

Two-alarm fire strikes Renner's Grill in Multnomah Village, bar closed indefinitely



A two-alarm fire hits Renners Grill in Multnomah Village on March 28. (*Photo courtesy of Michael Wagner*)

By Erik Vidstrand The Southwest Portland Post

On a brisk, busy evening in Multnomah Village, a two-alarm fire struck Renner's Grill. A little before 7:00 in the evening on March 28, a grease fire began in the kitchen of the iconic neighborhood bar.

Michael Wagner, a longtime employee at John's Marketplace, was at the cash register when he suddenly saw smoke outside and ran outside to see it coming from Capitol Highway. "I went up to Renner's and everyone had evacuated except for one cook still in the kitchen," he said. "I went inside and told him to get out. The fire department was there within minutes."

Fire engines from stations 4, 5, 18, and 19 were there as well as Tualatin Valley Fire and Rescue.

Firefighters contained the fire by cutting through the roof and dousing it with a steady stream of water. There were no injuries and no other businesses were damaged.

Zach Horowitz was having dinner at Tastebud with his family. "Tastebud provided the firefighters with free pizza," Horowitz told this reporter who was on the scene.

Several village merchants received texts that a fire was happening in the village and they immediately dropped what they were doing to check out the situation.

Lisa Jones, Portland Fire and Rescue public information officer, said it could have been a lot worse. "It was hard to get in to the Village with all the parked cars," she said. Some cars were stranded for hours but no vehicles were damaged.

According to a recent post on the bar's Facebook page, the place is pretty much gutted.

"Front to back, top to bottom," the post reads. "Even though we want to install chandeliers and marble floors we're gonna put everything back as close to original as humanly possible. It'll be New Old."

Established in 1939, Renner's Grill and Suburban Room has been a cherished part of Multnomah Village for decades.

Owner Steve Potter said he doesn't know when Renner's will reopen. People can donate to a Go-FundMe account, Renner's Save the Staff Fire Fund. Renner's is seeking a help in order to make payroll and pay their utilities.

"We're grinding away over here. Keep your eyes on Facebook for updates," said Potter.

State economist discusses Portland housing issues at Hillsdale meeting

HILLSDALE NOTEBOOK

By Erik Vidstrand The Southwest Portland Post

Nearly three dozen people attended the April 4 Hillsdale Neighborhood Association meeting to hear about economic and housing issues affecting Southwest Portland.

Josh Lehner, an economist for the state of Oregon, was the keynote speaker. Lehner began the meeting with a presentation entitled, "Portland and the Housing Trilemma."

Lehner explained that the "trilemma" for housing issues lies in the contents of the Hillsdale Town Center Plan drafted back in 1997. These issues include affordability, quality of life, and economic strength. strength, according to Lehner's analysis, are Denver, Boston, New York, Seattle, Austin, and Portland.

"These cities are not affordable," Lehner said. "Natural resources, like timber, have been replaced by human resources."

An audience member asked why there isn't a strong transportation infrastructure [in Portland].

"People are driving less, the gas tax has been losing funds over the last 30 years, and [construction] costs are higher," he said. "If you don't accommodate sprawl and density, there will be displacement. Economic growth will be restrained and choked off.

"The only people moving here will be the more affluent. Others will just leave and young people will not move Portland.

"After public testimony, the record is closed and there will be no more input," Frederiksen said. "The bureau will then hold work sessions to discuss the testimony and develop any amendments before they vote on their recommendations for the city council."

There will be more public hearings on the recommended draft in front of the city council this fall.

"The City Council is the final decision maker," Frederiksen said. "We encourage all to provide input. A lot can change from now until the City Council vote."



"Only eight of the 100 largest metropolitan areas in the U.S. have all three of these traits," Lehner said.

"For example, Detroit has affordability only," he said. "Albuquerque lies on the border of affordability and quality. Affordability is about home ownership, vacancy rates, and rental affordability."

Lehner stated that Youngstown, Ohio is the most affordable city in the US.

"And when I speak about quality of life, I'm speaking about the arts, restaurants, and low crime rates. New England cities and Sacramento fit this trait.

"Economic strength relies on good, high paying jobs, available employment, and housing that these workers can afford."

Cities at the bottom of economic

here."

Frederiksen provides update on Residential Infill Project

"The city has been relooking at how single-family zones are being addressed," said Joan Frederiksen of the Bureau of Planning and Sustainability. "A proposed draft [of the Residential Infill Project] has been released online and can also be found at local libraries. Public input is now happening until May 15."

Residents can write emails to residential.infill@portlandoregon.gov or use an online app that features an interactive map.

The city will hold a drop-in event at the Hillsdale Library on May 3, from 4:30 to 6:30 p.m., for people who have questions. Public hearings will be held on May 8 and 15 at 5 p.m. at 1900 SW 4th Ave., Room 2500 in downtown

Hillsdale neighbor asks group to oppose Residential Infill Project

Vice President Leann Knapp, who chaired the meeting, then called for discussion (*Continued on Page 3*)



Hillsdale resident Natalia Bronner discusses the neighborhood's stance on the Residential Infill Project as Leann Knapp looks on. (Post photo by Erik Vidstrand)

Subscribe to *The Post* and help us keep the presses rolling! Form on Page 2.

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

FROM THE EDITOR'S DESK

By Don Snedecor The Southwest Portland Post

Earthquakes in Oregon: Are we ready for the Big One?

Do you know we live at the edge of an extinct 600,000-year-old classic boring lava shield volcano? Dr. Scott Burns, geology professor at Portland State University will discuss Mt. Sylvania and the Southwest Portland area geology at a joint meeting of the Arnold Creek and Markham neighborhood associations. The two groups will meet on Tuesday, May 8, at 7:00 p.m. at the Jackson Middle School auditorium, 10625 SW 35th Ave.

Southwest Neighborhoods Spring Cleanup

The annual Spring Cleanup event will be held on Saturday, May 5 from 9 a.m. to 1 p.m., at Portland Christian Center, 5700 SW Dosch Road. Suggested donation is \$15 per carload.

Items accepted include bulky waste (large items that won't fit in your garbage can); broken or soiled furniture, mattresses and toys; scrap metal, including bicycles, washers/dryers, ladders, etc.

Reusable items (including furniture, kitchenware, home appliances and linens) will be collected by Com-



munity Warehouse.

Southwest Community Recycling will be collecting small and large batteries, corks, printer cartridges, compact florescent lightbulbs, andblock Styrofoam.

No electronics, curbside recyclables or yard debris will be accepted at this particular event. Pick up is available for seniors. Contact the Southwest Neighborhood office at (503) 823-4592 for more information.

State of the Watershed science talk and dinner

Did you know we have fish-friendly habitat in our creek system? The U.S. Fish & Wildlife Service and Portland Bureau of Environmental Services recently published a paper about the Tryon Creek Watershed.

The two agencies will be presenting their findings and chatting about fish, wildlife, and habitat at the Tryon Creek Watershed Council's annual State of the Watershed event.

This year, the event will be held on Thursday, May 31, 6–8 p.m., at the Lucky Labrador Public House in Multnomah Village.

Pizza and salad will be provided but registration is required. Visit tryoncreek.org for tickets. Questions? Contact Terri Preeg Riggsby, coordinator@tryoncreek.org or (971) 404-4909.

Up For Debate: Multnomah County Auditor

If you are still trying to decide who to vote for in the primary election, then the following event may be helpful.

The Multnomah County Auditor

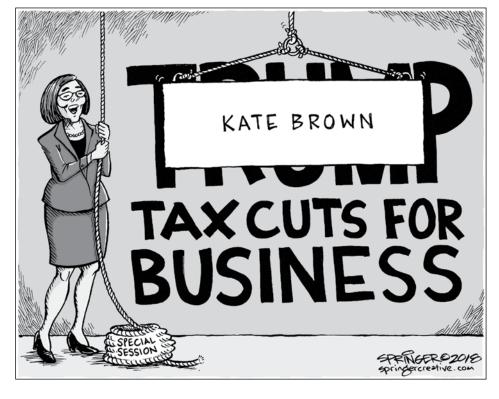


Subscribe to *The Post* and help us keep the presses rolling



Get *The Southwest Portland Post* delivered to your mailbox every month and help support your local newspaper at the same time. Why not send a subscription to a friend or relative. Makes a great gift!

Mail us a check or money order or call



race is an open seat with three experienced auditors vying for the position. The debate will be held at the City Club meeting at 12 p.m. on May 4 at the Sentinel Hotel, 614 SW 11th Ave., downtown. Check with KGW-TV as this may be televised live.

Scott Learn currently serves as performance auditor with the State of Oregon's audit division. His background includes journalism and work as a financial auditor.

Jennifer McGuirk serves as management auditor for Multnomah County. Her past experience includes communications, organizational development, and grant writing for universities.

Mark Ulanowicz serves as a principal auditor for Multnomah County and his background includes work as a performance auditor for the federal Government Accountability Office.

The debate will be moderated by Serena Cruz, executive director of the Virginia Garcia Memorial Foundation and former Multnomah County commissioner.

May 2018

For more information please contact the City Club at (503) 228-7231 or visit pdxcityclub.org. Don't forget your ballot must be received at your polling place by 8:00 p.m. on Election Day, May 15.

Don't forget to advertise in the June edition of *The Post!* Call Don at 503-244-6933. Deadline is May 25.





Celebrating 25 Years in

4207 SE Woodstock Blvd #509, Portland, OR 97206

Phone: (503) 244-6933; Fax: (866) 727-5336



503-244-6933 with your credit or debit card. We accept Visa, MasterCard, American Express and Discover.

May Subscription Special

One year (12 monthly issues)	\$14.00
Two years (24 monthly issues)	\$24.00
Three years (36 monthly issues)	\$36.00

Please send check or money order to:



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

Name	
Address	
City/State/Zip	
Phone	
E-mail	







general email: news@multnomahpost.com web address: www.swportlandpost.com

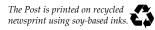
Editor & Publisher......Don Snedecor Reporters / Writers......KC Cowan, Erik Vidstrand Copy Editor......Janet Goetze Advertising Sales.....Don Snedecor Graphic DesignLeslie Baird PrintingOregon Lithoprint Circulation.....Rick Hepper

© 2018 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. Subscriptions are \$24 per year.

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. Back issues are \$2.50 each when available. All major credit cards accepted.



SOCIETY OF PROFESSIONAL JOURNALISTS.



May 2018

HILLSDALE NOTEBOOK

(Continued from Page 1) before going over the association ground rules, purpose, and agreements.

"This is a safe space to voice concerns, raise questions, have a multitude of voices," Knapp said. "The purpose of our association is to make Hillsdale a better place to live and work."

Natalia Bronner, a 14-year resident of Hillsdale, spoke up first. She had submitted a motion regarding the association's position on the infill plan.

"I learned about the Residential Infill Project in January," she said. "I had thought it was only a Multnomah neighborhood issue. I had never heard anything about this from this neighborhood association so I decided to do some research."

Bronner said she received a variety of comments from other neighborhood associations.

"I felt it was overlooked by the Hillsdale [Neighborhood] Association," she said.

Bronner said she had tried to connect with the group with no luck. She then drew up a petition opposing the Residential Infill Project. Almost 70 people signed the petition, many chasing her down. Three were undecided and one for, leaving 64 opposed to the project.

"This would be the most significant change in Hillsdale in a generation," she said. "It would impact the quality of life and burden the infrastructure. The HNA approved RIP without proper vetting."

However, a letter dated March 31, from the Hillsdale board to Bronner, cleared up the matter of the association's support.

"Though there have been multiple meetings relating to this issue," the letter stated, "many within the HNA have expressed personal opinions. We have combed our records and have not located any documentation of a formal position on the Residential Infill Project.

"There has been some element of confusion [regarding] discrepancies between the memories of members and the written record," the letter continued. "Without documentation, the Hillsdale Neighborhood Association has no formal stance on the Residential Infill Project."

Nevertheless, Bronner submitted a motion with several requests. The motion included a statement in opposition to the Residential Infill Project, posting a public notice on the neighborhood's website and in the Southwest Neighborhood News, the coalition's newsletter.

Bronner also wants Hillsdale to prioritize the project discussion at future meetings and improve community involvement.

She also wants to see an analysis of the project's impact on infrastructure and livability, and work with Hillsdale activists to provide all necessary support to oppose proposed changes.

According to the by-laws, adequate notice to Hillsdale members and residents is required.

Longtime member Rick Seifert re-

minded the group that usually these issues are "seasoned" for a month after these are brought up at meetings to get all opinions.

A motion was passed to discuss the Residential Infill Project at the May 2 meeting. The group adjourned after some additional discussion.

The Hillsdale Neighborhood Association meets at 6:45 p.m. the first Wednesday of every month at St. Barnabas Episcopal Church, 2201 SW Vermont St.





Premarin TM Typical US Brand Price for 0.625	\$458 V	Generic Price for 0.625mg x 84	• \$51.00	Evista TM Typical US Brand Price	\$772.37 for 60mg x 100	VS	Raloxifene* \$92.00 Generic Price for 60mg x 100
Abilify TM \$299 Typical US Brand Price for 15mg	9 4.49	Aripiprazole* Generic Price for 15mg x 112	\$86.00	Zetia TM Typical US Brand Price	\$994.42 for 10mg x 100	VS	Ezetimibe* \$81.00 Generic Price for 10mg x 100
Celebrex ^{TM \$74} Typical US Brand Price for 100m		Generic price for 100mg x 100	\$87.00	Januvia TM Typical US Brand Price	\$1151.87 for 100mg x 84	VS	Sitagliptin Phosphate Generic Price for 100mg x 84

eneric Price for 40mg x 100



Get An Extra \$15 Off & Free Shipping **On Your 1st Order!**

Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. Expires June 30. 2018. Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household. Use code 15FREE to receive this special offer.

Call Now! 855-977-7853

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.







: Price for 250-50mca x 180

Prescription price comparison above is valid as of Dec. 21, 2107. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. "Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price.



Smart HD-DVR Included!

 FREE Voice **Controlled Remote**



Upgrade to the Hopper® 3 Smart HD DVR

 Watch and record 16 shows at one
 Get built-in Netflix and YouTube
 Watch TV on your mobile devices Hopper upgrade fee \$5./mo.





Se Habla Español Call 7 days a week 8am - 11pm EST

dish.

-0

THE COUNTRY STORE

Bu Erik Vidstrand The Southwest Portland Post

Village Kids Supply Co. has opened in the space previously occupied by Topanien Gallery. Melissa DeMartini, who owns The Craft Factory located directly upstairs, has partnered with her sister, Theresa Shire, to sell children's pre-washed clothing, toys, and books.

Shire explained that all clothing is washed in a natural honey-lavender detergent before they are put on sale.

"Many people do not realize that clothes given to charities that don't sell, go into landfills around the country and world," Shire said. "There is much life left in these items."

The owners said a grand opening is still in the making but there will be activities in coordination with First Friday.

Village Kids is located at 7832 SW Capitol Highway and is open daily from 10 a.m. to 6 p.m.





Melissa DeMartini and Theresa Shire are the new proprietors of Village Kids Supply Co. (Post photo by Erik Vidstrand)

Jones and Jones Jewelers will be closing its doors on May 31. For over 40 years, Thomas Jones and his wife, Janet, along with Kim Allen, have worked together to design and create one of a kind and limited edition custom jewelry. They were at various locations but have been in Multnomah Village since 2011.

"The building we occupy at 7858 SW Capitol Highway was sold in January," Thomas told The Post. "The new owners, North Rim Development Group, have decided not to renew our lease and will instead proceed with [seismic] building upgrades.

"Beginning May 1," Jones said, "we will have a going out of business sale on all jewelry until we close.

"I'll take some time to evaluate my options, but won't be opening another

storefront. We thank you for your friendship and support!"

Briana Thornton has opened Aesthete, a boutique featuring specialty teas inside the French Quarter. She has been a regular fixture at the Hillsdale Farmers Market and has been selling online for some time.

"Our mission is to work with small family farms," Thornton said. "Each tea type is from a different region of the world. For example, rooibos is only found in South Africa; Darjeeling tea is from India, and milk oolong has its origins in Taiwan.

excited to set up shop in Hillsdale," Abbott said. "We will be having our grand opening featuring food and beverage on Thursday, May 3 from 5 to 8 p.m."

"We outgrew our space and are

farm. Thornton prides herself on the

personal integral relationships with

"We all believe in honesty, fair

Thornton also works with Oregon

tea farmers located outside Hood

River and Eugene. Her mother comes

up with different herbal blends us-

ing ingredients such as cardamom, ginger flakes, vanilla rooibos, and

Juliana Abbott, owner of Gurton's

Plant Shop, has packed up her store

inside of the French Ouarter and has

moved to Hillsdale where the old

Paint Pots store once was. The store

features unique houseplants, succu-

wages, and pure, organic ingredi-

the farmers.

ents," she said.

pepper.

lents, and cacti.



All of the teas at Aesthete are organic and come directly from the (Post photo by Erik Vidstrand)

Briana Thornton has opened a new tea boutique in the French Quarter called Aesthete.

Book Your Vacation Now – Call For Limited Time Savings

Grand Alaskan Grand **Cruise & Tour**

12 days from \$2,798* \$1,399* **Departs August - September 2018**

See the Alaskan interior and huge glaciers calving as you cruise the Inside Passage on a 7-night cruise

Ultimate Hawaii ^{Save} Tour with Pearl Harbor percoup **Experience**

13 days from \$2,249* \$1,799* Departs weekly year-round 2018

Enjoy a fully-escorted 4-island Hawaiian vacation visiting Oahu, Kauai, Maui and the "Big Island" of Hawaii. Includes a Pearl Harbor experience visiting the USS Arizona Memorial and Battleship Missouri, Waikiki Beach, Oahu Island Tour, Fern Grotto River cruise, historic Lahaina, Volcanoes National Park and our Farewell Feast. Centrally-located hotel in Waikiki and beachfront on the other islands, price includes 3 interisland flights, baggage handling, and sightseeing.

2018

PCC EMPLOYER PARTNERSHIP

Portland Community College's Employer Partnership Awards celebrate the many business partners - more than 1,600! that help PCC prepare students for employment opportunities and careers, and who meet regional workforce needs.

It is with sincere gratitude that PCC honors the following

organizations as its 2018 Employer Partners of the Year, for their ongoing partnership, investment and support:

> **Blessing Landscapes Intel Corporation Oregon Tradeswomen, Inc.**

Interested in learning how to become a PCC partner? Contact us at **partnerwithpcc@pcc.edu**.



aboard Holland America Line's ms Westerdam. Sailing from Vancouver visit Glacier Bay, Juneau, Skagway & Ketchikan, plus take a 4-day land tour of Denali National Park, Anchorage, Iditarod Sled Dog HQ, bears at a wildlife center & option to take an Alaska Rail Road dome-car. Hotels, all meals on cruise & sightseeing on the land tour included.





YMT Vacations — the escorted tour experts since 1967!

Promo code N7017 1-844-40 vacations

Prices are per person, double occupancy and exclude taxes & government fees of up to ⁵299. Prices shown are after Instant Rebate or 2for1 offers are applied. Cruise prices based on Inside Cabin. Free onboard credit with Ocean View or Balcony cabin purchase for Alaska. All special offers apply to new bookings only made by 5/30/18 and are subject to availability. Lowest season prices shown, seasonal charges and single supplements may apply. Addon airfare is available. Additional terms and conditions apply, ask your Travel Consultant for details.

May 2018

COMMUNITY LIFE

By KC Cowan and Don Snedecor The Southwest Portland Post

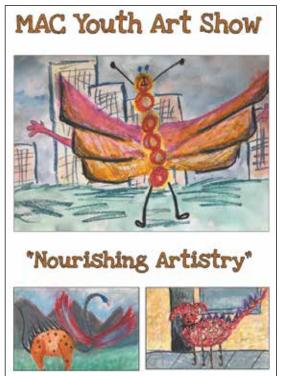
3 Sister Act: If you loved the movie, come see this rollicking musical performed live. Expect laughs galore as nightclub singer Deloris Van Cartier hides out in a convent to avoid being whacked by her gangster ex-boyfriend. Performances are Thursdays through Sundays, May 3 through June 10, on the Mainstage at Lakewood Center for the Arts, 368 S. State St. in Lake Oswego. For tickets contact the Lakewood Box Office at (503) 635-3901 or order online at www. lakewood-center.org.



Kristin Robinson stars in the musical "Sister Act" at Lakewood Theatre. (Photo by Triumph Photography)

4 Youth Art Show: "Nourishing Artistry," an exhibit of artwork by Multnomah Arts Center's young artists, opens in the Multnomah Arts Center Gallery beginning May 4. Art students ages 18 months to 17 years will display mixed media, three and two-dimensional artwork. Meet them at an opening reception Friday, May 4, 5–7 p.m. at the gallery, 7688 SW Capitol Highway. The show runs through the month. For more information, call 503-823-2787 or visit **www.MultnomahArtsCenter.org**.

Spring Arts & Crafts: Don't miss out on a great opportunity to buy local



artwork at the Spring Arts & Crafts sale on Friday, May 4, 9 a.m. to 9 p.m., and Saturday, May 5, from 9 a.m. to 4 p.m. at the Multnomah Arts Center, 7688 SW Capitol Hwy. Find everything from paintings and textiles to ceramics and jewelry. Proceeds support MACA, MAC's non-profit arm, and the artists.

5 Comic Books Day: Everyone is invited to the Garden Home Community Library Annex on Saturday, May 5 from 11:30 a.m. – 3 p.m. for Free Comic Book Day. This is an annual celebration of comic books and comic art. There will be stickers, raffle prizes for all ages, and free comics. You get two entries in the raffle if you come in costume. This event will be held at the library annex, 7306 SW Oleson Road. For more information, contact Katrina Ehrnman-Newton at (503) 245-9932.

Protecting Yourself Online: **O** Curious about the basics of staying safe online? Librarians will teach you to protect yourself online with more secure passwords, recognizing and reporting online scams, privacy control with your social media accounts, and more. Bring your own laptop or mobile device, or use a library computer. This event will take place on Sunday, May 6, 1 - 3 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. Registration required; register online, in the library or by calling (503) 988-5123.

12 Neighborhood Walk: Learn about the history of the Hillsdale neighborhood from leader Don Baack during this leisurely five-mile walk sponsored by SW Trails PDX. Note: this walk includes attendance at the Safer Trail Grand Opening. (See next item for details.) Meet behind the bleachers at Wilson High School, Sunset Boulevard and Capitol Highway, on Saturday, May 12 and be ready to go at 9 a.m. For more information, visit swtrails.org. To volunteer to lead a future walk in your neighborhood, contact Sharon Fekety, fekety@hevanet.com.

Safer Trail Grand Opening: Join the folks at SW Trails PDX for the dedication of the Safe Routes to

School Trail on Saturday, May 12, at 11:30 a.m., at Southwest 25th Avenue and Bertha Boulevard. Beth Madison, principal of Robert Gray Middle School, and Portland hiking author Laura Foster will be featured speakers. Materials were provided by the City of Portland with more than 300 hours of labor donated by the community. The stairs and trail cross Fanno Creek and connect the Stephens Creek housing development to Gray School via 25th Avenue. More information is available at swtrails.org.



Abby Cornish and Woody Harrelson in a scene from "Three Billboards Outside Webbing, Missouri." This film will be shown May 18 at the Garden Home Community Library annex. (*Movie Stills DB*)

costs, including Medicaid and veterans' benefits. Tuesday, May 15, 6 – 7:30 p.m. at the Capitol Hill Library, 10723 SW Capitol Highway. Registration required; register online, in the library or by calling (503) 988-5123.

17 One Woman Show: The internationally acclaimed onewoman show *Lilia!* will be performed one night only at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy. on Thursday, May 17 at 7 p.m. Learn about the extraordinary life of Oscar-nominated actress Lilia Skala. The show is written and performed by her granddaughter Libby Skala. Tickets: \$18. Register online at **www.oregonjcc.org**.

18 Film Night: Don't miss the Oscar-winning film, "Three Billboards Outside Ebbing, Missouri" (2017) starring Francis McDormand, Woody Harrelson, and Sam Rockwell. A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. This event will be held on Friday, May 18, at 7 p.m., at the Garden Home Community Library (annex), 7306 SW Oleson Road. Contact (503) 245-9932 or visit gardenhomelibrary.org for more information.



Young artists show off their talents this month at the Multnomah Arts Center Gallery. Reception on May 4 at 5 p.m.

15 Julie Nimnicht, JD, will help you come up with a plan to pay for long-term healthcare without going broke. Find out about government benefit programs that provide assistance with long-term care

Healthy babies start with healthy families.

At OHSU Family Medicine, our team supports all your family's health needs during this exciting time. From your first pregnancy test, through baby's first steps and beyond, our family is here to help yours flourish.

GABRIEL PARK 503-494-9992 RICHMOND 503-418-3900 SCAPPOOSE 503-418-4222 SOUTH WATERFRONT 503-494-8573



VISIT: WWW.OHSU.EDU/FMMATERNITY



Dear EarthTalk: Just when I finally purged my kitchen of nonstick cookware due to the risks posed by Teflon, I now learn that my rain jacket and waterproof boots are also putting my health at risk from exposure to similar "hydrophobic" chemicals. What's a concerned outdoors person to do about staying dry and comfortable on a rainy hike?

– Alex Walker, Philadelphia, PA

Many of us remember when Gore-Tex first appeared and revolutionized outdoor clothing and gear by infusing products with a waterproof treatment that could also "breathe" so we wouldn't get clammy on the inside as our outerwear repelled the elements.

Since then, this synthetic chemicalbased weatherproofing has become ubiquitous throughout the outdoor industry, not only in jackets, but also in boots and shoes, backpacks, tents, swimsuits and just about everything else that gets exposed to the wet and wild.

And while we've all been happily making our way through the rain and snow, we might not have realized that there is a dark underbelly to all of this weatherproof outdoor gear: perfluorinated compounds.

These synthetic chemicals are related to the "hydrophobic" formulations that make non-stick cookware easy to clean by encouraging liquids to bead up and roll away.

And like their chemical cousins

on cookware, the perfluorinated compounds in your jacket could be making you sick and polluting the environment.

"PFCs are environmentally hazardous substances, which are persistent in the environment," reports Greenpeace, which launched its Detox Outdoor campaign in 2012 to convince outdoor gear makers to stop using toxic chemicals in their products.

"Studies show that some PFCs can accumulate in living organisms such as the livers of polar bears in the Arctic and are also detected in human blood."

Meanwhile, animal studies indicate that perfluorinated compounds can harm reproductive processes, negatively impact hormonal balances and promote the growth of tumors.

Once released into the environment perfluorinated compounds break down very slowly. They remain in the environment for several hundred years and are dispersed over the entire globe.

Some are found in secluded mountain lakes or accumulated in wildlife. Some are also found in human blood.

If you have waterproof shoes or a rain jacket that is more than a year or two old, chances are these items were treated with a Durable Water Repellent finish before they left the factory.

This clothing could be leaching trace amounts of these toxic carcinogenic chemicals into your body and the environment. And perfluorinated compounds never break down entirely, so they can continue to cause harm indefinitely.

Luckily, given Greenpeace's advocacy and resulting consumer awareness, the majority of gear makers have started to phase out perfluorinated compounds.

Smaller brands including Paramo, Pyua, Rotauf, Fjällräven, R'ADYS and Dannah were the first to commit to product lines free of perfluo-





Many waterproof rainjackets are made of synthetic chemicals not good for the environment and may make you ill. (*Creative Commons - Oakly Originals*)

rinated compounds, but the bigger players are coming around, too.

W.L. Gore, Patagonia, The North Face, Marmot, Columbia and others have voluntarily committed to phasing out environmentally hazardous formulations by 2020 per Greenpeace's original ask.

But getting there depends on finding suitable alternatives. Many companies have temporarily switched to less toxic while still fluorocarbonbased repellents while they look for greener formulations.

For its part, Patagonia is betting big (through its corporate investment fund Tin Shed Ventures) on Switzerland-based start-up Beyond Surface Technologies.

This company was founded in 2008 by scientists who left careers at big chemical companies to make Durable Water Repellant-like textile treatments using natural raw materials.

Contacts: Greenpeace Detox Outdoor Campaign, detox-outdoor.org; Tin Shed Ventures, tinshedventures. com; Beyond Surface Technologies, www.beyondst.com.

EarthTalk® is a weekly syndicated column produced by Doug Moss and Roddy Scheer for the non-profit EarthTalk. To find out more, submit a question, or make a donation, visit us at **EarthTalk.org**.





You Could Be Eligible To Receive:

- Steady Monthly Income Depending On Your Paid In Amount
- A Lump Sum Payment Of Benefits Owed From Back-pay
- Health Insurance (Medicare, Medicaid Or Both)
- Annual Cost Of Living Increases

• Call Now For A FREE Evaluation

BILLGORDON (844) 221-7524

Bill Gordon & Associates, a nationwide practice, represents clients before the Social Security Administration. Member of the TX & NM Bar Associations. Mail: 1420 NW St Washington D.C. Office: Broward County, FL. Services may be provided by associated attorneys licensed in other states. * The process for determining each applicant's disability benefits varies greatly, and can take upwards of two years.

Summer Fun in the Great Outdoors!

Be sure to advertise in the June edition of The Post, where we'll have a list of upcoming summer activites including al fresco dining, concerts, street fairs, movies in the park, summer camps, swimming, bicycling and much more!



A complete media kit including current rates can be found on our website, www.SWPortlandPost.com.

Contact Don Snedecor at 503-244-6933 or email ads@multnomahpost.com for more information or to place your ad. Deadline for June is May 25.



Is the city cramming in more housing in guise of livability, affordability?



Jim Gorter speaks to the Multnomah Neighborhood Association while vice-chair Leslie Hammond listens. (*Post photo by Erik Vidstrand*)

MULTNOMAH NOTEBOOK

By Erik Vidstrand The Southwest Portland Post

Longtime Burlingame resident and activist Jim Gorter was the keynote speaker at the Multnomah Neighborhood Association meeting on April 10.

Gorter said that due to demolitions (and the resulting building of "mcmansions" happening throughout the city), former Mayor Charlie Hales ordered a review of housing redevelopments and created the Residential Infill Project in 2016.

G o r t e r represented Southwest neighborhoods on the Residential Infill Project Stakeholder Advisory Committee which included city staff, neighborhood

association representatives, developers, and architects.

Gorter is a retired educator and served most of his career as the director of outdoor environmental education for a local agency.

"In the last few years," Gorter said, "the project has morphed into cramming in more housing and people in the guise of livability and affordability."

He said the city wanted to focus on "little picture" issues such as the number of stairs a new development could have or setback distances. "They weren't concerned about the bigger picture issues like displacement, affordability, or infrastructure," he said. "An affordable house is the one that is already there.

"Since its inception," Gorter said, "the RIP has gone through several renditions. I am planning to attend two upcoming hearings in May. Public comments are open until May 15."

According to Gorter, the RIPSAC committee was disbanded a year ago without even a thank you. Gorter is now working with United Neighbors for Reform which is focused on asbestos and lead paint abatement when demolishing older properties.

"Rules have been made for that," he said, "but there is some concern about the definition of demolition."

UNR supports the reduced scale of houses, setbacks, and a reduced height to 35 feet. There are incentives for affordable housing and historic properties being kept but there continues to be no required parking.

Accessory dwelling units up to 800 square feet are allowed. One audience member who is pro-ADU and promiddle housing asked what if these units become short-term rentals like Air BnB.

"I thought this was about providing housing options to youth, seniors, or other low-income residents and families," he said.

"We're not against ADUs or middle housing," Chair Martie Sucec said. "Forty-five percent of Multnomah is made up of apartments and town houses. What we *are* opposed to is the overlay adding even more housing such as duplexes and triplexes."

Another member said she would like to see a restraint on these rental units, yet another member said this could cause antagonism to neighbors, as it is their right to have additional income.

"The neighborhood association has already provided the city with areas where density could work in Multnomah," Sucec said. "Additional housing could be phased in over time."

Someone asked if middle housing options would bring affordable options.

"No, it is a sham," Sucec said.

A motion was made to limit ADUs in the area but due to by-laws, the motion could not be accepted.

"We can't pass a motion because it needs to allow adequate discussion to debate it," Succe said.

The motion was withdrawn. Sucec said she would hold a town hall meeting on short-term rentals in the future.

The city has set up drop-in hours at the Hillsdale Library on May 3 from 4:30 – 6:30 p.m. for those who would like to meet with staff to answer questions about the Residential Infill Project.

Hearings begin at 5 p.m. on both May 8 and 15 at 1900 SW Fourth Ave., Rm. 2500. The Portland City Council will hear testimony in the fall.

You know your FAMILY. We know SENIOR LIVING. Together, we will find the RIGHT PLACE.

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**. Our Advisors are **trusted**, **local experts** who can help you understand your options. Here's what's included with our *free* service:











aPlace for Mom.

A dedicated local Advisor



Hand-picked list of communities

Full details and pricing

Help scheduling tours Move in

Move in support



! We're paid by our partner communities

Joan Lunden, journalist, former host of Good Morning America and senior living advocate.

Spielman opens fourth bagel & coffee shop in Multnomah Village

THE COUNTRY STORE

By Erik Vidstrand The Southwest Portland Post

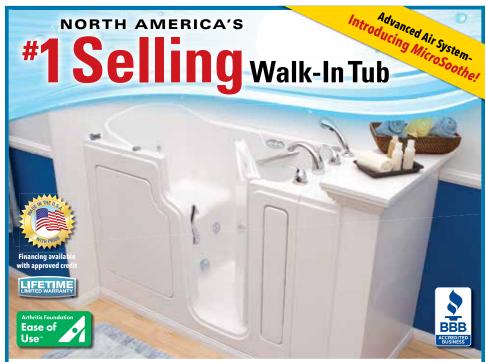
Spielman Bagels and Coffee recently opened in the Multnomah Village Apartments building located at Southwest Capitol Highway and

33rd Avenue.

"We are now in all four quadrants of the city," owner Rick Spielman told *The Post.* "I started with a small coffee roaster and scones in a Beaverton location."

A customer suggested he serve sourdough bagels and left Spielman a recipe.

However, a sudden bout with sepsis



The best walk-in tub just got better with breakthrough technology! *Presenting the all new Safe Step Walk-In Tub featuring <u>MicroSoothe</u>.[®] An air system so revolutionary, it oxygenates, softens and exfoliates skin, turning your bath into a spa-like experience. Constructed and built right here in America for safety and durability from the ground up, and with more standard features than any other tub.*

durability from the ground up, and with more standard features than any other tub. ✓ Heated seat providing warmth from beginning to end

- Carefully engineered hydro-massage jets strategically placed to target sore muscles and joints
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub

✓ Top-of-the-line installation and service, all included at one low, affordable price You'll agree – there just isn't a better, more affordable walk-in tub on the market.

For your FREE information kit and DVD, and our Senior Discounts, Call Today Toll-Free CSLB 983603 F1300002885 13HV08744300 exclusive savings of \$1500 OFF FOR A LIMITED TIME ONLY Call Toll-Free 1-877-700-0979

SAFE STEP

1-877-700-0979

derailed Spielman's plans to open a bagel shop. He was in the hospital for 11 days and almost died. His wife said no more coffeehouses and instructed him to sell his equipment.

As he became stronger, Spielman met a colleague who mentioned a storefront for rent on Southeast Division Street including restaurant equipment.

"It was a former Kettleman's Bagels which had been bought by Einstein's Bagels," Spielman said. "They decided not to open their own store so we jumped at the opportunity. We made about two dozen bagels a day using a sourdough starter."

"The secret of bagels is all in the chew," co-owner and operations manager, Paul Ceserani said.

With a doctorate from

the University of California at Berkeley, Spielman taught for many years at Lewis & Clark College and Willamette University before getting into food service.

Ceserani spoke about the coffee they will serve.

"We use green coffee beans from a fair trade, shade region farm in the mountains of Nayarit, Mexico," he said. "We roast it onsite."

Luck would have it that another Kettleman's closed in northwest and then again on Northeast Broadway. Spielman rented both properties.

"We are so very happy to be in Multnomah Village," he said. "We've



May 2018

Paul Ceserani (left) and Rick Spielman put the finishing touches on Spielman Bagels & Coffee in Multnomah Village. Grand opening is scheduled for May 4. (Post photo by Erik Vidstrand)

been scouting out locations in the southwest for years. We're now in all four city quadrants."

The Multnomah Village store will also feature a few sweet items and occasionally challah. Ceserani said that day-old bagels are baked into bagel chips and are shipped throughout stores in Oregon.

"We ship bagels to about 30-40 coffeehouses around the region," he said.

Located at 7713 SW Capitol Highway, Spielman's will be open from 6 a.m. to 3 p.m. Monday through Thursday, and Friday through Sunday until 4 p.m. At press time a grand opening was scheduled for First Friday on May 4.

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

 CZ BECKER COMPANY WOOD FLOORS <i>A Family Owned Business Since 1982</i> Restoration Repairs & Refinishing State of the Art Dust Containment Installation of New Wood Floors Environmentally Friendly Finishes 	HUM STRUM DRUM	HJAM Financial		
503.282.0623 czbecker.com	BRING IN THIS COUPON FOR FREE ONE PER CUSTOMER SET OF GUITAR STRINGS OR PAIR OF BUCKET STICKS	Hans J Manseth – Certified Financial Planner™ 503.227.4817 / hans@hjamfinancial.com Securites and investment advisory services are offered solely by Equity Services, Inc., Member FINRA/SIPC. HUM Financial Services, LLC and all other entities and indulata are independent of Equity Services, Inc., Hans. J Manseth, CFPB is a Registered Representative and Investment Adviser Representative of Equity Services, Inc. One National Life Drive, Montpelier, VT 06604 (800)544-7437 TC83339(0117)3		



"Call Kenny!"

Kenneth S. Morse CCB License #195820



503-939-5452

morseks@aol.com Excellent SW Portland references Tree pruning & preservation Tree & stump removals Arborist reports & Consulting

MULTNOMAH Tree Experts, LTD.

Peter Torres, M.F. ISA Certified Arborist (PN-650B) CCB #154349 Multnomah Village



Peter@MultnomahTree.com www.multnomahtree.com



Family & Cosmetic Dentistry 503-246-2564

www.mvdentalcare.com

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





2500 SF of comfortable, open, bright office space in SW Portland. Close to downtown with easy access to 1-5 and Barbur Blvd. This space is available as either an office share or full space lease.

