Sen. Ron Wyden confronted about Israel Anti-Boycott Act at Wilson town hall – Page 2



Multnomah
Days photo
essay
– Page 5



EarthTalk: Could global warming really already be a factor in the evolution of wildlife species? – Page 7



The Southwest Portland Post

Volume No. 25 Issue No. 11

www.swportlandpost.com

Portland, Oregon

Complimentary

September 2017

After outpouring of support, Gov. Brown decides not to veto Capitol Highway funding

By Erik Vidstrand
The Southwest Portland Post

It's been a nail-biter the last few weeks for community members who have been working on the planning for Southwest Capitol Highway pedestrian, bicycle and stormwater improvements.

At the end of the Oregon legislative session, which adjourned in July, lawmakers approved over \$2 million in state funds for Capitol Highway from Garden Home Road south to Taylors Ferry Road.

Community leaders praised legislators for the additional funds which would complete the project and were awaiting Gov. Kate Brown's signature. No one expected what might happen next.

In early August, Brown announced she would veto the \$2.2 million line item from the transportation bill.

"The funds are needed to complete all components on Capitol Highway

from Multnomah Village to Barbur Boulevard," said Chris Lyons, chair of the Multnomah Neighborhood Association's Capitol Highway subcommittee.

"We had been assured by our state representatives that funding would be included in the budget."

The wheels of activism then began in full force with letters from a variety of individuals, elected officials and local organizations giving Brown an earful.

The City Council wrote a unanimous letter of support. Congressman Earl Blumenauer, a former city commissioner and longtime bicycling advocate, also sent a letter to the governor.

"Since the veto threat was issued on Aug. 8," Lyons said, "we witnessed an unprecedented groundswell of support for Capitol Highway including numerous residents, and a diverse array of stakeholders.

"This coalition was instrumental in demonstrating the importance



City officials, planners and Southwest Capitol Highway subcommittee members tour the project site last summer. (*Post file photo by Erik Vidstrand*)

of the project to the governor, and ultimately was successful in making sure that the project will receive the \$2 million in state funding."

The governor decided not to veto

the project's funds. Brown wrote a letter on August 15 to Secretary of State Dennis Richardson explaining her decision.

(Continued on Page 3)

Hillsdale community playground under construction at Rieke School



Adam Light helped lead volunteers to build a new playground at Rieke School. (Post photo by Jack Rubinger)

By Jack Rubinger The Southwest Portland Post

About a dozen parents, volunteers, and friends showed up on a hot August morning to help shovel, rototill, dig, rake, move dirt and catch up on summer plans at Community Care Day at Rieke Elementary School.

The goal was to help start building the Hillsdale community playground at Rieke School. There are about 300 families with children attending Rieke School.

The goal was to get all the sod laid before the playground equipment arrived and before school started. At 9 a.m., huge rolls of sod were already on site.

"The students will be super excited to play on the new turf field," said Principal Sarah Lewins. "Rieke is so fortunate to have such a supportive community. The dedication of the playground committee is noteworthy.

"They had a vision and got input from all the stakeholders, raised the funds, partnered with Portland Parks and Recreation, and did a great deal of the labor themselves. This project benefits not just Rieke students but the wider community who will have this to play on for years to come."

Adam Light has kids in the first and third grades. "Meet Merry Tiller, the roto-tiller," said Light.

A self-described do it yourselfer, Light helped conduct the "Suburban Symphony" which included a revving roto-tiller, clanking shovels, casual chatter and a loose array of rakes raking.

Volunteer parent Jim Meurer who has two students at Rieke School, a 2nd and a 5th grader, has been championing getting things started for several years.

Meurer and others raised a lot of money for operations which started last year. Almost \$125,000 was raised in a year.

The idea is to add to the current playground with structures that will appeal to both younger children and older kids in the neighborhood. The new area will include mounds for kids to run up and down, a spinner, a balancing device, slide and several other pieces of equipment. There will be room to add other things if and when additional money can be raised.

Volunteer parent Laurie Hayes was involved in the design of the new playground and said she was excited that her two kids would get to play there this year.

On a day where temperatures were expected to get up into the 90s, it was a good turnout and enthusiasm was high. "We're grateful to have this space," said one volunteer.



An artist's rendering of the new playground at Rieke School. (courtesy Adam Light)

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

Sen. Ron Wyden confronted about Israel Anti-Boycott Act at local town hall



Sen. Ron Wyden held a town hall at Wilson High School on Aug. 5. (Photo by Lyndsey Hewitt, Pamplin Media Group)

By Erik Vidstrand The Southwest Portland Post

U.S. Sen. Ron Wyden (D-Oregon) made his Multnomah County town hall visit to Wilson High School on Aug. 5. Wyden was introduced by Rep. Margaret Doherty (D-35).

"Senator Wyden has kept his pledge of holding town halls in every Oregon county each year," Doherty said. "This is unprecedented."

This is the 55th town hall of the year. Nearly 300 community members



and elected officials packed the auditorium.

"Political change doesn't come from the top down, it's bottom up," Wyden said. "That's why it's so important for members of Congress to get out into the communities they represent and hear directly from their constituents."

And with that, Wyden answered questions drawn by lottery. He said that there were no subjects off limits.

The first question addressed entitlements such as Social Security and Medicare running out of money.

"Medicare of today is not the Medicare it once was," Wyden said. "Increase in cancer, diabetes, heart disease, stroke, and other chronic diseases are all causing costs to rise.

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

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

September Subscription Special

One year (12 monthly issues)	. \$18.00	(reg.	\$24)
Two years (24 monthly issues)	. \$32.00	(reg.	\$42)
Three years (36 monthly issues)	\$42.00	(reg.	\$72)

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
DI .
Phone

"Prescription drugs are also skyrocketing. We need to update the Medicare guarantee. It is not a voucher program.

"Ten thousand people turn 65 every day who become eligible for Medicare. I am all for raising the wage base of Social Security contributions. Let's just be careful and hope we do that without affecting small business owners."

By far the most compelling topic of the event was the many questions on S.720, the Israel Anti-Boycott Act. Wyden is one of 46 co-sponsors. This bill declares that Congress oppose the United Nations Human Rights Council resolution of March 24, 2016, which urges countries to pressure companies to divest from, or break contracts with, Israel.

The council targeted Israel with a commercial boycott, calling for the establishment of a database, such as a "blacklist", of companies that operate, or have business relations with entities that operate, beyond Israel's 1949 armistice lines, including East Jerusalem.

Opponents of the bill were scattered throughout the auditorium holding up placards stating "I support Palestinian rights" and yelling various comments to Wyden's answers. Outside, a Palestinian flag flew.

A flyer, created by the American Civil Liberties Union, claimed that the proposed federal legislation attempts to criminalize the boycott, divestment, and sanctions (BDS) campaign for Palestinian rights.

The ACLU claims the bill would punish business owners and individuals based solely on their point of view and such a penalty is in direct violation of the First Amendment.

"I do not take a back seat to anyone on protecting the first amendment," Wyden said.

A follow-up question immediately brought up the topic again.

"The ACLU has interpreted this bill as unconstitutional," the audience member stated, "and your support of it threatens free speech. We urge you

to remove your name as a co-sponsor of this bill."

"Exercise your rights to protest any way you can," Wyden said.

A question addressing healthcare was next.

"Section 1332 of the Affordable Care Act," Wyden said, "permits a state to apply for a state innovation waiver to pursue innovative strategies for providing their residents with access to high quality, affordable health insurance while retaining the basic protections of the ACA."

"The biggest challenge of singlepayer," Wyden said, "is how do you get there from here? We spend more than \$3 trillion a year on health care. We're not spending it in the right

Wyden was asked about preserving public lands. He replied that he doesn't support the administration's intention of reducing public land. Wyden recommended a grassroots movement to challenge the potential changes.

Wyden answered questions about large, private contributions infiltrating politics and Russia meddling into national elections.

"According to the Supreme Court," Wyden said, "there should be no limits on campaign donations, initiated by Citizens United."

The U.S. Supreme Court held that freedom of speech prohibits government restricting independent political expenditures by nonprofit and nonprofit corporations, labor unions, and other associations.

"Donors should at least be required to post campaign donations online," said Wyden. "It would take a constitutional amendment to overturn this decision."

"There are national voter suppression tactics. You can see it on TV," he said. "People wait in the heat, or are told they are not going to the right polling place."

Wyden has been urging Congress to look at vote-by-mail nationally which makes it much easier to vote and comes with a paper trail.







The Southwest

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 & Publish



Editor & Publisher	Don Snedecor
Reporters / Writers	KC Cowan, Jack Rubinger,
	Erik Vidstrand
Copy Editor	Janet Goetze
Advertising Sales	Don Snedecor
Graphic Design	Lisa Kind, Leslie Baird
Printing	Oregon Lithoprint
Circulation	Rick Hepper
	**

© 2017 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.





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



Bicycle and pedestrian improvements being made along Barbur Boulevard this summer

By Erik Vidstrand The Southwest Portland Post

This past month, a variety of improvements began along portions of Barbur Boulevard making the state highway safer for all bicyclists, pedestrians, and transit users. More improvements will be made in the next few months, according to a state spokesperson.

State transportation workers have been restriping travel lanes to provide more consistent lane width, trimming vegetation to improve visibility, and enhancing lighting along the busy route.

"Be prepared for lane closures at all times of the day or night," said Don Hamilton, the Oregon Department of Transportation public information officer. "The project will continue to require intermittent lane closures, stopping traffic at times.

"We plan to close the left turn lane from northbound Barbur to businesses immediately north of Barbur's southern intersection with Capitol Highway," Hamilton said.

An electronic speed feedback sign on northbound Barbur was added in July right before the Vermont and Newbury Street bridges.

"Bicyclists will like the speed reduction restriped bike lanes which add buffers in several locations," Hamilton said. "This will only



Riders boarded the 12-Barbur bus at Capitol Hill Road in January 2015. (Photo courtesy of Metro)

happen where the roadway width allows it safely. Some parking will be removed."

A buffered bike lane is a standard bike lane with a designated cushion that offers additional separation between bicyclists and vehicles.

Hamilton said that new green bike lane markings will be painted at several intersections to increase visibility where vehicles must yield to bikes before crossing the bike lane.

"This includes green bike boxes at the Barbur and Terwilliger intersection," said Hamilton. "We will also mark bike lanes through long intersections such as at the Crossroads and Terwilliger."

According to the state transportation bureau, these improvements come from the findings of a road safety audit conducted in July 2015. The state will implement more than 80 percent of the audit recommendations this summer. The source of funding for other improvements hasn't yet been identified.

In the past four years, the bureau

has spent \$8 million to improve safety on Oregon Highway 99W (Barbur Boulevard) in the City of Portland and Washington County.

This includes rapid flash beacons in several locations to alert motorists when pedestrians are crossing. Other improvements have included pedestrian islands, flashing bicycle beacons on the Newbury and Vermont Bridges, and sidewalk improvements.

"Additional safety improvements on Barbur are planned for the next few years," Hamilton said. "The current work is scheduled for completion by October."

For more information, and plans for future improvements, visit www.barbursafety.org.

Capitol Highway funding

(Continued from Page 1)

"For reasons that are unclear," Brown wrote, "the Capitol Highway project was not included in the final Transportation Package. Instead this project ended up being included in an unrelated budget bill [funded by lottery proceeds].

"Lottery funds traditionally have been spent on schools, healthcare, and services for veterans and seniors."

Brown said she was going to veto

the Capitol Highway project because of this issue.

"In the past week," the letter went on, "I've received significant input from a wide range of constituencies since providing the veto notice. It's clear that the Capitol Highway Safety Improvement project is a good project and should be funded."

"Thanks again to all," Lyons wrote the community. "We hope to see everyone soon as the city approaches 30 percent design on the project." According to the city bureau of transportation, this will happen in the fall.







Childers and Arendes give parents' perspective on Spring Garden Park development

By Erik Vidstrand The Southwest Portland Post

Outdoor movies, ice cream socials, and dog walking have been put on hold this summer at Spring Garden Park. Families with small children are finding other parks to attend while anticipating the completion of Southwest Portland's newest park.

Even though the neighborhood is losing the park for a year, families are making due with trips to Custer, Woods and Gabriel parks.

An August visit to the park found the entire property scraped down to the top soil with trees, shrubs, and plants gone.

A chain link fence surrounds the park edge along both streets. Tractors of every sort were lined up and parked for the evening. A water truck, steam roller, and road grader were also present.

The park project has been a mix of emotions for the community over the past few years. A simple natural play area was improved with a \$10,000 grant from Multnomah Village Umpqua Bank.

Further action by community members and park advocates turned the small park into a multi-million dollar project.

Funded by Portland Parks and Recreation, the park will have a splash pad, contemplative garden, picnic shelter, an improved natural play area, and a gathering area in the form of a small amphitheater.

It was the gathering area which sparked some tension causing a rift with neighbors. While many applauded the additional features and improvements, others felt the gathering area (with an electric outlet) would bring noise and amplified music to the park.

Friends of Spring Garden Park were whole-heartedly behind all the improvements, including the gathering space allowing movies and music.

But some folks in the neighborhood said they were disappointed by media coverage, including previous stories in *The Post* on the park development.

Post editor Don Snedecor and reporter Erik Vidstrand sat down with Sara Childers and Carine Arendes, co-chairs of Friends of Spring Garden Park, in July to get their specific take on all the developments.

The leaders explained that the park was an undeveloped 4.65 acre site with a dramatic downhill slope to the north at Southwest Spring Garden Street.

The Friends of Spring Garden Park was formed and were successful in acquiring the Umpqua Bank grant.

They used the money to develop a small natural play area complete with



Bare soil and trees gone are among the changes as Spring Garden Park construction continues. (*Post photo by Erik Vidstrand*)

logs, large rocks, and sand.

"This area fosters natural play," Childers said as her two young children drew pictures nearby. "This is unlike traditional parks with swings, slides, and monkey bars."

Childers said that they partnered with the Multnomah Neighborhood Association, Capitol Hill Library, and the parks bureau. Events such as National Night Out, and pie and ice cream socials were held. Fire fighters brought their trucks, city commissioners came to give speeches, and most importantly, neighborhood

children and their families came to enjoy the park.

"When there was an opportunity to grow the park, Portland Parks organized community outreach events involving teenagers, parents, and other interested parties. A park advisory committee was developed and meetings went on for months," Childers said.

According to Arendes, "The city leaders were thorough in getting everyone on the same page. The gathering space is only 40 square feet. City facilitators allowed all voices to be heard with agreements on final plans."

Electricity will be available but will have a lock box, she said.

The women explained that teenagers felt they needed a space for them beyond gardens, splash pads, and a sandbox. Retaining walls with large rocks were designed with the teens in mind for simply hanging out. Due to some budget cuts, some of the components originally in the design had to be curtailed substituting less expensive building materials.

(Continued on Page 6)

OHSU FAMILY MEDICINE



Patient-centered Primary Care

OHSU Family Medicine brings the best in patient care, research, and education to the heart of our communities. Good health is a lifelong journey unique to everyone, and we are with you every step of the way. From moms-to-be, to infants, children, adolescents, adults, and seniors, our priority is to help you live your healthiest life. For appointments call:

Gabriel Park (SW Portland)503 494-9992 **Richmond (SE Portland)**503 418-3900 **Scappoose**503 418-4222 **South Waterfront**503 494-8573



VISIT: OHSUHEALTH.COM/FAMILYMEDICINE



Hans J Manseth – Certified Financial Planner™ 503.227.4817 / hans@hjamfinancial.com

Securities and investment advisory services are offered solely by Equity Services, Inc., Member FINRA/SIPC. HJAM Financial Services, LLC and all other entities and individuals are independent of Equity Services, Inc. Hans J Manseth, CFP® is a Registered Representative and Investment Adviser Representative of Equity Services, Inc. One National Life Drive, Montpeller, VT 05604 (800)344-7437 TC93339(0117)3

DENTAL Insurance



6096C

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- If you're over 50, you can get coverage for about \$1 a day*
- Keep your own dentist! NO networks to worry about
- No wait for preventive care and no deductibles you could get a checkup tomorrow
- Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures
- NO annual or lifetime cap on the cash benefits you can receive



Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN)

MB16-NM001Cc

Multnomah Days festival features gorgeous weather, 130 vendors

(Photo essay by Don Snedecor)



The Beat Goes On.



Martial arts kids perform in the parade.



The artist and the jester.



Building a birdhouse.



Two Beat Bots.



Purple balloon people.





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 December 31, 2017**. 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











Prescription price comparison above is valid as of June 20, 2017. 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.



Parker Realty, Inc.



Hunt Club Road \$650,000

Quiet, serene park-like setting on 1.37 acre lot, just minutes to Multnomah

Village! Over 4,400 square feet with four plus bedrooms and three full bathrooms. Large living room with vaulted ceilings and grand fireplace. Large wrap-around deck overlooking your private woods. Detached triple car garage.

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.

503-515-4040 • 7830 SW 35th Ave., Portland, OR www.parkerrealtypdx.com



Jeff Parker Your Neighborhood Realtor Since 1980







New law requires large employers to give scheduling notices

By Jack Rubinger The Southwest Portland Post

Good news is here for potentially thousands of retail, restaurant and hospitality workers in Southwest Portland and all over Oregon with the passage of the Fair Work Week bill (Senate Bill 828).

The bill was passed by the Senate (23-6-1) and the House of Representatives (46-13-1) earlier this summer and signed into law by Gov. Kate Brown on Aug. 8.

As an emergency measure, the law takes effect immediately.

This bill, championed by Rep. Ann Lininger (D-38), will help workers learn their schedules with enough advance notice to handle other key duties like earning a degree, or balancing a second job.

Lininger said she has worked many hourly wage jobs including at a restaurant, a theater, and a sand and gravel business, so she knows what it's like to punch the clock.

"This bill will help working parents have the advance notice they need to

arrange childcare. The bill must be approved by the governor before it becomes law. The advance-notice provisions are phased in so employers have time to adapt," said Lininger.

The United Food and Commercial Workers Local 555 had a big role in developing the bill, and they've been working for years on this issue.

"The modern scheduling system creates a just-in-time indentured workforce that leaves workers unsure how they're going to put food on the table and make the hours needed to ensure income for their families," said Jeff Anderson of UFCW.

The law, which only applies to companies employing 500 employees worldwide, is a step in the right direction for people like Hailey Anderson, a local server and bartender.

"I'm excited that the bill passed," Anderson said. "With the challenges of uncertain scheduling, it is difficult to plan for school, go to doctors' appointments, or have any kind of social life.

"I was used to calling in at 4 p.m. to find out if I'd be working that night and even then I might not get any hours. It's very frustrating because



Rep. Ann Lininger

you can't plan your finances and you can't have a second job. It'll be good to see employers incentivize employees with consistent scheduling."

Many workers in these industries have gotten used to "clopening," in which you're both closing up shop in the evening and opening for business the very next morning.

"The bill will make

Oregon the first state to pass fair scheduling laws and do so in a way that is bi-partisan and reflects input from worker and employer advocates," said Amanda Dalton, legislative director of the Northwest Grocery Association.

The new law, in the first year, requires one week of advance scheduling which increases to two weeks the following year.

Spring Garden Park

(Continued from Page 4)

Childers and Arendes said they felt a voice was missing in previous articles in *The Post*.

"That voice was parents and children," Childers said. "We have had so many wonderful memories here," Childers said, "like ladybug walks for toddlers, star gazing, sledding, and open areas for dogs.

"There have been some [homeless] tents and disturbing night behavior from time to time," she said, "but we have a neighborhood watch program and the Office of Neighborhood Involvement provides resources."

"The park will soon be able to provide a space for seniors," Arendes said. "Sometimes the seniors outnumber the strollers in the area. These improvements, like gentle sloping walkways, will make it easier for all to access."

But when asked how a \$10,000 project turned into a \$2 million plan, the leaders said there was a smaller concept, the "Walker Macy design," of just over \$1 million but it didn't include such required items like drinking fountains, restrooms, and Americans with Disabilities Act accessibility.

"That, and inflation raised costs," Childers said. "Another factor was the incredible slope, addressing necessary drainage and water treatment, and pushing parking away from the main park area."

Childers and Arendes said that a master plan for Spring Garden Park was created 10 years ago with different people and different ideas. "It seemed conclusive then," Childers said.

Dolph Court is being widened to allow on-street parking, but on Spring Garden Street, parking will remain basically the same. Lighting will be directed downward to allow stargazers to continue watching the skies without light pollution.

The Post will continue to monitor the park's development as it approaches its grand reopening next June.

MASSAGE & WELLNESS WEEKEND

September 8th-10th



community education

Alexander Method Intro - Sep 9, 9am-1pm - \$95 Foot Reflexology Basics - Sep 10, 9am-5:30pm - \$ 170 Mind Body Connection - Sep 10, 9am-1pm - \$90 Shiatsu Introduction - Sep 10, 2-6pm - \$95

wellness

Guided Walking Meditation at Tualatin River National Wildlife Refuge - Sep 8, 9:15-11:15am - FREE! Research in Massage - Sep 8, 7-8:30pm - FREE! Dao Yin Stretch Class - Sep 8, 8-8:45am - FREE!



Oregon School of Massage 9500 SW Barbur Blvd. #100 Portland, OR 97219 503-244-3420 or 1-800-844-3420 www.OregonSchoolofMassage.com

Fall Term begins September 25th

Stop Drop and Roll—with Life's Parenting Challenges

Remember the old fire prevention drill you learned in elementary school: stop, drop and roll? It also provides a useful parenting framework for how to deal with toddler-to-teen meltdowns and emotional firestorms.

Screen time, chores, homework—or even what socks to wear for a newly emboldened preschooler—can sometimes trigger an emotional meltdown for both parent and child. Before you know it, your child may be sulking, yelling, crying or taking things out on their

younger sibling—or you!

Connected parenting is a name for a family of parenting approaches that emphasize the relationship you have with your child above any specific set of parenting skills. Instead of an authoritarian style based on fear ("Because I said so!"), we shift to a more loving,

3 Tips for Putting out an Emotional Firestorm:

connected style of parenting and setting limits. -

- **1. STOP:** And try to connect *before* correcting
- **2. DROP:** Decrease tension and respond rather than react
- **3. ROLL:** Roll with life and make time to connect



Connected parents tend to do three things. First, they *connect* before they *correct*. When our kids are in a meltdown their brains essentially shut down and they are often unable to hear us. This is because the body's amygdala sounds an alarm and triggers a fight or fight response.

In *The Body Keeps the Score*, Dr. Bessel Van Der Kolk, calls the amygdala the brain's "smoke detector." Empathetic connection

soothes children and brings their brains back online. "I know you are tired from school, but hitting your brother is never okay."

Next, connected parents *respond* rather than *react*. Reacting means that you meet your child's yelling with your own yelling, while responding involves acknowledging your child's feelings while holding your limit. "Life's not fair!" versus "I can tell you're upset about my decision."

Third, connected parents *make time* for 15-20 mins of focused and screen-free time with their kids several times a week, reassuring their kids that they are truly seen and heard.

Connecting with your child is emotional nutrition and benefits them socially, physically, and emotionally. In fact, kids with strong bonds have healthier immune systems and tend to want to please their parents. Even during life's more 'heated' moments.

When she isn't connecting with her son or traveling the globe, Angie Tanyi, MA, MPH, LMFT Intern, is an individual, couples, marriage and family therapist located in the Multnomah Wellness Center. Call for a complimentary consultation 503.200.0661 or visit www.AngieTanyiCounseling.com

Questions & Answers About Our Environment

Dear EarthTalk: Could global warming really already be a factor in the evolution of wildlife species? -- Vince Dominick, Camden, NJ

No doubt the quickly changing climate is already triggering various evolutionary shifts in a wide range of species. And while we can't be sure just how different wildlife species will adapt (or not), scientists are already noticing some surprising changes as a result of rising surface and ocean temperatures, thanks to humaninduced global warming.

There's proof that global warming is shrinking wildlife species on land and water. An October 2014 study by scientists at Durham University in Britain found that chamois mountain goats in the Italian Alps weigh 25 percent less than their same age counterparts did 30 years ago.

University of Maryland researchers found that six out of seven species of U.S. salamanders studied have shrunk an average of 8 percent overall since the 1950s, with each successive generation shrinking in average body size by 1 percent.

Another example comes from a National University of Singapore study that found that ectotherms (toads, turtles, snakes) are also shrinking around the world in response to hotter climatic conditions.

A February 2017 review of scientific literature on global warming's broad footprint on wildlife by 17 researchers collaborating from around the world suggests that we may actually be underestimating how much climate change is affecting wildlife populations.

The analysis of 130 studies on the ecological consequences of climate change revealed that 47 percent of land mammals and 23 percent of birds—more than 700 wildlife species overall—have already been affected by global warming.

"There has been a massive underreporting of these impacts," said University of Queensland researcher and study co-author, James Watson, adding that only 7 percent of mammals and 4 percent of birds showing a negative response to climate change are currently listed as "threatened" by the IUCN, which maintains the world's "Red List" of endangered species.

"We need to greatly improve assessments of the impacts of climate change on species right now, we need to communicate this to wider public and we need to ensure key decisions makers know that something significant needs to happen now to stop species going extinct," warned Watson. "Climate change is not a future threat anymore."



Scientists credit human-induced global warming with causing many marine and terrestrial wildlife species — such as the chamois mountain goat of the Italian alps — to become scrawnier with each successive generation. (Photo by Fulvio Spada, FlickrCC)

Contacts:

Fish study, onlinelibrary.wiley. com/doi/10.1111/gcb.13831/abstract; goats, www.dur.ac.uk/biosciences/ about/news/?itemno=22559; salamanders, onlinelibrary.wiley. com/doi/10.1111/gcb.12550/abstract; broad footprint, http://onlinelibrary. wiley.com/doi/10.1111/gcb.13831/ abstract.

EarthTalk® is produced by Roddy Scheer & Doug Moss and is a registered trademark of the nonprofit Earth Action Network. To donate, visit www.earthtalk. org. Send questions to: question@ earthtalk.org.

Be sure to advertise in the "Halloween in the Village" special section in the October edition of The Post.

Mention this offer and save 20 percent off the open rate!

Call Don at 503-244-6933 or email don@multnomahpost.com for more information or to place your ad.



Deadline for space reservations is Sept. 20.

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:



A dedicated local Advisor



Hand-picked list of communities



Full details and pricing



Help scheduling tours



Move in support





There's no cost to you! CALL (844) 269-4351

! We're paid by our partner communities

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



COMMUNITY LIFE

By KC Cowan and Don Snedecor The Southwest Portland Post

Goddesses and Villains: 1 Artist Erika Rier's new exhibit is an exploration of the inner life of women and the turmoil of the modern world as seen through mixed media. The artist's reception is on Friday, Sept. 1, 7-9 p.m. The show runs through Oct. 3 at the Multnomah Arts Center Gallery, 7688 SW Capitol Highway. For more information call 503-823-2787.



Dragon Slayer: An original t-shirt design by artist Erika Rier. The artist's work can be seen throughout September at the Multnomah Arts Center Gallery. (photo courtesy Erika Rier)

Pursuit of Happiness: Everyone deserves to be happy, right? Learn about happiness through science, philosophy, religion, and psychology. Sharon Rose, retired college educator, shares strategies to make our lives more content. This event takes place on Thursday, Sept. 7, at 2 p.m. at the Mittleman Jewish

Community Center, 6651 SW Capitol

Highway. Free and open to the

community.

Q Football at Wilson/Alumni Night: Come on out and support your Trojans! This varsity high school football game is at Wilson Stadium (1151 SW Vermont St.) on Friday, Sept. 8, at 7 p.m. vs. Lakeridge.

9 Hike along the future Red Electric Trail: The SW Trails walk this month will be led by Rick Kappler and will showcase parts of the future Red Electric Trail. The group will walk on Trail #7 to Maplewood, crossing Oleson Road into Bauman Park near Fanno Creek. They'll walk on side streets in Hayhurst. The walk is 5.5 miles with 200 feet elevation gain. Meet at Wilson High School on Saturday, Sept. 9 (behind the bleachers, Sunset Boulevard and Capitol Highway) and be ready to carpool to Gabriel Park at 9 a.m. Well behaved dogs, on leash, are allowed. For more information



Wilson High School's varsity football team takes on Lakeridge on Sept. 8. (photo courtesy Wilson Athletics)

visit www.swtrails.org. To volunteer to lead a walk in your neighborhood, contact Virginia Hendrickson (vehendric@comcast.net).

72 Wild Food! Ever wonder what free food there might be out in the wild? Learn about what's safe to eat with John Kallas in a three-hour workshop on local wild food and foraging for families. This event takes place on Saturday, Sept. 23, from 1–4 p.m. at the Garden Home Community Library Annex, 7306 SW Oleson Rd. Free. For more information, call 503-245-9932.

24 Hank & Claire's tribute to Pete Seeger: Gather around for songs and stories of a folk hero. Together with Pacific Northwest musical duo Hank and Claire, you will learn how Pete Seeger's social activism on labor, civil rights, war and the environment inspired his music. They'll share the stories of Seeger's life, historic photos and lead a sing-along. This event takes place on Sunday, Sept. 24, 2–3:15 p.m. at the Capitol Hill Library, 10723 SW Capitol Highway. Registration is required; register online, in the library or by calling 503-988-5123.

24 Mariachi Viva Mexico! Nothing sets your toes tapping like an authentic mariachi band. Trumpets, violins, guitars and vihuelas combine to create lively, spirited music. Free tickets available 30 minutes in advance. This event takes place on Sunday, Sept. 24, 3-4 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. For more information, call 503-988-5123.

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







Windermere

multnomah village DENTAL CARE

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

Family &

www.mvdentalcare.com

Cosmetic **Dentistry** 503-246-2564



YOUR NEIGHBORHOOD HANDYMAN 20 years in Multnomah Village!

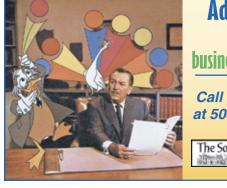
"Call Kenny!"

Kenneth S. Morse CCB License #195820



503-939-5452

morseks@aol.com Excellent SW Portland references



Multnomah Village



www.multnomahtree.com





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

Advertise in *The Post!* Call Don at 503-244-6933. **Deadline for October** is Sept. 21.





- Interior/Exterior
- Commercial/Residential

and Tax incentives!

- Powerwashing
- Wallcovering
- Patina Stained Concrete New Construction & Remodels

CCB# 169852 Insured • Bonded

Fences & Decks

PO Box 80897 Portland, OR 97280 (503) 516-1223 (503) 293-6586 (FAX)

James Robertson

2610 SE 8th Ave, Portland, OR 97202

robertsonpainting@gmail.com



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



The IDEA Today ... The SIGN Tomorrow!

- SIGNS
- MAGNETICS
- BANNERS • LETTERING • GRAPHICS • LOGOS & MORE

503.244.0980

9220 SW Barbur Blvd. #111 - Portland - OR - 97219