

SERVING

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

The Southwest Portland Post

Celebrating 21 years of continuous Southwest news coverage!

INSIDE:

Friends of
April Hill Park need
to raise \$24,000 to begin
building bridges
– Page 5

Volume No. 22, Issue No. 2

www.swportlandpost.com

Portland, Oregon

Complimentary

December 2013

Multnomah Village businesses celebrate one-year anniversaries

THE COUNTRY STORE

By Erik Vidstrand
The Southwest Portland Post

It's been quite a year for the newest businesses in Multnomah Village. Not only was the retail area hit with numerous construction projects that deterred would-be customers, it frayed the nerves of the most seasoned merchant and visitor.

Medley Tea House Café is celebrating its first year with a holiday fair from Dec. 2-24.

"Gifts, baby items, and local handcrafts will be on sale in the main dining room," said owner Kathleen Zorn.

"We are taking reservations for a holiday tea platter including winter teas and holiday themed goodies."

Medley serves breakfasts all day, lunch from 11:00 a.m. on, and afternoon tea platters from 2:00 - 5:00. The tea house is located at the west end of the village.

Nectar Frozen Yogurt Lounge,

a few doors east, celebrated its first year with a joint evening gathering with neighbors, Peachtree Gifts and The Wedding Cottage, the week before Thanksgiving.

Located in the old Birdie's space and remodeled with a feel of the early 1900s, Nectar offers self-serve frozen yogurt, many of it gluten and cholesterol free; naturally flavored, and can be enjoyed alone or with a variety of toppings.

The celebration brought snow to just the two shops; free giveaways; a raffle; and photo booth complete with dress up props.

Co-owners Joe Sysavath and Trevor Arnold opened up the first Nectar in Sellwood three years ago.



Business owners gather to celebrate one year anniversaries in Multnomah Village. Jill Crecraft (Sip d'Vine), Trevor Arnold (Nectar); Randy Bonella (Multnomah Village Business Association); Joe Sysavath (Nectar); Petie Farkas (Peachtree Gifts); Shelly Harbert (Little Shop of Drawers). (Post photo by Erik Vidstrand)

"We had wanted to open up a second store for a long time," Sysavath said. "An opportunity finally

presented itself in Multnomah and [we] couldn't be more pleased."

(Continued on Page 6)

New Sellwood Bridge project links more than two river banks

By Erik Vidstrand
The Southwest Portland Post

The next time you find yourself frustrated by the delay of the temporary traffic congestion approaching the Sellwood Bridge, remember this: a lot

of jobs, community involvement, and a great final project are the positive aspects.

It's been almost a year since the old Sellwood Bridge was moved upstream. This was done to mitigate the disruption during the next few years it will

take to construct a new bridge.

"Construction is about 40 percent complete and is on schedule," according to Mike Pullen, Multnomah County project communications officer. "The new bridge is expected to open in fall 2015 and construction will wrap up in 2016.

"The reason for those two dates," Pullen elaborated, "is that after the new bridge opens, we will need to demolish the east approach of the old bridge and build the north side of the new bridge approach."

There will also be some work on the state Route 43 interchange that needs to happen after the old bridge is removed.

History includes Spokane Street Ferry

The bridge is old: it opened in December 1925. Before then, the only way to cross the Willamette River was the Spokane Street Ferry which opened in 1903.

Portland voters held an election to fund the development of the bridge. It was approved and designed by Gustav Lindenthal and constructed for \$541,000.

But years of wear and tear eventually brought the need to replace the span. After an inspection years ago, the bridge was ranked a 2 on a scale of 100 by the National Bridge Inventory. This news forced trucks and buses over 20,000 lbs. to take alternative routes causing detours and nervous commuters.

The bridge is the busiest two-lane bridge in Oregon with over 30,000 vehicles crossing a day. Even though Clackamas County voters decided not to fund the project, eighty-three percent

of Sellwood Bridge traffic begins and ends outside Portland city limits.

Nonetheless, other sources of funding came through: an increase of the Multnomah County vehicle registration fee, \$164 million; federal funding (already secured) \$15.7 million; state of Oregon Jobs and Transportation Act, \$35 million; and city of Portland, \$74.7 million.

Community involvement

School-based outreach has included a variety of schools on both sides of the river.

On the east side, students at Sellwood Middle School are learning about bridge design and construction using gumdrops, toothpicks, and saltine crackers.

At Llewellyn School, 5th graders have decorated bat boxes which will be placed under the span to help the bat habitat.

On the west side, Capitol Hill School 3rd graders are participating in interactive programs focused on the three elements of the project: the bridge, the soil and rock supporting the bridge, and the river.

Greenroads certification

What would a Portland project be without a sustainability objective? The new Sellwood Bridge is Oregon's first registered Greenroads project and one of the largest in the country.

Greenroads is an independent certification project focused for sustainable transportation standards similar to the LEED program for buildings.

(Continued on Page 6)



The contractor continues to install soldier piles, soil nails, drainage and shotcrete on the retaining walls north and south of the Sellwood Bridge. Macadam Avenue (Highway 43) traffic lanes will shift west along the new walls in January. (Photo courtesy of Mike Pullen, Multnomah County)

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

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

Letters to the Editor



The Southwest Portland Post
4207 SE Woodstock Blvd #509
Portland, OR 97206
Fax: (866) 727-5336
email: editor@multnomahpost.com

Neighborhood House team helps preserve a piece of Multnomah history

A piece of Multnomah history has been moved and preserved.

If you visit Ivan Tadic's barber shop at 7826 SW 35th Ave, you'll now see the impression of a pair of barber scissors embedded in the threshold.

Venerable barber Ivan Tadic, whose time in the village goes back to his boyhood in 1937, recalls that as a boy he would stare at this impression outside his dad's barber shop.

Young Ivan waited for his father (also named Ivan) to finish cutting hair. "As I stared at it, I wondered where it on Earth it came from," he recalls.

Ivan figures the impression was implanted in the cement work in the early 1900s before the elder Tadic's time as village barber. Back then another barber worked out of the location.

The shop was at 7824 SW Capitol, today Anne Bocci's Boutique.



Rick Nitti, Ted Coonfield and Frank Rudloff restored "Ivan's Scissors" to a new home in front of Ivan's barbershop. (Photo by Rick Seifert)

Ivan's dad moved the business to current site in 1944, but until 2013 the impression remained at its original location.

When a new, wider sidewalk was built in the Village this year, the impression was jackhammered out, given to Ivan and embedded at the site on Sunday, Oct 6.

The volunteer relocation work was done by a Neighborhood House team consisting of Ted Coonfield, past Neighborhood House board chair; Frank Rudloff, spouse of board member Susan Rudloff, and Rick Nitti, executive director.

Rick Seifert
Hillsdale

Hayhurst School mom dreams of new playground

My name is Courtney Kreutz and I am the parent of a kindergartener at Hayhurst Elementary School. I am chairing the committee to build a new playground for the children, an endeavor we have termed "The Dream Big Project."

I recently created a website - hayhurstdreambigproject.weebly.com - detailing our efforts.

The cost associated with a new playground will be significant so I am hoping to bring as much awareness to the community as possible.

To that end, I would sincerely appreciate any help you can provide in creating a "buzz" in the community. I'm not sure if you have had a chance to visit Hayhurst's playground, but it is in desperate need of a makeover.

Thank you!

Courtney Kreutz
Hayhurst

Slow down! Reduce speed limit along Vermont Street

What can be done to make the roads in southwest Portland safer? Southwest Vermont Street is too fast. Thirty-five miles per hour is too fast for a street with schools, churches, Alpenrose Dairy, and parks nearby. It needs to be 30 mph.

Rick Kappler
Southwest Portland

"Community Life" article gets holiday bells ringing

Thank you for including us in "Community Life" (*The Post*, November 2013). "All Things Holiday" was spread all over the Hillsdale shopping center. I have already had calls from people who saw the article and had a question. They had not been to Alpenrose (Dairy) in years and thought this show sounded interesting. Many thanks to you.

Betty Merrill
Northwest Senior Theatre

Thanks for the story on OHSU nursing students

RE: "OHSU students share community needs assessment of Multnomah," by Erik Vidstrand, *The Post*, October 2013.

I am long overdue in expressing my gratitude, on behalf of my group, for your enthusiasm and interest in our community health project.

We were all very pleased with the article and thought it reflected our efforts/achievements well. We hope that your community will continually benefit from the work of future cohorts. Again, thanks!

Marcus Benton
OHSU nursing student

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



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: Rebecca Hart, Melinda Hasting, Erik Vidstrand, Rich Riegel
Copy Editor: Rich Riegel
Advertising Sales: Don Snedecor, Harry Blythe
Graphic Design: Leslie Baird Design
Printing: Oregon Lithoprint





© 2013 by The Southwest Portland Post. All rights reserved. The opinions of the artists and authors contained herein are not necessarily shared by the publisher.
Deadline for news and advertising is generally the 20th of the month prior to publication. Please call for current deadline information. Advertising rates are available upon request.

The Post has a circulation of 7,000 in Multnomah Village and the surrounding neighborhood business districts including Burlingame, Capitol Hill, Garden Home, Glen Cullen, Hillsdale, South Portland, Raleigh Hills, West Portland and Vermont Hills. The Post is published on or about the 1st of every month. Subscriptions are \$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. 

Massage Therapy

- Swedish • Myo-fascial Trigger Point • Reiki For Stress and Pain Relief
- Tension Headaches • TMJ Disorder • Backaches

Beat the stress with a relaxing massage that will warm and comfort your aching muscles.



Swedish session \$38 with this ad.
Gift certificates available while supplies last

Susan Ferreira, LMT, EFDA Lic 13618
8365 SW Oleson Rd, Portland, Oregon 97223
By appointment only
503-246-3324





GOOD NEIGHBOR PHARMACY

be well ...
and well informed

Bowman's Hillsdale Pharmacy

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

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

www.mygnp.com

SUBSCRIPTION FORM




We Deliver! Mail subscriptions are available 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 a RENEWAL
 This is an ADDRESS change This is a GIFT subscription

Please send check or money order to:
Southwest Portland Post, 4207 SE Woodstock Blvd #509, Portland, OR 97206

Name _____
Address _____
City/State/Zip _____



Officials including rabbis, a state senator, community leaders and store managers join in the ribbon-cutting ceremony at the grand opening, Nov. 6, of the new Safeway supermarket on Southwest Barbur Boulevard and Capitol Hill Road. (Photo courtesy of Rico Teylan, Safeway)

COMMUNITY LIFE

By Don Snedecor
The Southwest Portland Post

5 Winter arts and crafts sale: Hand-crafted items for sale include ceramics, weaving, jewelry, prints, paintings, wood-working and photography created by more than 40 instructors and talented students of the Multnomah Arts Center, 7688 SW Capitol Hwy, in Multnomah Village. Great for holiday gifts! December 5-6, 9:00 a.m. to 9:00 p.m. December 7, 9:00 a.m. to 4:00 p.m. For

more information call 503-823-2787 or visit www.MultnomahArtsCenter.org.

Samurai! Book Group: Thursday, December 5, 1:00 to 2:30 p.m. In conjunction with Samurai! Armor from the Ann and Gabriel Barbier-Mueller Collection at the Portland Art Museum, read *The Book of Five Rings* by Miyamoto Musashi. After you register, pick up a copy of the book at the reference desk. Participants will receive a ticket for free admission to the exhibition during select times. *Registration required; register online, in the Hillsdale Library (1525 SW Sunset Blvd) or by calling 503-988-5234.*
(Continued on Page 5)

St. Luke Lutheran Church approves \$7 million expansion plan

By Melinda Hasting
The Southwest Portland Post

St. Luke Lutheran Church on 6835 SW 46th Avenue will move forward on the first phase of a \$7 million plan to expand and upgrade its existing campus.

The church, which celebrates its 70th anniversary this year, offers a variety of ministry programs to the community, including services to children, youth and senior citizens.

Members voted to approve the master plan last December though the vote was not unanimous, according to the church's website.

According to the church, 296 members voted on measures to approve the master plan and the capital campaign. More than 80 percent of the voters approved the master plan and 75 percent voted in favor of the capital

campaign, which is separate from the church's annual operating budget.

The site plan includes more than \$640,000 of costs related to the vacation of Southwest Florida Street and 46th Avenue. The City of Portland will require the church to make improvements to the roads in exchange for obtaining exclusive access.

St. Luke Church owns property on the street and the acquisition of control over the roads will not impact homeowners in the neighborhood.

In order to build a parking lot on the northeast section of the property, a home owned by the church on Vermont Street will be demolished. Road improvements will also be made. This line item in the budget is estimated to be just over \$500,000.

The church owns another building in the northwest portion of their property that houses active retail. The budget

indicates that the retail businesses and its parking lot will not be impacted by the master plan.

A spokeswoman for the church attended the November meeting of the Maplewood Neighborhood Association and reiterated that the church had no plans to interrupt the retail activities in the commercial building.

She also stressed that the improvements approved are only the first phase in a longer-term plan. More than \$4.7 million in building components will need to be raised after the initial site preparation is complete. The project, when completed, is budgeted to cost just over \$7 million.

In order to prepare the site for new construction, additional demolition, excavation, and grading will occur in addition to more parking space. The site preparation is budgeted at nearly \$1.2 million.

"15 Years of Responsible Mortgage Lending"

Serving my SW Portland Neighbors
Residential • Investment • Vacation Home
Small Commercial



Jeffrey B. McCarter

NMLS#979994

Direct: 503-964-1672

mccarter.jeff@gmail.com

www.portlandhomeloans.com

GENEVA FINANCIAL, LLC, NMLS#42056
205 SE Spokane STE. 300, Port., OR 97202

BK-0910215

BARBUR BOULEVARD VETERINARY HOSPITAL
10629 SW Barbur Blvd., Portland, OR 97219

Now offering a complimentary Wellness Exam for first time clients, with purchase of one vaccination!

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

AAHA ACCREDITED
The Standard of Veterinary Excellence

OREGON SCHOOL of MASSAGE

Make relaxation your career~
Learn about massage therapy training at our Free Preview Thursday, Dec 11th - 6:30pm

Winter Term begins Jan 13th

Treat Yourself at the OSM LMT Clinic
Friday Afternoons - \$45/hour
Call for an appointment.

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

POST CLASSIFIEDS ADS

Help Wanted

Freelance Customer Service Rep.

The Post is seeking a customer service representative. E-mail cover letter and current resume to: Don Snedecor, Publisher, The Southwest Portland Post, don@multnomahpost.com. Snail mail or fax OK. No phone calls, please.



Office for Lease

Office Space For Lease

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

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

Wellness Directory

Massage

Healing Touch Massage

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

Energy healing • reiki • therapeutic massages • reflexology • pranic healing • care facilities

Holiday Specials • Gift Certificates • Visa & Mastercard

3836-B SW Hall Blvd

503-740-3670 or 503-629-5187

Massage for Health & Wellness



Sports Massage • Hot Stones
Reflexology • Relaxation

Advanced Massage Therapy #3927

David Klick LMT • Experienced Treatments

503.977.3454 www.advancedlmt.com

ANNASTASIA SALON

YOUR BEAUTY IS OUR PASSION! CUTS, COLOR, SKIN CARE AND MORE. HAIR HAPPY HOUR MONDAYS, TUESDAYS. FREE REDKEN MINI AND STOCKING STUFF BAG WITH EVERY \$50'S SPENT ON GIFT CARDS!

First Friday in December brings holiday gala to Multnomah Village

By Erik Vidstrand
The Southwest Portland Post

On the first weekend of each December, Multnomah Village transforms into a winter wonderland bringing carolers, horse drawn carriages, hot chocolate, and lots of great gift ideas for anyone who made the "good" list and even for the naughty!

With shops open late on Friday, Dec. 6, the first stop is the holiday tree lighting located outside Village Beads (Southwest 35th and Capitol Highway). A visit by Saint Nick himself, whose sleigh is due to arrive at 6:42 p.m. sharp,

will help with the lighting.

This a year a holiday train, sponsored by Riversgate Church, will take little ones around the parking lot of Key Bank. Carriages will be available at the Multnomah Arts Center as always.

On Saturday, be sure to head over to the Lucky Lab for the annual Kiwanis breakfast with Santa from 8:00 to 11:00 a.m. All you can eat pancakes, sausage, and juice will be on hand for a small donation to help a determined charity.

But the big question is on everyone's mind: not that will it snow, but, will the promised trees arrive in time for the festivities?

According to Jennifer Devlin, with



Petie Farkas, owner of Peachtree Gifts. (Photo courtesy of Katie Parks)

the Portland Bureau of Environmental Services, they are due to be planted right before Thanksgiving. (At press time, white paint had been sprayed indicating their placement.)

With "Shop Small" door mats, on participating businesses front porches, visitors are encouraged to shop local.

According to Randy Bonella, Venture Portland representative, 68 cents of every dollar spent locally stays in the community.

Newly elected Multnomah Village Business Association co-chair, Jennifer Robinson (Switch Shoes), said that traffic control efforts will not be in place that night like it was for Halloween trick-or-treaters.

"Drive and walk safe this season," Robinson said at the recent monthly meeting.

"Let's make this the best holiday shopping season yet!"

Please visit multnomahvillage.org and Facebook for the latest updates and schedule.

Dental staff celebrate anniversary



Dr. Lisa Jensen, and her staff of Ninja Turtles, celebrated one year at Multnomah Village Dental Care on Halloween. In full Ninja attire are Kelsey (Michelangelo), Lisa (Leonardo), Marissa (Raphael) and Aubrey (Donatello). (Photo courtesy of Multnomah Village Dental Care.)



Advent Afternoons
A Series of Special Events
For Families and Friends

Sunday December 1, 2013, 3:00 PM

Hangin' of the Greens

A Special Advent Worship Experience and Decorating the Church for the Season.

Sunday December 8, 2013, 3:00 PM

Carols, Cookies & Cocoa

A sing-a-long of favorite Christmas songs - secular and sacred with special music by various artists and the sharing of Christmas treats.

Sunday December 15, 2013, 3:00 PM

Victorian Christmas with John Doan

A musical family program that explores how Victorians invented many Christmas traditions we remember and some we have forgotten.

(suggested donations of \$15 for adults, \$10 for student, child or senior)

Sunday December 22, 2013, 3:00 PM

A Blue Christmas Service

A service of singing quiet carols and lighting candles for loved ones lost, for friends and family battling illness or hardship, and for our own private troubles. "Blue Christmas" services offer what can be a welcome respite from pressure to exude Yuletide cheer for those who are grieving, struggling, or just feeling low.

You Are Also Invited To Join Us For Our Christmas Eve Candlelight Service Tuesday, December 24, 2013, 7:00 PM

Vermont Hills United Methodist Church
6053 SW 55th Drive, Portland, OR
503-246-1213

DISCOVER TRAVEL SWIM DIY
EXPLORE CREATE DINE WRITE
HAVE FUN LEARN WONDER
TRAIN DRIVE DRAW GET IN SHAPE RENEW
SEW GARDEN | SHARE STRENGTHEN PERFORM
PAINT GRAF MEDITATE COOK CONVERSE
PHOTOGRAPH PLAN JOIN DANCE

PCC Community Ed offers dozens of non-credit classes in Southwest Portland and hundreds more throughout the district and online. Start exploring today!

www.pcc.edu/communityed

PCC CommunityEd



Portland Community College

Friends of April Hill Park needs to raise \$24,000 to begin building bridges



Right now, people entering the wetland trudge through dense vegetation and standing water. Because there aren't any defined trails, narrow and muddy paths criss-cross through the wetland. (Photo courtesy Friends of April Hill Park)

By Melinda Hasting
The Southwest Portland Post

The Maplewood Neighborhood Association met November 13 and a key highlight was the ongoing fundraising campaign for April Hill Park improvements.

Friends of April Hill Park, of which Maplewood Neighborhood Association is a member, has launched an Indiegogo campaign to raise more funding to match its recent \$83,000 Metro grant to improve the park's wetlands and to create safer access to nature for park visitors.

The entire improvement budget is estimated at \$250,000, much of which will be provided through pro-bono and in-kind contributions. Friends of April Hill Park must raise the remaining matching funds of \$24,000 for the project to be green-lighted.

Due to weather sensitivities related to construction, the organization is pressing to achieve the goal quickly in order to undergo the necessary (and sometimes lengthy) permitting process. Construction could begin during the dry season in late spring 2014.

The concept plan for the project, which is subject to review and approval, includes creating 2,000 feet of sustainable soft surface trail, along with a 900 foot boardwalk with handrails. Two bridges would be constructed across Woods Creek to help protect the banks from erosion.

Soft surface trails are more sustainable and help prevent erosion. Organizers believe the trails will minimize other impacts to the water and will create a new access point from the dead-end street and entrance to the park and its natural area.

The boardwalk area would alleviate the negative impacts of social trails that currently exist, crisscrossing the wetland and potentially degrading the habitat. Bridges would allow vegetation along the creek to regrow, eventually increasing the stability of the banks.

In order to create outdoor classroom learning opportunities for children and youth, including Maplewood Elementary School students, a wetland observation platform is slated for construction and would accommodate an entire classroom of students.

Though the park is rich with opportunities to observe na-

ture, it is currently unsafe for groups of students to participate in outdoor learning opportunities.

Maplewood Elementary School staff intends to utilize the platform as a way for students to get outside in fresh air and observe nature firsthand.

Another important component of the plan is to introduce signage throughout the park that tells the story of the wetland, its uniqueness in an urban setting, and more about the variety of its inhabitants.

Moreover, the signage will underscore why off-trail and dog off-leash activities introduce bacteria and invasive plants that are harmful to the wetland.

Thus far the Indiegogo campaign has raised \$3,176. Maplewood Neighborhood Association has also paid to mail a flyer to more than 1,000 households in the neighboring area. The Indiegogo website is <http://www.indiegogo.com/projects/wild-about-the-april-hill-park-wetland>.

Donations can also be mailed to Southwest Neighborhoods, Inc. (SWNI), at SWNI, 7688 SW Capitol Hwy. Portland 97219. In the memo line, it is important to note "April Hill Park."

COMMUNITY LIFE

(Continued from Page 3)

7 The No. 1 Hillsdale Knitting Society: Learn basic knitting skills or get help with an existing project. Crocheters welcome too. For children 5 years and older as well as adults. Saturday, December 7, 10:00 a.m. to 12:30 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd., 503-988-5388.

Garden Home's 29th Annual Holiday Bazaar: Saturday, December 7, 9:00 a.m. to 4:00 p.m. Join the community and 100+ vendors! Breakfast with Santa at 8:00 a.m. followed by all-you-can-

eat pancake breakfast, used book sale, entertainment and more! Held at the Garden Home Recreation Center on the corner of Southwest Oleson and Garden Home roads.

Used Book Sale: Saturday, Dec. 7, 9:00 a.m. to 3:00 p.m. Hundreds of books including children's, travel, mysteries, how-to, history, novels, cookbooks & more! Hard backs for \$1; paperback for 50 cents, and CDs, DVDs and tapes for \$1. Collectibles as priced. Entertainment books also for sale for \$30. All proceeds benefit the Garden Home Community Library. 7475 SW Oleson Rd. More info: 503-245-9932 or www.wccls.org.

Sellwood Bridge Project

(Continued from Page 1)

"To be certified for Greenroads attainment," Pullen described, "the contractor, Slayden/Sundt, must go above and beyond the minimum environmental requirements."

This includes efficiently using resources and reusable materials; managing waste; reducing emissions; designing accessibility for all; and creating new pavement technology.

Cedar trees that had to be removed on the westside were donated to local tribes to be made into traditional garments and ceremonial items.

And the bridge will never have to be painted since the arches are being constructed with weathered steel.

In addition to the project website (sellwoodbridge.org), project information is available by calling 503-209-4111 or by signing up for email or twitter updates at the project website.



Join us Sundays for complete coverage of all NFL games. 200 inch HiDef projection TV.

NEW - Growlers To Go!

Daily Food Specials
Happy hour 3-6 Mon-Fri.
Full bar, 17 beers on tap.

3017 SW Multnomah Blvd.

Portland Or 97219

503-293-2100



Mention our ad in The Post and save 20% off your bill!



HARD TO SHOP FOR?


How about a bottle of wine & dinner for two -- for \$50?!

Our special-value holiday gift certificate is only available in December. Includes bottle of wine, salad, app, sliders, risotto & dessert. What a steal, maybe get 2...






6320 SW Capitol Hwy Hillsdale Town Center

KorkageWine.com 503-293-3146



Now serving
Delicious Cocktails
Unique Happy Hour Menu
and as always our *Nightly Dinner Entrees & Breakfast all Day!*

7910 SW 35th Ave.
Portland 97219
503.245.0199
www.marcoscafe.com
M-F 7am-9pm
Sat & Sun 8am-9pm

Happy Hour
served Sun-Thurs
3pm-5:30pm &
Daily 8pm-9pm

Warm up with our
Rose City Nudge!

SPICE UP YOUR HOLIDAYS!

GIFT CARDS

BUY 3 GET 1 FREE

***HOLIDAY SPECIAL FOR MOLLY'S MOB.**



1523 SW Sunset Blvd.
Portland, OR

Salvador Molly's

503.293.1790
www.salvadmollys.com

THE COUNTRY STORE

(Continued from Page 1)

New Multnomah Village Business Association board member Petie Farkas opened Peachtree Gifts in the fall of 2012. The boutique features greeting cards, an assortment of baby and general gift lines.

The Wedding Cottage originally opened in 1984 in Beaverton and relocated to the back of Peachtree Gifts. The Wedding Cottage carries the largest selection of wedding accessories and invitations in Portland.

"We strive to create relationships and a connection with our customers that stems beyond the transaction," Farkas said.

Longtime business owners, Jill Crecraft (Sip D'Vine) and Shelly Harbert (Little Shop of Drawers),

along with Randy Bonella, were on hand for the festivities.

Multnomah Village Dental Care also celebrated one year in the community, with Dr. Lisa Jensen purchasing the long-time practice of Dr. John Shaw. (See photo on page 4.)

Annie Bloom's Books celebrates 35 years in Multnomah Village

What year did "Annie Hall" win Best Picture Oscar, President Jimmy Carter facilitate the Camp David peace accords, and *The Thorn Birds* make the *New York Times* bestseller list?

The same year that Bobby Tichenor (with former business partner Susan Bloom) founded Annie Bloom's

Books in Multnomah Village: 1978.

"For the first five years," Tichenor recounted, "we were located where Sip D'Vine is now."

"When a chance came to buy the building [previously occupied by a Multnomah bank], we jumped at it."

The bookstore has hosted many authors over the last three and a half decades: Phil Margolin, (most recently *Sleight of Hand*); Michael Hoeye (*Time Stops For No Mouse*); Dana Haynes, (aviation thrillers) and now Portland mayoral spokesman; David Suzuki, (Canadian environmentalist); and Azar Nafasi, (*Things I've Been Silent About*, which follows *Reading Lolita in Tehran*).

Ms. Nafasi caused traffic nightmares in the village back when.

"We hold approximately two readings a week," said Mary, an

employee who's been working there for over fifteen years.

"Best job ever!"

Molly Bloom, the most recent bookstore cat, wasn't around back in '78. She was preceded by Oscar Wilde, Jazz, and Scarlett O'Hara.

But none of them had a Facebook account like Molly. She was unavailable for a photo shoot due to her afternoon nap upstairs.

When asked about the uptick in ebooks, Tichenor said it was not going to affect Annie Bloom's business.

"We weathered the recession in '08 and multiple construction projects in the area. Ebooks are just another genre."

Annie Bloom's Books is located at 7834 SW Capitol Hwy and is open 9-10 weekdays, 9-9 weekends, and 24/7 at annieblooms.com.

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

"WE MAKE HOUSES HAPPY!"
Sarah Anderson, 10
Stan Anderson Builders, LLC
 SPECIALIZING IN KITCHENS, BATHROOMS & ROOM ADDITIONS.
 Call today for an appointment: **503-901-1009**
 STAN ANDERSON BUILDERS, LLC
 WWW.STANANDERSONBUILDERS.COM
 STANANDERSONBUILDERS@MSN.COM
 STAN ANDERSON
 CCB#156713

CZ BECKER COMPANY WOOD FLOORS
A Family Owned Business Since 1982



- Restoration Repairs & Refinishing
- State of the Art Dust Containment
- Installation of New Wood Floors
- Environmentally Friendly Finishes

503.282.0623
czbecker.com
 CCB #48132

KEITH DAVIS CONSTRUCTION, LLC *Over 30 years experience*


- KITCHEN & BATHROOM REMODEL
- HISTORIC & WHOLE HOUSE RENOVATION
- DECKS, WINDOWS, MAINTENANCE & MORE

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

Decks • Stairs • Rails • Trellises • Screens • Benches

DECKS
 I live in the neighborhood. CCB#173192
 Davis Hart • 503-888-4342 • DecksbyDavisHart.com

Ann Slocum-Edmond
Optometric Physician
 Heather Dudzik
Optician
 Annie Wolf
Optometric Physician
HILLSDALE EYE CARE
 1522 SW SUNSET BLVD
 PORTLAND OREGON 97239
 PH 503 - 473 - 8039
 FAX 503 - 473 - 8952
 WWW.HILLSDALEEYE.COM

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

Tree pruning & preservation
 Tree & stump removals
 Arborist reports & Consulting

MULTNOMAH Tree Experts, LTD.
Peter Torres, M.F.
 ISA Certified Arborist (PN-650B)
 CCB #154349
 Southwest Portland, Oregon
(503) 452-8160
Peter@MultnomahTree.com
www.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.)

PRECISION HOME REPAIR & DRYWALL
JON A. GOSCH
 Phone: 503-643-3517
 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

ROBERTSON CONSTRUCTION & PAINTING LLC

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


 James Robertson
 PO Box 80897
 Portland, OR 97280
 (503) 516-1223
 (503) 293-6586 (FAX)
robertsonpainting@gmail.com
 CCB# 169852 Insured • Bonded

SIGNS BY TOMORROW
SIGNS & GRAPHICS NATIONWIDE
 The IDEA Today ... The SIGN Tomorrow!

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

503.244.0980
 9220 SW Barbur Blvd. #111 - Portland - OR - 97219

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

 LICENSED BONDED/INSURED
 CCB #173347
503.957.7559 AUTUMN SUN PARDEE
sundogconstruction@mac.com

MACKENZIE E. DOUGLAS, D.M.D.
 Family Dentistry in Multnomah Village

 phone 503-244-3712
 fax 503-244-2122
 e-mail office@villagedentalpdx.com
 web www.villagedentalpdx.com
 7615 SW Capitol Highway
 Portland, OR 97219

Bradley J. Woodworth & Associates, PC
~Attorneys at Law~
 Experienced Business and Family Attorney Since 1985
503.226.4644
 Real Estate - Foreclosures, Sales and Disputes
 Family Law and Custody
 Probate, Conservator, Guardianships
www.woodworthlaw.com
www.portlanddivorcelawyer.com


Happy Holidays!
 from all of us at *The Post*

EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: Can you discuss pollutants in car interior materials, and also pollution inside cars originating from gasoline and diesel exhausts outside the car?

— Mervyn Kline, Philadelphia, PA

The interior of your car may seem like a safe haven from air pollution, but it may actually be quite the opposite. Chemicals emanating from the steering wheel, dashboard, armrests and seats mix with the airborne pollution being generated under the hood to form a witch's brew of toxins for those riding inside.

"Research shows that vehicle interiors contain a unique cocktail of hundreds of toxic chemicals that off-gas in small, confined spaces," says Jeff Gearhart of the Ecology Center, a Michigan-based non-profit. The extreme air temperatures inside cars on sunny days can increase the concentration of Volatile Organic Compounds (VOCs) and break other chemicals down into more toxic constituents.

Some of the worst offenders include airborne bromine, chlorine, lead, and other heavy metals. "Since these chemicals are not regulated, consumers have

no way of knowing the dangers they face," adds Gearhart.

Exhaust fumes also find their way into the passenger cabins of many cars.

The International Center for Technology Assessment (ICTA) found that concentrations of carbon monoxide (a noxious by-product of internal combustion known to cause headaches, dizziness, nausea and fatigue as well as being a major asthma trigger) may be 10 times higher inside any given car than outdoors along the roadside.

ICTA added that in light of the fact that the average American spends an hour and a half driving around each day, in-car air pollution may pose "one of the greatest modern threats to human health."

To help consumers minimize their exposure, the Ecology Center released the fourth version of its *Consumer Guide to Toxic Chemicals in Cars* in 2012, comparing over 200 different cars across the 2010 and 2011 model years.

Those scoring the most kudos in regard to interior air quality include the Honda Civic, Toyota Prius and Honda CR-Z. The Civic scored first by being free of bromine-based flame retardants (BFRs) in interior components, utilizing polyvinyl chloride (PVC)-free interior fabrics and trim, and having low levels of heavy metals.

Meanwhile, pulling up the rear were Mitsubishi's Outlander Sport, the Chrysler 200 SC and the Kia Soul. The Outlander finished in last place due to its use of BFRs as well as antimony-based flame retardants in its interior, chromium treated leather components and excessive amounts of lead in seating materials.

"The good news is overall vehicle ratings are improving," reports the Ecology Center, adding that the top performers have gotten rid of BFRs and PVC altogether in their interiors. "Today, 17 percent of new vehicles have PVC-free interiors and 60 percent are produced without BFRs."

Consumers can check on their late model car by steering their web browser to the HealthyStuff.org website, the Ecology Center's free online resource for consumer information.

While environmental and public health groups are working to try to get automakers to clean up their interiors, individuals can reduce their exposure by parking in the shade, using interior sun reflectors to keep temperatures down inside the car and rolling down the windows to let the fresh air in.



The Honda Civic, Honda CR-Z and the Toyota Prius (pictured here) had the best air quality in The Ecology Center's 2012 Consumer Guide to Toxic Chemicals in Cars. (Photo courtesy of Toyota)

Contacts: Ecology Center, www.ecocenter.org; ICTA, www.icta.org; Model Year 2011/2012 Guide to New Vehicles, www.healthystuff.org/documents/2012_Cars.pdf.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

Classic Multnomah Village New Custom Home - \$519,000

Located at 3905 SW Dolph Ct. Designed with efficiency of space and featuring top quality finishes and workmanship. Personal selections of interior finishes, slab, hardwoods, tile are encouraged. Local custom builder, Mission Homes, offering a custom home building opportunity; Now under construction, ideal close-in location convenient to OHSU & downtown.



Contact Tim "TC" Cairns
Real Estate Broker at 503-495-5012
or visit www.TimCairns.com



www.MissionHomesNW.com

Holiday Sale

Thurs, Dec 5
thru
Sun, Dec 8

20% off
all sweaters,
skirts, scarves
& jewelry

thurs 10-8
fri & sat 10-6
sun 10-5

Hillsdale
Town Center
503.246.3417

www.palomaclimbing.com

PALOMA CLOTHING

Why Not Choose The Best?

At Fanno Creek Clinic we have three of Portland's Top Doctors, as selected by Portland Monthly Magazine.



Charles Bentz, MD



George Demetron, MD



Angela Marshall-Olson, DO

We will continue to care for our patients even after they turn 65 - when some other providers won't. Additionally, Fanno Creek Clinic offers in-house services such as Lab, X-Ray, Psychiatry/Mental Health, and Podiatry.



Always welcoming new patients and accepting most major insurance plans.

FANNO CREEK CLINIC
2400 SW Vermont St.
Portland, Or 97219
(503)452-0915

WWW.FANNOCREEK.COM



Portland's Favorite
Neighborhood
Pet Supply Stores

All Natural Pet Foods

Raw Food Diets

Allergy Relief

Herbal Remedies

Pesticide-Free Flea Control

Eco-Friendly Toys and Beds



Three Convenient
Portland Locations

7642 SW Capitol Highway
971-222-2686

1736 SE Hawthorne Blvd
503-236-8036

2224 NE Alberta St
503-249-6571

Look for Monthly Specials at:
www.healthypetsnw.com

The Natural Alternative for Pet Foods & Supplies

Garden journal best tool for planning, musing, and keeping it all straight

GARDEN MIND

By Rebecca Hart

Hothouse's *A Gardener's Journal* was my first garden journal, a lovely thing with color photographs on one side and opposite un-numbered, lined pages at the top.

I believe I had the journal for some time before I cracked it and began to use it in a serious manner; my first entries were in 2000, then not again (for those early weeks in January) until 2005. Yes: two different years and two gardens.

By week three I was doing better, with two entries from 2001, one from 2004, one from 2005, and again in 2008. (I don't make entries much when I am busy, evidence shows.)

If I'm anything but consistent, so is the weather, but at least I have a record to share with you; these are some entries for week three:

Jan. 17, 2001: Very mild out. Cleaned up roses. Cut out blackberries. Pulled grasses, first cleanup in three years (a rental property)? Pulled and cleaned up Montbretias; will have corms to transplant.

Jan. 18, 2001: Edged around trees planted in the fall, by double gate; now planning rest of adjacent garden.

Jan. 17, 2004: Put up "new" electric fence to keep llamas from hedgerow. Put up panels to keep llamas away. Poor pines! Dug and potted six native elderberries (*Sambucus canadensis*) to plant out in hedgerow.

Jan. 15, 2005: Cold. Pair of eagles frequenting area, like to cry and play overhead; good sign.

Jan. 18, 2005: Sixty degrees. Very lovely. Even fog is romantic, atmospheric.

Jan. 15, 2008: Cold out. Enough breeze to stir chimes. Below 32 degrees. Lots of wind and rain last night, again. Did a little clean-up, but waiting for weather to turn. (Okay: when?) But the

"Gardening is a fine art – you need a painter's eye for color and composition, and architect's sense of proportion and symmetry, and a sculptor's feel for manipulating form and texture in three dimensions... I make a record of good things and bad, of brilliant innovative ideas and those which haven't come off because the style, scale or use of plants is wrong."

Penelope Hobhouse, A Gardener's Journal: The Art and Practice of Gardening (Frances Lincoln London / Willow Creek USA, 1997)

Hellebores are getting ready to pop, and tiny roses and hydrangeas have hard swellings. Too wet to mow.

Jan. 29, 2005: White camellia, in pot on deck, blooming. Three white currant (*Ribes sanguineum 'Alba'*), now seven feet tall, just showing buds. Very nice

out, balmy. Weeded some along Himalayan birch bed. Need to lime and feed slow release fertilizer and put down a good layer of mulch. (Clean stalls.)

So, you see what good a garden journal is? Where else would you have this vital information at a moment's reach?

We are near a new year, and now is a grand time to reconsider how and why we garden. For me, a garden journal is one of my few essential tools; it provides a record of the details, large and small.

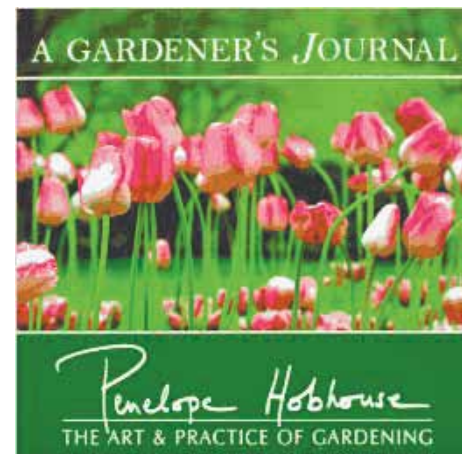
Yes, it's a tool that mostly only goes to the edge of the garden, if outdoors at all, but it's an essential tool for creating of that special place where we muse and weigh the possibilities.

Next month, January, is when the seed companies send out seed catalogs. Halleluia! In advance of this bounty, when our imaginary gardens take early root, I'm recommending two books for your shelf, while there is still time to read.

These will help you to parse some of the new science behind contemporary gardens: compost, biochar, the complex role of mycelium.

I'm not generally prone to hyperbole, but these two books (see footnotes) changed the way I garden. They will enrich your comprehension about what role the garden plays in your life and the life of the planet.

Have a good month. Be sure to disconnect (and drain) all the hoses and irrigation systems. Make sure your ceramic planters, bowls and basins are safe from freezing (they will be ruined



if they split and crack from frost). And be sure to provide fresh water for the wild things that pass through your garden spaces.

Good reads for gardeners

Gardening at the Dragon's Gate, by Wendy Johnson (Bantam/Dell/Random House, 2008) will give you a fresh perspective on organic vegetable gardening. Johnson works closely with Alice Waters, the early Slow Food proponent.

Teaming with Microbes: A Gardener's Guide to the Soil Food Web, by Jeff Lowenfels, Wayne Lewis (Timber Press, 2006), got me to stop using fertilizers with nitrogen concentration over 7 percent; you'll have to read it yourself to see why. (I am a former "triple 16" user.)

Your Ticket to Local Holiday Savings
Golden Ticket
 Multnomah Village & Hillsdale

Multnomah Village

Action Fast Photo	Jones & Jones Jewelers	NW Wools
Annastasia Salon	Jules of Morocco Clothing	Peachtree Gifts
Anne Bocci	Kumo Acupuncture	Peggy Sundays
Annie Bloom's Books	Little Shop of Drawers	Switch Shoes & Clothing
Craft Factory	Maggies Boutique	Thinker Toys
Fusion Cut and Color Salon	Mary Truitt's	Topanian Global Gifts
Healty Pets NW	Multnomah Antiques	Village Beads
Indigo Traders	Multnomah Family Care Cntr.	Village Family Dental
Insights to Health	Multnomah Village Dental	Village Frame & Gallery
Jacquelines Found & Fabulous		

Hillsdale

Baker & Spice Cakery	Indigo Traders	Portland Wellness Cntr.
Gifford Dentistry	Other World Games	Second to None
Hair Color Salon Dirk	Paint Pots Ceramic Studio	The UPS Store
Hillsdale Art Supply	Paloma Clothing	

Food & Drink

Down to Earth Cafe	Medly	Sasquatch Brewing
Grand Central Baking	Nectar	Sip D'Vine
Hatties Sweet Shop	O'Connors	The Village Hut
Korkage Wine Bar	Otto & Anita's	Verde Cocina
Marco's Cafe	Salvador Molly's	Village Coffee

Major Sponsors

ANNASTASIA SALON, VENTUREPORTLAND, UMPQUA BANK, Healthy Pets, NeCtar, HILLSDALE MAIN STREET, Northwest Wools, Sip D'Vine

Parker Realty, Inc.

Multnomah Village – \$365,000

Classic Daylight Ranch within blocks of Multnomah Village. 3 bedrooms and 1.5 baths, updated kitchen w/ cherry cabinets & more! Gleaming hardwood floors. Large living room w/ FP. Large family room on lower level w/ FP and deck. Oversized single garage w/ shop & carport. MLS 13226833

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

Jeff Parker
 Your Neighborhood Realtor Since 1980

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

(w)here inc.
 Real Estate

Elaine Yoder
 Principal Broker
 (503) 956-0222 cell
www.where-inc.com
portlandurbanhomes.com

Where experience matters