place in small areas at a time rather than throughout the entire project area.

The hours for construction are 7 am-3 pm, Monday-Friday, utilizing Saturdays if needed. Construction typically includes white paint marking the proposed work area; removing portions of the sidewalk, curb and pavement; excavating and constructing the new ADA curb ramp and detectable warning panels; and restoring pavement and landscaping affected (when possible).

Most work on a single corner will take one to two weeks. Weather, concrete curing, utility work or other conditions may extend the schedule.

The project team works with Urban Forestry to evaluate and preserve existing street trees whenever possible. At a few locations, tree roots may conflict with the space needed to construct ADA-compliant ramps. If it is determined that construction would significantly affect the health or stability of a tree, removal may be necessary.

Adjacent property owners will be contacted in advance if a tree near their property may be affected or needs to be removed. Replacement trees will be planted in accordance with City requirements, although they may not be planted in the same locations.

Arbor Day at Harrison Park

Join Portland Parks & Recreation (PP&R) and Asian Pacific American Network of Oregon (APANO) at Harrison Park, SE 84th Ave. and Harrison St., Saturday, October 17, 10 am-2 pm for an Arbor Day celebration. The day includes tree planting, Bill Naito Community Trees Award and Tree City USA awards, tree-themed activities and tabling with local non-profit organizations.

The community is invited to help plant 15 young trees in the park to add shade, beauty and cleaner air to the Jade District. Additional activities include tree identification practice, learning fun facts about common trees, visiting the tops of the trees with bucket truck rides and tree-themed arts and crafts for all ages.

Leaders from APANO will be on hand and community resources will be available from Friends of Trees, Portland Fruit Tree Project and Multnomah County Library. The Yard Tree Giveaway team will also be on hand giving away 300 free trees. To sign up in advance for a tree, visit at portland.gov/trees/find-your-free-trees/trees-your-yard.

Join SE Uplift's Grant Review Committee

SE Uplift is looking for community members to serve on the 2027 Community Small Grants Review Committee. The volunteer committee evaluates applications and recommends projects for funding to the SE Uplift Board.

To be eligible, applicants must be able to attend the online orientation Monday, October 26, 7-8:30 pm; must be able to devote up to eight hours between Tuesday, October 27 and Friday, November 13 to review and score applications; and must be able to convene online Monday, November 16, 7-9 pm to finalize recommendations. Members of the committee must not be affiliated with any current applicant.

The deadline to apply to be on the Grant Review Committee is Sunday, October 18, 11:59 pm. To apply, visit bit.ly/4jnhLZm. A $50 stipend is offered to committee volunteers.

OCTOBER EVENTS

SOCK DONATION DRIVE – Help Street Books reach their "Socktober" goal of 500 pairs of socks during the month of October. Socks can be dropped off at their office, SE 12th Ave. and Stark St., on Tuesdays. For other locations to drop off socks and other supplies, email librarian@streetbooks.org or visit streetbooks.org/socktober-2026.

INTERVIEW WORKSHOP – Fortune 500 Toastmasters Club hosts a free interview workshop Tuesday, October 6, 6-7:15 pm at Kenilworth Presbyterian Church, 4028 SE 34th Ave. Learn how to hone your interview skills, then practice them in a safe, positive learning environment. Email contact-6986@toastmastersclubs.org or call 503.724.4156 with questions.

CITY CLUB CANDIDATE FORUM – Join City Club for a Portland City Council District 3 Candidate Debate and hear from the leading candidates vying to become District 3's next Councilors Wednesday, October 7, 6 pm at Taborspace, 5442 SE Belmont St. The event is free but space is limited. Visit pdxcityclub.org/event/city-council-district-3-debate-2026 for registration and information.

SOCIAL HOUSING PANEL – Bora Architecture & Interiors (1705 SE 3rd Ave.) hosts an informative look at Portland's housing future Thursday, October 8, 5-7 pm. The panelists bring together policy, community development, design and economics to ask how each might be re-thought under a social housing model and what that could mean for Portlanders. Visit bit.ly/4duhn7G to register for the free event and panelist details.

350PDX CANDIDATE FORUM – Join 350PDX and partner organizations for the free Climate Justice Candidate Forum with District 3 candidates who met the small donor threshold Thursday, October 8, 6:30 pm at The Porch, 6725 SE Kelly St. Visit 350pdx.org/event/action-night-district-3-city-council-candidate-forum for list of candidates and more information.

INDIVISIBLE PDX D3 CANDIDATE FORUM – Get informed and ready to exercise your vote by hearing District 3 candidates' vision for the city's future Wednesday, October 14, 6-9 pm at Franklin High School, 5405 SE Woodward St. For registration, to submit questions for the candidates and more information, visit mobilize.us/indivisiblepdxd3/event/1026855.

GARLIC PLANTING WORKSHOP – Portland Edible Gardens hosts a garlic planting and winterization workshop at their new South Tabor Demo Garden (3132 SE 67th Ave.) Saturday, October 17, 10 am-12 pm. Register for the free workshop (donations appreciated to support the garden) and get more information at portlandediblegardens.com/south-tabor-demonstration-garden.

PLANTING WORKSHOP – Join Multnomah County Master Gardeners Association and SolarPunxPDX for a free lawn planting workshop Sunday, October 18, 11 am-2 pm at Green Thumb Orchard, 6637 SE 57th Ave. Learn about installing native plants, garden maintenance and plant propagation methods. No registration required. Bring gardening gloves. Handouts will be provided.

SPAGHETTI DINNER – Sunday, October 18, 12-5 pm St. Philip Neri holds a spaghetti dinner in Carvlin Hall, 2408 SE 16th Ave. Enjoy pasta Bolognese, insalata Cesar, fresh baked bread and spumoni ice cream (beer, wine, Italian spritzers and NA options available for purchase) along with performances by internationally acclaimed Italian tenor Tony La Stella throughout the day. Tickets ($15 adults/$10 under age 10) available at zeffy.com/en-US/ticketing/spaghetti-dinner-93.

GLENCOE ELEMENTARY PTA CLOSURE MEETING – Wednesday, October 21, 6:45–7:45 pm Glencoe's PTA will host Stephanie Engelsman of the PPS Board to answer questions about the potential closure of the school. Join Glencoe supporters in the Glencoe Elementary Cafeteria, 825 SE 51st Ave., as they voice their opposition to the closure of the school. More at glencoeelementarypta.com/pta-initiatives/keep-glencoe-open.

TRUNK OR TREAT – First Covenant Church (4433 E Burnside St.) hosts their third annual free Trunk or Treat event Saturday, October 31, 5:30-7:30 pm. They'll have popcorn, hot chocolate, apple cider, candy and treats.

Blue Swallow

By David Krogh

Author Norman Becker. Photo by Becker.

Portland resident Norman Becker had a very strange experience when he was 12 years old. He and his parents were out for a drive one day when suddenly a large shape darkened the sky above their car. Surprised and shocked, Becker strongly felt he was witnessing something unworldly as the shape passed over the their car before quickly disappearing into the sky beyond. Because the sighting was of such a short duration he recalls very few details from that day except that the underside of the large craft displayed many lights.

Back then an object like that was termed as a UFO (unidentified flying object). Becker confirmed that this sighting was, in fact, a primary inspiration for his book, *Blue Swallow*. Becker's inspiration did not, however, stop there. Having been brought up in the Mennonite faith he had developed strong religious beliefs. And although he currently isn't a member of a particular congregation, he still considers himself as a spiritualist. He also believes in angels and Heaven. "Yes, I believe in angels. I have a guardian angel of my own who has helped to protect me from harm a number of different times." Becker also strongly believes in miracles. "I look at a tree and see it as a miracle. How else could something so complex as a tree be able to live and function?"

Because of his UFO sighting Becker strongly believes aliens (i.e. extraterrestrials) do exist and that they could have played a role in the development of humans thru DNA manipulation. "I've had two very religious people tell me that this was a good idea and made sense. I don't know how else it all could have been done," suggests Becker.

With this background out of the way, interested readers will now know that this book will contain UFO's, aliens, DNA manipulation, angels and much more.

Regarding the religious aspects of his story, he clarified that he is not making a sermon. "My intent was to not be too religious. I want people to not even agree with me but to at least be happy with the content of the story. For the most part this story is my own testimony. That's the way my former church was. People told what was happening to them. And this is the story I want to tell." Becker provided more clarification about his intent with *Blue Swallow*. "I run into a lot of people who don't know what to believe in. And many of them don't agree with all that the churches are telling them. This is another reason for me to share my thoughts on the matter, to get them thinking about other ways to address their questions about life and religion."

Of interest, Becker's background is not literary oriented. He grew up in rural South Dakota. He went to a junior college for two years with a focus on general studies before ultimately moving to SE Portland. Afterwards he worked for many years in both warehousing and real estate sales. And while his kids were growing up he got involved with basketball and soccer coaching, mainly at Glencoe School.

As to his writing experience, he got interested ultimately due to a hobby in mountaineering and doing some writing for his club's newsletter. He is also into nomading and makes many trips throughout the west in his older Winnebago RV. During this same time period he has met many indigenous members and became very interested in their cultural backgrounds. Subsequently he included indigenous characters within the story. (In fact, the book is named after the angel of the main character in the story. In this case the angel was an indigenous woman before becoming an angel.)

A few other hints at what can be expected in the book include a brief history of Jesus and his second coming, space travel and reincarnation. In addition, the reader will be introduced to the Grommell. (But you'll have to read the book to find out what that is.) In short, a great deal of imagination went into Becker's story, along with a considerable amount of realism based on known scientific concepts and theories.

Blue Swallow is the author's first book. The 434-page paperback is self-published via the Sun Star Press and is available from Amazon and other online sellers. It is not available in local bookstores as this time. The Amazon link and the official book description can be found at bit.ly/4dMpjkI. Becker is currently working on a completely different second book which he says is a mystery story.

Local Nonprofit Blends Creativity and Caring

By Sandy Miller

Portland-based BCG Universe produces films and books which spotlight groups facing challenges—including immigrants, mentally and intellectually challenged individuals and the LGBTQ+ community—and which benefit members of those groups. This unique business model links the craft of cinema with real-world social impact, pairing every film with a community initiative that supports vulnerable populations, generating empathy and action.

BCG Universe co-founder and principal creator Marcel Barragán, who also practices as a Gestalt therapist, is a native Venezuelan who has spent years in several other Latin American countries and now lives in Portland. He explains, "…when I work as a filmmaker, I don't work. It is impossible for me to feel that I am working when I am immersed in such a great, ineffable and infinite passion. It's something I haven't felt doing anything else. For me, cinema is more than cinema, it is meaning, and that also includes many people." Each BCG project engages this creative spirit, always working with themes that draw readers and viewers to see their connections with those who may seem "other."

A current example of their work is a new film, *Redemption: Relapse,* directed by and starring Barragán and set for release this October, in Spanish and English with subtitles. Focusing on mental health, this sequel of a well-received earlier film from 2015 (*Redención,* produced in Spanish only) was filmed largely in Portland and follows the main character, played by Barragán, as he encounters and relives family tragedies.

Dr. Isabel Jaén, who teaches at Portland State University and holds a Ph.D. degree from Purdue University, has a deep interest in film. She serves as co-director of Cine-Lit, the International Conference on Film and Literature, organized in conjunction with the Portland International Film Festival.

"BCG Universe's projects and the work of Marcel Barragán remind us of cinema's power to foster empathy and strengthen our communities," she stresses. The two met through the Portland Latin American Film Festival when his short film *Life REBORN* was screened in the 2025 annual event. Released in 2023, *Life REBORN* has won dozens of US and international awards for directing, acting and original musical score, among other categories.

Barragán and Jaén found common ground discussing his work through the non-profit Mundo Ayuda Foundation and BCG Universe, using art to help raise awareness of the problems that our communities face, and her own research on film and prosocial behavior: that is, how film allows us to understand and feel for and with others, prompting us to engage in actions intended to benefit them.

Jaén also plays a literal role in film, that of a psychiatrist in *Redemption: Relapse*. She has been acting since the 1980s, mostly on the stage, and has also directed children's theater, in Spain, and college theater in the US, at Yale University. "Being involved in multiple aspects of film and performing," she says, "provides a wider, yet also more focused, perspective when it comes to acting and the storytelling process, as does any knowledge and expertise in fields such as psychology and culture. [Barragán] is a great example of this idea: he's a multifaceted filmmaker whose projects benefit not only from his expertise and experience in the different aspects of cinema, but also in human psychology, via his training and practice in therapy and counselling."

Another BCG film in its early stages is *Runway,* which portrays the transformative relationship between a gay fashion designer and a homophobic neighbor who has a change of heart. Like several other creative endeavors, this project is seeking support from people who would like to help increase the visibility of local marginalized groups and spread a positive message to a general audience.

BCG has also produced a series of five short, uplifting paperback books adapted from the screenplays of several of their films and film ideas. According to Barragán, "My books, available in both English and Spanish, are born from the same place as my films: that point where pain, beauty and the need to understand the human soul meet." One example, based on the screenplay of *Life REBORN*, is the story of a critically ill girl and her father, who share an enlightening and healing experience. BCG plans to coordinate with local groups to make these books available at no charge to benefit people experiencing homelessness.

Through film and the written word, BCG Universe invites its audience to enter the lives of others and to see the world through different eyes. Local business owners and longtime SE residents Jan and Jill Caplener support BCG's unique blend of creativity and caring and have joined the group's Board. "In getting to know Marcel, it became apparent to us that he had a passion for both film making and helping people less fortunate," Jill says. "Because of that passion, we got involved (in a small capacity) to help him fulfill his dream."

For updates on the new film and more information about all of their projects, visit bcguniverse.org.

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AE Arts & Entertainment

Bagdad Theater Ghost Tours

Good news for lovers of ghosts, ghouls and all things that go bump in the night: Ghost Tours are back at select McMenamins locations, including the Bagdad Theater (3702 SE Hawthorne Blvd.), this month. On the spooky tour, you'll learn the rich history of the property and hear spine-chilling tales straight from the Ghost Logs.

For almost 100 years, the Bagdad Theater has dazzled and frightened audiences from the stage to the screen; but after the lights come up, staff and patrons alike have noticed that something eerie still lingers in the shadows. Explore the spookier side to the Bagdad, between disappearing long-dead ushers, crying in the balcony bathroom and even a bullet hole in a bar.

Tours take place Saturdays, 10 am. All ages are welcome, however some material may be mature or scary for younger audiences. The tours may require long periods of standing and one part of the tour will go up and down a steep set of stairs. Tickets, $20 for ages 3 and up, available at mcmenamins.com/find.aspx?txtsearch=ghost+tour&loc=bagdad&t=1.

Ashley Cooke at Revolution Hall

Country's newest "it girl," Ashley Cooke, is bringing her signature baby blues to Portland Thursday, October 15 as part of The Baby Blues world tour. Cooke kicked off a defining new chapter with her highly anticipated, self-titled sophomore album September 17 in Cleveland and her stop at Revolution Hall is part of 28 shows in major cities throughout the US and UK. The shows feature support from Timmy McKeever, McCoy Moore, all-female trio Just Jayne, Aniston Pate and Hannah McFarland.

Tickets ($26-$101+fees) available at etix.com/ticket/p/65736762/ashley-cooke-portland-revolution-hall?clickref=1100lDhAG4wp. $1 of every ticket sold on the tour will go toward the Ashley Cooke Fund to benefit The Onsite Foundation's Creatives Support Network, which provides free mental health support, education and resources specifically designed for members of the songwriting community.

In Mulieribus Season Opener

Music Unites Us, In Mulieribus' 20th season, opens Saturday, October 10, 7 pm and Sunday, October 11, 3 pm at St. Philip Neri Church, 2408 SE 16th Ave. The anniversary celebrates two decades of impeccable vocal artistry by the premier women's vocal ensemble.

The October performance is a program exploring motion, surprise and transformation. In Mulieribus will be joined by acclaimed local cellists Valdine Mishkim of the Portland Cello Project and Eric Alterman of the Delgani String Quartet for a performance of *A Carnival of Miracles* by Richard Einhorn. Comprising six distinct movements—each with its own unique sonic landscape, texture and vocal style—the work offers a compelling meditation on freedom as its many forms: religious, scientific, artistic, cultural, sexual and political.

The season continues in December, with performances at St. Philip Neri and St. Mary's Cathedral; a March performance at Irving Street Studio; May performances at Kaul Auditorium and St. Mary's Cathedral; and concludes with a 20th Anniversary Celebration Event May 8 at All Saints Episcopal Church. Tickets ($5-$47.78), including Arts for All and 25 and under pricing, available at inmulieribus.org.

ADX Fest

A celebration 15 years in the making, Art Design Xchange (ADX) hosts a month-long, region-wide celebration of Portland's creative cultures. Throughout the month of October, ADX Fest activates venues, studios and spaces throughout the Portland region with discussion panels, workshops, performances and interactive arts and crafts.

"The interconnectedness of Portland's creative scene is where our true power lies as a city. We work together, hire each other and help each other make our projects come to life," says ADX Founder Kelley Roy. "From our world-renowned comic arts and stop motion animation scenes to our globally traded, locally made goods, Portland's Making It, and we're making it together. Creatives have been, are and always will be the economic and cultural engine of Portland. We, the people, have the power to keep our city thriving, so let's join together to support and celebrate all that makes the magic of Portland."

Guest and resident artists and creative businesses hosting events inside ADX (417 SE 11th Ave.) include Sharryll Burroughs, the Museum of Stop Motion Animation, From the West Side Wit Love and CreativeMornings Portland. In addition, over 30 external collaborators, including Milagro Theater, BodyVox, MusicCraft NW Expo and Gerald Clarke Jr., are activating their neighborhoods and local communities from St. John's to Multnomah Village.

The public is invited to explore and experience innovative work across dance, theater, fashion, music, film, art and design while supporting and engaging with the region's independent artists, creative organizations and small businesses. A full schedule of events can be found at adxfest.com.

Scenic Train Rides

All aboard for weekend train adventures in the heart of Portland. Through October 11, the Oregon Rail Heritage Center offers scenic rides Saturdays and Sundays behind their diesel locomotive, BNSF 3613.

Enjoy the breeze in an open-air car or relax in the comfort of a vintage, air-conditioned coach. Along the route, take in city skyline views, the riverfront, local wildlife and the timeless charm of Oaks Park. It's a classic rail experience the whole family will treasure.

Advance ticket purchase (orhf.org/weekend-train-rides/#special-event-steam-excursion) recommended. Tickets are $17 ages 14+, $12 children ages 3-13, $50 family pass (two adults and two children), $15 ages 65+ and military (must show military ID at check-in). Trains depart at 1, 2, 3 and 4 pm each day. Admission to the Oregon Rail Heritage Center, 2250 SE Water Ave., is included with tickets.

Flying Solo Festival

Imago Theatre follows up their 2 + 2 Flying Solo Festival September Flight season opening performances with the October Flight. The show features two solos by Don Nigro Friday, October 9-Sunday, October 25 Fridays and Saturdays at 7:30 pm and Sundays at 2 pm.

Nick Lucifer in Club Hell is the story of the universe told by a weathered gangster in "Club Hell" located well down below and features Sean Lujan. In Blavatsky, featuring Anne Sorce, Madame Blavatsky welcomes the audience to her private inner quarters to witness truth, lies, psychic phenomena, chickens, monkeys, nonsense, foolishness and drivel.

Tickets ($38) for all of the performances, for mature audiences, available at onthestage.tickets/imago-theatre.

Author Talk

The Architectural Heritage Center (AHC), 701 SE Grand Ave., hosts Mary B. Hansen for a book talk and signing Saturday, October 10, 12-1 pm. Hansen has a passion for using archival documents to reveal hidden, lost and forgotten histories. She will talk about her work as a Certified Archivist with a Master of Library and Information Science degree as well as her two published books—*The Traveling Archivist* and *Blood in the Archives*—and how she uses archival research in writing her novels.

Visit visitahc.org/talks-and-events to register for the free event. Books will be available for purchase and signing by Hansen.

Arts & Entertainment

OMHOF Induction and Concert

The 19th Annual Oregon Music Hall of Fame (OMHOF) Induction Ceremony and Concert will be held Saturday, October 10, 7 pm at the Aladdin Theater, 3017 SE Milwaukie Ave. The evening will feature live performances by Steve Berlin (Los Lobos), a special reunion of acclaimed '90s acoustic roots band Calobo and Grammy-nominated singer-songwriter and producer M. Ward. The incomparable Tony Starlight will be the master of ceremonies.

There will also be a live auction with autographed guitars from Death Cab for Cutie, The Psychedelic Furs and Paul Revere, along with an autographed, signed and numbered print by Led Zeppelin guitarist Jimmy Page. Proceeds from the evening will benefit the OMHOF's Music in Schools programs and scholarship fund.

Artist inductees are Modest Mouse (Alternative Rock Band), Red Fang (Heavy Rock Band), Calobo (Acoustic Roots Band), Sweaty Nipples (Alternative Metal Band), M. Ward (Singer-Songwriter, Guitarist and Producer) and Steve Berlin (Musician, Producer and Arranger). Industry inductees include McMenamins (Music and Cultural Institution), Brandon Lieberman (Broadcaster, Music Journalist and Independent Music Advocate), J. Michael Kearsey (Musician, Producer, Broadcaster and Educator), Kelly Halliburton (Musician, Promoter and Independent Music Champion) and a posthumous award to Jack McMahon (Singer-Songwriter). Artist of the Year goes to The Decemberists and Album of the Year to Glitterfox for *decoder.*

Tickets are available through the Aladdin Theater box office and at aladdin-theater.com. General admission ($30 advance, $35 door); VIP tickets ($100 advance, $110 door) include prime seating, a collectible laminated pass, a Gary Houston limited-edition hand-pulled, signed and numbered poster and admission to the catered after-party.

Glen Canyon Documentary

WaterWatch co-hosts a screening with the Glen Canyon Institute of their documentary, *What the River Knows*, Saturday, October 24 at PAM CUT Tomorrow Theater, 3530 SE Division St. The film explores the slow re-emergence of Glen Canyon as the waters of Lake Powell recede and reveal more of the landscape submerged—and thought lost forever—since construction of Glen Canyon Dam and Lake Powell reservoir began in 1956 and went online in 1963.

Today, a lost Eden emerges from beneath Lake Powell, revealing both the consequences of past mistakes and the potential for a new path forward for the Colorado River. *What The River Knows* explores this pivotal moment, where the urgent need to rethink water management in the West aligns with an opportunity to restore a stunning landscape and flooded ancestral homeland. Amidst the grim discussions surrounding climate change and the Colorado River crisis, the film tells a powerful story of nature's resilience: Glen Canyon is coming back to life.

Tickets ($15) available at waterwatch.org/events. Doors open at 6 pm, with the event starting at 7 pm. Following the film screening, the event will conclude with a panel discussion and audience Q&A.

Culinary Breeding Network

Join the Culinary Breeding Network for the Sagra del Radicchio e Fagioli, a celebration of radicchio, beans and the passionate people who grow, cook and gather around them Saturday, October 24, 4 pm at The Redd on Salmon, 831 SE Salmon St. This year's Sagra also marks the release of *Radicchio: A Celebration of the Beloved Italian Vegetable*—a book born from this community and celebrating the growers, chefs, breeders and eaters who helped transform radicchio from a little-known Italian vegetable into a movement.

Inspired by the Italian tradition of a sagra—a festival honoring local food and community—this joyful culinary experience celebrates the flavors and possibilities of the winter table. Taste your way through 40 tables curated by farmers, plant breeders, chefs and makers from the Pacific Northwest and beyond. Explore the wide world of chicories and pulses alongside other unsung heroes of the winter table.

Tickets ($55-$70) available at culinarybreedingnetwork.com/events/sagra-del-radicchio-e-fagioli. Kids under 12 are free. *Radicchio* book pre-orders are also available ($40).

Holding an arts event, stage production, festival? Email your press releases and images to: goingout@seportland.news

The Haunted Eye

It's that time of year again, time for The Haunted Eye Haunted House & Pop-Up Bar at The Old Pawn Shop, 5939 SE 82nd Ave. For four nights only, make your way through the one of a kind haunted house that exits into a fun and spooky pop-up bar, complete with blood bag drinks, syringe jello shots and tons of photo ops.

Just $13 (+ fees) gets you into the funnest 21+ party of the season. Purchase a ticket for Friday or Saturday night, 6-11 pm, October 23, 24, 30 or 31 at bit.ly/3Timlh6. Make sure to buy your ticket in advance (last year sold out) and bring your valid ID to the event.

New Mikki Gillette Production

Fuse Theatre Ensemble announces the latest play from Mikki Gillette, *Trans Femme*, to be performed at The Back Door Theater (4319 SE Hawthorne Blvd.) Friday, October 9-Sunday, October 25. This is the third premiere of Gillette's work at Fuse in a year, following *Magnetic Electric* October 2025 and *Riot Queens* March 2026.

In 2011, trans femme support from group leaders Sloan and Astrid's relationship is challenged by fiery newcomer Leela, and impoverished Kat pins her hopes on the older Sunny's pledges that she'll leave with cis wife Fran. Tempers and intrigue fly, as the women struggle not to turn the stigmas society directs toward them onto one another or themselves.

The seeds of the script were planted when playwright Gillette was first transitioning, and attended a trans femme group at the Q Center. "That was such a turbulent time in my life, and in the lives of the people I encountered there," said Gillette. "Writing this play was the way to process some of the experiences I went through then and understand them a little better."

The two hour performances take place Thursdays-Saturdays at 7:30 pm and Sundays at 3 pm. Tickets are "Give As You're Able, Friends" and available at fusetheatreensemble.com/event-details/trans-femme-2026-10-09-19-30.

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.

Dry Needling in Oregon

If you've been looking for treatment for a stubborn muscle knot, sports injury, trigger point or chronic muscle tension, you've probably heard the term dry needling. Dry needling has become increasingly popular because it can be an effective way to address muscle pain and injuries. In Oregon, acupuncturists have been practicing dry needling for years and the state is currently establishing the rules that will govern physical therapists' use of dry needling.

What exactly is dry needling? Dry needling is a technique that uses very thin, solid needles to stimulate areas of muscle and connective tissue. Unlike an injection, there is no medication being injected into the body. That is why it is called "dry" needling.

A practitioner may use a needle to target a tight band of muscle, a trigger point or an area of dysfunctional tissue. The goal may be to reduce muscle tension, improve mobility, decrease pain or help restore normal movement. Dry needling is commonly used in the treatment of conditions like neck and shoulder pain, low back pain, muscle strains, tendon and muscle problems, trigger points and repetitive-use injuries.

When a clinician evaluates and determines a diagnosis, that diagnosis will then be used to guide treatment. For instance, a neck pain diagnosis might be due to particular muscles that attach to the back of the skull. Once this is determined, dry needling will be used to directly target those muscles. Targeting might include particularly sore or tight regions of the muscles or it might target trigger points or motor points. Sometimes the clinician might treat other muscles in the region or even opposing muscle groups to achieve better results.

Dry needling and acupuncture are very similar but not identical practices. Both use very thin needles inserted directly into the body, targeting muscles and other connective tissues, and both can be used to address musculoskeletal pain and dysfunction. An acupuncturist may use direct muscular needling which is considered dry needling or they may choose to use more traditional acupuncture points. In fact, when I'm treating I generally use a combination of dry needling and traditional acupuncture points. This is what I have found to be the most effective and most tolerated treatment style for my patients. Other clinicians will only use dry needling of tissues directly or may only use traditional acupuncture points.

Oregon's definition of acupuncture specifically recognizes that acupuncture needles may be inserted into the skin, subcutaneous tissue, muscle layers and fascia, as well as near joint spaces, depending on the practitioner's clinical assessment. Acupuncturists receive specialized education in acupuncture as well as extensive training in anatomy, needling techniques, safety and the assessment and treatment of the body.

Some acupuncturists also develop a particular specialty in musculoskeletal acupuncture and sports medicine acupuncture, with extensive hands-on experience treating muscles, tendons, fascia, trigger points and injuries.

Oregon has recently passed legislation specifically addressing dry needling by physical therapists. Under House Bill 3824, a physical therapist will be permitted to perform dry needling as defined by the Oregon Board of Physical Therapy. The law also directs the Board to establish rules, including training requirements, for physical therapists who perform the procedure. We are currently in a transition period and the new dry needling authority for physical therapists does not begin until July 1, 2027. The law has been passed, but the detailed rules governing how physical therapists will perform dry needling are still being developed.

In coming, years more and more physical therapists will be offering dry needling. While we don't know what their training will be, the hope is that it will be rigorous enough to ensure the safety of all patients. In the meantime, Oregon acupuncturists already have an established scope of practice that includes needling into muscle and fascia, and patients looking specifically for dry needling can seek out an acupuncturist with advanced musculoskeletal training. Searching for terms like sports medicine acupuncture and acupuncture dry needling will be helpful in finding clinicians currently practicing these styles of acupuncture.

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Legin Commons Opens in Jade District

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affordable to households earning at or below 60 percent of the area median income, with rents restricted accordingly. "Area median income represents the midpoint of household incomes within a particular region and is adjusted based on household size," explains Gazda. "20 homes at Legin Commons are reserved for households earning no more than 30 percent of the Portland area's median income, based on their household size. These are the most deeply affordable homes in the building, helping make a stable home more accessible to people and families with extremely low incomes."

Funding for Legin Commons came from a variety of public and private sources, including a grant from the Portland Clean Energy Community Benefits Fund (PCEF), which funds community-oriented climate action efforts in Portland. "The building is all-electric and highly energy efficient, and its 99-year affordability period means the public investment will serve the community for generations," says Gazda.

Features of Legin Commons highlighted during the tour portion of the grand opening include an on-site laundry room with a view of an indoor play area, which allows parents to watch their children while doing laundry. "These amenities help to make the community a home," says Magnes. "We wanted to create spaces for childcare, laundry, meeting rooms to reduce barriers to these services and to make sure that the property was near grocery stores, restaurants, parks and major transportation lines."

"Projects like this only happen through genuine collaboration because no single organization holds every piece," says Gazda. "It means bringing different areas of expertise to the same table, making decisions together and remaining coordinated throughout a process that can take several years." Alongside the main development team, many other organizations, including Bora Architecture & Interiors, Portland Housing Bureau, LMC Construction and PCEF, helped make this project a reality.

"I love how, thanks to APANO and Edlen [& Co.], we were really able to honor the legacy of the neighborhood and the community," says Magnes. The legacy he refers to is Legin Restaurant—the new apartment complex's namesake—which, 14 years ago, sat just three blocks away. Once praised by the *Portland Chinese Times* as the largest Chinese restaurant on the West Coast, Legin Restaurant was beloved by its community in the Jade District. "Legin Commons is named in honor of a place that once brought people together, and I hope it carries that same spirit of connection and belonging forward for the people who make it their home," says Gazda. "To me, it is a powerful example of what is possible when organizations unite around a shared mission and contribute their individual strengths."

Neighborhood Notes

Buckman Community Association
Susan Lindsay

At our September 10 Buckman Community Association meeting, we hosted two candidates for the position of Multnomah County Chair; sitting commissioner Shannon Singleton and former commissioner Sharon Meieran. During their individual presentations, each spoke of their qualifications and leadership experience. Singleton served under former governor Kate Brown and with the joint office of homelessness here locally. Meieran, a long-time emergency room doctor served two terms on the Multnomah County Commission and works now with street medicine. While Singleton spoke primarily during her time of her qualifications, experience in housing and leadership ability; during her time, Meieran detailed the specific problems of Multnomah County structure, the chair position itself, the excess money being spent by the County resulting in poor results and presented her plan of county services restructuring. The third candidate, Julia Brim Edwards, did attend nor respond to our invite. As this position is so important, we encourage Buckman residents to check out the county chair candidates' websites and attend any upcoming debates.

At our October 8 meeting, we had intended to host a City Council forum for District 3 candidates. However there are so many running for D3, out of our desire for fairness we decided to encourage instead everyone to attend already structured debates and forums that can be found on our website. Instead, on October 8, we'll have two separate presentations from PBOT regarding potential highly impacting changes in both traffic use and parking restrictions in the neighborhood. Be sure to attend in person or via hybrid link to take part in these important discussions.

At our November 12 meeting, representatives from BPS will attend to discuss a proposed upzoning plan for a large section of the eastside of Portland. This change, if adopted, would allow large multistoried apartment buildings everywhere in a big section of the inner eastside, covering all of Buckman, Sunnyside, HAND and Kerns, and many more eastside neighborhoods. Also at that meeting, depending on time constraints, representatives from an advocacy group for this upzoning effort as well as representatives from those opposed will attend and present.

Statewide elections are November 3. Be sure to get your ballots in early this year due to all the controversy about mail-in elections and the slower turn around time nowadays at the post office.

Buckman Community Association meetings are held every second Thursday of the month 7-9 pm at 1302 SE Ankeny S., in the Imago Dei Fellowship Hall. Our meetings are hybrid and the link can be found on our website, buckmanpdx.org. We encourage you to come in person if possible. Contact the BCA at any time buckmanboard@googlegroups.com.

Hosford-Abernethy Neighborhood Association
By Jill Riebesehl

At the HAND September Board meeting it was a touch of fall then time to get down to business. The Board officially requested that we participate in discussions regarding the proposed Union Pacific/Norfolk Southern railroad merger. And we got a detailed report on the city's wide-ranging rezoning plans for inner eastside Portland that would involve housing, infrastructure changes and more, from NE Fremont St. to SE Powell Blvd., 12th to 60th avenues.

We also got a progress report on the effort to establish a Division-Clinton business district. And we received updates on the status of the temporary housing village at the base of SE Clinton St.; the siting of a bottle drop at SE Milwaukie Ave. and SE Powell Blvd.; and how HAND, other groups and TriMet are working on ways the public can use a newly stubbed-off SE Caruthers St.

For anyone interested in reading more in-depth about what we've learned and our activities, check out the September meeting minutes on our website. The Board meets the St. Philip Neri campus every second Tuesday, 7-9 pm. We welcome with open arms everyone who lives, owns property or runs a business in our neighborhood.

Mt. Tabor Neighborhood Association
By David Petrozzi

We're pleased to announce the upcoming District 3 City Council Candidate Forum Tuesday, October 13, 6-7:30 pm, at Mt. Tabor Middle School. You'll want to take this opportunity to see who's running for City Council up close and personal, hear what they stand for and probe their platforms with some Q&A. Rub elbows with fellow neighbors over pizza to see who deserves your vote. With ranked choice voting and our new system of city governance, your voice has never been more powerful, so make yourself heard.

During our September meeting, MTNA enjoyed a presentation on Foxtail and Cheatgrass cleanup efforts in our area, under the purview of a new group named The Foxtail eRADication CRUE. Not only do they get serious bonus points for some clever capitalization, their work is really important too. Check them out on instagram.com/thefoxtaileradicationcrue for more information, as well as volunteer opportunities to raise awareness and help manage these invasive species.

MTNA meets every second Wednesday of the month, in person at Taborspace and online via Zoom. Our next meeting takes place October 14, 7-8:30 pm. Head over to our website, mttaborpdx.org, for more information and to sign up. You can also join our mailing list, keep up to date through our blog, read through past meeting minutes and find out what else we're up to in the neighborhood more generally in case you'd like to get involved. Have a special neighborhood interest? Drop us a line and maybe we can even get you a few minutes on the agenda to share what you love with the community at large. We're all stronger together and we'd love to have you.

North Tabor Neighborhood Association
By Amanda Sparks

October is a busy month for North Tabor! We're partnering with Mt. Tabor Neighborhood Association and the Mount Tabor Middle School PTA to host a District 3 City Council Candidate Forum Tuesday, October 13, giving neighbors a chance to hear directly from candidates running to represent District 3. The forum will feature a live Q&A, with questions submitted by community members ahead of time. There will also be pizza, and you can vote on the toppings when you RSVP! The forum will take place 6-8 pm, with doors opening at 5:45 pm, at Mt. Tabor Middle School, 5800 SE Ash St. Learn more and RSVP at northtabor.org/2026-forum.

Our next North Tabor Neighborhood meeting is Tuesday, October 20, 6:30-8 pm. This meeting will serve as our annual general meeting and will include elections for our 2026–2027 neighborhood Board. We're looking for neighbors who are interested in planning fun events and helping shape the future of our neighborhood to join us.

We'll also be hosting representatives from Your 2 Cents PDX and Protect Our City Services, who will present arguments for and against Ballot Measure 26-267, which proposes amending the city charter to

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Neighborhood Notes

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require participatory budgeting for two percent of the city's discretionary fund.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) Board met September 14 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.

The meeting was devoted to reviewing our existing committees, liaison and representative positions and appointing people to fill those positions. The Land Use, Transportation and Sustainability Committee was renamed "Land Use and Transportation" and a new committee, "Sustainable Living," was created. We also voted to create new committees "Seniors and Persons with Disabilities" and "Membership Outreach." New positions created were Liaison to PEMO (Public Environment Management Office), representative to Division and Clinton Business District and Webmaster.

The next meeting is October 14. We will have a presentation by Portland Bureau of Planning and Sustainability on the Inner Eastside Zoning Project.

We are always in need of people to help deliver the quarterly Richmond News. If you are not receiving it, it's because there is no delivery person for the route where you live. Contact rnanewsletter@gmail.com if you want to help distribute the newsletter.

South Tabor Neighborhood Association
By Cathy Kudlick

At its September 17 meeting, the STNA Board discussed the merger of All City Church (2700 SE 67th Ave.) with Rose Church, which has a congregation 10 times larger. STNA has asked for three community meetings with the new leadership to be held on different days and times to maximize opportunities for neighbors to learn about expected changes and discuss opportunities and concerns. Be on the lookout for notices online and posted throughout the neighborhood.

Safely crossing SE Powell Blvd. remains another priority. After decades of advocacy by neighborhood associations, there's finally a striped crosswalk and flashing beacon at SE 79th Ave. We remain concerned about poor lighting and making sure that pedestrians and cyclists attempting to cross can be seen by drivers. We are brainstorming solutions as we continue to push for more crosswalks and traffic control on one of Oregon's deadliest highways.

If you've ever thought about sidewalk repairs, removing those so-called "trees of heaven," scouting out locations for new street murals or bringing neighbors together to discuss concrete ways we can help each other and those who are struggling, join STNA to pool ideas, resources and efforts. It's a canopy for the whole neighborhood.

We meet the third Thursday of the month in person, 7-8:30 pm at locations we'll announce on our email list, website and Facebook. Visit southtabor.org to learn more.

EV Charging Company Upscales to Central Eastside

from page 1

Engineer.

At the opening, State Representative Rob Nosse, US Senator Jeff Merkley, US Senator Ron Wyden and Portland Mayor Keith Wilson were present and had positive marks about how the company supports Portland and Oregon's emissions goals. Wilson also noted that this move is part of "revitalizations" for Portland's business sectors, like the Central Eastside.

Prior coverage from news sources like KOIN intimated that the company debated moving operations out of Portland. In a discussion with the *Portland Business Journal*, Turner said they were eyeing Arizona, but thought Portland was a better long-term culture fit. The financial support they received from Prosper Portland helped too.

Delgado said they provided OpConnect with a $2 million working capital loan to expand their manufacturing capacity and a $100,000 forgivable job-creation loan. "Like many of the businesses that we work with, we have provided a variety of supports including Enterprise Zone incentives, workforce grants to support training for existing employees, connections to the Oregon Manufacturing Extension Program to support manufacturing efficiencies and the Green Cities Industry Liaison has made introductions to investors and strategic partners. They have also been active participants in our Portland Means Progress initiative to engage in public benefits."

In a public statement, OpConnect said, "This milestone marks an exciting new chapter as we grow our team, expand our capabilities and continue investing in Oregon's clean energy economy."

To learn more about OpConnect, visit opconnect-ev.com.

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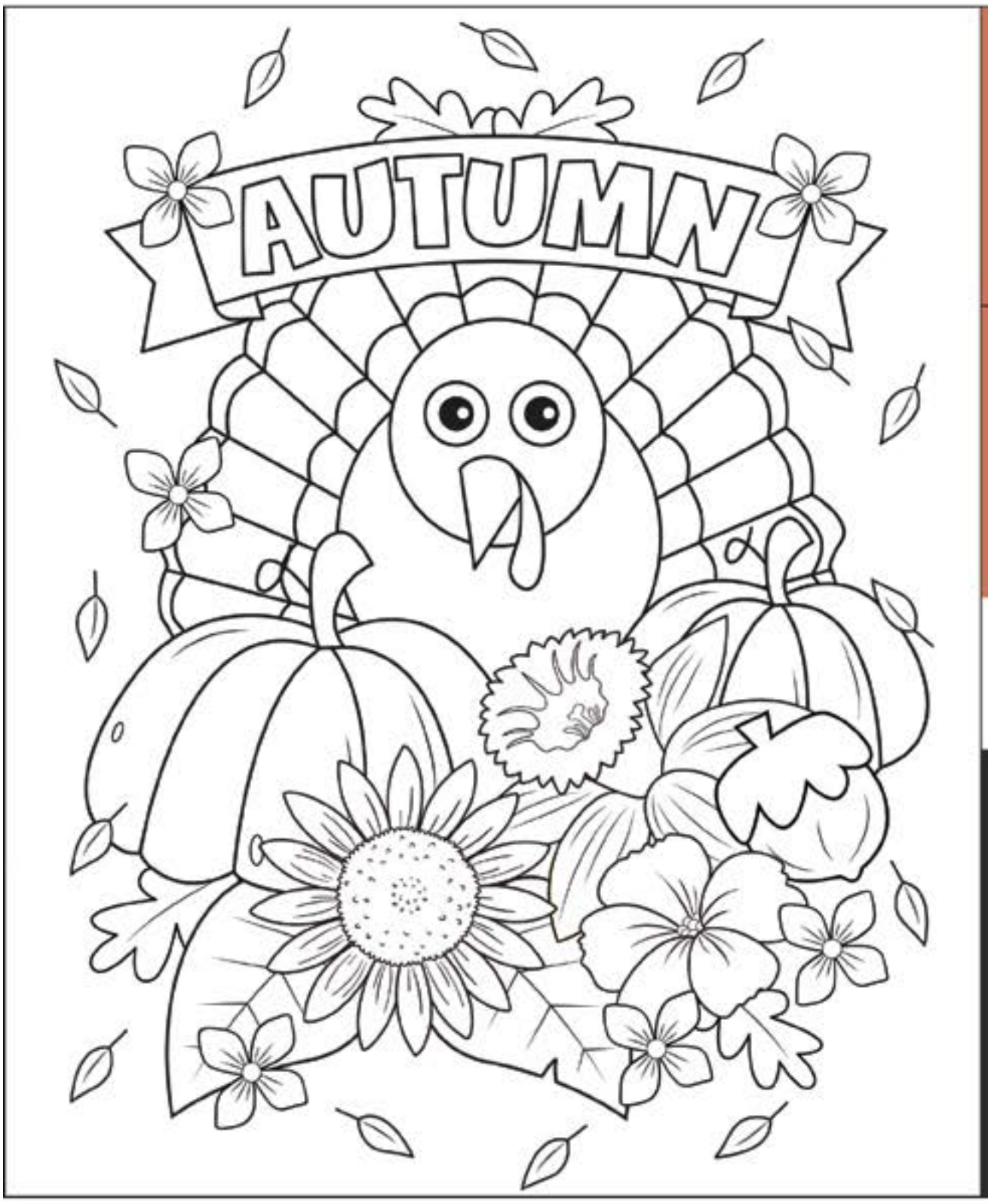

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