Farm to fork movement embraced at Hillsdale's Verde Cocina

- Page 4



Medical marijuana dispensaries open in Crestwood and Multnomah Village

- Page 3



Houaphon silk textiles to be shown at tribal art exhibit

- Page 8



Volume No. 23 Issue No. 6

www.swportlandpost.com

Portland, Oregon

Complimentary

April 2015

Southern Pacific's "Red Electric" railroad may become regional trail

By Lee Braymen-Cleary and Don Snedecor The Southwest Portland Post

Congressman Earl Blumenauer and retired civil engineer Don Baack will both tell you that before Northwest Oregon had cars, trucks, and buses to carry passengers, it had trains.

Near the turn of the 20th century, under pressure to come up with a cleaner and quieter form of transportation than the traditional locomotives, railroads came up with the electric interurbans.

The interurbans were unique in that instead of steam engines they used electric power run along overhead wires for locomotion. The modern equivalent would be the Portland MAX light rail trains.

The two competing lines that traveled through Southwest Portland were the Oregon Electric Railway and the Southern Pacific's "Red Electric" Railway.

(Continued on Page 6)



On Feb. 14, some 40 Southwest Trails PDX members and volunteers met at a proposed Red Electric Trail site for a six-mile walk. (Photo by Peter deCrescendo)

35th Annual Trillium Festival coming April 11-12 to Tryon Creek State Park

By Lee Braymen-Cleary The Southwest Portland Post

If you and your garden have or crave a love affair with Oregon's hardy natural flowers and wildflowers, celebrate spring! Mark your calendars for April 11 and 12.

Friends of Tryon Creek development director Stephanie Puhl has announced that its 35th Annual

The annual Trillium Festival is coming to Tryon Creek State Park on April 11 and 12. (Artwork courtesy of Jennifer Primm)

Don't forget to renew your subscription. Form on Page 2.

The Southwest Portland Post 4207 SE Woodstock Blvd #509 Portland, OR 97206

Trillium Lily Festival and Native and Hardy Plant Sale will occur between 10 a.m. and 4 p.m. on those days at Tryon Creek State Park, 11321 SW Terwilliger Blvd.

Actually, this family-friendly event held at the lush park's nature center is a combined effort between Friends of Tryon Creek and Oregon Parks and Recreation.

It is one of "Friend's" largest yearly fundraisers. Ethical native plant growers from around Oregon and Washington will motor in hosts of native plants including red flowering currant, Oregon grape, bleeding hearts, assorted ferns and a wide array of wildflowers for your selection.

Let us not forget that delicate white trillium, trillium ovatum, is a member of the lily family. It is the Friends of Tryon Creek floral mascot.

Some of its shyer and rarer native cousins that spring from rich soil beneath our Northwest wilderness of red alders, big leaf maples, western hemlock, western cedar, and our ubiquitous Douglas fir will also make an appearance.

If you haven't experienced it, a jaunt to Tryon Creek State Park, in all its verdant splendor with wooded walking and equestrian trails – even paved trails for those in wheelchairs,

To breathe it in is to cherish it with that appreciation even heightened by the knowledge that it didn't magically burst forth. Locals began conservationist lobbying for the 670 acres to achieve state park status in the 1950s.

Canyon terrain, the space was

originally encapsulated as a land grant in the mid-nineteenth century and settled by Socrates Hitchins Tryon, Sr.

Since early settlers' days, Tryon Creek, that four-mile tributary of the Willamette River and its surrounded wooded wonderland, have seen harsh development days, even logging.

Established in 1970, Friends of Tryon Creek helped achieve park status for that area stretching from Multnomah Village to Lake Oswego. That milestone was reached in 1975.

Today the park protects 90 native plant species including fringe cup, skunk cabbage, and trilliums. Sixty varieties of small animal, birds, and fish call it home.

Otters, covotes, newts, squirrels, Cooper's hawks, great blue herons, kingfishers, and towhees roam among them. Small enclaves of Coho salmon, steelhead trout, and cutthroat trout glide the waters.

This marriage of government and the private sector has salvaged the delicate balance of nature abutting a big city. The Nature Center contains not only an appropriate gift shop, but also a classroom and space for educational exhibits. A small children's play area is nearby.

The Friends of Tryon Creek website burgeons with potential for interesting educational and volunteer opportunities. It's a veritable breath of fresh air and a vital instrument for creating a land conservation legacy.

Start with your trip to the hardy plant sale! For more information about Friends of Tryon Creek and their activities, visit www. tryonfriends.org.

City must require apartment developers to include affordable housing

FROM THE EDITOR'S DESK

By Don Snedecor The Southwest Portland Post

In Erik Vidstrand's story this month, "Southwest residents organizing aging-in-place network for seniors," we learn that in the next 15 years, some 395,000 people in the Portland area will be 65 or older.

Hundreds of thousands of Portland baby boomers, those born between 1946 and 1964, are currently at or near retirement age. If only a tiny fraction of those folks require affordable housing, the city of Portland is in serious trouble.

Home Forward, formerly the Housing Authority of Portland, serves all of Multnomah County, including the cities of Portland and Gresham, since 1992. According to their web site, the agency owns 2,600 public housing and 3,700 affordable housing and administers 8,200 Section 8 housing assistance vouchers.

If my math is correct, that totals 14,500 housing units. A drop in the bucket. The number of affordable housing units required in Multnomah County over the next 15 years may be more like 300,000.

Additionally there are thousands of homeless people on the streets due to economic, medical, mental or social challenges.

We cannot continue to turn a blind eye to this crisis while allowing developers to build high-rise condominiums and apartments for wealthy people to enjoy the "urban Portland" experience.

Portland's City Council has a moral, if not legal obligation to tackle this problem and not pretend that it doesn't

exist. Portland rents are at an all-time high. Housing code must be rewritten so that rents can be controlled and affordable housing is a requirement of developers, not simply a good idea.

First, the Council should lobby the Oregon Legislative Assembly to repeal ORS 91.225 which prohibits cities, counties and local governments from establishing rent controls.

Secondarily, the City Council should require affordable housing in any and all housing that has received local subsidies.

According to ORS 91.225(c), "This section does not impair the right of any state agency, city, county or urban renewal agency as defined by ORS 457.035 (Urban renewal agencies) to reserve to itself the right to approve rent increases, establish base rents or establish limitations on rents on any residential property for which it has entered into a contract under which certain benefits are applied to the property for the expressed purpose of providing reduced rents for low income tenants."

"Such benefits include, but are not limited to, property tax exemptions, long-term financing, rent subsidies, code enforcement procedures and zoning density bonuses."

What's my definition of "affordable?" I'll go with the federal one which means for those with a median income, not more than 30 percent of income goes towards housing. So, for example, if a household has income of \$3000, not more than \$900 is budgeted for housing.

While it is excellent for baby boomers to want to age at home, in familiar surroundings, retired folks on fixed incomes simply don't have the same income and opportunities they did when they were younger and working



Gray's Landing, a six-story building with 206 apartments, is the only affordable housing built so far in South Waterfront. (Post file photo by Lee Perlman, March 2013)

full-time.

Perhaps, dear reader, you have been lucky. During your working years, while raising kids and paying for their education, you made the right decisions, invested wisely, left your nest egg alone during each financial crisis or when buying your first home, and you now have plenty of money to live on for the next 25 years.

You would be in the minority. According to a story in USA Today, David Bach, vice chairman of Edelman Financial, is quoted as saying, "One in three Americans right now have less than \$1,000 in savings. The average Baby Boomer has less than \$50,000 in retirement savings. Pensions are woefully underfunded."

Meanwhile, property taxes and the cost of living continue to rise. And if that mortgage isn't quite paid off? The average Social Security check is \$1300 per month.

If for a variety reasons you have to move out of your three-bedroom, two-bath bungalow, where will you go without affordable housing? And it's not limited to the downtrodden and elderly folks. With the burden of a huge education debt in tow, where will our future college graduates live?

The the city of Portland has to be proactive in requiring apartment developers to include a high percentage of affordable housing. If not, the homeless problem will simply grow exponentially.





Give your pet the gift of health, join our Pepper Club today!

One year of unlimited exams for only \$175.

www.barburvet.com P: 503-246-4226



Healing Touch Massage
Dorothy Cundall, LMT, CNA, MA; LIC #5316
Energy healing • reiki • therapeutic massages • reflexology • pranic healing • care facilities
Holiday Specials • Gift Certificates • Visa & Mastercard
3836-B SW Hall Blvd
503-740-3670 or 503-629-5187





be $well \dots$ and well informed

Bowman's Hillsdale Pharmacy

 $6256 \; SW \; Capitol \; Hwy.$ $503\text{-}244\text{-}7582 \; \bullet \; email: } \; hdrx@pcez.com$

- •Walk-In Adult Immunizations
 •Flu Shots Available
- Experienced Compounding Pharmacists

www.mygnp.com

The Southwest Post

4207 SE Woodstock Blvd #509, Portland, OR 97206

Phone: (503) 244-6933; Fax: (866) 727-5336 general email: news@multnomahpost.com web address: www.swportlandpost.com

Editor & Publisher.......Don Snedecor
Reporters/WritersLee Braymen-Cleary,
KC Cowan, Erik Vidstrand
Copy Editor......Rich Riegel
Advertising SalesDon Snedecor, Harry Blythe
Graphic DesignLeslie Baird Design
PrintingOregon Lithoprint
CirculationAmbling Bear



Business!

© 2015 by The Southwest Portland Post. All rights reserved. The opinions of the artists and authors contained herein are not necessarily shared by the publisher. Deadline for news and advertising is generally the 20th of the month prior to publication. Please call for current deadline information. Advertising rates are available upon request.

The Post has a circulation of 7,000 in Multnomah Village and the surrounding neighborhood business districts including Burlingame, Capitol Hill, Garden Home, Glen Cullen, Hillsdale, South Portland, Raleigh Hills, West Portland and Vermont Hills. The Post is published on or about the 1st of every month. Subscriptions are \$24 per year. Back issues are \$2.50 each when available. All major credit cards accepted.





The Post is printed on recycled newsprint using soy-based inks.

SUBSCRIPTION FORM



The Southwest Post

We Deliver! Mail subscriptions are available at at the following rates:

One year (12 monthly issues)......\$24
Two years (24 monthly issues)\$34
Three years (36 monthly issues)\$44

- ☐ This is a NEW subscription
- ☐ This is an ADDRESS change
- ☐ This is a RENEWAL

☐ This is a GIFT subscription

Please send check or money order to:

Southwest Portland Post, 4207 SE Woodstock Blvd #509, Portland, OR 97206

Name — Address -

City/State/Zip _____

Medical marijuana dispensaries open in Multnomah Village, Crestwood

By Erik Vidstrand The Southwest Portland Post

A medical marijuana dispensary recently opened in Multnomah Village. Green Cottage Remedies is located in the back of the Coin Cottage at 3675 SW Troy. Owners Paul Rigby and his wife opened the dispensary in late February.

In March 2014, medical marijuana dispensaries were legalized in Oregon. So far, the Medical Marijuana Dispensary Program has approved 223 dispensary applications for operation.

Dispensaries must be registered by the Oregon Health Authority. Only a patient or caregiver who has an Oregon Medical Marijuana Program card is allowed inside.

Rigby's coin shop has been in business for over ten years. They moved into the Rose City Trophies space four years ago.

"It's a concrete bunker," Rigby explained. "It's secure and safe. It was the right business time to do this."

It wasn't an easy process, Rigby confessed. All applications must be accompanied by a one-time fee of

Then there was all the paperwork. The state has a list of requirements: a fully operational security system; a safe or vault; and employee training on the policies and procedures.

Rigby installed 40 cameras throughout the property and building.

The state also requires that all packaging and labeling comply with administrative rules.

Tax Preparation Services

Discount for Early Filers!

Personal Income Taxes - 1040EZ's - Small Business - Sole Proprietors - Free FAFSA Report for Students! - Schedule C's -Earned Income Credits for Low Income -**Assisted Living Situations**

We make preparing taxes easy!

Alan Hanawalt

Licensed Tax Consultant LTC #31995-C Phone: 971-800-1402 Email: alan@pdxtaxpro.com Check out our Website at: PDXTAXPRO.COM



Hanawalt Tax Services

OBTP #B15741

Dispensaries may not be within 1,000 feet of a school or another dispensary. According to Rigby, another dispensary was due to open in the area but it was closer than 1,000 feet.

Rigby, himself, has chronic arthritis. He has been to the chiropractor and acupuncturists for years, but only was a short relief. He wanted to help himself, and others.

"When I began using marijuana oil," Rigby shared, "I felt relief for the first

Rigby went on to explain the benefits of medical marijuana with its distinction of having both THC, the chemical that makes one high, and cannabinoids, which actually excites the brain with no high.

According to Dr. Frances Jensen, a neuroscientist at the University of Pennsylvania Perelman School of Medicine, some studies show that the use of medical marijuana has shown to help children with autism and epilepsy.

Medical marijuana has also been used for post traumatic stress syndrome, nausea, spasms, and, pain. It can help with side effects from cancer treatment.

"The oil can run as high as \$300 for a small bottle," Rigby explained, "but compare that to surgery, hospitalization, drugs, and doctor bills."

Kathy Huffman, a school psychologist who lives across the street from Cottage, brought up her concern for the dispensary at a recent neighborhood association when she saw the A-board sign out front. There wasn't much feedback.

Advertising Sales Representative

The Post is seeking a freelance advertising sales representative to sell advertising to neighborhood businesses. Work out of your home, flexible hours, deadline oriented. Great for semi-retired or college student. Please send resume and cover letter to don@ multnomahpost.com, fax 866-727-5336 or mail to Publisher, 4207 SE Woodstock Blvd., Box #509, Portland, OR 97206.

The Southwest Post



Medical marijuana products displayed inside Green Cottage Remedies are only available for purchase to those with a physician's authorization and valid OMMP card. (Post photo by Erik Vidstrand)

She then contacted *The Post*.

"I admit," Huffman said over the phone, "I was pretty irritated at first."

She had her son delve into city records. No permits for remodeling have been pulled since 2011.

"That alone is troubling," Huffman explained, "but furthermore, the business owner did not notify neighbors about the addition to their business."

They are not legally required to disclose business intentions. Rigby said he's been a member of the business association and hasn't heard of any concerns.

"Is this any different than opening a liquor establishment?" Huffman inquired. "There has to be a 45-day notification process. Their actions concern me about how this business will be run."

Randy Bonella, Multnomah Village Business Association representative, reported there haven't been any issues so far.

"The state can make an unannounced visit at any time," Rigby said. "They can view our videos and look over our records."

When the legalization of recreational marijuana takes effect on July, wil1 recreational and medical marijuana services be housed under one roof?

"OLCC does not want to be responsible for the co-location of medical and recreational operations, unless the medical side is run in a manner consistent with federal guidelines," said Oregon Liquor Control Commission chairman Rob Patridge.

Federal guidelines require that states that have legalized recreational marijuana ensure that the drug does not move into the illegal market or across state lines.

Another dispensary, Green Goddess Remedies, opened last year in Crestwood at 5435 SW Taylors Ferry Road. The building was vandalized in late February.

The electricity from the panel on 55th Avenue was turned off and the building was tagged with graffiti.

"I am sad that someone would vandalize a legitimate business within our neighborhood," John Prouty, vice-president of the Crestwood Neighborhood Association wrote on the neighborhood's listserv.

"Even if you don't agree with the business, no one has the right to do damage to another's property. Oregon voters passed laws that allow medical marijuana to be sold in our state."

Green Goddess has a good neighbor agreement with the Crestwood and Ashcreek neighborhood associations.

Since the opening of Green Cottage Remedies, neighbor Huffman has not noticed any problems. "Other than a car-clogged street and more difficult access to my driveway, there have been no other obvious problems," Huffman recently told *The Post*.

For information on the medical marijuana dispensary program, please visit www.oregon.gov/mmj.

LUBE, OIL & FILTER CHANGE

Only \$24.95 reg. \$34.95

- Change oil filter, up to 5 qts. multi grade
- Check coolant & cooling system
- Check entire brake system, check all lights
- Check condition of battery & charge system
- Check all leaks & heating/air system
- Check exhaust system
- Tire rotation

Most vehicles

RALEIGH HILLS AUTOMOTIVE

4515 SW Beaverton-Hillsdale Hwy. • Portland, OR 97221

503-292-4904

All Natural Pet Foods

- Raw Food Diets
- Allergy Relief
- Herbal Remedies
- Pesticide-Free Flea Control
- Eco-Friendly Toys and Beds

Portland's Favorite Neighborhood **Pet Supply Stores**

Three Convenient Portland Locations

7642 SW Capitol Highway 971-222-2686

1736 SE Hawthorne Blvd 503-236-8036

2224 NE Alberta St 503-249-6571

Look for Monthly Specials at: www.healthypetsnw.com

The Natural Alternative for Pet Foods & Supplies

Mexican cafe serves country-fresh eats heaped with local vegetables, meat and poultry

RESTAURANT REVIEW

By Lee Braymen-Cleary
The Southwest Portland Post

Last week I overheard friends say Southwest Portland lacks a restaurant up to their "eat-locally" standards. That's not true, I yearned to blurt. Instead, I suggested Hillsdale's Verde Cocina (Green Kitchen). "Spring's not here yet, but they've put out their sidewalk tables. Get some early March sun," I enthused.

Recently named one of the top 25 Mexican restaurants in Portland, this café has offered three succulently healthful Mexican/Northwest fusion squares a day, not to mention a happy hour and Sunday brunch for several years now.

Located at Bertha Station (6446 SW Capitol Highway) emphasis is definitely on the "verde" because Chef Noe Carnica of Ganajuato,

Mexico, embraces the "farm to fork" movement.

Verde Cocina serves countryfresh eats heaped with vegetables, meat and poultry raised by Oregon and Washington growers including Gathering Together, Spring Hill, DeNobles, Eggit On, Dancing Chicken, Raymond Kuenzi, Sweet Briar Farm, and Happy Cow farms.

Take, for instance, Carnica's resourceful *Chorizo y Queso Fundido* appetizer. Waiter Abdon Carnica, the chef's brother, served me a homey and large mélange of locally made chorizo, melted Oaxaca cheese, pasilla pepper strips, onions, corn, and sweet potatoes alongside trademark handmade *masa tortillas*.

The encased *chorizo* was only moderately spicy. Nor did it resemble harder Spanish *chorizo*. The eatery cured these themselves. It was soft and smooth, like no other sausage I've tasted stateside.

Their racier *ceviche* starter boasted a rainbow of faintly marinated carrots,

cucumbers, tomatoes and red onions to accompany its lime finished tuna, fresh greens and tortillas.

If a hot and truly spicy appetizer is just the ticket, there is *Panzita del Puerco con Fuego*.

The menu puts it this way: "Chunks of pork belly, sweet and russet potatoes, and onions over greens in our



Sarah Allen and her daughter Lizzie soak up mid-March sun at a Verde Cocina's sidewalk cafe. They are regulars. Sarah, who always orders the cheese quesadilla accompanied by veggies and a bean-garbanzo mash, said "I love Mexican food. This place serves food that's healthy and delicious." Lizzie selected the menu's Paleo Verde with its wide selection of proteins. She specified the chorizo and bacon option for her salsa and wide array of veggies. "This place offers a lot of variety," she said. (Post photo by Lee Braymen-Cleary)

famous Infierno salsa. This dish is HOT!" All of Verde Cocina's food is moderately priced. This blazer is \$11.

I must say the entire gluten-free menu is not extensive but even offers vegan and Paleo diet options. It include specially blended mole gracing a couple of dishes as well as variations on *carne asada*, *chile rellenos*, *quesadillas*, even hot *chicarrones* made from sautéed tofu.

That menu stretches daily, however, with specials often including seafood. I tried their simply served seafood medley. It was chock full, of course, of vivid veggies as well as clams, salmon, white fish, and shrimp.

The scrumptious, warm-but-not-toospicy sauce was perfect for sopping up with those handmade tortillas. A small smattering of brown rice leant a *paella* soup effect.

If you want to introduce yourself to this road house nosh by nosh, you can try that indoor/outdoor happy hour from 3:30 to 5 p.m. Garnica's cocktails

are like no others I've tasted.

Take the strawberry margarita: the berry taste predominates but borders on the savory, not sweet. Scrumptious. Then there's the spicy tamarind margarita with an orange slice. Again, it's rich, well balanced with tequila but not sweet.

All of my Verde Cocina meals have been served in the upstairs dining area. There streamed and modulated Latin music performed by the likes of Ry Cooder and the Buena Vista Social Club set the scene. The downstairs bar and sidewalk music is louder, bouncier. Take your pick.

Verde Cocina is open from 11 a.m. to 9 p.m. on Mondays through Thursdays and from 9 a.m. to 9 p.m. on Fridays, Saturdays and Sundays. Parking and the absence of dinner reservations could pose small bumps in your road to dining pleasure. If you don't take in happy hour, try dining before 6 p.m. or after 7:30 p.m. Incidentally, if you want early information about a day's specials, you can phone 503-384-2347.



A modified Paleo creation offered on the day's specials list features New York steak and multiple vegetables including mashed Yukon gold and sweet potatoes. (*Post photo by Lee Braymen-Cleary*)

DEIRDRE MCDONNELL Fresh Local Real Estate



The Spring selling season is in full swing. Homes are selling 11.5% faster than they did last year at this time and interest rates are still low. If you're thinking about making a move, now's the time! I'm a Southwest Portland resident and neighborhood specialist. Give me a call to discuss the market and let me show you how my client focused approach can help you make a move with confidence.



Windermere Stellar

Deirdre McDonnell | Realtor® dmcdonnell@windermere.com
OFFICE: (503) 497-5422 • CELL: (503) 360-8939
www.deirdremcdonnell.withwre.com



4455 SW Scholls Ferry Rd

Portland Oregon 97225

Family Dentistry • Sedation

Financing available through Care Credit

Dr. Steven Little (503)291-0000 fearfreedental.com









COMMUNITY LIFE

By KC Cowan and Don Snedecor The Southwest Portland Post

3 Find a new slant on calligraphy: A group show, "Play! Whimsical Words & Calligraphic Capers," opens at the Multnomah Arts Center Gallery this month. The show features two-dimensional works as well as artist books by members of the Portland Society for Calligraphy. Opening reception is Fri., April 3 from 7 – 9 pm at the MAC, 7688 SW Capitol Hwy. The show runs through April 28.

A look at vision loss: Join experts at Oregon Health & Science University's Casey Eye Institute for an in-depth look at efforts to improve the diagnosis and treatment of macular degeneration, the leading cause of vision loss among older people. Saturday, April 11 from 9:30 a.m. to 12 p.m. at OHSU Casey Eye Institute, MacDonald Auditorium, 3375 SW Terwilliger Blvd. Free, but advance registration is requested. Call 503-494-3537 for more information and to register.

Introduction to birdwatching: Would you like to learn how to identify local birds, attract birds to your

backyard, and how to become a birder? Jens Tomas Larsen will share photos of common birds in Portland, printed and online resources, and best tips to a spectacular birding experience, such as what kind of weather to look out for, when and where to see a swallow roost in fall, and much more. Saturday, April 11, 2 – 3:30 pm at the Capitol Hill Library, 10723 SW Capitol Hwy. Call 503-988-5385 for more info. Free.

12 Jewish Community Orchestra: This top-notch community orchestra performs Mendelssohn, Magnard and Berlioz in its spring concert. Sunday, April 12 at 3 pm at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy. Tickets available at the door. \$10 adults, \$8 seniors and \$5 students.

18 Under the Big Top: Auction night to benefit Wilson High School. The All-School Auction takes place Saturday, April 18 at 6 p.m. at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy. Door prizes, entertainment, and the chance to win a 1.08 carat diamond worth more than \$6,000. Proceeds benefit the Wilson High School Foundation. Tickets are on sale now through the school website: www.pps.k12.or.us/schools/wilson.

23 Shredding confidential documents in Raleigh Hills: The annual Raleigh Hills Business

Association Shred Event will be held Thursday, April 23, 12 to 4 p.m. at the New Seasons in Raleigh Hills, 7300 SW Beaverton Hillsdale Hwy. Free. The folks at Accu-Shred will be taking paper products and shredding it on site. Other recycling: Eco Binary is accepting used electronic equipment, Interstate All Battery accepting household dry batteries, Cartridge Network accepting spent ink cartridges from printers. Visit the RHBA website for more information.

25 Electronics recycling: Do you have electronic items that you want to get rid of and keep out of our landfills? Take them to the Sunstone Montessori School (6318 SW Corbett Ave.) on Saturday, April 25. For a small donation, they will take them off your hands. Everything from televisions and video cassette recorders to ink cartridges, scanners, laptops, cell phones, and more are accepted. The recycling event will held from 10 a.m. until 2 p.m. For more information call Green Century Electronics Recycling at 503-764-9963.

Make the sun pay! Learn why solar is a smart choice for your home at a solar for residential workshop. Topics include: how solar works in Oregon's climate; available solar technologies and how they fit into your overall energy use; assessing your site for solar; how financial incentives and tax



SPRING SWING: Maestro Yaacov Bergman leads the Portland Chamber Orchestra in works by American composers Meyer, Barber and Bernstein, April 25-26 at Lewis & Clark College, Agnes Flanagan Chapel. Featuring violinist Aaron Meyer (shown above), guitarist Tim Ellis, soprano Nicole Greenidge, and tenor Brian Tierney. Visit www.portlandchamberorchestra.org for details.

credits can cover up to 80 percent of the cost. Hillsdale Library, 1525 SW Sunset Blvd. Saturday, April 25, 2 – 3:30 p.m. Registration required; register online, in the library or by calling 503-988-5234.

Southwest residents organizing aging-in-place network for seniors

By Erik Vidstrand The Southwest Portland Post

By 2030, the Portland metro area is expected to grow to almost 395,000 people aged 65 and older. Even if all these seniors wanted to move into retirement homes, there simply aren't enough facilities available, now, or being built to accommodate this many people.

On top of that, approximately 75 percent of these seniors don't have enough retirement savings to be able to afford the costs which could be \$3,000 and much more per month.

According to a recent American Association of Retired Persons survey, almost 90 percent of older adults want to grow old in their own homes and neighborhoods. For many baby boomers (born from 1946-64), their vision of aging doesn't include retirement homes.

To address this concern, there has been a growing concept to create supportive communities of people who want to age-in-place. Villages are been organized all over the country, the first one in Beacon Hill in Boston.

These aging-in-place villages are a group of like-minded individuals in a geographic area who come together to figure out and develop the resources they will need to age comfortably in their own homes.

In the Portland area, Villages NW, a local organization, is in the process of forming a nonprofit corporation. In the meantime, the organization has created seven hubs, one of them in Southwest Portland.

Named River West Village, with boundaries from the Willamette River, to Hwy. 26, to Lake Oswego, was created over a year ago. Approximately 30 people, mostly elderly, attended an orientation on a blustery Sunday in mid-March.



Dr. John Dougherty (left) stresses a point as River West Village participants C.B. Wright, Darl Kleinbach, Sharon Marcus, and John Mouser look on. (*Photo courtesy of Hsi Li Sui*)

The seniors expressed wanting to retain their independence, mobility, and social activities as best as possible.

According to Dr. John Dougherty, an independent researcher who has lived in Hillsdale for many years, individuals have been forming alliances with each other for a long time just by living together.

"We'd like everyone to become a member," he continued, "so we can help provide you with services that aging seniors will need."

"Once the River West Village is up and running in 2017," according to committee member C.B. Wright, "membership fees could be under \$1,000 and perhaps even lower. This fee would provide a variety of services that would normally costs thousands and thousands of dollars a year."

Coordinators said it will take at

least 100 members to make it feasible. There are over 11,000 elders alone in Southwest.

Discussion turned to the fact that young and old will be needed to help to age-in-place. "The Village" will need to draw its volunteers not just from its members, but from the broader community, which further nurtures intergenerational interaction and relationships.

Audience members brainstormed a list of services that they would like to see, including yard and house projects.

Rides will be needed, especially when driver licenses are revoked.

"That's when the isolation sets in," commented one audience member.

"There will be rides to take people to their appointments," Dougherty said, "as well as to remain engaged in cultural events. Some may want to go

to a party or a concert, even stop for a drink.

"We're not just talking about knitting and bridge groups," Dougherty smiled.

Most ride-shares stop at certain times and are restrictive.

"Help with computer issues will also be needed," Dougherty replied. "A senior 'geek-squad' will be available at no cost...if you're a member."

Others suggested a list of networks, a calendar of social and recreational events, and educational outings such as trips to OMSI or the World Affairs Council.

"There are lots of logistics to make this program a reality," Wright explained. "We want everyone to feel safe for those who come into your home."

"This is not a model to provide healthcare or replace other services," Dougherty assured, "but we do need volunteers, committees, and people with specific skills to help promote the village.

"We're all skilled, talented, but we just have grey hair."

The next informational overview will be at the Hillsdale Community Church on Sunday, May 17 from 12 to 1:30 p.m.

For more information, visit www. villagesNW.org or call 503-281-4698.

Word to your Mother!

Mention "Mother's Day" in your retail display ad in May and save 20 percent off the open rate, with this special offer. Includes, space, design, position and color. You must mention this offer to get the deal. Call Don or Harry at 503-244-6933 to place your ad. Deadline is April 20.



"Red Electric" railroad may become regional trail

(Continued from Page 1)

The Oregon Electric Railway was an interurban railroad line that linked Portland to Eugene. Service from Portland to Salem began in 1907.

The Spokane, Portland and Seattle Railway purchased the system in 1910, and extended service to Eugene in 1912.

Starting at Union Station, the Oregon Electric traveled through downtown Portland and along roughly what is now Interstate 5, Multnomah Boulevard, through Maplewood to a junction and station at Garden Home. From there separate lines went south to Salem and Eugene and east to Forest Grove.

In 1912, the Southern Pacific began to look into the possibility of converting its trackage in the Willamette Valley to overhead electrification.

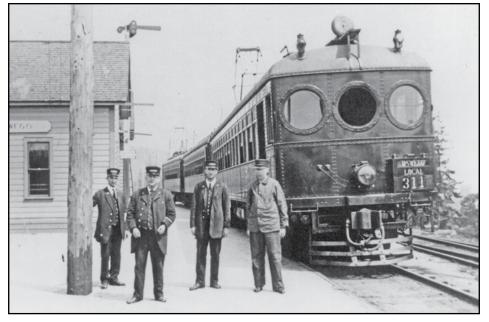
By 1914 the Southern Pacific's "Red Electric" was also in business and it was the stunner. These interurbans were painted bright red with innovative round ship port windows to offer more protection to railway men.

The Red Electric's "West Side Local" began at Union Station and traveled through downtown Portland and along what is now Barbur Boulevard, Bertha Boulevard, passed by the northern segment of what is now Alpenrose Dairy, and made other stops on its way to Hillsboro and Forest Grove.

The train met up with the "East Side Local" in St. Joseph, just north of McMinnville. The railroad line then extended south to Corvallis.

Like its competitor, the Southern Pacific Red Electric Railway's lifetime was brief, just 15 years.

By the late 1920s, with improved highways, more people were turning to private automobiles. While freight trains continued for many years, 1929 marked the end of passenger service



A Southern Pacific Red Electric train stops at Oswego Station circa 1920. (*Photo courtesy of Richard Thompson*)

for the Red Electric.

Meanwhile, regular passenger service on the Oregon Electric Railway in the Willamette Valley ended in May 1933. Operation as an electric railroad ended July 10, 1945.

Blumenauer explained the additional impacts of the electric interurbans. "These areas that had dedicated right of ways were of double significance because they tied together activity nodes."

"Stations along the old rail lines developed into neighborhoods and cities that predominated the metropolitan area," said Blumenauer.

The Red Electric Trail will follow a portion of the former railroad it is named for. When completed, it will offer Southwest Portlanders safety and recreation, not to mention transportation to downtown Portland work places.

Southwest Trails PDX, begun in 1996 and headed up by Don Baack, is already responsible for creating, signing and

maintaining 40 miles of walking trails through Southwest Portland.

The proposed "Red Electric Trail" is the most ambitious Southwest Trails project its current 100 volunteers have undertaken.

Baack is first to admit the endeavor is not without its challenges. "It's impossible to give a completion date for the entire trail. There are right of way issues, and dedicated city of Portland funding gets tied up in red tape."

"The funds can get bureaucratically shifted from place to place. Then some land owner doesn't want to move a fence even though we have the right of way. Someone else doesn't want the trail to sustain any benches at this point. On it goes..."

Baack, well versed in fiscal kurfuffles, remains confident the Red Electric Trail will be completed.

With its 3 percent incline, it will closely follow the original Red Electric railroad's route from the Fanno Creek

Trail in Garden Home all the way to downtown Portland.

Still, there are some costs looming that the city or others will need to pick up. These include a 20-foot-wide strip of land north of Alpenrose Dairy, and two other strips west of Southwest 33rd and Bertha, another bit west of Southwest 33rd and six additional small plots.

Baack says the trail's first segment is funded. It is a pedestrian and bicycle bridge spanning a gulch between Southwest Capitol Highway at Southwest Nebraska and Southwest Bertha Boulevard westbound. Its completion deadline is 2016.

SOURCES: The Red Electrics: Southern Pacific's Oregon Interurban by Tom Dill & Walter R. Grande (dustjacket,) Pacific Fast Mail, 1994. Oregon Electric Railway: The Oregon Encyclopedia, Wikipedia citations. Additional interurban history at pdxhistory.com. To learn more about the Red Electric Trail, related Southwest Trails PDX walks or volunteering, visit www.swtrailspdx.com.

Sellwood Bridge opens soon

(Continued from Page 7)

Apr. 17 until as late as 6 a.m. on Mon., Apr. 20 to implement a traffic pattern change at the west end of the bridge.

When the bridge reopens on the 20th, traffic will use the new west approach which will transition onto the detour bridge. This will allow construction of the ramp from the bridge to northbound Hwy. 43.

Highway traffic will not be impacted by the weekend bridge closure.

All construction is on schedule to be completed by Thanksgiving 2016.

For project information, visit www. sellwoodbridge.org. To view the arch installation, visit the project's webcam.

POST A TO Z BUSINESS CARD DIRECTORY 503-244-6933









503.329.9212 | kdcllc@mac.com keithdavisconstruction.com | CCB#173455

< HJAM FINANCIAL SERVICES, LLC >

Hans J Manseth, CFP® Certified Financial Planner TM

'LIVING & WORKING WITH CLIENTS LOCALLY SINCE 2001'

hans@hjamfinancial.com • www.hjamfinancial.com 825 NE Multnomah Suite 1150 Portland, OR 97232 503.227.4817 ext. 3033 • 888.769.6532

Hans J Manseth, CFP® is a Registered Representative and Investment Adviser Representative of, and securities and investment advisory services are offered solely through, Equity Services, Inc. (ESI), Member FINRA/SIPC, One National Life Dr., Montpelier, VT 05604 (800) 344-7437. HJAM Financial Services is independent of Equity Services, Inc.

TC83373(0215)1



Family & Cosmetic Dentistry 503-246-2564

www.mvdentalcare.com

7717 SW 34th Avenue • Portland, OR 97219 (Multnomah Village • SW Capitol Highway & 34th Ave.)



Enrique Gomez Morayta, MD
Board Certified Internal Medicine Integrative Holistic Medicine

Longer Appointments, 30-60 min Same Day Appointments • Minimal to No Wait Time Human and Warm Healthcare • Personalized Attention & Quality Care Integrative Holistic Approach • Mindful-Based Stress Reduction

9221 SW Barbur Blvd, Suite 208 Portland, OR 97219 Tel (971) 285 0065 www.healthylivingim.org

YOUR NEIGHBORHOOD HANDYMAN 20 years in Multnomah Village!

"Call Kenny!"

Kenneth S. Morse CCB License #195820



503-939-5452

morseks@aol.com Excellent SW Portland references



9715 SW Barbur Blvd. Portland, OR 97219-6097

Phone: (503) 246-3373 Fax: (503) 246-2767 Rx Hotline: (503) 246-0861

Open 7 days a week

www.pacificveterinaryhospital.com Email: clientcare@pacvh.com

Emergency Bureau submits budget request for former Sears Armory improvements

By Erik Vidstrand The Southwest Portland Post

The construction equipment and materials are gone from the parking lot of the former Sears Armory located at Southwest Multnomah Boulevard and 25th Avenue. Trees have been planted along the sidewalk median in front of the building. Pedestrians and bicyclists enjoy the new transportation improvements.

Yet the old armory building remains eerily quiet, dark, and unoccupied. Progress is happening, albeit at a slow bureaucratic pace.

In February, the Bureau of Emergency Management submitted a budget request to Mayor Charlie Hales for \$897,132 to make accessibility upgrades to the West Side Emergency Operations Center, formerly known as the SFC Jerome F. Sears Army Reserve Center.

This request accounts for 15 percent of the Emergency Bureau's budget. The total bureau request was \$5,829,121.

According to Dan Douthit, a public information officer with the Emergency Bureau, the budget will include bringing

the building in compliance with the Americans with Disabilities Act. It will also remove physical barriers benefitting persons with accessibility needs.

It will also allow the building to become available for occupancy by city bureaus dedicated to responding in an emergency and for community meetings of the Neighborhood Emergency Team program.

"In addition to the pending budget request," Douthit said, "full funding has already been secured to put in a fueling station at the site."

For the fueling project, approximately \$12 million was secured by the city council, not just for the emergency center, but also to upgrade five other fueling stations around Portland and add another station east of Interstate

The project is currently in the planning phase. Construction won't begin until permits have been secured and the site master plan is complete.

"My best guess is no sooner than six months from now," Douthit said.

Other site improvements include relocating parking and storm water improvements.



In February, the Bureau of Emergency Management requested approximately \$900,000 for improvements to the former Sears Armory building in Multnomah. (Post file photo by Erik Vidstrand, September 2014)

"We're still early into this process having just secured funding last fall," Douthit explained. "We will share site plans with the Multnomah Neighborhood Association when we're further along into the design phase.

"We'll know in the next few months if the budget will be approved," Douthit added.

For budget info and updates go to http://www.portlandoregon.gov/cbo/ article/517659

Sellwood Bridge to be closed weekend of April 17-19 for traffic pattern change

By Erik Vidstrand The Southwest Portland Post

Due to great weather this past winter, the Sellwood Bridge is progressing smoothly. One of three arch spans that will connect the two sides of the Willamette River arrived by barge right after New Year's Day.

Each span features two arch ribs made of weathering steel. This means it won't need painting and has a rust

Fabricated at Thompson Metal Fab in Vancouver, Wash., ironworkers erected the west arch span in January. The arch ribs are so large and heavy they have to be installed in three segments.

"Each span weighs up to 300,000 pounds," commented Mike Pullen, project spokesperson. "More than 3,000 bolts will be used at each connection between arch segments."

In early March, another barge arrived from Vancouver carrying segments for the eastern span. The east and center spans will be installed in an alternating sequence that will carefully load the weight of the arches onto the concrete piers and foundations that support them.

Recently, the contractor demolished most of the old east approach to the bridge. Traffic was shifted onto the new east approach. The contractor is currently building the north half of the east approach (where the old bridge used to be).

The section of Tacoma Street between 6th Avenue and the bridge will also be rebuilt this year, with new sidewalks and tree planters.

A public art project called Stratum will later be installed along the sidewalks in this area as a gateway feature where the bridge enters the Sellwood neighborhood.

"The artist, Mikyoung Kim, is based in Boston," Pullen announced, "and is funded by the city of Portland. It's their contribution to the project."

The installation includes a series of twisted steel columns, or totems, that represent the earth, river, and sky from the project area. Inspired by the power and beauty of the geologic and natural phenomena of the Willamette River Valley, the totems are layers of various recycled and formed materials.

The contractor plans to close the bridge to all traffic from 7 p.m. on Fri., (Continued on Page 6)



The east and center arch span segments on the new Sellwood Bridge are installed in sequence designed to load the weight evenly between the two spans. (Photo courtesy of Multnomah County)

POST A TO Z BUSINESS CARD DIRECTORY 503-244-6933



Licensed • Bonded • Insured • CCB #77073



ROBERTSON CONSTRUCTION & PAINTING LLC

- Interior/Exterior
- Commercial/Residential Powerwashing
- Wallcovering
- Patina Stained Concrete
- New Construction & Remodels Fences & Decks



James Robertson PO Box 80897 Portland, OR 97280 (503) 516-1223 (503) 293-6586 (FAX) robertsonpainting@gmail.com

CCB# 169852 Insured • Bonded

SUN DOG CONSTRUCTION .COM

REMODEL - RESTORE - REPAIR Basements, Attics, Conversions Kitchens, Bathrooms, Additions Interior/Exterior, Moisture, Rot, Maintenance/Handyman service BIG JOBS, small jobs, Design...



CCB #173347

503.957.7559 AUTUMN SUN PARDEE sundogconstruction@mac.com





Multnomah Arts Center exhibit to feature fine silks and tribal art



A Houaphon weaver completes a silk on a loom . (Photo courtesy of Above the Fray)

Children can hunt for Easter eggs at

By KC Cowan
The Southwest Portland Post

One of the best things about traveling to distant lands is the opportunity to buy arts and crafts directly from local artisans. Often, you can purchase items either not readily available in the United States, or at a more affordable price than from a pricey boutique.

There has also been a strong movement in America during the past decade toward "fair trade" – that is, making sure the craftsmen get a good share of any sale price.

With this in mind, in 2007, Eugene couple Maren Beck and Josh Hirschstein

Alpenrose Dairy

formed "Above the Fray: Traditional Hillside Art," featuring the weaving traditions and cultures of the hill tribes of Laos.

The exhibit brings beautiful, handmade textiles and other crafted arts to collectors at reasonable prices, while providing incomes to the artisans.

Above the Fray has just announced its Pacific Northwest exhibit and sales events, and it includes a stop at the Multnomah Arts Center in November.

"Fine Silks and Tribal Art" will include a diverse array of hand-woven textiles and tribal art not listed on the couple's regular website, including hundreds of fine silks and embroidered hemp and cotton fabric.

The show will also offer the intricate traditional silks of the Tai Daeng people of Houaphon Province, Laos, created using the discontinuous supplementary-weft technique.

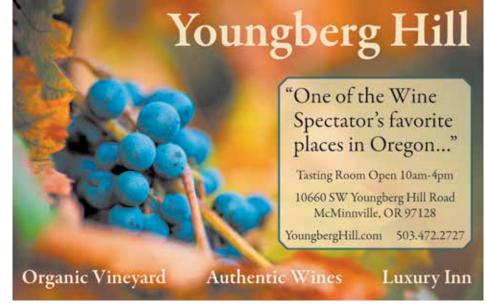
Many items will be priced as low as \$15, and a percentage of each sale will be donated to the Mines Advisory Group, which identifies and removes deadly ordinances left over from the Vietnam War.

The Fine Silks and Tribal Art show will also display hand-woven baskets, jewelry, ritual and shamanic art, tools, and even toys made and used by the hill tribe people of Laos and Vietnam, each with its own traditions.

The Tai Dam of northwest Laos grow and spin their own cotton. The Katu people of southern Laos weave glass beads on poly-cotton. The members of Akha-Puli in northwest Laos are renowned silversmiths.

The show will also be educational, as Beck and Hirschstein run a slide show about the local artisans, and display examples of looms used to produce the textiles. Above the Fray owners say their artists weave more than fabric. They weave their culture and the values of their ancestors into patterns maintained from time before memory. By purchasing the products, you help keep these traditions alive in an ever-changing

Mark your calendars now: Above the Fray's show, "Fine Silks and Tribal Art" takes place Nov. 13, 14 and 15 at the Multnomah Arts Center, 7688 SW Capitol Hwy. Hours are: Friday/Saturday, 10 a.m. – 5 p.m., and Sunday, 11 a.m. to 4 p.m.





Children having fun at Alpenrose Dairy Easter Egg Hunt. (*Photo courtesy of Alpenrose Dairy*)

Alpenrose Dairy's 53rd annual Easter Egg Hunt is back April 4, the Saturday before Easter. Chocolate eggs will be hidden across the Alpenrose grounds and kids can redeem sticker-wrapped eggs at the prize booth for a special prize!

Plus the world famous Easter Bunny will also be on site to meet all egg hunters!

The day's excitement begins at 10:30 a.m. for kid's ages 3-5 and 12:30 p.m. for ages 6-8.

This free event is hosted by Alpenrose on the pastoral setting of the 99-year old dairy and has become a special tradition for families since 1962.

The vast amount of acreage at the dairy makes it an idyllic setting for the hunt and families often make this an entire day event by packing a picnic lunch.

"We love hosting the Easter Egg Hunt," stated Alpenrose president Carl Cadonau Jr. "It's our way of saying thank you to our customers, friends and neighbors who have supported us over the past year.

"Each year, I meet more and more second and third generation Alpenrose Easter egg hunters. It's great to see how our event has become such an important family tradition here in Portland."

Alpenrose officials are encouraging egg-hunters to arrive early since parking is limited. Alpenrose Dairy is located at 6149 SW Shattuck Road in Portland.

For more information visit **www. alpenrose.com**



Parker Realty, Inc.



West Portland Park \$449,000

Impeccable one-owner traditional home. Four bedrooms, 2.5 bathrooms, 2376 square feet. Kitchen-family room combination with

island and quartz counters. Family room with gas fireplace opens to patio and private back yard. Beautiful hardwoods, living room with fireplace, master bedroom with cathedral ceiling, walk-in closet and large private bath. New roof and new cedar siding. MLS 15568978.

The inventory of houses for sale in the Portland Metro area remains at historic lows. High demand for homes in our area coupled with low interest rates and lack of homes for sale translates to higher prices! If you are thinking of selling contact us today for a free market analysis.

503-977-1888 • 7830 SW 35th Ave., Portland, OR www.parkerrealtypdx.com



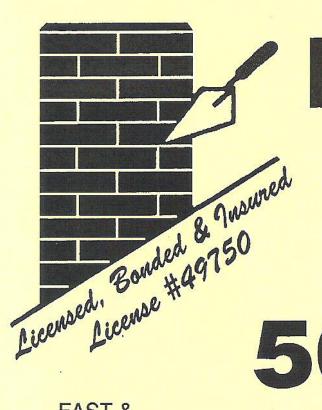
Jeff Parker Your Neighborhood Realtor Since 1980







April 2015 The Southwest Portland Post • 9



PORTLAND

CHIMNEY & MASONRY, INC.

503-256-9140

FAST &

FRIENDLY

NEAT &

CLEAN

SERVICE

* * *

ENSURE

YOUR

CHIMNEY

IS SAFE

AND

PROPERLY

MAINTAINED

 \star \star

LICENSED

BONDED

INSURED OR #49750

WA LICENSE # PORTCI005PZ

Call today for a

FREE ESTIMATE

on all chimney repairs:

- Outdoor Fireplaces and Kitchens
- Brick, Block & Stone Masonry
- Complete Tear Down & Rebuild
- Tuckpointing (Remortaring)
- Chimney Relining (Stainless Steel or Aluminum)
- Chimney Caps & Dampers
- Oil Furnace Chimney Flue Cleaning
- Dryer Vent Cleaning
- Fireplace Inserts (Wood & Gas)
- Manufactured Fireplaces
- Ask about Senior Discounts on Brick Repair



All Work Guaranteed and Done By Experienced Professionals

www.portlandchimneyinc.com