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PORTLAND
lifestyle & family

5 QUICK Bits
• The Right Side of the River
• Book Reviews • Online Finds
• Kid Wise • Trivia Trifecta • Kid Jokes
• Haiku Corner • In Our Next Issue

6 GOODNESS
Volunteer Opportunities
Noteworthy • Local Nonprofits

7 ASK Ariel
End-of-Summer Happy Dance

8 8 Days a Week

12 PUBLISHER’S Pantry
Nina’s Beet Salad and Sautéed Beet Greens

14 DATE Night
Script for a Night of Fun

26 AWAY FOR A Day
• Let ‘er Buck this September at Pendleton Round-Up
• Discovering Gemütlichkeit at Oktoberfest

30 HOME Grown
Plant Bulbs Now for a Colorful Spring

FEATURES

10 A Basketball Story Not About Basketball

13 COFFEE: A Cup of Health and Happiness

15 Looking Sharp
Grooming for the Twenty-First Century

16 How to Raise a Good Man

17 On Man Buns and Civility
Manliness in the 21st Century

20 Father Fitness

22 The Invisible People
Portland’s Urban Indian Population

28 Rockin’ It
Why Rock Climbing is Great for Kids

31 When Your Child has SPECIAL NEEDS
• Navigating Public Agency Services
• Employment Related Services

34 Cannabis Safety in the Home

Cover image © Emily Fishback
You might have noticed that our magazine has been looking a little different lately — and you’d be right. You see, for awhile, we’d had the sense that our magazine had grown, matured and evolved, but our look hadn’t.

We have long felt ourselves to be a magazine about Portland, and, yes, about the wonderful families here. But we define families rather broadly. Family can be, of course, those who raised you, but it can also be so much more. A Pew Research Center report stated that families are trending toward “more unmarried couples raising children; more gay and lesbian couples raising children; more single women having children without a male partner; more people living together without getting married; more mothers of young children working outside the home; more people of different races marrying each other; and more women not ever having children.”

Portland families are beautiful and diverse. They are from all walks of life. Biology is not necessarily a point of definition — a family in Portland can be a group of people who depend on one another, who love one another unconditionally, who look out for one another. That is what family means to us.

We also don’t want to limit ourselves to topics about families, about children or about schools. We have too much to say! So we have added the word “Lifestyle” to our name. We want to let you know that we have articles about history and home; on the best of the city — and the best ways to get out of it.

Welcome to the new Portland Lifestyle and Family magazine. We are a magazine for every Portlander. We’re a magazine for you.
**NOTEWORTHY**

Many of us don’t think about our water heaters that much — until the hot water runs out. If your water heater is more than 10 years old, it’s approaching the end of its lifespan. Plan ahead for a new water heater to avoid a cold-water crisis and the hassle of emergency replacement.

As much as 20 to 30 percent of a home’s energy is used to heat water; making water heating the second-largest home energy expense after heating and cooking. ENERGY STAR® estimates that households pay an average of $250 to $400 a year for water heating.

Replace your old water heater with a high-efficiency model to help lower your utility bills and keep the hot water flowing. Energy Trust of Oregon offers cash incentives on qualifying gas and electric high-efficiency water heaters to make your upgrade more affordable. You may even be eligible for state and federal energy tax credits.

**ENERGY TRUST** is working with local retailers throughout Oregon to help you choose your next water heater and can also connect you with trade ally contractors to help with installation. Find a retailer or contractor near you by visiting www.energystar.org/myhome or call Energy Trust at 866-368-7878.

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**THE DOUGY CENTER: A SAFE PLACE TO TALK, A SAFE PLACE TO LISTEN.**

At The Douggy Center for Grieving Children & Families, children, teens and their family members are not alone in their grief. Their free peer support group program provides children ages 3 to 18 years of age and their family members, as well as young adults ages 19 to 35, a safe place to talk about their experiences and a safe place to listen and learn from others.

The Douggy Center offers the Pathways program for children, teens, young adults and their families facing an advanced serious illness. Pathways is a safe place to talk about the challenges of living with an advanced serious illness, concerns about dying, navigating the medical system and living with uncertainty. When a grieving community member can’t come to The Douggy Center, the center’s staff brings to the person in grief Community-based interventions: are offered to schools, workplaces and homes impacted by death from an accident, illness, suicide or homicide. Educational workshops for those working with children in hospitals, schools, hospices, youth service organizations and mental health agencies are also provided.

If you or someone you know needs support, The Douggy Center is here. Please visit online at www.dougy.org or call 503-775-5683 for more information and resources.

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**END-OF-SUMMER HAPPY DANCE**

Dear Ariel,

FIRST, I WANT TO SAY I LOVE my kids. They are funny, smart and most of the time I absolutely adore them. But I am so happy they are going back to school! It’s been a long summer of too much family time and I am ready for a break. The problem is that I feel guilty for wanting them to be in school all day.

I know their childhoods are so short and will be over soon and I should enjoy every moment. But I am really looking forward to a few quiet, calm hours each day. Do you have any brilliant suggestions to assuage my guilt? — September Happy Dancer

Dear SDR,

I love this question. Don’t feel guilty about having a life apart from your kids, because no parent should feel guilty about finishing a cup of coffee or going to the bathroom without interruption—or just being able to sit quietly for a few minutes and breathe. What I love about this question is the layer underneath the guilt. That is, “Do we as parents have the right to have our own lives?” And the answer is a resounding “Yes!”—even though we are often given the message that it’s not okay to take care of ourselves or put our needs before the needs of our kids.

We are better parents when our lives are fulfilling, when we have interests and passions outside of our family. When I make time to exercise regularly, see my friends occasionally and spend alone time with my partner, I am a better, happier mom to my kids. It’s a simple equation that many of us fail to understand. Modern parenting has become a kid-centered circus. I know this might be a controversial statement, but our kids should orbit around our lives, not the other way around.

As for the kids going back to school, it’s often a great thing for families to return to the routine and structure of the school schedule. The comfort and predictability of the familiar will help ease some of the strain of too much family togetherness. Back-to-school time is a double-edged sword for those of us who are both public school educators and parents. I am sure ready for my kid to be back at his school, but it also means that I have to go back to mine. As much as I love my job, I love summer just a bit more. Try to be present with it all: the happiness of school starting, the love of your kids and their short childhoods—and savor those quiet moments whenever you can. ♦

Ariel Frager is a school counselor and has a private therapy practice that specializes in treating children, adolescents and families. She lives in Portland with her husband, son, dog and kitty cat.

**Have a question? asiarie @portlandfamily.com**
Oregon Symphony
Carlos Kalmar, Music Director

I. WATERFORD CONCERT: Tschaikovsky's 1812 Overture, complete with military cannons from the Oregon Army National Guard 218th Field Artillery, and an elaborate fireworks finale. Free. Tom McCall Waterfront Park, 12:30 p.m. & 7 p.m.

29 THE MUSIC OF DAVID BOWIE: A full rock band and vocalist join the orchestra to celebrate the one-of-a-kind genius in a sensual musical odyssey through his unforgettable body of work, including “Space Oddity,” “Changes,” “Under Pressure,” “China Girl,” and many more. 7:30 p.m.

3-5 ART IN THE PEARL
Named one of the top 10 Arts and Crafts Festivals in the country (source: Art Fair Sourcebook), the festival fills the Northwest Park block with art, theater, music and hands-on activities for people of all ages. Over 100 artists showing and selling their work; a Singer/Songwriter Stage presenting a variety of original music; an Education Pavilion featuring hands-on art activities for children and adults; and delicious food!

MOUNT ANGEL OKTOFEST
Celebrate the harvest, Bavarian style! Something for everyone, including a car show and foot race.

10 PEDAL TRACTOR RACE: The racing will start at St. Mary Grade School, wind its way through Mount Angel and end at the Festhalle. The final race will be held at 7:30 p.m. during the Kickoff Party. Each sponsored team will be supplied by Papé Machinery. on a John Deere pedal tractor

11 OIDS WALK PORTLAND: A fun, 2-4 mile walk for the whole family through PXD to raise awareness of, and funds for, the fight against HIV/AIDS. Followed by music and entertainment! The Fields Park.

16-17 “LITTLE SHOP OF HORRORS” Part two: “n’roll part doo-wop, part Motown: a shy, low-strung, florist finds fame, fortune and more when he nurtures a strange — and thiny — plant, U.S. Bank Main Stage.

17 OREGON TRAIL LIVE: Remember playing the classic computer game, The Oregon Trail? Experience the trials and challenges of the game in real life! Live music, food, drinks and entertainment. Willamette Heritage Center noon-5 p.m.

17 WILLAPETTE LIVING HISTORY TOUR. Take a step back in time to experience life in the homes and the lives of the first citizens of the town of Willamette — the sounds, the sights, the smells of one of the first suburban towns from the early 20th century.

20 SENIOR SAFARI Annual free day for seniors age 65 and older; can bring a guest for free. Animal talkers, birds of prey on display, pettable creatures and a lunch special. Oregon Zoo. 9:30 a.m.-3 p.m.

29 LITTLE FOLKIES PARENT LITERACY CLASS. Start a family band and play the songs at home. Just give a shaker or xylophone to the little one and play through the little folkies song book all day long. (Non-isk songs as well; for total beginners;ukuleles on hand to borrow.)

WILLAMETTE LIVING HISTORY TOUR.

FILM FESTIVAL.

22-26 DRIVE-IN AT ZELZEL YARDS. Drive or take the scooter to these pop cinema classics under the stars. Gates open at 5 p.m. films start at 7:30 p.m., with food and drink for sale. No car? Bring a chair and warm blankets!

25 ROCKY AND FIBER FESTIVAL. Fiber-craft demos, screen, fleece sale and Goat Obstacle Course. Corvallis, OR.

29-30/10/12 FDX JUGGLING FESTIVAL. Juggling and Vaudville Extravaganza. Late night! Open juggling and workshops, door prizes, games and free Need Campus.

SEPTEMBER 2016
For more events go to portlandfamily.com/happenings
A Basketball Story Not About Basketball

by Brian Doyle
Illustration by Joy Cha

PROBABLY THE FUNNIEST BASKETBALL game I ever played in was the Senior Camp Counselors versus the Otters. The Otters being kids 5 and 6 years old in their first summer at the camp high on a hill over Long Island Sound, so high that you could see Connecticut on clear days, sprawled on the horizon like a long green slab of paint.

One of the Otters, in fact, a silent boy named Aram, actually lived in Connecticut, and was driven to and from camp every morning in it, I kid you not, an enormous town car with a massive driver in a mustard-yellow black suit. I asked Aram once what he did during the drive, which must have been almost two hours each way, and he said mostly he slept, but sometimes he and the driver played games having to do with spotting license plates, or the colors of cars, or counting the number of other drivers smoking cigarettes, or noting the species of birds spotted along the road or remembering the best meals they had ever had. The driver was from Trinidad and Tobago, said Aram, and mostly his, the driver’s favorite meals had to do with fish stuffed with fruit.

Aram was one of the Otters, as were a slew of other spastically boys whose faces came back to me now when I see their names before me in books and newspapers and billboards and street signs: Elijah and Isaiah, Jesus and James, Aaron and Adam. I remember once giving a speech to the Otters about the remarkably Biblical cast of their nomenclature, the primarily desert provenance of their given names; how rare and lovely to find a room full of young men bearing the names of legendary characters from that tumultuous region of the world, eh, boys? And I well remember the way they stared at me with not the slightest idea what I was saying, as usual. It was Aram who once said to me, by the archery pit, that he and the other Otters often wondered if I knew what I was saying, as usual. It was Aram who once said to me, by the archery pit, that he and the other Otters often wondered if I knew what I was talking about when I delivered one of my speeches, which still seems to me an excellent question.

The Senior Counselors versus the first-years was a camp tradition, attended by not only all campers and staff but many parents and families. It was held late in the afternoon of the last day, and was followed by an awards ceremony and picnic. As the sun shone golden over the camp high on a hill over Long Island Sound, so high that you could see Connecticut on clear days, sprawled on the horizon like a long green slab of paint.

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**Nina’s Beet Salad and Sautéed Beet Greens**

by Melissa Kniazeva

I LOVE AUTUMN VEGETABLES. Beets, parsnips, sweet potatoes, winter squash, brussels sprouts and turnips bring to mind warming soups and hearty purees.

For Nina’s Beet Salad you’ll need:

- 3 small beets
- 2 tablespoons red wine vinegar
- 1/2 cup chopped walnuts
- pinch of salt

Cut off both ends of the beets and boil them until they are soft when stabbed with a fork. Drain and dump the whole beets into ice water. You can use your hands to pull off the skins; they’ll just fall off. However, your fingers will be dyed purple for a bit, so if you’re sensitive you might want to use gloves.

Grate the peeled beets into a mixing bowl. Mince the garlic very fine and add to the beets. Add all the other ingredients and stir. Presto! You’ve got a delicious, sweet winter salad.

For Sautéed Beet Greens you’ll need:

- greens from 3 beets
- 1 tablespoon olive oil
- 2 cloves garlic
- 2 tablespoons red wine vinegar
- pinch of salt
- 1/4 teaspoon black pepper

Wash the greens well and blanch them, dropping into boiling water and then into ice water to stop them from cooking further.

Remove from heat and add the vinegar and salt.

Sauté the garlic in the olive oil. Add the beet greens and cook until they’re warm.

Remove from heat and add the vinegar, salt and pepper. Grate the peeled beets into a mixing bowl. Mince the garlic very fine and add to the beets.

Add all the other ingredients and stir. Presto! You’ve got a delicious, sweet winter salad.

Now, I hope you didn’t get rid of the beet tops, because they are delicious!

**COFFEE:**

*A CUP OF HEALTH AND HAPPINESS*

by Megan Jablonski

WE PORTLANDERS TAKE EATING AND DRINKING SERIously. As evidence, we need only point to all the cafes, bistros, restaurants, breweries and whiskey bars that dot our beautiful city. Andina, Le Pigeon, Tin Shed, Laurelhurst, 10 Barrel Brewing and Brooklyn Park Pub are just a few, and this list of superb brasseries keeps growing with each passing year.

We are also very fond of our coffee, and are always on the lookout for the next hot spot. Stumptown, Hart, Case Study, Coava and Water Avenue are some of the most popular coffee roasters with their own houses in town, and Barista is widely hailed as one of the most delicious destinations in the Pearl. Indeed, many of this rainy burg’s citizens will travel miles out of their way to procure their favorite coffee, and consider it a bother.

When the cerebellum senses that these specific processes are amiss, it sends a message to the brain telling it to pump faster, and then orders glands to release a little bit of adrenaline into the bloodstream — almost as if it is preparing the body for a light or slight response. The brain, along with the entire body, enters a state of alaram. The fatigue felt only moments before rapidly fades, and the body is ready to move forward.

There are many studies suggesting that coffee drinkers may be less likely to develop type 2 diabetes, Parkinson’s disease and dementia.

Coffee not only makes the brain and body happy, it can make the taste buds dance, as well. The beans are actually pits that have been soaking in the juices of the coffee plant’s fruit, called “cherries.” During roasting, the flavor of the juice still trapped in the beans can become very pronounced and intense, ultimately resulting in a highly flavorful beverage.

Many people suffer from a condition called “lazy stomach.” Coffee’s inductive effect on digestive juices, such those diagnosed with a condition called “lazy stomach,” can help those struggling with serious water retention and weight gain, and inflammations made with boiled coffee leaves have been effective at reducing fever.

A cup of joe is a great source of antioxidants, too. Studies have shown that black coffee, particularly espresso, has a higher concentration of antioxidants than either black tea or wine.

Researchers point to coffee as a demulcent of free radicals that can cause degenerative diseases like cancer, and it’s been suggested that coffee drinkers may be less likely to develop type 2 diabetes, Parkinson’s disease and dementia.

The answer lies in the way coffee can transform our brains. Coffee contains caffeine — a strong natural stimulant that prevents certain chemicals in the brain from completing their functions. When the cerebellum senses that these specific processes are amiss, it sends a message to the heart telling it to pump faster, and then orders glands to release a little bit of adrenaline into the bloodstream — almost as if it is preparing the body for a light or slight response. The brain, along with the entire body, enters a state of alaram. The fatigue felt only moments before rapidly fades, and the body is ready to move forward.

**SEPTEMBER 2016 | 1312 | PORTLANDFAMILY.COM**
Looking Sharp

GROOMING FOR THE TWENTY-FIRST CENTURY

by Charity Marchandt

MORE THAN MEETS THE EYE, male grooming has grown from an uncomfortable perception of indulgence into a sophisticated array of services covering the once-waning knowledge of the barber arts. Hot towel facials and straight razor beard services were seen as bourgeois and on the fussy side — one more city slicker obsession with old-timey rituals. Beards in Portland grew wild and untamed, as if in defense of masculinity. For awhile, there seemed to be two camps: the clean-shaven and one more city slicker obsession with old-timey rituals. Beards in Portland grew wild and untamed, as if in defense of masculinity. For awhile, there seemed to be two camps: the clean-shaven and bushy beard teams.

What’s emerged, however, is a renaissance of grooming habits that have experienced spotty popularity since the 1950s — habits that now have a strong following among men not afraid to look and feel their best. Having whiskers shaped the way you want is a practical luxury, and many salons now offer more of the services once common in barber shops — from scalp, neck, back and shoulder massages with a side of beer or whiskey, to more luxurious choices that involve manicures, eyebrow trimming, pedicures, wraps and tanning. Whether you prefer no fur on your face or a look that tips a hat to styles of the Wild West, services like hot towel treatments reduce inflammation and bumps, while upsing confidence.

The following men’s salons are central to their neighborhoods as family-friendly community news centers, places to treat oneself, establishments that meet customers at their level of comfort and deliver — one buzz cut or ice whiskey neat at a time.

OAK BARBERSHOP
2308 SE Division Street, Portland
503-967-5925
No mess and as satisfying as it gets. Co-owner Augustus Bowman will give you a clean cut and shave.

ROOKS
(3 locations)
2935 N.E. Broadway Street, Portland
503-287-3399
2580 S.E. Division Street, Portland
503-432-8569
1109 S.W. Taylor Street, Portland
971-544-7061
Friendly, inclusive barbers that offer you a shave and a haircut without guilt. Good beer and good banter are also readily available.

THE CUTTING ROOM
1722 N.W. Raleigh Street, #424, Portland
503-560-4542
Affordable, full-service offerings that include the standard straight razor cut and shave as well as 15-minute massages of hands, neck, back and scalp.

HAIR M
(3 locations)
101 S.W. Main Street, Portland
503-517-0570
3300 S.W. Hocken Avenue, Beaverton
503-352-0882
1015 N.W. Lovejoy Street, Portland
503-715-884
Publications such as Esquire, Men’s Health and the New York Times have recommended this full-service shop, with its upscale aura plus trim, cuts and spa offerings beyond the usual hot towel and scalp massage.

METRO MAN
1480 N.W. Pettygrove Street, Portland
503-477-7270
Once you get past the pink company icon, you’ll find dedicated staff and clients. Families bring their kids here. Full service, including extras such as straight-razor eyebrow trim- ming alongside colors, cuts and smoothies. Yes, smoothies.

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snollygosterfarms.com

Kimberly St. John is a native Portlander and loves waterparks more than almost anything.

By Kimberly St. John

“HILLSBORO IS ONE OF THE BEST kept secrets around,” says Bag & Baggage Productions Artistic Director Scott Palmer.

Add to that the fact that live performance is one of the most exciting forms of entertainment, and it’s time for you and your sweetheart to head west for the perfect date. Bag & Baggage Productions theater company is always worth your time. This September, they are performing “The Graduate,” a stage play based on the famous movie. It’s a piece that is, all at once, hilarious, sexy and topical.

The Venetian Theatre, a spectacular venue, is in the historic downtown district of Hillsboro. Originally built in 1888, the theater has been through several iterations since then. In 2001, the city of Hillsboro bought the theater to re develop the property and bring it to its current glory.

Before the show, leave enough time to step in at the lobby bistro. The menu is mostly Italian, including pizza, burgers and dessert. There are several gluten-free and vegan options, and the wine and cocktail list is very good, too. The folks who spend the most time at the bistro, the cast and crew members of “The Graduate,” highly recommend the roast pork and apple salad or the stuffed meatloaf.

After the show, hold hands and take a stroll west down Main Street to the Hillsboro Civic Plaza, where there is a fun fountain and lots of seating. It’s one of the most charming outdoor areas in the city. In the summer, the fountain is a great place for dancing to the music from the stage. The fountains come alive with dressing, dancing and singing when the show is in progress.

If the weather keeps you from your stroll (or you just want to skip it), you can instead head across the street from the theater to Clark’s, for a post-show drink. Gaze into each other’s eyes over a cocktail or brew. There’s a good chance you might run into the cast and crew of “The Graduate” here — take a minute to greet them and tell them how much you liked the show (they love that).

The following men’s salons are central to their neighborhoods as family-friendly community news centers, places to treat oneself, establishments that meet customers at their level of comfort and deliver — one buzz cut or ice whiskey neat at a time.

The Graduates, Bag & Baggage Productions, ©Casey Campbell Photography

Looking Sharp

Looking Sharp

Looking Sharp

Looking Sharp

Looking Sharp
How to Raise a Good Man

by Sarah Sanderson

A ROGANT POLITICIANS, VIOLENT CELEBRITIES. Doozy TV dads. The culture around us often seems lacking in quality male role models. This can make raising a boy up into a man feel like a daunting task. What is our goal, as parents of boys, and how do we get there?

As mom to three sons, I’ve collected counsel on raising boys for a decade now. Here are some of my favorite pieces of advice:

• Bestow Bravery. Many boys are risk-takers. Increased testosterone and changing dopamine levels are partly to blame for the wide variety of reckless behaviors we associate with adolescent boys. But the best way to keep our sons out of danger may not be to clamp down on risks, but to encourage them — together. Child psychologist Andrew Fuller says, “Boys are going to take some risks in some way, and you can either provide them with options to do that with you, or they’ll do it separately.” So go backpacking. Volunteering with options to do that with you, or they’ll do it separately. Child psychologist Andrew Fuller says, “Boys are going to take some risks in some way, and you can either provide them with options to do that with you, or they’ll do it separately.” So go backpacking. Volunteering with options to do that with you, or they’ll do it separately.

• Foster Friendships. Society pressures men to go it alone. In “Deep: Secrets, Boys, Friendships, and the Crisis of Connection,” psychology professor Niobe Way shows that young men “experience a dramatic decline in the richness and quality of their social relations as they enter manhood.” And this leads to a dangerous drop in overall mental and physical health. So we need to leave space for our sons’ friendships to develop. Celebrate male friendships when we see them in books and movies. Model the importance of friendship in our own lives.

• Cultivate Compassion. On the list of traits that define a “good man,” this one’s a given: good men respect others. Especially others of different gender, race, age, ability or social status. Unfortunately, a certain culture of masculinity encourages cruelty instead. I asked my husband, one of the most caring men I know, how his parents helped him turn out that way. “They had me play with all different kinds of kids,” he responded. “They showed me the humanity in everyone, whether older ladies at church or the disabled boy down the street, so that when people were being teased, I already knew better: everyone is a person.” My mother-in-law concurred. “When people are being teased, I already knew better: everyone is a person.” My mother-in-law concurred. “We read aloud books that had wonderfully compassionate heroes,” she added. “As a family, we helped people who were needy.” In a culture where rape is brushed aside as “20 minutes of action,” it is critical to teach our sons that every other person is a person, deserving of compassion and respect.

• Elicit Emotions. My therapist gave me this idea. I was lamenting my inability to connect with one of my sons, the only one of the three who sometimes fits the “silent male” stereotype. She suggested that rather than fire off questions, which usually go unanswered, I should try guessing at my son’s feelings. I could say something like, “If that happened to me, I would probably feel scared.” Even if my son doesn’t respond, I’m enlarging his emotional vocabulary, and letting him know I want to understand him.

• Identify Individuality. I asked my sons their advice for parents of boys. “Let them play outside,” my 9-year-old suggested. “Give them lots of toys,” offered my 7-year-old. (The 4-year-old chimed in with “Give them lots of cake,” so take that for what it’s worth.) The different ideas I heard from my different boys reminded me that our job as parents, whether of boys or girls, is to become students of our children. What makes them tick? What are they telling us about themselves? We need to listen to their lives with them, and help them call out their own strengths. There is no one way to be a man; there is no one way to raise a boy. Let our sons be our guides. I have years to go yet in my boy-raising journey. But like who my sons are becoming. May they each someday join the ranks of the good men.

Sarah Sanderson lives in Gladstone with her husband, three sons, and a daughter. Find more at www.sarahsanderson.com.

On Man Buns and Civility

MANLINES IN THE 21ST CENTURY

by Samuel Cook

SEPTEMBER 3, 1901

The bustling crowd at the Minnesota State Fair is brimming with human electricity. It’s been less than a year since incumbent President William McKinley was sworn into office for his second term. Cotton candy recently popularized thanks to the Wharton brothers and their cotton candy machine, is sticking to the fingers of adults and children alike. On the center stage, a podium with the U.S. presidential seal is carted into the center; adjusted, brushed off. With a swagger that was the highlight of the previous year’s election cycle, Vice President Theodore Roosevelt hops lightly onto the stage, taking his position proudly behind the podium. The crowd falls silent, except for a few crying babies incapable of feeling the intense gravity of the man standing before them.

Roosevelt’s rousing, 5,300-word speech surprises, delights, inspires. But one phrase sticks in the minds of everyone there as he walks off stage. It’s sticking to our minds still today. “A good many of you are probably acquainted with the old proverb, ‘Speak softly and carry a big stick — you will go far,’” Roosevelt opined. He continued, “If a man continually blusters, if he lacks civility, a big stick will not save him from trouble, and neither will speaking softly avail, if back

of the softness there does not lie strength, power. In private life there are few beings more obnoxious than the man who is always loudly boasting, and if the hoister is not prepared to back up his words, his position becomes absolutely contemptible.”

Roosevelt proceeded to compare this same man’s characteristics to that of the nation. And while it would not be the first — or the last — time a nation was anthropomorphized, his speech was mostly misconstrued as a masculine tour de force: “Speak softly and carry a big stick!” we repeat, or hear repeated so often. Yet this was not the point Roosevelt was trying to make. It is not the willingness and readiness to fight that defines a man. For Roosevelt, it was the man who proceeds with kindness and civility, backed by the internal fortitude to defend himself and others, that truly represents the sometimes vacuous concept of “manliness.”

Masculinity in the 21st century has no definition. It has every definition.
Fast forward to 2016. The concept of masculinity has shifted dramatically over time. But there are some indications that Theodore Roosevelt’s powerful words were more predictive than he realized.

For most of human history, what it meant to be a “man” was fairly straightforward. Provide for your family. Fight and die for what you believe in. Across all cultures, this was certifiable truth. Intellect and deed. Exhibit bravery and honor. Fight. Provide for your family. Be truthful in word and deed. Exhibit bravery and honor. Fight. For most of history, civilizations rewarded the qualities, men of his era do still exist and are often seen as anachronistic representations of an America we want to move past, not replicate. No, the manliness highlighted by the majority of the 20th century is all but gone. Not for want of trying, of course. There have been many failed attempts in film, books and television shows to reanimate the long-standing definition of manliness. Fred Sanford in the ‘70s. Archie Bunker in the ’80s. Al Bundy in the ’90s. Bernie Mac in the 2000s. The “Art of Manliness” website today. All popular in their own right as solid entertainment. But each a dying breath of a type of masculinity that popular culture has sometimes subtly, often out-breathe of a type of masculinity that popular culture has sometimes subtly, often out.

How do we define masculinity in the 21st century? There’s one word that sits at its center: civility.

The modern man has no such luck. For most of history, civilizations rewarded men with no ambiguity about manliness. The modern man has no such luck. Manliness in the 21st century has far too many definitions for any one man to be all things to all people. And it has become much easier for one man’s definition of masculinity to draw the ire of those who believe that representation is wrong at best, offensive at worst.


This is the truth about manliness in the 21st century: it’s both possible and impossible to fit the definition. This is both freeing and restrictive for the modern man. On the one hand, any man can proudly declare himself a “man,” define himself by the many examples of other men who fall into the same categories as he, and strut his stuff as a modern example of masculinity. Yet one persistent truth about men is the desire for absolutes. For most of history, civilizations rewarded men with no ambiguity about manliness. The modern man has no such luck. Manliness in the 21st century has far too many definitions for any one man to be all things to all people. And it has become much easier for one man’s definition of masculinity to draw the ire of those who believe that representation is wrong at best, offensive at worst.

Take the man bun and beard combination. This mash-up of old school (beard) and new school (man bun) style is a meeting of traditional and modern masculinity that draws both admiration and anger. “Am I Man Enough for a Man Bun?” writer Jason Adams asked of himself in a 2015 GQ article. “The man bun is the final frontier of grooming: elusive, tricky and worn only for the bravest of men. And you have to be brave to wear it. The man bun is not for the faint of heart. It is both foolish and undignified to indulge in undue self-glorification, and, above all, in loose-tongued denunciation of other peoples.”

If there is any definition of manliness in the 21st century, perhaps this is it: To hold oneself in check, free of judgement of others and how they choose to define themselves. Adams hints at this with his foray into the most controversial male hairstyle of over 100 years ago. Manliness in the 21st century? There’s one word that sits at its heart: civility.

For much of the 20th century, the most persistent definition of manliness was that men should be tough. Soft spoken at times, but always tough. Taking nothing from nobody, ready to defend themselves and their loved ones at a moment’s notice. The idea of the “strong, silent type” has persisted throughout American culture. But as American culture goes through changes, so does the definition of manliness.

From a historical perspective, manliness has also been defined by how a man carries himself and what he can accomplish. However, much of that definition, until recently, has been based on the tangible. But civility is intangible. It’s exemplified not by what we produce physically, but emotionally and spiritually. Perhaps this, in truth, is what manliness in the 21st century really means. A firm grasp on the intangible, with the heart and mind to recognize and appreciate the existence of others.

Samuel Cook is a freelance writer who has taught English literature and journalism.
Father Fitness
by Tami Williams

BEING A GOOD DAD IS WORK. A lot of work. And if you’re a new dad or have a little mini on the way, you might not realize (yet) just how physical being a parent is. Of course there’s the fun stuff like playfully tossing them up in the air, helping them learn to toss and catch a ball and the endless rounds of tag and hide and seek. But that comes later.

Just think of it. As a new dad, you’re also now partly responsible for carrying around and caring for a little human every single day. And that human is typically 6 to 10 pounds, right off the bat! That might not seem like much at first — until you’re holding your oft-ten-squirming, oddly distributed and awkwardly placed little weight ball for more time than you probably ever thought possible, over and over again. Factor in a carrier, a stroller and a supply-loaded diaper bag each time you leave your house, and you’ll soon feel like you’re doing the family-style version of a daily army ruck march. Whew!

The good news is that as long as you’re otherwise healthy, your body is quite capable of adapting to dadhood and whatever it brings. We humans have been doing it for ages after all, so chances are you’ll be just fine. You can help the process along and possibly save yourself some unnecessary aches and pain, however, by putting in a little work in some key areas now. Here are some common “dad tasks,” along with great exercises you can add to your workouts to keep you strong and ready to establish (or maintain as the case may be), your cool dad status. Always be sure to warm up and cool down appropriately, and check with your doctor to make sure these moves work for you.

DAD DUTY: carrying the baby carrier and/or stroller
WHAT IT WORKS: core, legs, back, shoulders and biceps
DAD TRAINING MOVES:
* Farmer Carry. Hold a dumbbell up to a quarter of your body weight in each hand. Select a distance of 25 to 100 yards. Grab the dumbbells in the middle of their handles. Keeping shoulders level and abs slightly drawn in, walk with dumbbells parallel to the ground. Be sure to use legs when picking up and lowering weight to the ground.
* Side Planks. Lie on your side in a straight line from your head to feet, resting on your forearm. Be sure to position your body directly under your shoulder. Gently contract your abdominals and lift your hips off the floor, maintaining the straight body line. Keep your hips and navel square and your head in line with your spine. Hold as long as possible up to 45 seconds, then lower. Repeat two to three times, alternating sides. (Modification: start with bent knees.)

DAD DUTY: picking up your kid, over and over again
WHAT IT WORKS: core, arms, shoulders, upper back, abs, legs
DAD TRAINING MOVES:
* Overhead Squats. Hold a light kettlebell by the horns or a dumbbell vertically by one end. Hug it tight, close to your chest, and stand with your feet slightly wider than your hips. Keeping your elbows pointing down, lower your body into a low squat. Allow your elbows to brush past and then push your knees out. Keep your head and chest up and your back straight. Return to a standing position.

* Upright Rows. Stand holding dumbbells in each hand with a pronated grip (palms facing towards your body). Arms are extended straight down toward your thighs. Drawing abs in, use your upper back and shoulders to draw dumbbells up to shoulder height, keeping them close to your body. Elbows should be kept higher than your forearms. Maintain ab contraction so your back doesn’t sway.Pause at the top of the exercise then lower dumbbells and return to start position.

DAD DUTY: pacing the floor or standing still holding your kid
WHAT IT WORKS: core, upper and lower back, shoulders
DAD TRAINING MOVES:
* Back Extensions. Lie facedown on the floor with your forearms and your feet touching together. Slowly raise your legs and upper body off the floor with controlled movement. Pause at the top, count to ten, then gently release to the floor.
* Low Planks. Position yourself facedown, with your forearms on the floor and your elbows directly underneath your shoulders. Keep your feet flexed, with the bottoms of your toes on the floor and your hips raised off the ground. Draw your navel up toward your spine and tighten your buttocks. Look down toward the floor to keep your head in a neutral position and keep breathing regularly.

DAD DUTY: reaching into the back seat to grab a fallen toy/binkie/blanket — or to lay down the law for older kids
WHAT IT WORKS: shoulder, upper back plus shoulder and trunk mobility
DAD TRAINING MOVES:
* Reverse Fly. Holding a light dumbbell in each hand, sit or stand leaning forward with back extended and abs pulled in. Keeping your elbows slightly bent, slowly lift the weights until your hands reach shoulder level or just before shoulder level. Pinch your shoulder blades together as you lift. Pause briefly, then lower the weights back to the floor.
* Seated Spinal Twist/Stretch. Sit tall on the floor with your legs extended straight down toward your thighs. Drawing abs in, extend your right leg to your side, then lower. Repeat two to three times.

Tami Williams is the owner of Wildfire Fitness (wildfirefitness.com). She holds a Bachelor of Science degree in exercise science. When not training others, she can be found growing orchids, reading books and doing burpees.
Native American Student and Community Center at Portland State University. All contemporary photos by Jason Sauge.

NAYA is located in northeast Portland, on a site that was originally an Indian village named Neerchokikoo, one that dates back to the late 18th century and was included in Lewis and Clark’s journals. The organization provides such vital services as emergency energy assistance, clothing and food distribution, homeless services and domestic violence interventions. But NAYA also goes far deeper, offering early childhood services, camps and seasonal programming, community economic development (including financial wellness classes, small business classes and tax assistance), foster care support and elder services.

Meanwhile, the Native American Rehabilitation Association of the Northwest (NARA) operates under the mission to “provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.” Since 1970, traditional culture and spirituality have been at the core of NARA’s services, as they strive to assist their fellow community members in overcoming obstacles brought by centuries of institutionalized abuse. To fully realize the extent of the wounds on Native American communities, it’s imperative to understand the historical roots of these injustices.

In addition to work done at PSU, there are roughly 1,500 who self identify as Native American, Alaskan, Hawaiian and Pacific Islander — Bennett sees many challenges. “There are issues of systemic racism, institutionalized oppression — it’s all there and we feel it,” she says. “A lot of the work we do [at NASCC] is helping our students who are experiencing all of that plus the things in their own families and their personal lives. We focus on how to offer cultural support to help them make it through school and support them in their academic journey, so they can go out and be a benefit to the community.”

Invisible
Portland's Urban Indian Population
by Josh Goller

AT THE SOUTHERN END OF THE Portland State University (PSU) campus sits a building that’s shaped like a fish if you’ve passed by the Native American Student and Community Center (NASCC), you may have appreciated the building’s unique architecture jutting up from its roof. If you happened to walk up to its ADA-accessible rooftop, you’d find cultural sculptures by acclaimed Native artist Lillian Pitt and a rooftop garden filled with medicinal and ceremonial plants indigenous to the region. But few people notice the building’s fish-like shape. After all, the salmon design is really only visible from an aerial view (or the model of the building on display in its lobby). This is fitting, not only because of the rich fishing traditions of Pacific Northwest tribes, but because Portland’s urban Indian population is significant and vibrant — yet largely unseen.

“We’re a pretty invisible community, in general,” says Melissa Bennett, the NASCC program coordinator. In educational materials it has created, the Portland Indian Leaders Roundtable (PILR) echoes that theme of invisibility, which exists despite our city having the ninth highest Native American population in the United States. PILR points out that Portland’s urban Native people have the highest rates of poverty, unemployment and homelessness among the city’s distinct demographic groups. Foster care rates are high and timely high school graduation rates are low. Yet the PILR cites that because of stereotypes, incomplete data and false perceptions about tribal revenue, Native Americans in Portland are too often restricted from access to equitable distribution social services.

For those Native American students who attend college at PSU — and there are roughly 1,500 who self identify as Native American, Alaskan, Hawaiian and Pacific Islander — Bennett sees many challenges. “There are issues of systemic racism, institutionalized oppression — it’s all there and we feel it,” she says. “A lot of the work we do [at NASCC] is helping our students who are experiencing all of that plus the things in their own families and their personal lives. We focus on how to offer cultural support to help them make it through school and support them in their academic journey, so they can go out and be a benefit to the community.”

In addition to work done at PSU, there are a number of notable community organizations that work to benefit Portland’s urban Indian population. The Native American Youth and Family Center (NAYA) was founded by the community, for the community. NAYA provides “culturally specific programs and services that guide our people in the direction of personal success and balance through cultural empowerment.” NAYA points to census statistics that note: 25 percent of Native people in the metro area make under $13,000 per year, and another 25 percent earn under $24,000. This deep poverty only compounds challenges and leads to increased rates of homelessness and incarceration. NAYA works to empower Native people to combat the systemic challenges that have placed indigenous people in such a precarious situation.

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A TROUBLING HISTORY

Just take a map and you’ll see evidence of the Native peoples that once thrived in the Portland metro area. Multnomah, Clackamas, Tualatin, Molalla — these monikers are all derived from tribal names. Additionally, the Kathlamet and Chinook people also thrived here amid the confluence of the Willamette and Columbia Rivers, living off the region’s many natural resources. In fact, the Oregon territory was mostly populated by Native Americans until the Oregon Donation Land Act of 1850. Over the course of seven years, legislation displaced tribes and offered for free, initially 2.5 million acres of tribal land — including all of what is now Portland — to white settlers, who flooded the area.

Many of us know the unsettling repercussions that Euro-American contact had upon Native Americans. In the 1800s, up to nine out of every 10 indigenous people perished from an onslaught of new diseases trafficked into the region. Sadly, more deliberate forms of extermination also existed, as various states and territories placed bounty on the heads of Native people. California’s governor even called for full on genocide in 1851, declaring his wish to see war waged against Native people. “When the government was trying to eliminate reservations and Native people, they said, ‘You can go to the cities and get jobs,’ but, of course, there were no jobs.” While these termination policies were overturned in the 1980s, reestablishing the sovereignty of tribal governments once more, their effects had lasting repercussions. The fact that Portland was a relocation city and also has one of the 10 highest urban Indian populations in the country is no coincidence.

Preserving Culture, Empowering Future Generations

While the Native Americans who reside in Portland descend from over 380 tribes, there are currently nine federally recognized tribes in Oregon. A 2000 census recorded nearly 20,000 Native Americans of one race and close to 19,000 multiracial Native Americans in the area. And the community is young, with some 40 percent under the age of 25. This is where centers like the NASCC play an integral role in providing support to preserve traditions, while ushering in the newer generations of Native peoples.

Three different student groups work out of that sailboat-shaped building on the PSU campus. Bennett credits the United Indigenous Students in Higher Education (UISHE) group with being very active at PSU, putting on an annual powwow and engaging with other student groups of color. The Pacific Islander Club (PIC) hosts an annual luau and is also very involved with campus activism. Meanwhile, the local chapter of the national American Indian Science and Industry Society (AISIS) also operates out of the center.

To celebrate and preserve Native culture, NASCC holds a daily sunrise ceremony (a practice involving the burning of herbs, some of which are grown on the facility’s rooftop garden), a beating (drum) circle once a month, a potluck every quarter with a guest speaker and an annual Honor Day graduation ceremony. In her role, Bennett serves by Native the students and greater Native community together, which includes many alumni. The organization partners with the Native Wellness Institute and Future Generations Collaborative, which focus on Native wellness.

Lately, NASCC has also done work with the Living Islands organization. Located in Lake Oswego, Living Islands serves Oregon’s substantial Marshallese community (people indigenous to the Marshall Islands), which Bennett cites as a population that has faced both historical displacement due to nuclear testing and current displacement due to rising ocean levels brought about by climate change. NASCC has spent a year working with Living Islands on building a 25-foot outrigger canoe carved by a traditional Washington carver. Its mast and sail are being completed in the Marshall Islands before the canoe returns to Portland to raise awareness about the plight of the Marshallese people.

Bennett commends the on-campus activism of Native American students. “People are really involved. They’re also really vocal,” she says. “I feel like Native students are really at the forefront of speaking up and speaking out.” In fact, last December’s “Students of Color Speak Out” event provided five hours of testimony that ultimately led the university president to support the creation of two new cultural resource centers, one for African American students and one for international students in all of the nation’s 10 highest Native American cities. Bennett encourages Native student activism. “People are really involved. They’re also really vocal.”

Increasing the visibility of Portland’s robust Native population remains an imperative, as these groups of people continue to face obstacles. “We get a lot of stereotypes. We get a lot of micro-aggressions,” Bennett says. “People don’t know, and there’s a lot of ignorance about Native peoples and Native communities.”

And while knowing the history of oppression and outright extermination that has been suffered by Native Americans throughout history is certainly a good starting point, it’s also not enough. “One of the things we run into a lot is that people want to keep us in history. They want to keep us trapped there,” Bennett says. “Through this work, Bennett hopes more people will look beyond the largely invisible population and see that they are not consigned to history or the storied paintings on a wall, but rather that ‘we’re contemporary, living, thriving communities with our successes and our failures and all of our art and all of our hard things, too.’ Organizations like NASCC and NAYA do crucial work in making people from these otherwise invisible communities both seen and heard.

Josh Goller lives and works in Portland as a benefits planner, writer and editor.
Let ‘er Buck this September at Pendleton Round-Up

The Pendleton Round-Up Association

THROW ON YOUR BOOTS, scoop up the kids and head to Pendleton for Oregon’s largest outdoor rodeo, the Pendleton Round-Up. Kicking off September 10 with the Dress-Up Parade and Lee Brice Concert, the Round-Up comes alive in the streets of Pendleton, as downtown transforms into a week-long Wild-West celebration. Main Street shuts down to make room for vendors, live music and activities — ready to serve more than 50,000 visitors of all ages.

The Pendleton Round-Up Rodeo Events

On Monday and Tuesday, crowds will gather for the Banner Bank Professional Bull Riders Classic, featuring three bullfighters from Bullfighters Only for a two-night special. The main rodeo events, such as steer wrestling, barrel racing and calf roping, begin on Wednesday afternoon and continue through Saturday evening. There is no shortage of activities in between rodeo events, either. From the famous Cowboy Breakfast and Native American beauty pageants to the Hall of Fame Barbecue and celebration of Happy Canyon’s 100th anniversary, visitors can expect a jam-packed schedule.

The 1910 Room — a VIP Foodie Experience

The Pendleton Round-Up is also offering something new this year to visitors interested in experiencing the rodeo in comfort and style — the 1910 Room. Starting on Wednesday afternoon and running through the last event on Saturday, guests of the new VIP area can watch rodeo events while enjoying gourmet food, decadent desserts and top-notch service. The 1910 Room will feature five Western-inspired gourmet dishes with hand-selected wine pairings from Portland Chef Max Germano of TeSoAria, including grilled pork chops smothered in a blackberry and Pendleton Whisky barbecue sauce, and s’mores with homemade marshmallows and a dark chocolate chili torte.

Discover Pendleton’s Unique History

For folks looking to explore Pendleton outside of the Round-Up grounds, visitors can immerse themselves in Pendleton’s dark history and schedule an Underground Tour. Located in the area that was once known as Pendleton’s Red Light District, the tour takes visitors through a series of tunnels and passageways that linked gambling dens, brothels and bars in the late 1800s and early 1900s. Nothing about Pendleton’s history is fabricated or embellished — allowing tourists to truly experience the Old West firsthand.

Another bucket-list item for tourists and locals alike is a tour through one of the country’s oldest working woolen mills. Visitors will be able to see why Pendleton Woolen Mills has earned a reputation for producing some of the highest-quality wool products in the world. From blankets with intricate patterns to the finest apparel and accessories, it’s fascinating to learn the ins and outs of this 153-year-old company.

Whether you come to Pendleton for the rodeo, the food or the history, there is something for everyone to enjoy. Let ‘er buck!

Discovering Gemütlichkeit at Oktoberfest

by Monica Bochsler

THE BACKDROP is a small town in the mid–Willamette Valley transformed by volunteers into a German Volksfest, Mount Angel’s Oktoberfest, kicking off on September 15, is unique in its dedication to family, culture and giving. The result is gemütlichkeit, an area filled with warmth and good cheer.

The family focus is obvious at the Kinder-garten, which operates Friday, Saturday and Sunday of Oktoberfest. Magicians, jugglers and face painters are there to delight. Pony rides, a petting zoo and a hay maze help kids interact with agricultural roots. Bouncy houses, trampolines, rock climbing and a stunt jump burn off energy and provide physical challenges. And all Kindergarten activities are free! Oktoberfest wants families to enjoy the day, not keep reaching into their pockets.

The entertainment at the Bandstand embraces family and culture. Each day begins with a Weberanz and Schulpfander (traditional Bavarian dances) performed by local school kids. These young volunteers practice diligently to participate. Dance finales bring everyone into the performance, with a rousing rendition of the classic chicken dance. Dancing continues throughout the day in the gardens and on the street. Some dances are carefully choreographed and performed by costumed dance troupes, and some are performed by festival-goers who can’t resist the cheerful sounds of polka music. Friday and Saturday evenings, the Street Dance welcomes all ages and skill levels to learn German folk dances.

Stroll the town with its unique culture, enjoy the Glockenspiel (a sort of historical cuckoo clock) and the Maibaum (the Tree of Trades). Stop by for a family photo at the Die Frankenau (Harvest Monument) that is constructed each year giving thanks for the harvest and goodness of creation. View St. Mary Church and see why it has received the title “Gothic Jewel of the Willamette Valley.” Walk or ride up to the Mount Angel Abbey to find the local history museum and gaze upon the “world’s largest porcine hairball” or appreciate the fine architecture of the library designed by renowned architect Aivar Aalto.

All the dancing and strolling works up an appetite, so stop by any of the 50 food booths. Select from traditional sausage and kraut, tasty festival favorites like corn dogs and truly fries, or foods reflecting Mount Angel’s diversity — maybe fish tacos or pierogis.

The food booths lining the streets are all run by nonprofit organizations and staffed by dedicated volunteers, raising money for their good works.

At this point in your visit, if you are ready for a beer or glass of wine, you may want to take your family into one of the gardens. The Biergarten and Winegarten allow family until closing. Only three of the gardens have a cover charge for those 21 and older (Biergarten, Winegarten and Prostgarten). The entertainment is world class. Musical entertainment from Germany, Austria, Canada, New York, California and Mount Angel features everything from alphorns to the band Alpine Echoes.

If this hasn’t been enough to fill your day, check out www.oktoberfest.org for more activities and a full schedule, including foot- ball games, fun runs, a car show, wiener dog races, arts and crafts and more.

As your day winds down, you’ll understand that feeling of gemütlichkeit — a friendliness that permeates the festival, where family togetherness is cherished and smiles abound.

And the best part of all? Profits earned by Oktoberfest at the gardens, after expenses are paid and startup money for next year is set aside, is given back to other nonprofits in the form of grants. Over $91,000 was donated from the 2015 Oktoberfest.

Monica lives on a Marionberry farm in the Valley. She enjoys volunteering making cheese and drinking wine.
Rockin’ It
Why Rock Climbing is Great for Kids

by Lisa Werkmeister

Our family is not naturally competitive. Unless it’s Wii Sports or Mario Kart, we tend to think in terms of cooperative play rather than trying to beat someone else at a specific skill or sport. Even during activities where competition is part of the game, we try to add a point to appreciate the spirit of teamwork so everybody can have a good time.

When it comes to joining sports, my kids gravitate toward individual activities like horseshoe riding and swimming, so we are always looking for new things to try out. When we found out about a new indoor rock-climbing gym, we figured it would be right up our alley. We signed up for an appointment online, took a simple safety course, and 15 minutes later my kids were making their way up the wall.

Rock climbing gyms are becoming more prevalent around the country, particularly in nature-loving communities where an indoor gym is a natural precursor to outdoor climbing adventures. They have also started popping up in urban areas where the only other climbing option is the closest tall building.

If you’re curious about rock climbing but don’t know where to start, keep these tips in mind before you let your kids make their first climb.

What are the benefits?

The first thing your kids will notice is that rock climbing is a great workout. It engages the whole body. Kids use arms to pull, legs to push, and core strength to maintain balance. Frequent rock climbing can increase stamina and flexibility, all while kids are having fun.

Rock climbing has proven especially helpful for children with disabilities. Studies show it can improve hand-eye coordination and increase fine motor skill in children who struggle to learn these abilities naturally.

It has a positive impact on mental health as well. Rock climbing provides a great boost of confidence for kids. I’ve spent a lot of time watching the videos of my kids ringing the bell on the wall the first time they made it to the top. There was nervousness when they started climbing, fear when they made it halfway and a great big smile when they finally hit the mark.

In many gyms, there’s a community element to climbing. The gym we went to was holding classes, and veteran climbers were making their way across an advanced course. When my kids hit the bell at the top, the belayer on the floor yelled, “First time!” and everyone with hands free broke into applause or whooped and yelled, “Way to go!”

It also allowed us the chance to try out the gear and figure out what we needed before we bought our own. I discovered that I did not, in fact, need everything in the store. Participating in the activity gave me a chance to see what was necessary, and what wasn’t.

Take your kids’ personalities and your own experience with rock climbing into account when you make a decision about where to start your rock climbing journey. If you have the right gear, the right training and the confidence and patience it takes to teach, then head out to real rock for an adventure.

Whatever you choose, don’t let fear of the unknown prevent your kids from making that first climb. Done safely, and with proper support and encouragement, your kids may discover that rock climbing is their new favorite hobby.

The kids learned all about:

• The gear. This includes harnesses, a locking carabiner, rock climbing shoes, the belay rope and more. I may have seen these items put into use on television shows, but I had no idea what to do when it came time to get my kids ready to climb. Make sure any beginner lesson includes instruction on use and that you aren’t just handed the gear and left to figure it out on your own.

• Body awareness. I mentioned above that climbing is a great workout. As with any workout, a bit of a warmup is usually in order. Our climbing instructor took the kids through a gentle stretching routine both before and after she put the gear on, to prepare them for what muscles were going to be used during the climb.

• The belayer. During our first lesson, the employee acted as the belayer and held the rope on the floor, while she instructed me on what she was doing. At this particular gym, parents were encouraged to work with the kids and get certified to belay for them. This is a great way to get the whole family involved in an activity.

As for outdoor climbing, you may want to wait until you and your kids have some experience under your belt before hitting the rocks. While it can be done safely and is a lot of fun, it is a bit riskier than an indoor gym. However, it’s the training and experience, not the location, that make the biggest difference in safe climbing.

Where to start

There are different schools of thought about the best way to learn rock climbing. Our family chose the rock climbing gym route, simply because my husband and I had no experience in the sport and we wanted to learn along with our kids. A controlled environment provided an extra safety net and gave a good foundation in the basics of climbing before we chose to move outside.

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The first thing your kids will notice is that rock climbing is a great workout. It engages the whole body. Kids use arms to pull, legs to push and core strength to maintain balance. Frequent rock climbing can increase stamina and flexibility, all while kids are having fun.

Rock climbing has proven especially helpful for children with autism and ADHD, and for those who struggle to focus on a task. Combining a challenging physical activity that engages the senses along with an interesting task that requires concentration can give your kids the host of both worlds. The full-body workout gives many kids the sensory relief they need so they can focus on something they enjoy.

How safe is it?

There are safety risks in any type of physical activity, but rock climbing can be safe for children as young as 4 years old if the proper precautions are taken.

Starting out at a climbing gym rather than heading to your nearest mountain may be the safest method for your kids if you aren’t an experienced climber yourself. Our first safety course as a family was short and sweet, but it took us through everything we needed to know while in a controlled environment, under the watchful eye of expert employees.

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Lisa Werkmeister is a freelance writer and editor. She lives on a small farm with her husband and two children.

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Plant bulbs now for a colorful spring

by Christine Couillon

EVERY SPRING, THE LILIES in my garden’s borders push their little green stems up, and I get to watch as each plant finds its shape all over again. While I love their blooms, the real beauty of bulbs is their unerring ability to start anew every year. Tulips, daffodils, crocuses and other bulb plants brighten gardens across the world in the springtime. September and October are the months that daffodils, crocuses and other bulb plants brighten gardens across the world in the springtime. September and October are the months that

- Choose Your Bulbs. There are two bulb-planting seasons: fall and spring. Spring plantings are good for tender bulbs like dahlias and calendulas. For a fall planting, however, you want to make sure that you get hardy bulbs that will survive the winter. Hardy bulbs include tulips, daffodils, hyacinths, daisies and others. While bulb planting times vary, you may want to purchase different varieties with early, midseason and late bloom times. If you would like to grow flowers that put forth new bulbs to ensure a perennial bloom — a process known as naturalizing — some great options include emperor tulips, daffodils and crocuses.

- Pre-Chilling. While bulbs are simple to plant, they do require a little preparation. You need to pre-chill them in your refrigerator for about six weeks. While pre-chilling them, make sure to keep your bulbs away from any ripening fruit, since fruit gives off gases that is toxic to bulbs. Once you’ve pre-chilled the bulbs, you need to plant them right away — bulbs do not keep for more than a season out of the ground.

- Where to Plant. Bulbs are not incredibly picky about where they will grow, but it is important, especially with Portland’s high rainfall, to choose a place with good drainage. If leaves are left to grow in a damp spot, they will not get the chance to bloom. If you need to improve drainage in your flower bed, mix organic material into the soil, build a raised flower bed or dig diversion channels. If you choose to dig channels, make sure that you use light amounts of fertilizer, pesticides and other chemicals that can harm nearby rivers and streams.

- Planting. If you want to achieve a solid mass of colorful blooms, you will want to plant in a drift. To this, mark an area that is roughly oval in shape, with tapering ends. Dig into the soil inside the oval to loosen it to a depth of about 10 to 12 inches. At this time, you can mix in compost or peat to improve the quality of your soil. Then scatter plenty of bulbs in the area, there is no need to plant them evenly. The key to a successful drift is to pack the bulbs in densely, but to make sure that each plant still has a little space on all sides. If you prefer a more natural look to your garden, you can simply throw handfuls of bulbs into your garden, then plant them where they fall. To make an impact on your garden while using only a few bulbs, plant them in clusters at strategic points.

- Aftercare. Bulbs do not need any extra watering, or much care at all until they bloom. In the spring, make sure you deadhead your tulips, daffodils and hyacinths once the blooms start to fade; just cut off the stem at the lowest point without cutting off any leaves. This improves the next year’s blooms by allowing your bulbs to gather and store food. While many swear by the practice of “lifting” bulbs — digging them up and storing them until the next planting season — to improve the quality of bulbs, it actually tends to be far more effort than it’s worth. You should be able to leave your bulbs in the ground throughout the year.

Bulbs bring their own magic to the garden, renewing themselves every year with brilliant blooms. Take a few hours this fall to plant some bulbs that will bring new life to your garden next spring! ©

Christine Couillon is a freelance writer. You can find more of her writing on her blog at christinemachine.wordpress.com

Developmental Disabilities (DD) Services are for people with developmental or intellectual disabilities. Once eligible, DD case workers are an integral part of obtaining and managing services. Individual Support Plans are established with each individual, identifying needs based on health and safety, interests, choices and goals.

Oronce eligible for DD services, brokerages offer case management services, formal and informal support strategies and help access private and public resources. In Oregon, there are regional brokerages throughout the state. Often, the wide range of services available is provided in-home or via personal supports to help a person fully participate in community life, including work.

Oregon Technical Assistance Corporation (OTAC) believes communities are enhanced by the participation of all members, and thus promotes full participation in community life through training, technical assistance and related services. OTAC provides current information about services, supports and evidenced-based practices, while supporting development of systems and infrastructures to be implemented for individuals in communities.

People Planning Together (PPT) is a program offered through OTAC. PPT teaches people receiving services to take proactive and leadership roles to plan their life. PPT classes are taught by certified trainers — each of whom experience disability themselves. PPT helps people have a larger role in developing their Individual Service Plans. County Mental Health Services provide assistance to adults and children with mental illness as well as support for their families. Services include assessments, evaluations, counseling, groups, life skills and symptom management, medications, hospital care and job services.

Support for Children with Developmental, Intensive Behavioral and Medical Needs

Children’s Intensive In-Home Services (CIS) serves children living at home, from birth through age 18. There are three CIS Types: medically fragile, intensive behavior and medically involved. Family income is not considered when determining eligibility for any CIS program. CIS for medically fragile children is for children with intensive medical needs, who are technology dependent and require nursing care. DD eligibility is not required.

CIS for intensive behavioral needs provides support services for children who have behaviors that are dangerous to themselves or others. To be eligible, the child must also be DD eligible. The CIS medically involved program serves people with a medical condition causing the need for total assistance with all daily living activities. CIS medically involved program services do not require DD eligibility.
SUPPORTS FOR FAMILIES

Oregon was the first state to establish the Lifespan Respite Program. Lifespan Respite Programs help families find respite providers and access respite payment resources. Lifespan Respite Care is a community-based system of accessible respite care services, meant to help families of children or adults with special needs get a “respite” or break from caregiving to restore and strengthen their ability to continue providing care. Eligibility for respite care is not based on finances, but on the needs of the person requiring care.

Adaptive & Inclusive Recreation (AIR) services are offered through the City of Portland. These are community-based recreation activities and leisure services for all ages, including dances, bowling, beach trips and summer camps. The AIR Program is one of the top specialized community recreation programs in the country.

Portland State University offers inclusive recreation programs including adaptive climbing, wheelchair basketball, and goalball. PSU’s inclusive recreation programs are for any person who wants to try a modified activity. Special Olympics Oregon (SOOR) provides free sports training and athletic competition for people with cognitive disabilities. SOOR is available to anyone with intellectual disabilities and provides fitness development opportunities and community participation with friends and families. In Oregon, there are monthly events in every region of the state to allow athletes to compete as often as desired. There is no upper age limit, but athletes must be at least 8 years old to participate.

SNAP is the federal food stamp program, officially entitled, Supplemental Nutrition Assistance Program, whose goal is to provide healthy food to low-income households. Children, seniors and people with disabilities comprise about two-thirds of all SNAP participants. To obtain SNAP benefits in Oregon, apply via internet at apps.state.or.us/online-Application or at your local county office.

Many services and programs can be specifically tailored to individual needs and those of the individual’s family/caregivers. OregonHelps is a guide to health and social services that help estimate eligibility for 33 programs and assistance. OregonHelps can be accessed at 211onlines.org/oregonhelps. Services can help pave a path to success, but navigating the systems and learning to think creatively takes time and practice.

OFFICE OF VOCATIONAL REHABILITATION SERVICES

Oregon’s Office of Vocational Rehabilitation Services (OVRS) helps people with disabilities find and keep employment and independence. To create employment opportunities for people with disabilities, OVRS works directly with the community and businesses. Services offered and used by individuals depend on the unique needs and goals of each person. OVRS services range from assessments to training and job placement services.

OVRS eligibility is for those with a physical or mental disability that makes it difficult to get or keep a job, matching their skills, potential and interests. Additionally, to access OVRS services, the person must want to work.

SUPPLEMENTAL SECURITY INCOME AND RED BOOK

Red Book is a general reference tool about Supplemental Security Income (SSI). Red Book has resources to assist youth in transition to adult life. Eligibility for SSI is determined by the definition of disabled under the Social Security Act (SSA). Under the SSA, a person is disabled if they may not be able to engage in any substantial gainful activity because of a medically determinable physical or mental impairment(s) that is expected to result in death or has lasted or is expected to last for a continuous period of at least 12 months. The SSI program makes cash assistance payments to disabled persons who have limited income and resources. SSI employment supports provide a way for people with disabilities to work and receive an SSI check.

There is a separate definition of a disability for children under 18 who are applying for SSI. Children with certain disabilities also qualify for SSI. The list of disabilities that qualify children changes periodically. However, once a child is medically qualified for SSI, that child will be able to continue to collect SSI even if their condition is taken off of the list of accepted disabilities.

ACHIEVING A BETTER LIFE EXPERIENCE ACT (ABLE)

The ABLE Act is a federal law that helps create new savings plans for people with disabilities. The ABLE Act provides the opportunity to establish a deferred savings account to help maintain independence and contribute to the community. Each state must establish and operate an ABLE program. Oregon became the 31st state to enact the ABLE Act in August 2015. The ABLE Act’s intent is to allow individuals with disabilities and their families the opportunity to contribute to a tax-exempt savings account. The account is designated for specific purposes such as maintaining health, independence and quality of life. Since each state must independently establish and implement the ABLE Act, the implementation varies from state to state.

What exactly does the ABLE Act do?

The ABLE Act amends Section 229 of the Internal Revenue Service Code of 1986 to regulate tax-advantaged savings accounts for individuals with disabilities. The bill is intended to supplement, but not replace, benefits provided through private insurances, the Medicaid program, the Supplemental Security Income program, the beneficiary’s employment earnings and other sources.

To be eligible for an ABLE plan a person must be disabled before the age of 26. Receiving Social Security Disability Insurance (SSDI), qualifying for SSI or obtaining a disability certification following SSA’s sales are all acceptable ways to prove a disability. Approximately 5.8 million Americans are eligible for an ABLE plan. Friends and family may individually contribute up to $14,000 a year to an ABLE plan without tax penalties. People can use money saved via the ABLE plan for a large number of purposes, including employment training and support, education, housing, transportation, assistive technology, health and wellness, financial management and funeral and burial expenses.

GET STARTED ACCESSING SERVICES

As with all agency services, much patience is needed. When starting this process, be sure to allow extra time, and be prepared to have patience and perseverance. Don’t hesitate to make that extra phone call or send an additional email to follow up and make sure your loved one is getting the needed services for which he or she is eligible.

CONTACT INFORMATION

VOCATIONAL REHABILITATION OFFICES

www.oregon.gov/DVSA/Offices/Pages/Vocational-Rehabilitation.aspx

Oregon: (971) 645-5880

Clackamas County: (971) 673-6100

Multnomah County: Central Portland: (971) 673-2525

East Portland: (971) 673-3558

North Portland: (971) 673-3055

Washington County: (503) 227-7200

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OCTOBER 2016 | 33

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"End of the Oregon Trail Interpretive & Visitor Center"
Cannabis Safety in the Home

THE WORLD WOULD BE A MUCH SAFER PLACE if child proof containers worked as hard as kids do when they’re exploring around the house. Opaque child safety containers are strictly required by Oregon Law for cannabis dispensaries to stay compliant, but even the most opaque material won’t keep curious children from seeking out the bottles. Here are some simple, cost-effective ideas that are “outside the container” to consistently ensure kids, both big and small, don’t get their hands on the contents.

ESTABLISH BOUNDARIES. Everyone in the household, including parents, needs to know that their space will be respected. That means bedrooms and personal property will be treated with privacy and courtesy. The bottom line should be no invading and no going through stuff that belongs to someone else. Loving boundaries are fundamental.

PERSONALIZE SECURITY. Putting product and related tools up high, out of practical reach, is a simple answer when toddlers are in the house. But depending on the height of the shelf or closet, it might fail to stay out of sight of older kids. Visibility is a personal choice and if using cannabis is something that needs to be kept on the down low, there are lots of inexpensive, smart options besides off-site storage and the sock drawer. Consider:

• A lock and key. Wolfpack Lockaway is a pouch made originally for prescriptions. It has many inner pockets for products, zips shut and locks with a key.
• A fire chest or small money box from a department store.
• Combination locks (vs. keys, which can get lost)
• Hidey holes. These are cheap installations that are small wall safe. For about ten dollars, a company called U.S. Patrol can send you one that looks like an electrical outlet. These are also available on EBay and at Bed Bath and Beyond.

TALK WITH YOUR KIDS. It bears repeating. Educating older kids will help them make the right decisions. When to have that talk will depend upon your unique relationship dynamic.

• Ask your kids what they’ve heard about cannabis. This creates an open, non-judgmental discussion.
• Talk about pros, cons, whys or why nots up front. If your child is a teenager, topics like the legalization of cannabis and gun control legislation are already in many classroom conversations. Parents are big influences on kids, so approach the subject with clarity.
• Listen to your kids. Kids will have questions and everyone wins if you let them come to you for deeper answers.
• Remind them that cannabis is for adults 21 and over. Underline that it’s not a plaything.
• Explain what responsible use is.
• Be factual, not heavy handed, and get to your main point in the conversation.

Being active in your kid’s lives—including supervision—surpasses the power of any lecture.

Charity Marchandt is a working multi-media artist residing in the Portland metropolis. www.themarchandt.com.
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