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The Southwest Portland Post

Southwest Portland's Independent Neighborhood Newspaper

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Portland, Oregon

Complimentary

October 2008

New Hamilton Street sidewalks could be resurrected by neighborhood

By Polina Olsen
 The Southwest Portland Post

Marianne Fitzgerald, chair of the Southwest Neighborhoods, Inc. (SWNI) Transportation Committee reported the local improvement district (Halo LID) project on Southwest Hamilton Street is dormant but can be resurrected by the Bridlemile Neighborhood Association.

Halo LID is a funding scheme that divides costs among property owners within a defined radius of the sidewalk construction. With traditional funding, only abutting property owners pay for the new sidewalks. "We didn't want to go further than 1/2 mile," Fitzgerald said, explaining the different cost options for the four Southwest Neighborhood Halo Lid Pilot Projects.

When people live more than one half mile away from the new sidewalks, they don't understand why they should help pay them, she said. Both cost and design proved controversial with neighbors choosing between 16 types of sidewalks and a halo of one-eighth, one-quarter or one half mile.

Two of the four proposed Southwest

BRIDLEMILE NOTEBOOK

Halo LID projects are on hold: Southwest Hamilton, from Southwest 39th Avenue to Southwest 60th Place and Southwest 35th Avenue from Southwest Stephenson Street to Southwest Arnold Street.

The other two projects, Southwest Vermont Street from Southwest 45th Avenue to the county line and Southwest Vermont Street from Southwest 30th Avenue to Southwest 37th Avenue, will report their status at the next SWNI transportation committee meeting. Call 503-823-4592 for the meeting schedule.

Crime Prevention

Bridlemile Neighborhood Association History Chair Ginger Danzer reported the Hamilton Park foot patrol project needs more people. The project started in response to underage drinking, graffiti, vandalism and general noise, especially on weekend nights.

"We've cut down the amount of speeding, use of alcohol, and rowdi-



Tanya Ghattas (back row center, glasses, white shirt), the new Bridlemile Elementary School principal, stopped by the neighborhood meeting to say hello. (Post photo by Polina Olsen)

ness in the park," Danzer said. "This summer was amazingly quiet but we don't have the number of people needed to keep [the foot patrol] going well."

The group works with the city crime prevention specialist and the police. "We wear little vests and go out and walk from 8:30 p.m. to 10:30 p.m. on weekend nights, carry our cell phones and report mischief. It's a nice way to walk and visit with your neighbors."

For more information on the Hamil-

ton Park foot patrol, call Ellen Underhill at 503.297.6916.

Land Use

Karen Tabata, Land Use Chair, raised the question of how to incorporate adult foster care facilities within residential neighborhoods. While Adult Foster Care began with private homes taking in a few elderly residents,

(Continued on Page 4)

Seniors find gardening to be therapeutic at Maplewood retirement home

By Polina Olsen
 The Southwest Portland Post

Helen Sandstrom ate beans like that with olive oil when she was young. Now, in her nineties, she enjoys them straight from the vine. As the West Hills Village Senior Residence group gathered around their newly grown garden, they chatted about early memories and the current harvest.

"There's a lot of touch and it's interactive," said activity director Holli Wronski about their two-month-old program with Garden Partners, a non-profit Portland organization that brings therapeutic gardening to the

community. "They talk about their past gardens, their mother's gardens, and gardens in their later years."

Garden Partners started in 1999, when occupational therapist Mary Rowan saw a great need for meaningful activity where the elderly could nurture. She found existing programs emphasized things being done for seniors rather than proactive activity. Rowan hooked up with a nurse and landscape architect and by 2003 started programs in long-term care facilities.

Today Garden Partners has programs in eight Portland locations including an abused children's center, long term care facilities, and the Portland Memory Garden (Southeast

104th Avenue and Powell Boulevard), a park designed for people afflicted with Alzheimer's disease.

According to the Journal of Therapeutic Gardening, working in the garden increases attention span and provides exercise. Rowan also finds it increases self-esteem and gives a sense of spiritual fulfillment and joy.

"Nobody is excluded," Rowan said, explaining Garden Partners accommodates all physical and mental challenges. "We see people quite advanced in their disease. When we go to a new facility residents say, 'I can't garden.' It can easily be setup with the right planter, wheelchairs in the right place, handing people the hose, and making sure tools aren't too heavy."

Garden Partner's volunteers or staff come once each week throughout the year and vary sessions according to weather conditions. In winter, they give lectures on topics like plant or tree identification. They prepare soil, prune, weed, water and harvest during the summer.

West Hills Village residents enjoy watching the vegetables, herbs, and flowers from the small patios outside their apartments. Tomatoes and cucumbers were particularly good this year, and the large yellow beans are firm and tasty. Although the kitchen uses the fresh produce to prepare the resident's meals, sometimes passersby can't resist sampling.

"The concept of Garden Partners is getting the community involved," Rowan said about her work with the project. "It changes the feeling of the environment because it's positive -- people aren't talking about their illnesses." Although she volunteers full-time with the organization, she finds it time well spent. "When you get a strong calling, you want to see it happen."

West Hills Village Senior Residence is located at 5711 SW Multnomah Blvd. For more information on Garden Partners visit www.gardenpartners.org, email info@gardenpartners.org or call (503) 288-1280.



Anne Dugan and Helen Sandstrom stand next to their Garden Partners project. Both are residents of the West Hills Village Senior Residence. (Post photo by Polina Olsen)

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

The Southwest Portland Post
 7825 SW 36th Ave Suite #203
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It's time to recognize people in our community for their tireless efforts

The Spirit of Portland Award is an annual award presented by the mayor to a select group of people either as individuals or groups. This is a special award with multiple different categories that may apply to some individual or group that you support, work with or know about.

These people may have done one or many things to improve the lives of all of us living and working within the city limits of Portland. Application deadline is October 24th. There are a number of people in our community that without their tireless efforts we wouldn't have the commu-

nity that we have today. It is time to recognize those people and act on their behalf in giving them the recognition that they rightfully deserve.

If you know of an individual or group that fit within the categories listed in the application please fill out the application and let the city know about them.

I'm sure that I have missed some from over the years but you can see the breadth and strength of our community, including one I didn't know about from 1998 for Multnomah Neighborhood Association.

Letters to the Editor



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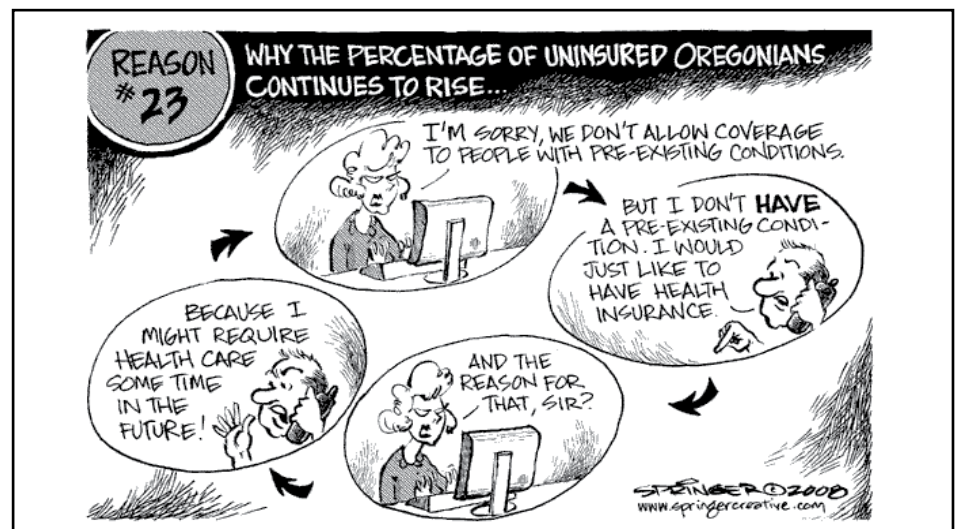
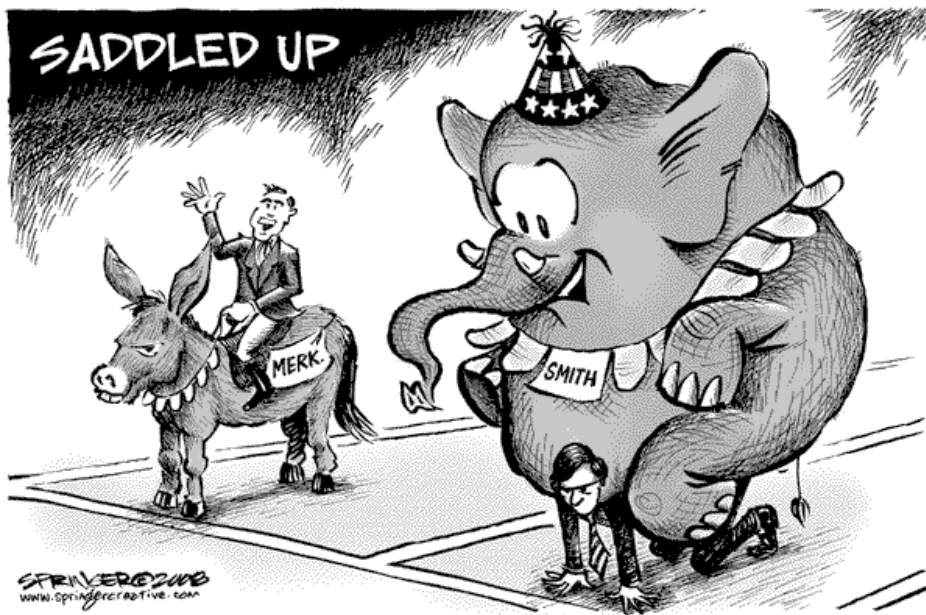
Past Southwest Community awards recipients:

- 2006 Loaves & Fishes / Meals on Wheels
- 2005 Amanda Fritz - strong work and efforts for Portland Public Schools
- 2005 West Portland Park Neighborhood - for active work to improve the overall livability of their neighborhood through multiple community projects
- 2004 Fanno Creek Clinic - Small business
- 2002 Ginny Stromer SWNI, non profit neighborhood employee
- 2002 Bridlemile Neighborhood Assoc, neighborhood of the year
- 1999 45 Ave Cleaners, Eco friendly cleaning
- 1999 Southwest Community Connection
- 1999 Leonard Gard, SWNI Land use, non-profit/neighborhood Employee
- 1998 Multnomah Neighborhood Association, neighborhood of the year
- 1997 Sylvia Bogert, SWNI Non-profit/ neighborhood Employee
- 1994 Kay Durtschi, (our current transportation chair)

Thank you for your participation in our community. It helps!

Randy Bonella Chair
Multnomah Neighborhood Association

Editor's Note: Nominations for 2008 Spirit of Portland awards are due at the Portland Office of Neighborhood Involvement by October 24. The awards ceremony will be held December 11 at 2:00 p.m. at City Hall, Council Chambers. The awards are given annually to individuals, businesses or groups that contribute to the city's livability. Awards are given for small and large Business of the Year, Employee of the Year, Humanitarian, Free Spirit, and Neighborhood of the Year. Award forms are available at all neighborhood offices. For more information call (503)-823-3997 or visit www.portlandonline.com/oni.



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Commissioner Fish goes to Washington; trip includes Sears Armory housing project

By Lee Perlman
The Southwest Portland Post

Newly elected City Commissioner Nick Fish spent three days in Washington D.C. last month, and came away with significant progress on three local issues, at least one affecting southwest Portland directly.

As the commissioner in charge of housing issues, Fish attended a national convention on homelessness. He also took the time to meet with Col. Jim Balocki of the Department of Defense's Base Re-alignment and Closure Division on the disposition of the Sears Armory.

The army has designated the 3.7 acre site at 2730 S.W. Multnomah Blvd. as surplus, and the Portland City Council has endorsed a plan by Community Partners for Affordable Housing to develop the site for 100 or more units of affordable housing.

According to Fish, Balocki was very impressed with the city's plans for the property. Balocki sent an e-mail complementing Portland on its draft proposal, and Fish told *The Post* that he was "pretty optimistic" that the transfer will occur.

A potential hang-up, he said, was approval of the project by the federal bureau of Housing and Urban Development, necessary because the project involves low-income housing. In theory reviews of this sort are supposed to be

completed within 60 days, Fish said, but because HUD is "a little backed up" in its work the process could take up to a year.

For this reason Fish also paid a visit to Congressman Barney Frank of Massachusetts, chair of the House committee that oversees HUD, and he promised to try to facilitate the process. Fish worked for Frank immediately after he graduated from law school.

Fish renewed a promise he made to the Multnomah Neighborhood Association to form an advisory committee that would provide input on the project, including its design. The committee would, among other things, visit "comparable" projects in other parts of town and incorporate design features they liked. "We have a chance to do this right," he said.

Fish also visited members of the Oregon congressional delegation in pursuit of his third project. Portland has 11 housing projects containing a total of 700 units with contracts that are due to expire in 2013. Currently the owners maintain affordable rents in return for federal subsidies.

With the expiration of the contracts the buildings could be sold, converted to condominiums or have their rents raised to market rates, and up to 800 poor people could face eviction into a market that can't accommodate those already seeking housing.

However, as part of their contracts, the projects' owners have been paying

into an "excess receipts" fund that has grown to \$7 to \$9 million. Fish says he is asking the Oregon delegation, and Frank, for a "discreet change in the law" that would allow these funds to be used to help transferred to a suitable non-profit agency that would keep them permanently affordable.

"Preservation is one of our housing strategies," Fish said. "We're building more affordable housing, but we also want to preserve all we can of what we have."



If the U.S. Department of Defense approves, the Sears Armory site will be rebuilt into an affordable housing project. (Post file photo by Don Snedecor)

NEWS BRIEFS

City plans series of bio-swales for Multnomah Village

The city is planning the installation of three bio-swales, with attendant new sidewalks, in Multnomah in the next year, and some merchants are seeking to change the scheduling of one of them.

The first such project, at a cost of \$18,000, would be installed at Southwest 35th Avenue and Troy Street, with work set to commence later this month. A second, in front of the Lucky Lab Pub on Southwest Capitol Highway at 35th Avenue, would be installed in the spring and cost \$27,000.

The most ambitious, called Raindrop Walk, would cost \$115,000, would be on Southwest Capitol Highway between 35th and 36th avenues, and would be installed beginning in the fall of 2009.

This last has made some merchants nervous. They fear that the work, and attendant disruption, could interfere with sales, particularly if the work continued into the holiday season. Leonard Gard, Southwest Neighborhoods, Inc. land use specialist, said city officials are reluctant to reschedule the work, since this is one of several projects that must be completed within a budget year, but that they haven't ruled it out.

SWNI hosts debate between City Council candidates

Southwest Neighborhoods, Inc. is hosting a public debate between Portland City Council candidates Amanda Fritz and Charles Lewis beginning at 7 p.m. October 20 at Multnomah Arts Center, 7688 S.W. Capitol Highway. Bring your curiosity and questions to help decide who will hold this important political position.

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OHSU's planned 20-acre campus in South Waterfront still has some issues

By Lee Perlman
The Southwest Portland Post

Oregon Health and Sciences University is proceeding with plans for their South Waterfront campus, and in so doing encountering some issues. The Schnitzer family has donated 20 acres of land in the previously industrial area to the school to create a new, or satellite, campus to their existing one on Marquam Hill.

OHSU's Mark Williams gave the South Portland Neighborhood Association a progress report on the project last month, with emphasis on what is likely to be the most sensitive aspect of the development - views.

Buildings on the campus will encompass about two million square feet of floor space, he said, and they will be housed in a series of structures that will approach, and in some cases possibly exceed, 250 feet in height, as the code for this part of town calls for.

View corridors will consist of the rights of way of newly-created streets, and even these will have their limitations as far as residents of the older neighborhood to the west are concerned. At the insistence of city planners, east-west streets will align with the river bank rather than with their counterpart streets to

the west; thus residents to the west may not be able to use them to see through to the river.

OHSU probably will not go through a master planning process for the new campus, and will be subject to little public process or regulation other than design review for individual buildings "that I'm aware of," Williams said. "If you're asking, will we try to place our buildings to maximize your views, the answer is yes," he said.

"If you're asking to re-open the zoning code, we're not crazy about that. We've already had that discussion."

Another issue is open space. Williams said school wants lots of open space, "the campus we never had on the hill. We want to have the greenest campus in the country."

In fact, he said, under plans so far the school will have 9,000 square feet more open space than was called for in the South Waterfront Plan. Auto use will be minimized, with a single conventional north-south street and east-west ways given over largely to pedestrians and bikes.

This didn't satisfy Jerry Ward, longtime neighborhood activist and South Portland's representative to the North Macadam Urban Renewal Advisory Committee. He told the South Portland board that the South Waterfront Plan called for two acres

of park land on the northern end, and as far as he was concerned this did not mean a series of plazas for OHSU.

"I don't care if the public is allowed there; I wouldn't feel comfortable being there," Ward said. "We need to get them to honor 10 years of planning." South Portland board member Jim Gardner pointed out that the campus only occupied about half of the northern part of the district, and that a two-acre park somewhere else would satisfy the requirement.

The campus, like the rest of South Waterfront, will have a 100-foot

wide greenway west of the river bank, Williams said. According to long-term plans, he said, "This will be the most habitat-intensive part of the greenway. It won't be a place for people to tromp around in." He added, "This is the city's plan. Whether it gets built or not is not our call."

Williams said that the campus, except for classrooms, will be "quasi-public" space which people in the neighborhoods will be able to use. In the same spirit, the ground floors of some of the buildings may be given over to retail services that could serve the larger communities.

Hamilton Street Sidewalks

(Continued from Page 1)

neighbors have seen them develop into institutions.

Apparently, vague zoning laws cannot prevent teardowns of existing older homes in order to build facilities expressly for adult foster care. These can cause traffic issues and change the neighborhood character. Everyone agreed on the need and desire for housing for the elderly.

The Bridlemile Neighborhood As-

sociation hopes to work with the city to better define zoning laws and find solutions where the whole community including foster care residents benefit.

Tanya Ghattas, the new Bridlemile Elementary School principal stopped by to say hello. Formerly principal at Winterhaven, a focus magnate program in Southeast Portland, she started at Bridlemile on July 1. A Johns Landing resident, she knows and enjoys Southwest Portland and is looking forward to working with the Bridlemile community.

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Shand steps in as interim chair of South Burlingame neighborhood

By Polina Olsen
The Southwest Portland Post

Nineteen people attended the South Burlingame Neighborhood Association (SBNA) meeting on Sept 23 at the Capitol Hill School library. Sylvia Bogert, SWNI executive director, chaired. After introductions, she announced the current SBNA chair, Mike Andrews, wished to step down. She appointed Betsy Shand interim chair. The SBNA has openings for several more positions. Elections are in May.

Shand brought up the issue of the new neighborhood garbage can distribution noting the cans are large, especially for the elderly or those living alone. Although not advertised, smaller sized cans are

available.

Shand also brought up an important phone number: 503.823.4000. Part of City Information and Referral, the number serves as a switchboard for everything city related. "Five people keep up to date with who is in charge of everything," Shand said. From potholes to traffic to garbage cans, call this number and get directed to the right place.

Bogert discussed upcoming neighborhood grant proposals and urged interested groups to apply. Grants between \$200 and \$2000 are available to 501 (c) 3 nonprofit organizations with ideas for neighborhood improvement.

One neighbor suggested cleaning up the triangle on Southwest 12th and Spring Garden Road where among other problems, a dead tree

has been for over two years.

The cost of new plants would be about \$1000. Several neighbors wanted to add "Burlingame" to neighborhood street signs in a project known as sign caps. After the meeting, a small grant-writing group formed. Grant proposals are due on November 3. For more information, contact Sylvia Bogert at 503-823-4592.

Two people raised concerns about a registered sexual predator currently living close to a school on Southwest Hume Street. They complained about traffic, noise, and general nuisance. They will try to bring a crime prevention specialist to the next SBNA meeting to help pull together a neighborhood response.

The next issue concerned neighborhood daycare centers. A man from the neighborhood explained

that individuals could earn extra money by taking in a few children. However, he felt, people abused the law by developing large, commercial daycare centers that generated noise and traffic. Bogert suggested mediation.

Everyone is invited to a Community Policing Reception at 7 p.m. on Tuesday, October 28 at the Multnomah Center Auditorium. A free dinner and door prizes will celebrate the contribution police officers have made to the community. ...A candidate's forum will be held on Monday, October 20, at the Multnomah Center Auditorium, 7688 SW Capitol Hwy, will start at 6:30 p.m.... Recycle your non-hazardous junk at the Fall Cleanup, Saturday November 1, 9 a.m. to 1 p.m. at the Portland Christian Center, 5700 SW Dosch Rd.

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Garden Home: Flower plantings planned for Oleson Road islands

By Don Snedecor
The Southwest Portland Post

On October 18th, the Garden Home Crossing Committee volunteers will plant daffodil bulbs, shrubs and trees in six new pedestrian refuge median islands constructed as part of the Oleson Road project. Volunteers will also add 3000 daffodil bulbs and plants to the new Oleson streetside gardens planted last May.

These gardens will be part of Washington County's new "Adopt-a-Landscape" program that allows community volunteers to add and maintain landscaping within the street right-of-way.

Following the planting which starts at 9:00 a.m., a community celebration including dedication of the new gardens and lunch (Charles and Janice Moss' Texas Pit BBQ) will be held outside at the Garden Home Recreation Center's lower level. Everyone is invited – just let the leaders know if you'll be there.

A voluntary donation will be requested to help pay for the lunch.

The dedication will include thanks to the Citizen Participation Organization Special Projects Fund and all the individuals and businesses that provided money for plants in the 12 new Oleson Road gardens.

Volunteers and donations are needed. To volunteer for the planting and fall clean-up and to RSVP for lunch, please call Carol at 503-290-6728 or Terry at 503-244-3489 or go to www.gardenhomecrossing.org to donate for plant purchases. Please respond by October 11th.

The Garden Home Crossing Committee is a group of local gardeners and supporters who plant and maintain the median islands at the intersection of Garden Home and Oleson Roads and provide the hanging flower baskets at the intersection and at the Garden Home Recreation Center.

They also planted the new gardens at 80th and Oleson and near the Portland Clinic last May. According to Terry Moore, this is their 12th year of "weeding, watering, and working to keep the garden in Garden Home!"



Flowers are planted and maintained in the islands at Southwest Garden Home Road and Olsen Road intersection by members of the Garden Home Crossing Committee. (Post photo by Don Snedecor)

South Waterfront development regulations considered by design commission

By Lee Perlman
The Southwest Portland Post

The Portland Planning Bureau staff last month gave a preview of proposed new South Waterfront design regulations to a skeptical Portland Design Commission.

As planners Troy Doss and Lora Lillard explained, the Bureau is making minor modifications on a vision for the area adopted in 2004. Among other things, they are removing code incentives for the development of housing as unnecessary, since such development is occurring at a rapid rate.

The planners also proposed to exempt hotels from a provision that prohibits any commercial use larger than 60,000 square feet; this provision was intended to keep out "Big Box" retail, Doss explained, and was not intended to apply to hotels.

The biggest addition, and the source of the most commission comment, regarded the 100-foot wide area west of the top of the Willamette River bank designated the Greenway. The City has a detailed plan for the greenway, Doss said, but property owners have the right to deviate from this to some extent as long as they retain features such as public bike and pedestrian trails and habitat restoration.

If the owners adhere to the city's plan, the city will assume responsibility for maintenance of the greenway once it is created; otherwise the property owner will retain that responsibility.

Regarding this last, commission chair Lloyd Lindley asked, "Suppose a property owner elects to go his own way, and then the property

is sold? You'd have a 100-foot swath that goes to seed."

"I can't give you any more certainty than that the city has an enforcement process," Doss replied.

Two other commission members, Tim Eddy and Andrew Jansky, found the existing plan very demanding, and questioned how many owners would adhere to it. "There's a whole lot of good stuff in here, but (what) if only a couple of people do it?," asked Jansky.

Doss replied, "At the end of the day it's their decision how to make that call. We hope it will all fit together and not look like a Frankenstein's monster of disjointed parts."

Another provision governs "active ground floor uses," a zoning code goal throughout the city. Commission member Jeff Stuhr pointed out that the draft regulations require such uses to be "oriented toward the river," but there were no requirements that developers have such uses. "A developer could say, 'Well, this doesn't apply to me,' and just ignore it," he said.

Eddy said, "I wonder if we could put more teeth into this? We've long had an absolute requirement that new development downtown have ground floor retail, with no consideration of whether there's any market for it."

Here we've spent time designing every square inch on the greenway side of the path, and on the other side it's left up to the development community and the public space absolutely stops at the property line. This is a step in the right direction, but we'd like it to have more teeth." The commission will have a second review of the proposal later this year.

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The Southwest
Portland Post

COMMUNITY LIFE

By Don Snedecor
The Southwest Portland Post

5 Hillsdale Farmers Market continues each Sunday through October from 10 a.m. to 2 p.m. at Rieke School parking lot. The market has a policy of no dogs during the months May through October. The outdoor fresh produce market continues twice monthly from November through April. For parking, enter at Southwest Capitol Highway and Sunset Boulevard. For information about current offerings, visit their website at www.hillsdalefarmersmarket.com.

6 Multnomah Historical Association will hold their next monthly board meeting at their new home in the Multnomah Office Building (2929 SW Multnomah Blvd) on Monday, October 6 at 7 p.m. Agenda includes a review of the Multnomah Centennial Celebration, budgets, plan for fall and 2009. For more information, visit www.multnomahhistorical.com.

10 Food Front Cooperative Grocery is celebrating the Hillsdale store's grand opening Friday through Sunday, October 10-12, from 11 a.m. to 5 p.m. each day. Festivities include live music. Owned by the community, the organic co-op's regular hours are 8 a.m. to 9 p.m. daily. The new store is located at 6344 SW Capitol Hwy. Contact 503-546-6559 or visit their website www.foodfront.coop for more information.

11 Portland Country Dance Community presents their monthly Family Dance on Saturday, October 11. Heidi Vorst will provide calling and live music for all ages of kids and their grownups. The family dances are on the 2nd Saturday of each month at Fulton Park Community Center, 68 SW Miles, from 5 - 7 pm with a potluck afterwards. \$6/adult, \$5/child, babies are free, max. \$20/family. For information call 503-249-5070 or 503-981-2179.

12 More than 25 Jewish women artists will be showing and selling their work as the ORA Northwest Jewish Artists present "2008 Celebration of Art" on Sunday, October 12 from 10 a.m. to 4 p.m. at Mittleman Jewish Community Center, 6651 SW Capitol Hwy. Media include collage, paint, silk, fused glass, fiber, precious metals, beadwork and photography. Come see the biggest exhibit of Jewish artists in Portland! For more information, visit www.northwestjewishartists.org.

14 Multnomah Neighborhood Association will hold their next monthly meeting on Tuesday, October 14, at 7:00 p.m. at the Multnomah Center, 7688 SW Capitol Hwy. Agenda includes transportation discussion including plans for Barbur Boulevard, Capitol Highway. Steven Sikes has been invited to discuss the Multnomah Boulevard Sewer Project. SWNI small grant proposals will be reviewed as well. Multnomah Village Park work parties will resume once the rain returns in October. For more information call the SWNI office at

503-823-4592 or contact Randy Bonella, chair, at rmbonella@comcast.net.

18 Berry Botanic Garden will host "Art & Music in the Garden," a show and sale of artwork by Oregon landscape painters accompanied by harp and classical guitar on Saturday, October 18 from 11 a.m. to 3 p.m. Attendees will be invited to meet special guest Michael Gibbons, acclaimed Oregon landscape artist, who will be painting and displaying his works. Celtic harpist Heather Trujillo and classical guitarist Pam Beaty will perform. Admission is \$8 for adults, \$5 for children. For more information call 503-636-4112 ext. 102 or email register@berrybot.org.

22 The second of three Hillsdale Town Center planning sessions is scheduled for Wednesday, October 22, from 7-9 p.m. at Wilson High School's cafeteria. The meeting will be presented by the Portland Bureau of Planning and Sera Design. Contact Brian Sheehan, west district planner, at 503-823-3111 or visit www.portlandonline.com/planning for more information.

28 Third Annual Community Policing Reception: Tuesday, October 28 at 7:00 p.m. at the Multnomah Center, 7688 SW Capitol Hwy. The Southwest Neighborhoods, Inc. Crime Prevention and Public Safety Committee will be hosting this event to honor and celebrate the community policing efforts that that taken place in Southwest Portland this past year. Please contact Stephanie Adams, Southwest Crime Prevention Coordinator at 503-823-3131 for more information.



"Froggie," an acrylic painting by Sharon Segal, will be one of the exhibits at "2008 Celebration of Art," October 12 at Mittleman Jewish Community Center.

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Five threatening character flaws of John McCain

By Tom H. Hastings

COMMENTARY

There seems to be some confusion amongst the pundits about who 'won' the first presidential debate on September 26 (at the University of Mississippi between U.S. Sen. Barack Obama (Democrat-Illinois) and U.S. Sen. John McCain (Republican-Arizona)). Winning a debate was once about demonstrating intellectual command over the facts and logic surrounding an issue.

Americans are trained to look past the depth of arguments, however, to the shallow ad hominem jabs, and the talking heads reinforced that once again. So, all right. In an attempt to look toward actual, predictable effects of a McCain victory, we key off the debate to five notches in the key of catastrophe being cut and buffed by McCain.

One: McCain is ossified. Almost before he finished his second sentence, John McCain was saying, 'Again...,' as though he had no fresh thoughts beyond his rote response.

Two: McCain is reckless. He tut-tutted Obama about the latter's measured if militaristic statement that if he were president and received actionable intelligence about bin Laden operating at a specific location in the tribal areas of Northwest Pakistan, he would attack al-Qa'ida.

"You don't say that out loud," said McCain, as though he would do the same thing, but just make it a surprise to Pakistanis. Obama

explained and then noted that it was odd to hear such criticism from someone who sang songs about bombing Iran and discussed the "extinction" of North Korea.

Three: McCain is a spendthrift. He promised that he would be fiscally prudent about everything except "national defense." This is precisely the problem.

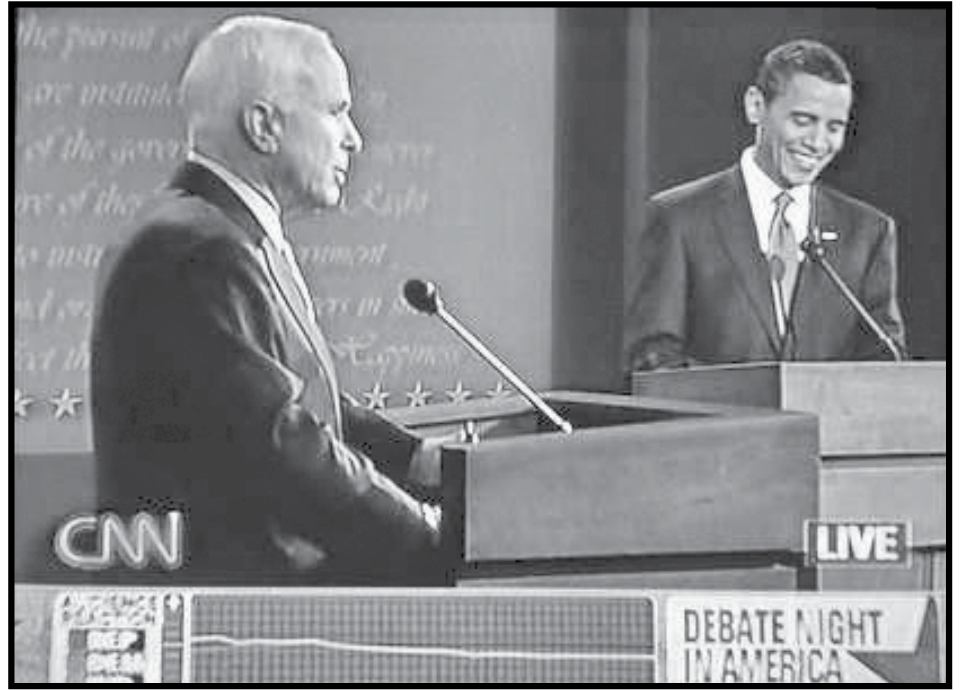
While Obama referred repeatedly to the ongoing waste of more than \$10 billion per month in Iraq, neither discussed the top end of the much more ruinous overall military budget, topping \$1 trillion now under Bush and threatening more of the same if not worse under McCain.

That has been the problem and McCain promises to drive it deeper.

Four: McCain is militaristic. He is from a military family, has a life and career built entirely around the military, and cannot seem to conceive of another world in which the U.S. is anything but a domineering brutal enforcer of its will around the world.

Virtually all his examples he used to illustrate any point revolved around his intimate obsession with the tools and practices of destruction. He is purblind to alternatives and only promises to exacerbate the American image and reality of a military giant jackbooting across the planet.

Five: McCain really represents a



profiteering elite, not honest, caring, working Americans. He consistently dismissed Obama's ideas about generating a more robust, fair, and secure economy and health care system as "naïve."

McCain argued for more tax breaks for the rich, for corporations, and for a tax code that would pretend your health care benefits should be counted as income and taxed.

Apparently, we are supposed to want to be rich so very badly that we will vote for the one who will run a lottery that will benefit the few and punish the many on the off chance that fate and Republican largesse will somehow grant us membership in that rarified circle of Masters of the Universe.

I am reminded of a Woody Allen moment in Annie Hall, when he was a passenger in a car driven by Annie's brother, who was reckless and unpredictable. Like Woody, we might try to excuse ourselves from John McCain's threat to drive the ship of state by noting that we are "due back on planet Earth."

I think McCain's entire philosophy is best summed up by one final quote from the debate.

McCain: We fixed it. Then we killed it.

Great, John. We'll try to maintain eye contact as we ease out of your room...

Tom H. Hastings (pcwtom@gmail.com) teaches in the MA/MS Conflict Resolution program at Portland State University.

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EarthTalk™

From the Editors of E/The Environmental Magazine

Dear EarthTalk: I've suddenly been seeing a lot of those tiny "Smart Cars" around. Who makes them and what is their fuel efficiency? And I'm all for fuel efficiency, but are these cars safe?

- David Yu, Bend, OR

Originally the brainchild of Lebanese-born entrepreneur/inventor Nicolas Hayek of Swatch watch fame, Smart Cars are designed to be small, fuel-efficient, environmentally responsible and easy to park—really the ultimate in-city vehicle.

Back in 1994, Hayek and Swatch signed on with Daimler-Benz (the German maker of the venerable Mercedes line of cars) to develop the unique vehicle; in fact, the company name Smart is derived from a combination of the words Swatch, Mercedes and the word "art."

When initial sales were slower than hoped for, Hayek and Swatch pulled out of the venture, leaving Daimler-Benz full owner (today Smart is part of Mercedes car division). Meanwhile, rising oil prices have driven up demand for Smart vehicles, and the company began selling them in the U.S. earlier this year.

Measuring just a hair over 8 feet long and less than five feet wide, the company's flagship "ForTwo" model (named for its human carrying capacity) is about half the size

of a traditional car.

The U.S. Environmental Protection Agency (EPA) rates the car's fuel efficiency at 33 miles per gallon (mpg) for city driving and 41 mpg on the highway (although actual drivers report slightly lower results). Three ForTwos with bumpers to the curb can fit in a single parallel parking spot.

And with soaring gas prices, the cars have been selling like hotcakes in the U.S. The company's U.S. distributor is working on importing an additional 15,000 cars before the end of 2008, as its initial order of 25,000 vehicles is almost depleted. Some four dozen Mercedes Benz dealers across the country have long waiting lists for new Smart vehicles, which sell for upwards of \$12,000.

As for safety, the ForTwo did well enough in crash tests by the independent Insurance Institute for Highway Safety (IIHS) to earn the group's highest rating—five stars—thanks to the car's steel racecar-style frame and liberal use of high-tech front and side airbags. Despite such good safety performance for such a tiny car, IIHS testers caution that larger, heavier cars are inherently safer than smaller ones.

Beyond safety concerns, some analysts bemoan the ForTwo's price tag as unnecessarily high given what you get. The cars are not known for their handling or acceleration, although they can go 80



The EPA rates the Smart Car's fuel efficiency at 33 miles per gallon for city driving and 41 on the highway. Three Smart Cars with bumpers to the curb can fit in a single parallel parking spot. (Photo courtesy of Flickr)

miles per hour if necessary.

The website Treehugger.com suggests that eco-conscious consumers might do better spending their \$12,000 on a conventional sub-compact or compact car, many which get equivalent if not better gas mileage not to mention likely faring better in a crash.

But for those who need a great in-city car for short errands and commutes, today's ForTwo might be just the ticket. Environmentalists are hoping Smart will release the

higher mileage diesel version of the ForTwo, which has been available in Europe for several years, in the U.S. soon.

And they are keeping their fingers crossed for a hybrid version which could give the hugely successful Toyota Prius—which looks almost huge in comparison—a run for its money in terms of fuel efficiency and savings at the pump.

CONTACTS: Smart USA, www.smartusa.com; IIHS, www.iihs.org.

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EarthTalk™

(Continued from Page 9)

Dear EarthTalk: There seems to be a large selection of soy and other non-dairy milks out there today, even right in the dairy sections of major supermarkets. Why should I opt for soymilk over cow's milk and how do I get the calcium I would lose? -- Barbara Conant, Tacoma, Washington

There is a lot of debate about whether or not cow's milk is good—or appropriate—for people at all. On the plus side, it is a valuable source of protein, as well as calcium, necessary to help build bones and keep them strong.

Some researchers believe that drinking cow's milk reduces the risk of kidney stones, colon cancer and other health problems. But others counter that the saturated fats in cow's milk are big contributors to America's weight problems, let alone high cholesterol levels and artery blockage.

Famed pediatrician Dr. Benjamin Spock, in the last edition of his best selling "Common Sense Book of Baby and Child Care," argued that cow's milk was for baby cows not human children, suggesting that it may be a factor in childhood onset diabetes and in kids' respiratory and ear problems. He encouraged mothers to give infants only human breast milk and to consider soy and rice milk products for older kids.

Chief among available alternatives to cow's milk is soymilk, which has about the same amount of protein but much more fiber than cow's

milk. In striking contrast with cow's milk, soymilk actually reduces the body's cholesterol levels.

It also contains isoflavones, natural plant hormones that act as antioxidants and have been linked to many human health benefits including the easing of menopause symptoms, protection against prostate problems, better bone health and even a reduction in heart disease and cancer risks.

Many people assume that soymilk has less calcium than cow's milk, which is true—in its pure form, soymilk has only a sixth of the calcium of an equal amount of cow's milk. But producers address this problem by simply fortifying soymilks with calcium to equal the amount in cow's milk. And studies have shown that most people's bodies absorb 75 percent more calcium from soymilk than from cow's milk.

But while the health benefits of soymilk are substantial, it may not be for everyone. Dr. Joseph Mercola, who runs one of the most highly trafficked natural health websites, warns that soymilk can inhibit thyroid performance, so those with pre-existing thyroid issues might want to avoid it. Also, some researchers have shown that soymilk can inhibit the body's absorption of protein and minerals in some cases.

Other tasty and healthy alternatives to cow's milk include those made from rice, almonds, oats—and even hemp. According to the health and wellness website Sixwise.com, almond milk is rich in magnesium, potassium, manganese, copper, the antioxidants vitamin E and selenium, and calcium and "may be one of the more nutritious milk



Tasty and healthy alternatives to cow's milk include those made from soy, rice, almonds, oats -- and even hemp. (Photo by cafemama, courtesy Flickr)

alternatives on the market."

Almond milk is very low in calories and contains no cholesterol. Rice milk, Sixwise reports, is mainly a source of carbohydrates, and should not be considered a nutritional replacement for cow's milk, though it is "a useful replacement for milk for taste and cooking purposes."

Hemp milk, which is made from the seeds of hemp plants but contains none of the psychoactive ingredients in marijuana, can be a good source of protein, calcium, omega fatty acids and other vitamins and minerals. Another good alternative is oat milk, which is high in fiber, free of cholesterol and lactose, and contains vitamin E, folic acid, and

other healthy elements and minerals.

CONTACTS: Dr. Joseph Mercola, www.mercola.com; Sixwise, www.sixwise.com.

Dear EarthTalk: I've read that household cleaners contain cancer-causing toxic ingredients. What should I do, then, to keep my house clean but also safe for my kids? -- Christine Stewart, via e-mail

While much of the research is mixed or inconclusive, a variety of human and animal studies have linked chemicals common in household cleaning products with a wide range of health risks.

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EarthTalk™

(Continued from Page 10)

The most offensive common ingredients, according to a 2006 study by the University of California Berkeley and Lawrence Berkeley National Laboratory, are ethylene-based glycol, used commonly as a water-soluble solvent in cleaning agents and classified as a hazardous air pollutant by the U.S. Environmental Protection Agency (EPA) and terpenes, a class of chemicals found in lemon, pine and orange oils that can morph into carcinogenic compounds when they mix with ground-level ozone.

Also, chlorine, often labeled as "sodium hypochlorite" or "hypochlorite," is almost ubiquitous in household cleaners, unfortunately for the inhabitants of many homes. Breathing in its fumes can irritate the lungs, and as such poses a serious health risk to those with pre-existing heart or respiratory problems.

According to the non-profit Cancer Prevention Coalition, some other problematic chemicals found in many household cleaners include crystalline silica, an irritant to the eyes and lungs and a likely carcinogen, and butyl cellosolve, which has been linked to kidney and liver problems and is reportedly toxic to

forming cells. The group lists dozens of other potentially dangerous ingredients in household products on the "Hazardous Ingredients in Household Products" PDF available for free on its website.

Gaiam, a leading purveyor of green household and lifestyle items, reports that the average American household contains between three and 25 gallons of toxic materials, mostly in the form of household cleaners filled with petrochemical solvents designed to dissolve dirt.

The company bemoans the fact that no law requires cleaning products manufacturers to list ingredients on their labels or to test their products for safety, leaving it up to consumers to make sure their homes are not only clean, but also non-toxic.

Luckily there are plenty of "greener" alternatives now widely available from manufacturers like Gaiam, Earth Friendly Products, Citra-Solv, Ecover, Mrs. Meyers, Sun and Earth, SimpleGreen, Method, and Seventh Generation, among many others. Even big players are getting in on the act. Clorox recently released a new line of home cleaning products under the Green Works label to attract a greening clientele.

For those so inclined, making your own green cleaning solutions is easy

and cheap. According to *The Green Guide*, consumers can "circumvent the armada of commercial cleaners" by keeping handy an ample supply of eight ingredients for nearly every do-it-yourself cleaning job: baking soda, borax, distilled white vinegar, hydrogen peroxide, lemons, olive oil, vegetable-based (liquid castile) soap, and washing soda.

CONTACTS: Cancer Prevention Coalition, www.preventcancer.com; Gaiam, www.gaiam.com; Earth Friendly Products, www.ecos.com; Citra-Solv www.citrasolv.com; Ecover, www.ecover.com; Clorox Green Works, www.greenworkscleaners.com; Mrs. Meyers, www.mrsmeyers.com; Sun and Earth, www.sunandearth.com; Seventh Generation, www.seventhgeneration.com; SimpleGreen, www.simplegreen.com; Method Green Home Care Products, www.methodhome.com.

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Many household cleaners contain potentially dangerous ingredients. But there's no need to panic: Many safer and greener alternatives are now available from Earth-friendly manufacturers. (Photo courtesy of Getty Images)

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City applies for permit to build new fire station in West Portland Park

By Don Snedecor
The Southwest Portland Post

Portland Fire & Rescue wants to build a new fire station for Engine 18 at property located at Southwest Barbur Boulevard and Luradel Street (10299 SW Barbur Blvd).

The new fire station would replace the current one located at 8720 SW 30th Avenue in Multnomah. The current station was built in 1960.

The proposal is for a new, two-story, 3,614 square foot fire station with residential living quarters. Fire trucks will enter and exit the site from Southwest Barbur Boulevard.

Gus Kamp and Chris Hendryx of Michael Willis Architects unveiled the exterior design of the building to the Station Advisory Committee in December. At the time, the construction cost was estimated to be approximately \$2 million.

"The design of the building and in particular the exterior appearance and how it relates to the surrounding community, received strong praise from the Station Advisory Committee," wrote Sylvia Bogert, executive director of Southwest Neighborhoods, Inc., in the February 2008 issue of the Southwest Neighborhood News.

"The double story building fits

the small footprint of the constrained site. It optimizes the desired turning radius of 45-ft for the fire engine and apparatus and it provides adequate parking," wrote Bogert.

The floor plan includes business operations on the first floor and living accommodations on the second floor. The first floor includes garages for vehicles and office space. A kitchen, dining area, day room, fitness room, five bunk rooms and an outdoor deck are on the second floor.

"Firefighters from Station 18 liked the dark brown and red exterior of the building, which reminded them of traditional fire stations," wrote Bogert. "Red-tinted night-lighting was presented by the architects as a way to highlight certain significant spaces such as the fire pole, the corridor, apparatus bay and the stairwell."

Parking for other vehicles is located along the southern property line, adjacent to the dead-end section of Southwest Luradel Street. This portion of Luradel Street is designated as a local service street.

The fire bureau is working with the Portland Office of Transportation to determine a substandard street improvement status. The



An architect's rendering of the exterior of Fire Station 18. (Courtesy Southwest Neighborhoods, Inc. and Michael Willis Architects)

fire bureau will be constructing substandard street improvements as part of the development.

Exiting from these parking spaces onto Luradel Street is proposed to be done in a backward motion. City code requires that all parking areas must be designed to allow vehicles to enter and exit the site in a forward motion. Therefore, an adjustment is required.

The application is Type II, adjustment review, an administrative decision with appeal to the Bureau of Development Services, Adjustment Committee.

This application was submitted on August 21, 2008 and determined to be complete on September 2,

2008. A decision is expected by the first week in October.

According to Local 43 of the Portland Firefighters Association, Engine 18 and Brush Unit 18 had 1661 emergency responses in 2007. Engine 18 serves Marshall Park, Markham, Far Southwest, West Portland Park, Multnomah, Ash Creek, Crestwood and Maplewood neighborhood associations.

For more information about this application, please contact Crystal Hitchings, Land Use Services, City of Portland Bureau of Development Services, at 503-823-7583 or Crystal.Hitchings@ci.portland.or.us. Please refer to the case file number LU 08-157149 AD.

<p>Ash Creek Woods</p>  <p>Better than new! Impeccable inside and out. 4 BR 2.5 BA. Gourmet kitchen w/ attached family room & eating area that opens to huge private deck designed for the best in outdoor living. Large master with remodeled bath. \$697,000</p>	<p>Multnomah</p>  <p>1912 farmhouse on .66 acres. 3+BR 2.5BA. Remodeled. Peaceful setting w/ large deck, hot tub & pond. Separate studio w/ kitchen & bath currently used as beauty salon. New 3+ car garage w/ unfinished 900 sq.ft. vaulted studio above that's rough plumbed & wired. \$619,500</p>	<p>Johns Landing</p>  <p>4 BR 2 BA remodeled home w/ views of the city, mountains & river. Open floor plan w/ hardwood floors & walls of windows. Maple, granite & SS in kitchen. Level backyard & 1,100 sq ft deck. Just minutes to downtown and OHSU. \$569,500</p>	<p>Vermont Hills</p>  <p>Solid brick home on beautiful private .42 acre lot. First time on the market in decades. 2 big brick fireplaces, hardwood floors & character. Updates will go a long ways here. Great lot with tons of space and outdoor fireplace for entertaining. \$545,000</p>	<p>Multnomah Village</p>  <p>Gorgeous craftsman style home in the heart of the Village. 4 BR 2.5 BA Impeccably maintained w/ gleaming hardwood floors. Finished 300 sqft above detached garage that's perfect for office / studio. Professionally landscaped garden in private backyard. Perfect place to unwind after a long day. \$475,000</p>
<p>Garden Home</p>  <p>This large home has it all! Kitchen w/ granite counters & eating area. Light & bright living room w/ floor to ceiling fireplace w/ woodstove. Large loft style family room w/ full bath & bedroom. Daylight basement w/ family room, theater room, kitchenette, 2nd laundry & bedroom. Large deck off kitchen. \$424,500</p>	<p>Hillsdale</p>  <p>First time on the market! Custom built in 1956. 4 bedrooms & 2 fireplaces, family room & workshop. Vaulted ceilings and hardwoods. Beautiful lot with SW views. Great location in Hillsdale. \$399,000</p>	<p>Hillsdale</p>  <p>Solid one level ranch style home located in a great, quiet area. 2BR 2BA. Hardwood floors in bedrooms, kitchen, dining room & family room. Family room located off dining room & kitchen. 2 fireplaces. 1st time on the market in almost 30 years. Impeccable inside & outside. \$359,000</p>	<p>Stephenson</p>  <p>Pearched way up high on a .63 acre mostly flat lot. This mid century has a nice view, privacy and character. 3 bedrooms, hardwoods, sunroom & double garage \$365,000.</p>	<p>Vermont Hills</p>  <p>Same owner for the last 27 years. Solid Mid Century home, blocks to Gabriel Park. Dry full concrete basement with tall ceilings. Newer vinyl windows. Neil Kelly remodeled bathroom. \$299,000</p>
<p>Burlingame</p>  <p>Solid mid century ranch style home w/ full unfinished basement. 2 BR 1 BA. Gleaming hardwood floors, classic brick fireplace & lots of closets. Private fenced backyard & located on a quiet street. \$299,900</p>	<p>Raleigh Hills</p>  <p>Impeccable remodeled one level ranch style home located in sought after Hemstreet Heights neighborhood. Open floor plan w/ living room, family room & sunroom. 2 BD 1 full bath & 2 half baths. SS appliances & eating bar in kitchen. Hardwood floors throughout. Private outdoor back patio. \$299,750</p>	<p>Multnomah Village</p>  <p>2 BR Cottage in the heart of Multnomah Village. Light & bright with roomy feel. Skylight in kitchen and family room with slider. Quiet & private back yard with mature cherry and apple trees as well as organic garden plot. \$239,500</p>	<p>Parker Realty, Inc.</p> <p>503.977.1888 www.parkerrealtyportland.com 7830 SW 35th Ave</p> <p>Jeff Parker Your neighborhood Realtor Since 1980</p>  <p>   </p>	

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