SERVING

- Burlingame Capitol Hill
- Garden Home
- Glen Cullen Hillsdale • Multnomah Village
- Raleigh Hills South Portland
 - Vermont Hills
 - West Portland



Celebrating 20 years of continuous Southwest news coverage!

INSIDE:

Barbur Concept Plan subject of Nov. 29 open house - Page 2

Volume No. 21, Issue No. 1

www.swportlandpost.com

Portland, Oregon

Complimentary

November 2012

Mayoral and City Council candidates face off at Multnomah Center

By Lee Perlman The Southwest Portland Post

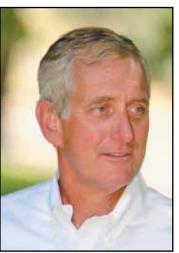
The candidates in last month's Southwest Candidates Forum were wellmannered, took a few pokes at their opponents, albeit covertly, and generally promoted themselves.

The debate, attended by about 100 people, was a collaborative effort by Southwest Neighborhoods, Inc., Neighbors West/Northwest and the Multnomah Neighborhood Association.

Once again Dr. Richard Clucas of Portland State University served as moderator, and Mark Sieber of Neighbors WNW was time keeper; both served in these functions at a similar forum in April.

One hour each was devoted to the race for City Council Position One between incumbent Amanda Fritz and challenger Mary Nolan, and the mayoral contest between Charlie Hales and Jefferson Smith. Clucas interspersed questions compiled by community members prior to the debate, and others submitted by the audience.

Hales touted his prior experience, and record, on the City Council. He mentioned his volunteer service for the



Charlie Hales

Jefferson Smith



Amanda Fritz



Mary Nolan

Hayhurst Neighborhood Association ("I missed one meeting and they made me chair") and his part in creating the Southwest Community Center.

Hales touted his role in the creation of the MAX airport red line and the Portland Streetcar. He said that he would consider lowering System Development Charges, saying that they are "so high they stop the development of small businesses."

Asked about support for a sales tax, Hales didn't answer directly, but praised Governor John Kitzhaber for pledging to reform the state tax structure.

Smith made a point of saying he would not favor tax reductions, that he would put a sales tax on the "low end" of possibilities and, instead, would look at eliminating tax breaks. Eliminating such deductions could pay for "more than schools and health care combined,"

Smith criticized Hales for supporting the proposed Columbia River Crossing and referred to the Southwest Community Plan, which was undertaken under Hales' leadership, saying, "The concerns of the community weren't addressed." Smith also referred to his career in the state legislature, saying that he had "more recent public service" than Hales.

On other issues the two candidates had similar positions. Both cited, as they have been doing for months, the City Auditor's report that City government has too many managers in relation to its work force.

"When Vera Katz was mayor she had six staff workers; Sam Adams has 24," (Continued on Page 7)

Neighbors report seeing coyotes prowling around Southwest

MAPLEWOOD NOTEBOOK

By Jillian Daley The Southwest Portland Post

Maplewood neighbors recently have reported seeing coyotes prowling about southwest Portland.

That means keeping cats and pet food indoors and tightly closing trash bins, said Officer Scott Foster of the Portland Police Bureau during a public safety presentation at the Maplewood Neighborhood Association meeting last month.

"I have complaints about coyotes

again," Foster said. "It's that time of year when they try to fatten themselves up. They're pretty well-fed out here, the size of Siberian Huskies."

Reports on coyotes should be made to the Oregon Department of Fish and Wildlife, not to the police.

Be on the lookout for identity thieves rifling through your recycling

Foster also said at the meeting that another issue affecting Maplewood is people digging through the recycling, possibly collecting papers for identity

One resident said she told a woman rifling through her recycling to stop, and the woman responded by saying that refuse is public property once a person sets it on the curb.

"Your garbage still belongs to you until the garbage truck comes and picks it up," Foster said.

He added that there have been reports of a man and woman in a white Honda in the early 2000s looking through recycling bins in the area.

City Council reduces speed limits on neighborhood streets

Karen Williams, MNA transportation committee chair, offered an update on the neighborhood greenway. A "neighborhood greenway" is a street with little traffic and a low speed limit where pedestrian and bicycle traffic safety are priority one, according to the City of Portland's website.

Portland City Council recently approved dropping the speed limit from 25 to 20 miles per hour on such streets,

including: Southwest Maplewood Road from 45th to 52nd avenues; 52nd Avenue from Maplewood Road to Vermont Street; and 60th Avenue from Miles Court to Vermont Street. Many speed limit signs had not been installed yet as of press time.

"The work orders for our signage crews have been issued, but we have many miles over the city to do," said Kyle Chisek, a capital projects manager at Portland Bureau of Transportation, following an inquiry on the Greenways issue from The Post. "I anticipate this work being completed before next summer."

The city has not finished some proposed neighborhood greenway improvements, including expanded shoulders and speed bumps, by this September as planned. Some of the work may be done this fall or in the

After Williams' transportation update and some information on land use, neighborhood association chairwoman Jill Gaddis delved into her parks update.

Gaddis discussed an effort to seek grants to add a boardwalk with a small bridge across the creek at April Hill Park. The park has wetlands with sensitive plants and animals, and a boardwalk keeps visitors from tread-

She also touched on a project to raise money for an ice cream social with an acoustic band. Gaddis said she is seeking someone to organize a summer movie series for the neighborhood.

(Continued on Page 4)

early spring, Chisek said.

Community Recycling Day: This event will be 9 a.m. to noon Nov. 3 at St. Luke Lutheran Church, at Southwest 46th Avenue and Vermont Street.



Photo by Jim Cruce, courtesy Portland Audubon Society.

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

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

TRANSPORTATION

Barbur Concept Plan subject of November 29 open house

By Lee Perlman The Southwest Portland Post

The Bureau of Planning and Sustainability has prepared preliminary recommendations for the Barbur Concept Plan, which will provide a direction for future development along Southwest Barbur Boulevard and official action to help make it happen.

They will be available for public viewing and comment at a public open house from 5:45 to 8 p.m. November 29 at the Multnomah Center, 7688 SW Capitol Hwy.

According to project manager Jay Sugnet, the biggest issue the Plan airs is whether the Barbur Crossroads area, at the intersection of Barbur Boulevard and Southwest Capitol Highway, should retain its "Town Center" designation calling for high intensity residential and commercial development.

"Not much has happened there," Sugnet told The Post, and not much is likely to unless the area can be made more pedestrian-friendly. To that end, Sugnet says, "There's no easy solution no matter how much money you spend."

Elsewhere the Concept Plan calls for mixed use development at several points along the corridor at higher density than it currently has but not the highest possible. The only major significant zone changes are on the northern end at Southwest Kelley Avenue; elsewhere there are "overlays" to facilitate and guide development.

The Plan also recommends a variety of transportation improvements, including new traffic signals, and a

new Interstate 5 access at Southwest 26th Avenue. Whether there will be a future light rail line, and other major transportation project, on Barbur will be decided by another project, Metro's Southwest Corridor Project.

Barbur Demonstration Project "in the cue" for sidewalks

The Barbur Demonstration Project, which would add sidewalks and bike paths to Barbur Boulevard between Southwest 19th and 26th avenues, moved forward last month toward potential funding.

The Oregon Department of Transportation, which will select projects for funding, has "invited" Portland to apply for a grant for the project, one of three transportation projects in this city so favored.

This does not guarantee funding -ODOT has "invited" applications for 80 such projects statewide – but it does mean the Barbur Boulevard project is "in the cue," Southwest Neighborhoods, Inc. president Marianne Fitzgerald told The Post. A decision should be forthcoming in early 2013, she said.

A revised plan calls for a new sidewalk and bike path on the south side of Barbur Boulevard, west of the Original Pancake House and adjacent to the Interstate 5 ramp, Fitzgerald said. However, the revised plan may cut a proposed reconfiguration of Barbur's intersection with Southwest Spring Garden Road, she said. It will include "at least two new marked crosswalks," she said. The demonstration project's estimated cost is between \$800,000 and \$1.2 million.





BEFORE AND AFTER: A current view, plus a futuristic view, of Southwest 13th Avenue facing east toward Barbur Boulevard. (Photos courtesy of Jay Sugnet, Portland Bureau of Planning and Sustainability)

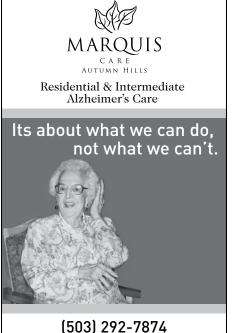
Multnomah Boulevard sidewalk project will include pedestrian crossing at 25th Avenue

The Multnomah Sidewalk Project will soon install new walkways on Southwest Multnomah Boulevard between 22nd and 34th avenues.

According to Moses Ross of the Multnomah Neighborhood Association, the project will feature a sidewalk on the north side of the street.

On the south side there will be a "multi-use" path shared by pedestrians and bicyclists, and separated from the road way a 3.5 inch swale. At Southwest

(Continued on Page 4)



6630 SW Beaverton-Hillsdale Hwy. Portland, Oregon 97225 www.marquiscompanies.com



be well ... and well informed

Bowman's Hillsdale **Pharmacy**

6256 SW Capitol Hwy. 503-244-7582 • email: hdrx@pcez.com

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

Pharmacists www.mygnp.com

Deeper Sedation Dentistry...

Dr. Little at West Hills Family Dental Center now offers

DEEP SEDATION DENTISTRY. It's MORE EFFECTIVE than just a pill.



Call and find out why West Hills Family Dental Center is different. 503-291-0000 • www.fearfreedental.com



The Southwest | Portland

4207 SE Woodstock Blvd #509 Portland, OR 97206

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



Editor & Publisher: Don Snedecor Reporters/Writers: Jillian Daley, Lee Perlman Retail Advertising Manager: Harry Blythe Graphic Design: Leslie Baird Design **Printing**: Oregon Lithoprint

© 2012 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

The Post has a circulation of 7,000 in Multnomah Village and the surrounding neighborhood business districts including Burlingame, Capitol Hill, Garden Home, Glen Cullen, Hillsdale, South Portland, Raleigh Hills, West Portland and Vermont Hills. The Post is published on or about the 1st of every month. Subscriptions are \$14 per year. Back issues are \$2.50 each when available. All major credit cards accepted.





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



The Southwest Portland

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

One year (12 monthly issues)..... \$14 Two years (24 monthly issues) \$24 Three years (36 monthly issues) \$34

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

Please send check or money order to:

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

Address -

City/State/Zip _____

French school seeks to expand; Age-friendly designation proceeds

HILLSDALE NOTEBOOK

By Jillian Daley The Southwest Portland Post

Hillsdale Neighborhood Association residents learned at a meeting last month that L'Etoile French Immersion School aims to move into the Fulton Park Community Center this year.

The French school, which presented its plans at the meeting, has applied for a conditional use permit to move some of its students into the community center at 68 S.W. Miles St.

L'Etoile School, which has 58 students, wants to move its 12 first- and second-graders to Fulton Park.

This will open up space for the kindergarteners and preschoolers at the school's current home at 5839 SW Hood Ave., said school operations director, Seema Kathuria in an interview with The Post in late October.

Kathuria plans to add one higher grade per year until the school reaches the fifth grade.

The French school needs a conditional use permit because the community center is in a zone usually allowing ages 5 and younger, not first to fifth graders. The permit creates an exception, Kathuria said.

Kathuria said that during and after a Nov. 5 public hearing, people will have an opportunity to comment on whether they approve of the school. No one has taken issue so far, and she expects to be



Fulton Park Community Center. (Courtesy of Portland Parks and Recreation)

able to move in this December. She loves the space and sees a future there.

The Portland Bureau of Parks and Recreation previously held some of its own programs at the Fulton Park Community Center before they were discontinued because of budget cuts, although the bureau still rents out space at the center affording L'Etiole School a place to grow.

Hillsdale Walkability Audit and age-friendly certification

Also at the Hillsdale Neighborhood Association meeting, Alan DeLaTorre, a Portland State University instructor who is the project manager for Portland's Age-Friendly Cities Project, discussed the Hillsdale Walkability Audit. The audit will help pinpoint what needs to be done to make Hillsdale the first Portland neighborhood designated as age-friendly.

An age-friendly certification involves improvements such as: making doors easier to open; providing places to rest; improving lighting to help prevent crime; and making places easier to navigate for those with vision trouble. The designation has other benefits.

"I think (an age-friendly certification) would be some good marketing for Hillsdale," said neighborhood association chairman Mikal Apenes in late October.

The project is part of a larger city effort to make Portland more age-friendly that's been going on for years. Hillsdale was chosen to be a part of that effort because of its strong transit system, major artery in the form of Southwest Capitol Highway and thriving residential and business communities, DeLaTorre explained in a late October interview.

One milestone of the local project came at a May 2 Hillsdale Neighborhood Association meeting when Hillsdale Main Street executive director Megan Braunsten and Elders in Action volunteer Will Fuller announced a partnership between their groups to further the age-friendly certification effort for the neighborhood.

Neighborhoods compete for small grants

Hillsdale neighbors discussed the 2012-2013 Southwest Neighborhoods, Inc.'s Small Grants Program. Grant awards are \$200-\$2,000 apiece, and a grand total of \$10,020 is available to the 16 neighborhoods this year.

There was \$20,000 available last year, Apenes said. Hillsdale neighbors are seeking a grant for a three-level water fountain at DeWitt Park

Mary Rieke Elementary School representatives also told neighbors they will submit a grant to support their green schools program. According to Apenes, Hillsdale is going to write a letter in support of this particular grant application.

POST CLASSIFIEDS ADS

Advertise in the **Post Classifieds**

\$2 per word Phone: 503-244-6933



Office Space

Office Space For Lease

Multnomah Village. 1000 square feet above 7832 SW Capitol Hwy.

503-295-7889 or 503-880-1408.

Advertise in the

Wellness Directory

Phone: 503-244-6933

Primary Care

OHSU Family Medicine

at Gabriel Park

Let Our Family Take Care of

You and Your Family

JONES & JONES *Jewelers* Unique Designs **CUSTOM DESIGN** EXPERT REPAIRS **DIAMONDS COLORED GEMS** MASTER CRAFTSMAN **SINCE 1977**

jonesandjonesjewelers.com 7858 S.W. Capitol Highway ~ Portland Oregon 503-223-6020 ~ 800.316.4314



Counseling

Inspiring Heartful Living

Learn simple techniques to:

• Bring out the BEST in you.

• Creatively navigate the challenges that arise.

Mary McGill, MA,LPC

Choose from 11/14, 11/28 or 12/56:30-8:00pm • \$15 per session

Village Offices Conference Room 2929 SW Multnomah Blvd Portland, OR 97219

Pre-registration: www.heartscall.com 503-771-1789

Massage Therapy

Dorothy Cundall, LMT, CNA, MA; LIC #5316

Energy healing • reiki • therapeutic massages • reflexology •

pranic healing • care facilities

Holiday Specials • Gift Certificates • Visa & Mastercard

Healing Touch Massage

New Patients Welcome

- General Medicine All Ages • Pediatric Care – New Born Through Adolescents, Well Child Care and Immunizations
- Lab X-ray and Ultrasound Pharmacy
- Obstetrics/ Gynecology and Maternity Care
- Family Planning Birth Control Injury Care
- Sports Medicine Osteopathic Manipulation
- Concussion Clinic Sports Physicals
- Travel Medicine Acupuncture Minor Surgery

Conveniently located across from the Southwest Community Center. Free Parking! To schedule an appointment, Please call (503) 494-9992.

Open: Monday through Thursday: 7:30a.m. to 8:00 p.m. Friday: 7:30 a.m. to 5:00 p.m. Saturday: 9:00 a.m. to 1:00 p.m.



Gabriel Park Clinic 4411 SW Vermont Street Portland, OR 97219 E-mail: fmgp@ohsu.edu

MEDLEY'S got it going on!

FOODIE TUESDAYS TWO-FER WEDNESDAYS **TEA** THURSDAYS

TASTE-OFFS AND CONTESTS:

Who makes the best apple pie?

Friend us on Facebook for specials and events

7881 SW Capitol Highway Multnomah Village, 97219

503.972.3316 • www.medleytea.com





Students ask Lewis & Clark College to remove coal from investments

By Jillian Daley The Southwest Portland Post

Lewis & Clark College is known for its robust environmental studies program for undergraduates and respected environmental law program for graduate students.

Students involved in the Divest Coal Campaign at Lewis & Clark say there's at least one more thing their school could do to improve its status as an eco-friendly school: Remove coal from its endowment investment holdings.

Last month, the group delivered to College president Barry Glassner about 800 signatures from undergraduate students who support their cause.

That's a good chunk of the 2,141 undergraduate students that U.S. News & World Report's 2013 edition of Best Colleges said are enrolled at the 137-acre campus at 0615 SW Palatine Hill Road.

"We need to invest more in clean energy or the planet is going to spiral down," said Lewis & Clark senior Fiona Murray, who signed a petition during the campaign's field day exhibit on Oct. 4 in front of Templeton Student Center.

Last month, Michelle Kim and other Divest Coal Campaign leaders at the College invited Glassner to sit down with them to discuss the matter, and he said he could meet with them in late November. The students asked to meet with him sooner.

"We don't want to be put on the backburner," Kim said.

Glassner forwarded campaign leaders to Anna Gonzalez, the dean of students, who was scheduled to meet with the Divest Coal Campaign students late last month.

"We're proud of the rigorous environmental programs we offer here at Lewis & Clark," said Tom Krattenmaker, associate vice president of Public Affairs and Communications at the College. "Beyond that, we have no comment."

Kim said the College needs to stand up against the dirty coal industry, citing a Physicians for Social Responsibility report in 2009. The report links coal to four out of five of the leading causes of death in the nation: heart disease, cancer, stroke and chronic lower respiratory diseases.

The industry impacts health because coal combustion releases hazardous substances including mercury, particulate matter, nitrogen oxides and sulfur dioxide, says the report.

More than 386,000 tons of 84 hazardous air pollutants are emitted from the nation's more than 400 coal plants, according to an American Lung Association report in March 2011. Kim said it is contradictory for a college that aims to educate its students on environmental issues to invest in coal.

She said no other Oregon college has a coal divestiture campaign, although Reed College students recently evinced interest in launching a campaign after hearing about Lewis & Clark's efforts.

Lewis & Clark's campaign is part of a national effort involving about 40 campuses. The Divest Coal Campaign has its roots in the Energy Action Coalition, founded in 2005. It is a coalition of 50 youth-led environmental and social justice groups working for clean energy and against climate change through collaborative campaigns, according to the group's website.

Its coalition partners include As You Sow, a group in which Kim is involved. Her involvement in As You Sow, a group that promotes corporate respon-



interest in launching a campaign after hearing about Lewis & Divest Coal Cambine about Lewis & Clark College, Oct. 4. (Post photo by Jillian Daley)

sibility, is what helped ignite the Divest Coal Campaign at Lewis & Clark.

Kim said she wishes to further not only the College's campaign but also the nationwide movement. One campaign, at Hampshire College, as of late October had gotten its administration to nix coal from its endowment. Kim said if Lewis & Clark succeeds it would boost the private liberal arts college's reputation.

"It would be a big win for us and a big loss for coal," she said. For more information, go to www.wearepowershift.org/campaigns/divestcoal.



During a public safety presentation Oct. 10, Portland Police Officer Scott Foster told Maplewood neighbors that he had received complaints about coyotes in Southwest. (*Post photo by Jillian Daley*)

Maplewood Notebook (Continued from Page 1) he church will be collecting ite

The church will be collecting items not eligible for curbside recycling: rigid plastic, batteries, block Styrofoam, corks, printer cartridges, light bulbs and small appliances. For more information, visit www.community-recycling.org.

Triangle Weeding and Planting: From 9 a.m. to 1 p.m. Nov. 3 and 11, volunteers are invited to help pull weeds and plant native vegetation at the Triangle, about 100 square feet of land at Southwest 55th Avenue and Nevada Court. Tools will be provided. Gaddis recommended bringing gloves, sturdy shoes and rain gear.

The Maplewood Neighborhood Association meeting is now being held on the second Wednesday of the month at a new location, the Maplewood Elementary School library, 7452 SW 52nd Ave. The next meeting is Wednesday, November 14 at 6:45 p.m. For more information on MNA activities and events, email maplewood@gmail.com.

Multnomah Blvd Sidewalks

(Continued from Page 2)

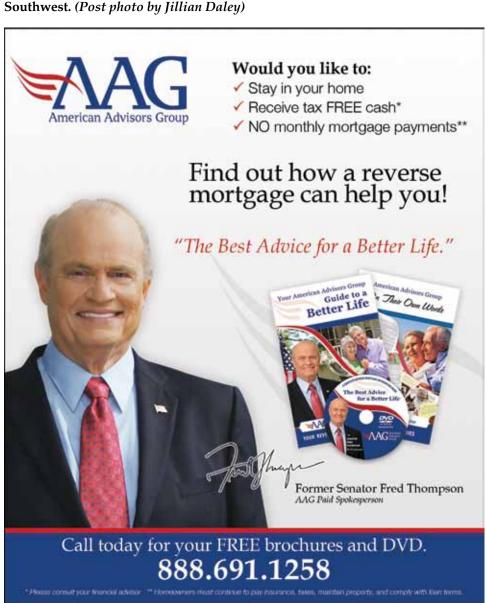
25th Avenue there will be a pedestrian crossing with a flashing yellow beacon. There will be a final public meeting on the project in April, Ross said.

Project Manager Rich Newlands of the Bureau of Transportation confirmed this information. The project will cost approximately \$4 million, and is currently the subject of negotiations with the Bureau of Environmental Services as to "who will pay for what."

This may change some features of the project but not its certainty, Newlands assured The Post. PBOT expects to go out for bid on the project and will begin construction in "early spring," he said.

Editor's Note: This will be the third construction project in as many years along this beleaguered stretch of road. But neighbors are excited about the prospect of being able to use the new Multnomah Boulevard sidewalks to walk from Multnomah Village to the new Safeway store under construction at Barbur Boulevard and Capitol Hill Road.

— Don Snedecor



Coming in the December Edition... What do Hollywood femme fatale Mayo Methot and Nu Café waitress Vivian Robinson

femme fatale Mayo
Methot and Nu Café
waitress Vivian Robinson
have in common? Find
out next month as The
Post follows paranormal

investigator Clyde Lewis and his Ground Zero crew on a ghost hunt in Multnomah Village.



New Hillsdale food cart court offers burgers, waffles and veggie-laden dishes

By Jillian Daley The Southwest Portland Post

Three new dining options cropped up this fall in Hillsdale in a snug little spot at Southwest Capitol Highway and Sunset Boulevard.

The food cart court, which opened in mid-September, features Violetta's juicy burgers and crispy fries; Smaaken Waffles' all-day-long breakfast treats with sweet and savory toppings; and Radiant Life's vegetarian and vegan sandwiches, wraps and bowls.

Though neighbors frequent the three carts, Radiant Life manager Lori Dickerson said the new dining locale, which abuts Wilson High School, has become a special place for students.

"I think they're really excited to have a place to call their own besides the school," Dickerson said.

Developer Richard Stein said the idea behind opening his food cart court was to create not only a community hub for neighbors but also a place where the students had access to healthful, reasonably priced meals.

Stein's new venture is a non-smoking area. Amenities include portable toilets behind a wooden screen.

Stein put in a large, white tent to protect customers who dine during chilly weather, and he plans to install heaters to keep the students and other diners warm. In January or February, he wants to add a cart featuring Middle Eastern food and one with Asian food, possibly bento.

Area residents are giving his new development rave reviews, he said.

"The food is really good, and it's developing a reputation in the neighborhood, and that's just what I was hoping for," he said.

Wilson High School principal Brian Chatard said he loves the Smaaken Waffles' waffle sandwich with roast turkey, bacon and honey Dijon mustard (\$6.95). Chatard also enjoys Violetta.

"If you want to get a nice burger

you don't have to drive anywhere," he said. "You just have to walk across the parking lot, and there it is."

Chatard said the food carts offer nutritious options, besides cafeteria food, for the students and staff. Freshmen are not normally allowed to leave during school hours, but Chatard gives them permission to step a few feet off campus to visit the three eateries.

Radiant Life abounds with healthy offerings, but the other carts have healthy options as well. Violetta's hamburger meat is hormone free and organic, and wholegrain buns and veggie burgers also are available. Smaaken Waffles has the Smaafu, a waffle filled with fried tofu, cheddar cheese and spinach (\$6.25).

As for affordability, Violetta and Radiant Life give students special deals. Violetta provides free French fries – a choice of sweet potatoes, Yukon gold potatoes and russets – to students with the purchase of a burger (\$6.50-\$7.75, depending on toppings).

Radiant Life offers gluten-free tortilla chips at no cost with the purchase of a bowl, which includes the Beans and Rice bowl (\$3).

The three food carts also hold special hours for students, staying open during Wilson High football games, which can run until about 10 p.m.

Smaaken Waffles employee Molly Bradley said she and the other employees enjoy the student dynamic, which can create friendly peer pressure during menu orders.

"A group of girls will come in, and one girl will look at something and say 'that's too sweet,' and they'll all get something savory," Bradley said. "Another day, one will be like: 'I want some chocolate,' and they'll all get something sweet."

Violetta employee Jessica Leffers said the students are polite and joke around with the staff.

"They put up with Brendan" (Lavery), Leffers said, teasing a co-worker during a brief lull in business last month. Lavery smiled and ducked



Violetta employees Brittany Plymell and Brendan Lavery adjusted the look of the sign that adorned their food cart during a lull in business on Oct. 19. Violetta is one of three food carts that opened in mid-September next to Wilson High School. (Post photo by Jillian Daley)

his head.

According to their Facebook pages: Smaaken Waffles is open 7 a.m. to 7 p.m. daily; Radiant Life is open 10 a.m. to 3 p.m. and 4:30 to 7 p.m. Monday to Friday as well as 10 a.m. to 3 p.m. Sunday. Violetta is open 11 a.m. to 7 p.m. daily. Portland Officer Brian Hughes said police have received no reports of incidents at the food court park.

Hughes said he and other officers have visited somewhat regularly on account of the food, however.

Hughes recommends the Grazing Goat (\$7) at Radiant Life, a wrap or sandwich of Dave's Killer Bread filled with goat cheese, avocado and roasted red peppers. "It was very good, and the people that sold it to me were very nice," Hughes said.



Don't forget to advertise in our December Holiday Guide!

Meet the Merchants Special: 1/16V (2.35" x 4") color ad includes everything for \$147!

Holiday Guide Special: Mention this offer and save 20% off the open rate of any standard size display ad 1/8 page or larger. Includes space, design, color, and position.



Call Don or Harry at (503) 244-6933 or e-mail: ads@multnomahpost.com for details

Deadline is November 20



www.SWPortlandPost.com



Hurry! Order now for unbelievable low prices, with flowers from \$19.99**/h Visit www.ProFlowers.com/heart or call 877.805.9951

Join Over 12 Million People Who Have Found a Better Way to Send Flowers

*20% off discount will appear upon checkout. Minimum purchase of \$29.00. Does not apply to gift cards or certificates, same-day or international delivery, shipping and handling, taxes, or third-party hosted products (e.g. wine) and cannot be combined with other offers or discounts. Discounts not valid on bulk or corporate purchases of 10 units or more. Offer expires: 12/31/12.

COMMUNITY LIFE

By Don Snedecor The Southwest Portland Post

Want your children to develop or improve swimming and water-safety skills? Portland Parks & Recreation offers swimming lessons year-round at six indoor pools. Lessons are available for swimmers of all skill levels from age 6 months to adult. Group, semi-private and private lessons are available.

For rates, registration information, and a fall lesson schedule call the PP&R Aquatic Division at (503) 823-5130. You can also register for swim lessons on-line at www.PortlandParks. org or in person at Southwest Community Center Pool, 6820 SW 45th Ave., (503) 823-2840.

Community Recycling for noncurbside items will be held on Saturday, November 3, from 9:00 a.m. to 12 noon at St. Luke Church, Southwest Vermont Street and 46th Avenue. Includes rigid plastics, light bulbs, small appliances and electronics, and more. Visit www.community-recycling.org for details.

Hillsdale Neighborhood Association meets again on Wednesday, November 7, at 7:00 pm at St. Barnabus Episcopal Church, 2201 SW Vermont St. For agenda information contact chair Mikal Apenes, 503-705-9777, mikal@windemere.com or visit www. hna-pdx.com.

10 ing held on Saturday, November Southwest Fall Cleanup is be-10 from 9:00 a.m. to 1:00 p.m. at Portland Christian Center parking lot, 5700 SW Dosch Rd. Wood, yard debris, large appliances, old furniture, scrap metal and donations for charity are among the items being collected. Volunteers are still needed. Assistance is available for the elderly and disabled. Call 503-823-4592 or visit www.swni.org for more information.

Free Hillsdale Community Supper at St. Barnabas Church on Saturday, November 10 from 5:00 to 6:30 p.m. The church is located at 2201 SW Vermont St. The community dinner is the second Saturday of every month. Come by to meet your neighbors and to have an excellent meal.

13 Urban Weed Control Workshop will be held on Tuesday, November 13, 7:00 to 8:30 p.m. at the Southwest Community Center, 6820 SW 45th Ave. Mary Logalbo of

the West Multnomah Soil and Water Conservation District will be discussing how to deal with invasive species in the back yard like English ivy and Himalayan blackberry. Call 503-823-2862 to reserve space.

Multnomah Neighborhood As**sociation** will be electing new officers (chair, vice chair, secretary, and treasurer) at their next meeting, Tuesday, November 13, at 7:00 p.m. at the Multnomah Center, 7688 SW Capitol Hwy. Requirements include neighborhood residency and three to five hours per month. For more information contact Moses Ross, 503-309-7985, mnachair@gmail.com.

14 Maplewood Neighborhood Association meets again on Wednesday, November 14, at 6:45 p.m. at Maplewood School (library), 7452 SW 52nd Ave. Contact chair Jill Gaddis, jillg@pacifier or call (503) 823-4592 for agenda information. You can also visit www.swni.org.

30 Portland Gingerbread Bridge Competition. Several Portland engineers and architects will gather from 2:00 to 5:00 p.m. on Friday, November 30, at the Old Market Pub (6959 SW Multnomah Blvd) to raise funds for the Family Bridge Day Shelter in Hillsboro and to show off their gin-



Shasta Kearns Moore, officially releases her children's book, "Dark & Light: A Love Story in Black and White," with a booksigning and reading at Annie Bloom's Books in Multnomah Village on Sunday, Nov. 11 at 2 p.m. The book is part of an effort to pay for expensive treatments for her son's disability. Moore is former editor of the **Southwest Community Connection** newspaper. Additional information is available on her website, www.DarkandLightBooks.com. (Photo courtesy of Shasta Kearns Moore)

gerbread bridge building skills. Each firm/school will enter a 24-inch bridge. Engineering, architecture and edibility are all factors. A panel of qualified judges will critique the entries prior to the main event: the bridge breaking! Pictures and information can be found at www.gingerbreadbridge.com.

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

CZ BECKER COMPANY

WOOD FLOORS



KEITH DAVIS Over 30 years CONSTRUCTION, LLC experience KITCHEN & BATHROOM REMODEL **HISTORIC & WHOLE**

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

HOUSE RENOVATION

MAINTENANCE & MORE

DECKS, WINDOWS,

Everyday price \$24.99/mo

CCB #48132

• Restoration Repairs & Refinishing

• State of the Art Dust Containment

Environmentally Friendly Finishes

• Installation of New Wood Floors

503.282.0623

czbecker.com



Call today and save up to \$850 on TV!

1-888-699-7545

dish 🚣



Mary McGill LLC, MA, LPC, LMT Counseling The Way of the Heart™ Training

2929 SW Multnomah Blvd., #104 Portland, OR 97219 503.771.1789 heartscall@spiritone.com www.heartscall.com

Average lawn mowing less than \$20 per week.

Your Fall Leaf and Yard Cleanup Service

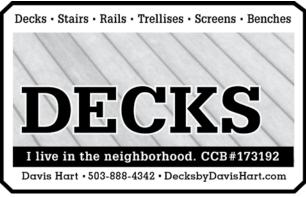
Fertilization and aeration less than \$20 per week. Anywhere in the Portland metro area. Free estimates. No contracts required.

(503) 244-2314 info@cleancut1.com www. cleancut1.com

of SouthWest Portland Lic # 370189-91 Fully Insured



QuickBooks® · Taxes · Business Development



Heidi L. Jackson Certified Creative Grief Coach

> Principal Broker 503.701.5323 lance@livingroomrealtors.com www.livingroomrealtors.com

LIVING ROOM REALTORS

HILLSDALE Ann Slocum-Edmond EYECARE Heather Dudzik 1522 SW SUNSET BLVD Optician PORTLAND OREGON 97239 Annie Wolf Optometric Physician PH 5 0 3 ~ 4 7 3 ~ 8 0 3 9 FAX 5 0 3 ~ 4 7 3 ~ 8 9 5 2 W W W . HILLS DALEEYE. COM



503-351-5937 HLJackson2@aol.com www.heidijackson.net

Supporting your life journey after loss ~



Candidates Face-Off

(Continued from Page 1)

Hales said.

Both said they would like to fire Officer Ron Frashour, involved in a fatal shooting, but that they saw no point in fighting a court order to reinstate him.

Both said they supported a proposed levy to restore art and music instruction to public schools, albeit with strong reservations, given the nature of the tax. "I hate it, but I'm voting for it," Smith said. "I've seen the impact of not having art in schools."

"I support it, although I wince at the choice of revenue sources," Hales said. "Until we get better education support from the state, patch jobs like this are necessary."

Asked about providing additional sidewalks and bike facilities, Hales said that at the current rate it would take 2,000 years to provide paving where needed. He suggested a citywide solution to the issue.

Smith told those present, "You should be in cahoots with East Portland," which has similar unpaved street problems. While otherwise critical of Mayor Sam Adams, Smith praised his Out of the Mud initiative for a flexible approach to street paving. "We have to be creative with the money we have," Smith said.

In the City Council debate between incumbent Amanda Fritz and challenger Mary Nolan, the contenders were asked, "What's the difference between you and your opponent?"

Public criticism of Fritz has been that she has few tangible accomplishments to show for her four years on Council. Nolan focused on this, saying, "I'm focused on delivering results and obtaining tangible improvements."

Nolan cited the Healthy Kids initia-

tive and funding for improvements to Portland State University and Portland Community College that she helped obtain in the state legislature. "Judge me by the results," she said.

Fritz replied, "I've been doing the job for four years, so you know what you can expect from me. We do better when we actively engage citizens. In the worst recession we've seen in my lifetime, I focused on the job at hand, and didn't let personalities get in the way."

Citing her 15 years as a West Portland Park neighborhood volunteer she said, "You need me on Council because I know how it looks on the ground."

Both candidates supported a proposed Portland School District levy for building improvements and creation of a library district. They differed on the "arts in school" measure.

Nolan said, "I tried really, really hard to convince myself to support this. My daughter is an artist. But the funding mechanism is seriously flawed. It's the same tax for a single mother as for someone making \$3 million a year."

Fritz replied, "I voted to refer this to the voters. I will vote for anything that puts teachers in classrooms. It's those on welfare who most need access to the arts. I'm tired of cuts to schools.'

Fritz was part of a unanimous, and controversial, Council decision to add fluoride to Portland waters. Asked about this she said she had been in England when the discussion started, and by the time she returned three Council members had declared themselves for the measure.

She conceded the matter should have gone to a public vote (as it now will), and that she listened to six hours of testimony before declaring herself, but said she supported the measure in principle. To the argument that fluoride supporters can supplement the water they or their children drink Fritz said, "Children don't get to choose their parents." She noted that Nolan had declared that she favored fluoridation.

Nolan said, "I had a chance to look at the issue from all sides. It's incumbent on leaders to lead - not blindly or arrogantly - but I will tell you where I stand on issues. You can count on me to be honest with you."

Asked about changes in waste collection, Nolan said that she had been head of the Bureau of Environmental Services when curbside recycling was introduced. Regarding the current cutback in garbage collection and citing the needs of new mothers using disposable diapers she said, "We didn't carefully think through the process."

Fritz defended the change, saying that the program has provisions for

people who need extra service, that it will be reviewed by the City Council in November, and that based on input at a web site most Portlanders support the system.

Asked about transportation priorities, Nolan said hers was "to make sure we preserve the usefulness of our investment in infrastructure through maintenance."

Nolan added, "Many Portlanders don't have a 21st Century transportation system, and they deserve to. We need to complete it in southwest and other areas."

Fritz cited the recent construction of sidewalks on Southwest Luradel Street, and voiced her support for Mayor Adams' Out of the Mud initiative.

DEQ to clean up South Portland property contaminated with lead

By Lee Perlman The Southwest Portland Post

Having spent four months investigating, the Department of Environmental Quality has zeroed in on three South Portland properties in need of cleanup from lead contamination.

Earlier this year DEQ identified 236 SW Flower St, now occupied by a house but for 60 years the site of Portland Metals' lead smelter, as a contamination source.

Last summer, DEQ's Scott Manzano told the South Portland Neighborhood Association, the agency visited properties within four blocks of the site and asked to test the soil.

The agency received permission to test the soil located at 22 addresses, and of these found five with lead levels in excess of DEQ's standard of 400 parts per million. They eventually whittled this down to the Flower Street home and two adjacent lots in need of cleanup.

The agency has decided to remove the soil containing the highest concentrations of lead to a hazardous waste landfill, Manzano said.

DEQ will then place a "hardscape cap" over the contaminated areas. Manzano said there was no evidence the lead was leaching into ground

In places the soil at the Flower Street address contained 50,000 parts per million of lead, the neighboring houses up to 5,000 parts per million.

Greg Ware of Multnomah County said that subsurface concentrations of lead pose little danger to people. A greater danger, especially to children, lies in lead in loose surface soil or peeling paint.

"One paint chip can poison a child," Ware said. However, lead levels in children diminish rapidly "when the problem is abated." He added, "We don't recommend growing gardens in soils with lead above safe levels."

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

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**



CCB #154349 Southwest Portland, Oregon Peter@MultnomahTree.com



Family & Cosmetic Dentistry 503-246-2564

www.mvdentalcare.com

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

ift Giving is Easy with Omaha Steaks! Save \$11601 on The Grilling Collection

- 45102BCA 2 Free Gifts 4 (5 oz.) Top Sirloins 4 (4 oz.) Boneless Pork Chops
- 2 (41/2 Oz.) Stuffed Sole with Scallops & Crabmeat 8 (3 oz.) Gourmet Jumbo Franks
- 4 Boneless Chicken Breasts (1 lb. pkg.)

Reg. \$166.00, Now Only..... Limit of 2 packages. Free Gifts included per shipment. Offer expires 12/31/12.

Standard shipping and handling will be applied per address. ©2012 OCG | OmahaSteaks.



• FREE 6-piece Cutlery Set

Call 1-888-902-8359 and ask for 45102BCA www.OmahaSteaks.com/gc18

IGNS SIGNS & GRAPHICS NATIONWIDE

The IDEA Today ... The SIGN Tomorrow!

- SIGNS • MAGNETICS • BANNERS LETTERING • GRAPHICS • LOGOS & MORE
- 503.244.0980

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

PRECISION HOME REPAIR & DRYWALI JON A. GOSCH Phone: 503-643-3517 Cell: 503-781-8792 E-mail: precision17@frontier.com

Quality work at affordable rates! Mention this ad and receive 10% off your next job!

Licensed • Bonded • Insured • CCB #77073

Cultivating healthy gardens for over 20 years maintenance · design consultation • renovation

SmilingGardens.com971-275-4204

ROBERTSON CONSTRUCTION & PAINTING LLC

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



CCB# 169852 Insured • Bonded

robertsonpainting@gmail.com

(503) 293-6586 (FAX)

SUN DOG CONSTRUCTION.COM

Remodeling - Restoration Basement / Attic Conversions Additions, Kitchens, Bathrooms Moisture / Dry Rot Repair Home 4 Sale Prep/Inspection



Maintenance/Handyman service CCB #173347

503.957.7559 AUTUMN SUN PARDEE Owner/Contractor/Carpenter

Naturopathic college opens new downtown research facility, laboratory

By Lee Perlman The Southwest Portland Post

Fresh on the heels of completing their new master plan, the National College of Naturopathic Medicine opened their new Helfgott Research Institute in downtown Portland. It was a special day for college supporters, Ashcreek neighborhood activist Dorothy Gage in particular.

The 19,200 square foot building at

2220 SW First Ave was an NCNM community clinic until 2009, when those services were moved to their Lair Hill main campus.

Renovation of the building cost \$1.5 million, paid for from a variety of sources including the Meyer Memorial Trust and Don Helfgott, for whom the facility is named.

NCNM president David Schleich said that natural medicine as practiced in the United States, "after being a secret for 55 years is attracting atten-

tion as another way to assure good health longterm."

NCNM now works collaboratively with the Oregon Health and Sciences University and Portland State University. It also offers a Master of Science in Integrative Medical Research, the only such degree in the United States.

Dr. Heather dean of research,

said that when she first started, "Students did research on their own. They did fabulous work and received no credit for it."

looks at the positive and negative effects of various foods and the way it is prepared on individuals and the population as a whole. Kim Thomas of Meyer Memorial Trust said, "The case for interactive

Among other things, the institute

medicine is so strong it can't be denied," and work on food diets and preparation is especially important "for people without a lot of resources." To further this work, the building

contains a food preparation area called Charlee's Kitchen. This is in honor of major donors Bob and Charlee Moore,

Dignitaries including Charleee and Bob Moore (center) and Dorothy Gage (right) use a giant scissors to cut a ribbon at the National College of Naturopathic Medicine's Helfgott

\$1.35 million.

Swickey, NCNM Center in October. (Post photo by Lee Perlman) the owners of Bob's Red Mill Natural

> Other major donors were sisters Dorothy and the late Marjorie Gage, both of whom received treatment for cancers at NCNM. The college is naming a laboratory at the new facility for Marjorie.

> Foods, who have contributed a total of

Sometimes in tears, Dorothy Gage said of her sister, "Almost everyone who took care of her became part of our family. Marge was totally dedicated to naturopathic medicine. She was an interesting mix of things. She was quiet, and didn't want to be the center of attention except on her terms. She would be overwhelmed if she were here today, as am I."

Design Commission approves new pump station for Willamette Park

By Lee Perlman The Southwest Portland Post

The Portland Design Commission last month approved the design of a proposed new Fulton Pump Station, due to be built in Willamette Park. The design had no opposition and several public endorsements, including some from people who said they would prefer the facility not be built in the park at all.

Alan Armstrong of the Portland Water Bureau said the pump would serve 16,000 people. It will be located on the site of an existing restroom facility, and will include restrooms of its own.

In response to community input the structure's design was shortened by eight feet from the original, and it will be painted a dark green "in an attempt to make it disappear into the landscaping," Armstrong said.

"We had a lot of input, and based on that we incorporated a lot of changes while keeping true to our core objective of being an asset to the community," he said.

Mike Dowd, architect and Miles Place resident, said he could see the site clearly from his kitchen window. "We really didn't want this in the park at all, we hate to lose park space, but there were compelling reasons for putting it there."

According to Dowd, "Every time we met with staff the building improved. The architects avoided the temptation to make this an attention-getting build-

A proposed new multi-use trail, expected to bring a substantial increase in bicycle and pedestrian traffic, will "change the character of the park," Dowd said. Under the circumstances, the pump station design is "appropriate," he said.

South Portland neighborhood activist Jeanne Galick said planning for the pump station had produced "a lively group discussion. This is a beloved park, and we were aghast that this facility would be placed here. The impulse was to make this disappear - to make it smaller, with dark colors and reduced lighting."

The design also features "bird-friendly" windows, designed to make clear to birds that the windows are a barrier rather than an open space, and discouraging them from trying to fly through. Candace Lawson of the Portland Audubon Society complemented the architects for these efforts.

The Commission voted five to zero to approve the design. Commission member Ben Kaiser said, "I'm swayed by Mike Dowd. He'll be living with this more than us. Since he's in support of this, so am I."





Multnomah Village/ Hillsdale \$299,500

Newly painted 1942 English style 4 bedroom, 3 full baths home 1868 sqft on large 10,000 sqft lot - close in SW Portland location near Multnomah Village & Hillsdale.

Great back yard with deck, patio and outdoor brick fireplace/ BBQ. Updated kitchen with stainless steel appliances, 2 car attached garage and partially finished basement. View! MLS 12635845

The inventory of houses for sale in the Portland Metro area remains at historic lows. If you are thinking of selling contact us today for a free market analysis.

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

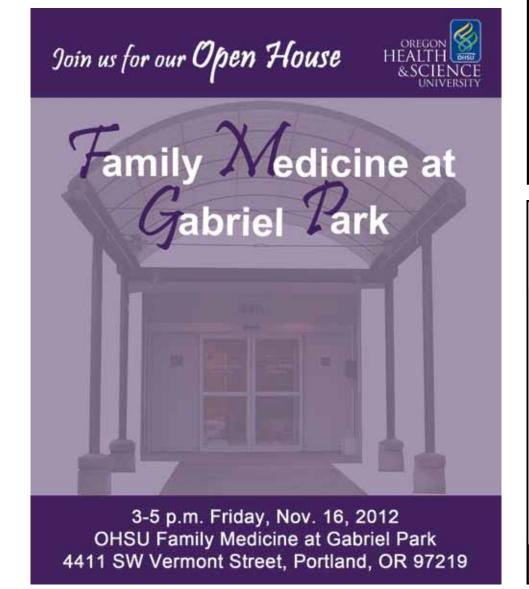


Jeff Parker Your Neighborhood Realtor Since 1980









5 Healthy

All Natural Pet Foods

Raw Food Diets

Allergy Relief

Herbal Remedies

Pesticide-Free Flea Control

Eco-Friendly Toys and Beds

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

Three Convenient Portland Locations 7642 SW Capitol Highway

1736 SE Hawthorne Blvd

971-222-2686

503-236-8036

2224 NE Alberta St 503-249-6571

Look for Monthly Specials at: www.healthypetsnw.com

The Natural Alternative for Pet Foods & Supplies