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PORTLAND'S INTERVIEW ZINE

Fall 2015
Issue 19

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Author/Journalist

Feature Interviews

Michelle DeCourcy
Fashion Designer

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Articles

Fashion Scene
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Sheila Hamilton

Author, Journalist

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(Venus Allure Salon)



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CONTACT US

1801 NW Upshur St, #660
Portland, OR 97209
503.893.4236
editor@aboutfacemag.com

ADVERTISING INQUIRIES

sales@aboutfacemag.com
503.546.2977

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Letter from the Editor

Dear readers,

The Fall 2015 issue is filled with fashion. On the cover is author and KINK.FM's news director Sheila Hamilton modeling a Michelle DeCourcy creation. Both of them are interviewed in this issue. There are profiles of up-and-coming designers Michelle Judson, Anna Marie Cooper, Lucy Howard, and Shannon DuBoisas well as three spotlights of women store owners.

I take great pride in assembling each issue. It begins six months in advance, searching for people who have compelling stories to tell. Next is connecting with these individuals, then finding the perfect match of writer and photographer to interviewee. Once the stories are submitted the copy editor and I read every word before they are passed to the layout team. I want to thank those who have been with me since the beginning—writers Merlin Varaday, Justin Fields, and Sheila Hamilton, along with our primary photographer and account executive Tim Sugden. Special thanks are owed to our design team, lead designer Gary Menghini, and graphic designer Carter Diamond. And special thanks to our Creative Director/Publisher David Bentley.

In the news section we have made a design change—we are promoting local businesses that are on the Explore-Local app. Each of these businesses have their own story to tell. Discover them and give them local love on the ExploreLocal app.

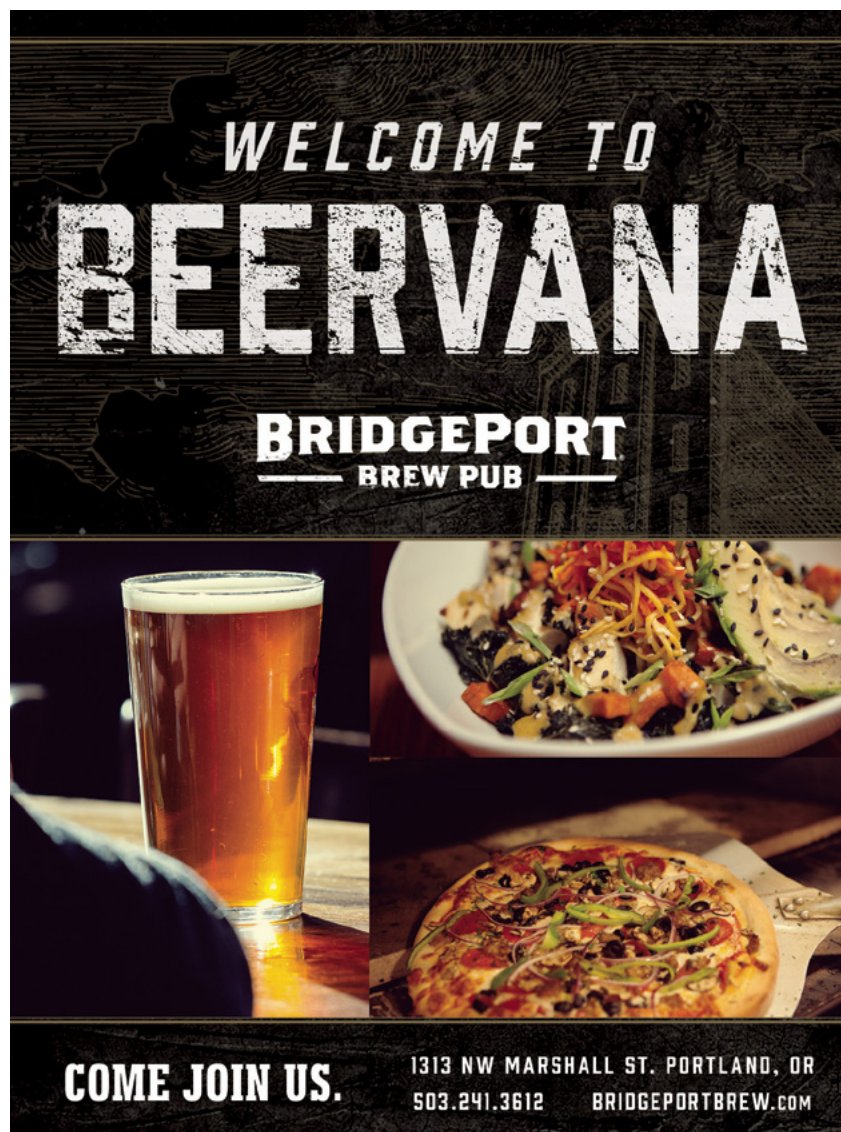
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ABOUT FACE
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AUSTIN eats PORTLAND



photo by Charla Wood

by Forrest Pierce

I'm an Austin native with almost seven decades under my belt here. But for something like 15 years my wife and I have been traveling to Portland to hang out with friends during August, and I have fallen in love with your city. If I had to choose one place to live besides Austin, it would be PDX. I mean, c'mon, you already use our "Keep It Weird" slogan. Every coffee shop in Austin with staff wearing ripped jeans is brewing Stumptown Coffee. We exported Whole Foods to you, and we're getting Voodoo Doughnuts in a few months. You've got Powell's. We have BookPeople. You have the Northwest Food and Wine Festival and we have the Austin Food and Wine Festival. We have a lot of things to enjoy on each other's turf (both now accessible with non-stop service thanks to Alaska Airlines).

Austin is on a high point of a culinary renaissance and we have a lot of places that go taste bud to taste bud with your top restaurants. But the sheer volume of Portland eateries that blow me out of the water each year is jaw-dropping. (What's more, they keep on coming!)

Another thing that strikes me is the range of settings that PDX offers. One night a few years ago we dined at **D.O.C.**, which was like being in a small home with friends and a top-flight chef cooking. In fact, we were seated next to the oven where the man at the culinary wheel produced one of the most delicious, clean versions of salmon I have ever had—on fresh corn, cherry tomatoes, and Padrón peppers. (I have tried to reproduce that dish in my own kitchen, but have only come close.)

Then last year we went to the **Multnomah Whiskey Library**, where I was treated to the sight of the most expansive and well-stocked bar I have ever seen, set in a posh, private club atmosphere. As an extra touch of elegance, my wife was treated to a tableside preparation of her manhattan which she enjoyed with our salumi and cheese boards.

But getting back to this year: if I had to describe every dish that we ate during our stay in Portland, it would make for too long an article and at my age I tire in a hurry. So I'm going to hit three of the 2015 highlights, leaving out a lot. (Honestly, every restaurant we visited was a highlight.) Here are the expansive, the exquisite, and the emerging.

The Expansive—Nostrana

The first restaurant we visited this year was **Nostrana**, and it set a tone for the whole restaurant scene. A pile of firewood neatly stacked by the front door indicated how many things on the menu are cooked over open flames while adding a rustic Stumptown touch. Yes, Nostrana was expansive in terms of size, visual impact, and variety on the menu.

I can see why the restaurant's chef is a six-time James Beard Award finalist. Every dish was spectacular. To start, we had the Insalata Nostrana. This was no ordinary salad—it was a taste and visual extravagance, with purple-red radicchio, fresh grated parmesan cheese, and an house made caesar dressing that added just enough tang to the bitterness of the radicchio. The rosemary-sage croutons mixed their crunch with the other textures for a mouth-feel delight.

Then came the pizzas—first, an octo-pie with braised octopus, marsala currants, tomato, red onion, smoked provolone, and arugula. After that, we tucked into the funghi verde pie—with shiitake and maitake mushrooms, house mozzarella, garlic, arugula, pecorino, and lemon. The crust on both of these pizzas clearly benefited from the wood flame in the oven, displaying crispy fresh-baked goodness. We weren't through there. The blue truck sweet corn soup with crème fraîche and chives brought rave exclamations and then I had a main course of succulent salmon on fresh Oregon vegetables. Of course, we needed some sorbets to finish the meal in a proper manner. Did I say it was expansive in every way? Quite a treat!

The Exquisite—Le Pigeon.

I confess. We have been coming here for quite a while and I dream about **Le Pigeon's** Beef Cheek Bourguignon all year long. When we entered this jewel box of a restaurant with two other couples, I told myself, "If it's not on the menu tonight, don't get depressed—there are other things in life to enjoy—you will survive, and you can drink enough wine to drown your sorrows." But yes, there it was, with époisses risotto, oyster mushrooms, Dijon-pickled onion, and sweet herbs. "Words, don't fail me now!" The beef itself tasted as always, like it was marinated in Le Pigeon's delectable reduced sauce for a week. Every bite is an explosion of flavor that lingers in the mouth. The risotto underneath had a velvety texture with just enough pungency from the cheese to set off the beef's gravitas. And the appetizer! A grilled Le Pigeon ratatouille with oven roasted tomatoes, eggplant, baby zucchini, and foie tomato gravy! The mixture of spicy flavors in this delectable dish with a variety of textures made it sinfully satisfying.

The dessert was in the same major league—yuzu sorbet with melon curls and macaroons. It combined a delicate citrus flavor with precisely-formed melon curls on top. Then the macaroons gave me a coconut trip back to childhood—a heavenly finishing touch.

The Emerging—LeChon

Okay, okay, I give. Just when I think my hometown might be catching up to PDX, you hit me with another triumph. On the last night we enjoyed in Portland, we were treated to a trip to **LeChon** and we dined on its remarkable South American offerings. Now, you may be thinking that means a lot of huge meat plates—and yes, they have a smoked and slow-roasted Patagonian pork on the menu (which was terrific), a ribeye, pork ribs, chorizo sausage, and flank steak.

CONTINUED

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Austin eats Portland continued...

But let's take a look at some other dishes on the menu. First we shared the grilled octopus appetizer. The chewy octopus was perfectly paired with chorizo, forest mushrooms, a delicate salsa verde, and lemon. We also divvied up the forest mushrooms with farm egg, parmesan, and brioche. What a start! Then my tombo tuna arrived. This huge piece of tuna was sizable enough to satisfy the appetite of a trencherman steak eater. Unlike some tuna steaks I have been served, this one was juicy all the way through and the pineapple chutney and olive gremolata combined for a fine balance of sweet and savory.

A test I often make at restaurants I'm trying for the first time is the quality of the sides—and LeChon passed with flying colors. The burnt carrots dish with goat cheese, honey, and chives was delightful as was the combination of candied beets, burnt orange, and arugula with pepitas.

The desserts such as beignets with citrus and rum caramel sounded wonderful, but we were too satiated to continue. I predict that LeChon will find a place on the A-list for PDX food lovers. To add one other happy note, our server went to college with a friend of ours who used to dance with Ballet Austin.

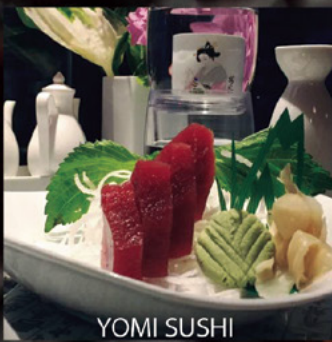
No doubt, our latest sojourn through Portland's culinary landscape was a wonderful experience. Besides the restaurants I described,

Serrato (an indulgence for my wife's birthday—rabbit lasagna to die for!), **Little Bird** (foie gras crepe), **Renata** (lamb agnolotti and salmon with pimento pepper aioli), **Atuala** (tapas heaven), **Tavern on Kruse** (the best value on a high-end prix fixe imaginable), **Ox** (the mixed grill to end all mixed grills), and a gem called **Oso Market + Bar** all offered distinctive cuisine. But we have around fifteen new restaurants opening in Austin before the end of the year. We love our food, too. The only way for you to make a comparison? Come on down—and we'll continue flying up there. And let's both keep on keeping it weird!



photo by Tim Sugden

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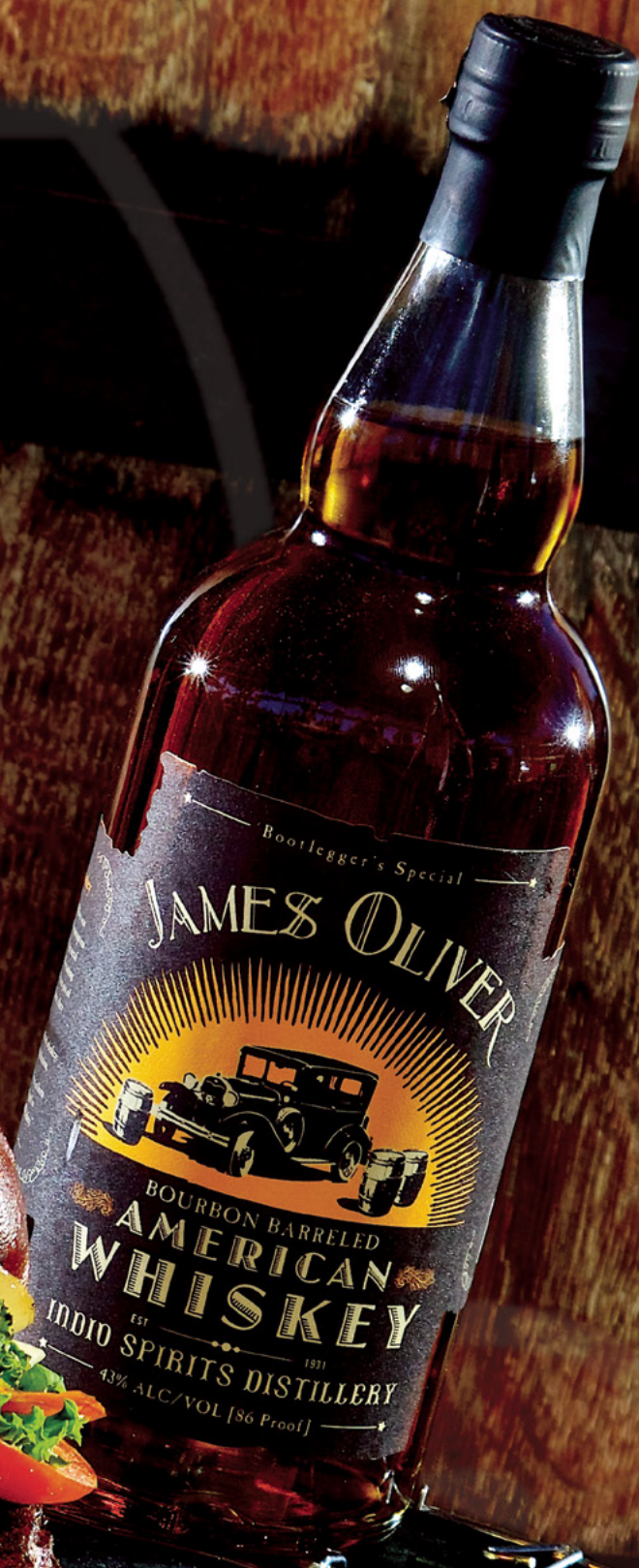
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Behind the Line at Serratto



Tony Meyers is understated aside from his arms rife with tattoos; but behind this quietness is one super-fine chef who would sooner be behind the line—of a fishing rod. Ask Tony about the fishing photos on Facebook that show up weekly, often portraying his kids in tow. His reply: “I decided to swap partying with fishing, something I’ve loved since childhood, to relieve the stress of cooking and now my wife says I’m obsessed. The kids are easing into it—they don’t really have a choice.” Indeed Tony studies the fish that are running, water temperatures, weather, and tidal elements as deftly as a level-four black belt. If it’s one of his days off you should expect a picture to pop up showing what he hooked. This fine-tuned fishing is something of an art, much like the exquisite edible presentations he puts out as daily specials at **Serratto Restaurant** (2112 NW Kearney St, Portland).

These sold-out specials start with the sauce, and Tony builds the dish from there, precisely cooking and expertly cutting each element, adding color and form until it’s ready to be served. First the diner is blinded by the beauty of his edible creation and isn’t sure if it should be eaten or further admired before the first bite, but hunger prevails. The flavor smack on the tongue lays waste to the visual admiration with flavors that are so insufferably good it would stop the devil from going down to Georgia. Tony isn’t the type of chef that jumps up and down prancing around screaming, “Look at me! Look at me!”, although he could get away with it. He lets the food do his shouting and everyone enjoys the noise and opens their mouths for the next bite of specials from behind Tony’s line.

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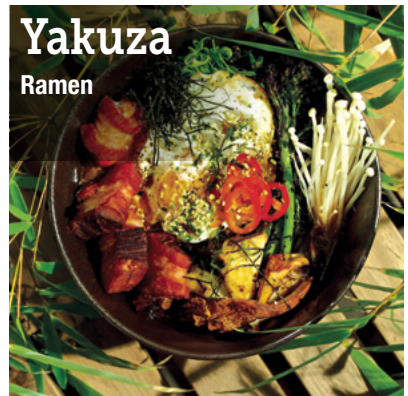
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With cooler temperatures prevailing and the sun waning, at this time of year we turn to hearty reds and even heartier fare. With all the controversy regarding the mass-produced industrial protein sources raised in confined, high density feed-lots (beef, pork, and chicken) that by-in-large are controlled by the fast food industry, maybe it's time to consider a healthy and sustainable change. Here in the Pacific Northwest we are fortunate to have **Nicky USA**, a purveyor of specialty wild game and other quality proteins.

Whether it is the more familiar lamb, or something you might not think about serving, such as pheasant, bison, or even water buffalo; thanks to Nicky USA, in conjunction with a group of family-owned sustainable farms and ranches across the Northwest, brings to the table the finest offerings of healthy, specialty game produced anywhere. **Geoff Latham**, the founder of Nicky USA, got his start in 1990 selling rabbit from the trunk of his Ford Escort to local restaurants and retailers in the Portland area.

Looking for a source to replace the conventional beef most of us use to make the heartier fall and winter dishes, Nicky USA came to mind and I thought I would give something new a try like Water Buffalo. I had tried the Water Buffalo sliders the Nicky USA crew served at a local event, and they were awesome. A couple of phone calls later I had some marrow bones and short ribs from a freshly-harvested Water Buffalo. The meat is lean like American bison,

very low in cholesterol, and the flavor is beefy and clean. I recommend braising the short ribs in stock and red wine with *mirepoix*. The marrow bones cooked easily and rendered some of the most delicious marrow I have ever tasted. Mixing the cooked marrow into risotto or polenta takes those two starch staples to another level. Wine pairing for a dish like Red Wine Braised Water Buffalo Short Ribs and Roasted Marrow Bones is easy as long as you stick to big and bold, and time isn't an issue.

A Walla Walla syrah or Red Mountain cabernet sauvignon would get the job done well, but I chose an Aussie 2012 Clare Valley single vineyard St. Andrews cabernet sauvignon from Wakefield. Consuming this wine with the short rib dish was like hearing the most harmonious vocal duet you've ever heard. This duet became more than the sum of their parts with a symphony of flavors that reached culinary nirvana at the finale.

If you're concerned too and want to get away from the protein sources the fast food industry controls, it's time to taste the same sustainable, free-range game birds and meats the best restaurants are serving. Check out www.nickyusa.com for recipes and the retailers who carry these products or you can just ask your butcher about them.

Enjoy!

The Five W's That Every New Designer Needs To Answer

written by Sofiya Popova

With regard to the Portland fashion industry, the answers to these questions will tell you everything that you need know in order to break ground as an emerging fashion designer.

Who are you as a designer?

Many designers pride themselves in being different and unique, which is essential to standing out in such a saturated industry. It is equally important to stay current. **Seth Aaron Henderson**, winner of the seventh season of *Project Runway* adds:

The biggest thing that really surprises me — and I heard it when I cast *Project Runway* — is that designers don't stay in tune to what is going on. They all want to be their 'own thing' and 'I don't read fashion magazines' or 'I don't watch TV or shows. You have to stay current with your resources.

What skills do you posse?

Many designers are self-taught, Seth Aaron being one of them. However, not everyone will be able to make it in the industry without a formal education and a bachelor's degree. **Melanie Risner**, the Director of the Fashion Programs at The Art Institute, explains the resources that are available to their students, as well as the benefits of a degree:

The fashion industry has evolved and The Art Institute of Portland is keeping pace. We believe in challenging our students to solve design problems. From being inspired by biomimicry to creating garments that are zero-waste, our students consider environmental impact and are able to bring these forward thinking perspectives to future employers. Search career job postings and you will see that a bachelor's degree is a requirement for most entry-level positions. Building a portfolio, website and personal marketing are part of our curriculum and poise students to enter the apparel industry.

Seth Aaron has very similar advice:

Any school is good. I can go to The Art Institute and learn how to play the guitar, and I can be good at it. Am I going to be a rock star? No. I just know how to play the guitar really well. There are designers that were born to be designers and there are those who were taught to design. I would encourage people to definitely take classes to educate yourself and perfect your skill set. I am self-taught, and I know many designers who are self-taught. You could speed along that process by taking those classes. But in no way, shape or form is a school going to teach to design. It is going to teach you how to execute. I encourage kids to go to school, because it all world out for me, but what if it didn't? I can't go to *Nike* and get a job, I don't have a degree.

Post graduation, you need to take everything that you have learned and unlearn it. It is vital that, as a new designer, you do not become confined to the safe and practical approach that you are taught in school. In Seth's words, "You are going to get clothes, not fashion. Learn the skills, then unlearn the textbooks. Clothes come from textbooks and fashion comes from designers."

When will you showcase your collection?

Fashion shows are the most direct and effective way to get your name out. Speaking from years of experience, Seth Aaron urges new designers to only pick a couple shows and commit to making those collections perfect:

In this market, it is all about shows — especially the quality of shows. To start out, there are a lot shows that support new designers. You have to pick your shows and don't overdo it. I know a lot of upcoming designers that want to do as many as possible. But what happens then is you get flooded with making the same things or your work is compromised because of deadlines. I would pick about two or three shows, focus on those, and make your collections as good as they can be. Focus on your quality, the story that you are telling and your vision. New designers tend to rush to get as much out as possible and it's more damaging than helpful.

A smaller scale show recommended by Seth for new designers is *Fade to Light*, which was held at **The Crystal Ballroom** in August of this year. *Couve Couture* is also a fantastic resource for emerging designers. Owner of **Beige Blond Salon** and the producer of *Couve Couture*, **Brett Alred**, gives a little insight into the reasons he created this fashion show.

I primarily got involved with the local fashion scene to promote my own business and my love of fashion. The catalyst for *Couve Couture* is to discover and promote emerging designers. Many who would not have had an opportunity in the world of fashion are getting their chance due to *Couve Couture* and their affiliation. Our future goals for the show are to reach out to other design and fashion shows, developing a consortium of other fashion industry producers to grow the area bigger and better through shared collaborations, and to spark more public interest by reaching a larger part of the community. Throughout this process, it has become my mission to find a unique way to produce the show while maintaining the flavor of the Pacific Northwest.

Portland Fashion Week occurs the first week of October. **FashionNXT**, Portland's premiere fashion show will be hosting designers from all





over the country and even the world. FashionNXT not only supports established designers but also offers the only professional apparel designer accelerator program in Oregon. UpNXT provides the winner with incredible resources such as design and business classes, free fabric, and tremendous amount of exposure and experience gained from participating in a large-scale show.

Tito Chowdhury, founder and executive producer of FashionNXT explains why this program is not only beneficial to emerging designers, but to the local industry as a whole:

With global leaders in the industry located here, apparel is the biggest industry of Portland. FashionNXT UpNXT accelerator is designed to create a stronger eco-system to facilitate upward mobility for emerging designers, leading to form stronger talent pool and viable fashion businesses, that are critical to establish a thriving and prosperous industry here.

Where in Portland can you find inspirational and innovative resources?

Mill End Store is one of Seth Aaron's favorite local fabric sources. **Kasey Burkhalter**, the marketing director for Mill End, passionately describes why this is a one of a kind fabric store:

We purchase first quality fabrics from jobbers, including manufacturers from around the world in addition to many well-known fashion lines. Our expansive selection includes over 65,000 square feet of attractively-priced limited supply designer runs, and one-of-a-kind, hand

picked fabrics and trims. In addition, we specialize in old-fashioned sewing expertise and customer service. Many customers even make special trips to Portland just to visit our store from all over the country. Our customers span from professional costumiers for movies and TV shows to nationally recognized fashion designers to quilters to interior designers to the novice sewer.

Why do you want to be a designer?

"Is this is a business or a hobby?" **Crispin Argento**, co-founder of **Portland Apparel Lab** asks all of their clients this. A designer that is hobby oriented will not have the passion and drive that is required to make actual money. Portland Apparel Lab is a powerful and important resource for designers who are ready to take their brand to the next level. Crispin says that "there is a misconception that developing a dress is easy." His company is prepared to lay it all out, and show what it truly takes get that dress into production, source the fabric, create a website, market the brand and everything else that is essential to success. In Crispin's words, they are there to "mitigate the 'sea of search', provide training and support for entrepreneurs and lower geographical, financial and psychological barriers". It is often overwhelming and confusing for a designer to know where to begin and PAL will guide you through that.

Crispin advises that "the healthiest way into this industry is through experience". He explains that many of the successful designers and business owners that he has worked with spent a minimum of five years at a major company such as Nike, Adidas, or Columbia Sportswear. The reality is that a designer needs experience and capital to start a business. Photos, fabric, a website – that all costs money.

The Portland fashion industry is at a place where it has never been before. **Ann Akre**,



owner of **Venus Salon** and Executive Producer of the **Portland Fashion and Style Awards** couldn't agree more:

When it comes to Portland fashion, we are unique. That's why I got into the business by opening **Venus Allure Salon and Spa**. What is trending for our salon right now are brightly colored ombres, and long nails with nail art! There's a certain level of eclectic eccentrics in the culture of our city and it really shows in our fashion scene. That's part of what inspired me to create the **Portland Fashion and Style Awards**. With so many unique styles and people and ideas and designs, there needed to be a time and place to bring them all together to celebrate and collaborate.

This is a very inspiring time to be a fashion designer in Portland. With so many available resources and the abundant support of the local community, there is no time like now to break into this industry. Coming from **Seth Aaron**, this is the real deal:

There are a lot of amazing designers in Portland, no doubt there. Even though it is mainstream media, **Project Runway** and the **Portland designers** that were on the show, brought national attention to Portland. When I started designing in 2005, there were small shows and this and that, but it was nowhere near where Portland is now. That's exciting.

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Art Institute, Lindsey Simonsen / James Hunt
Portland Fashion Style Awards Models

[Top Left](#)

Bryce Black - Fade to Light

[Top Right](#)

Altar - Fade to Light

[Middle](#) - Seth Aaron, Mondo Guerra, Viktor Luna 19



Throwback

Fashion always finds a way to repeat itself. This fall, the '70s are making a comeback—with a modern twist of course. **Amelia** (2230 NE Alberta St.) has the dress that will answer all of your chambray-filled prayers. This two-toned, lightweight, chambray denim dress requires virtually no accessories.

And what closet of this disco decade would be complete without a jumpsuit? **Garnish** (404 NW 12th Ave.) has included a stunning black jumpsuit in their fall collection. We all needed a new reason to add yet another black piece of clothing to our wardrobe and this is it.



Queen of the Jungle

Picking an animal print that works for your personal style is as important as your first cup of morning coffee. Some of us were born to wear leopard print; others are clearly zebra print kind of girls. Lucky for you, Garnish has a little something for every personality. My personal favorite is this matching snakeskin jacket and pant combo.

If you are not comfortable in wearing a head-to-toe animal print, then I suggest that you go for a more subtle (but equally stylish) alternative. Shoes are a perfect way to showcase your style with minimal risk. These leopard lady loafers from **Adorn** (4120 NE Fremont St.) are to die for.

Cherry on Top

It is no secret that red is the color of fall, especially here in the Pacific Northwest. There is no better way to accessorize any autumn outfit than with a perfect red lip. The team at Amelia has truly outdone themselves with their choice in lipstick. This rust colored lipstick will compliment any skin tone and is 100% vegan!

Let's talk evening wear. **FlairWalk's** (402 NW 12th Ave.) gorgeous asymmetrical hem dress is perfect for a crisp night on the town. The flirty shoulder detailing is the cherry on top the cake—or should I say, gown.



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Lucy Howard & Shannon DuBois

Dynamic Duo

written by Lindsay Gard

photographed by Tim Sugden & Tom Boehme

hair & makeup by Picasso Artistic Salon

Friends turned business partners, Lucy Howard and Shannon DuBois are co-owners and apparel designers of Portland's Dubard Clothing. Ironically, the two didn't grow up dreaming about being in the fashion industry. "I sewed a little when I was a child, but never thought I would make a career out of it," said Howard.

While working together as dancers in their early twenties, Howard and DuBois were offered a unique opportunity they couldn't resist. A woman came into their workplace selling clothes and said she was retiring from the business. Howard and DuBois ditched the dancing gig in 2003, and haven't stopped sewing since.



Tom Boehme

Dubard clothing is designed with women's natural curves in mind. Like many design houses, Dubard strives to make comfortable yet stylish clothing. What sets Dubard apart is its use of non-traditional stitching and their signature stretch fabric. "Our clothing construction is done by hand, which takes more time and effort," says DuBois, "but it pays off in durability and quality fit." Although stretch fabric is commonly associated with athletic wear, by mixing it with bright and playful prints, a high fashion vibe is created.

Howard and DuBois grew up in very different circumstances. DuBois grew up in foster care and volunteered at a wildlife rehabilitation center, while Howard grew up on a beef ranch in Bandon, Oregon. They may have very different upbringings, but they bonded over their shared passion for nature and animals. Just like the fusion of their last names in the brand, Howard and DuBois share both the duties and inspirations of Dubard. Creating the pattern designs is a joint effort, while Howard does most of the cutting and DuBois does most of the sewing. "Be prepared for compliments when you wear Dubard," said DuBois.

Another specialty of Dubard is bespoke designs. Howard and DuBois work closely with Anne Bocci Boutique and Gallery

where customers can shop for Dubard clothing or request a custom piece. Clients can bring in a photo or a simple idea and Howard and DuBois will make it come to life. Whether you are looking for a sexy dress for Vegas, an elegant gown for a formal event or an original swimsuit for your next vacation, Dubard will design it for you. "My favorite moment is when a customer tries on a custom piece and falls completely in love with the fit and feel," says DuBois.

Dubard's very first clothing item took two days to make, and was completely unwearable. Many trial and errors later, they now have over 800 individual patterns. They recently collaborated with local artist Buzz Siler to produce their first runway show, showcasing 35 different looks from their debut Dubard Siler Collection. With future goals to collaborate with more boutiques outside the metro area, we can expect to see more innovative designs from this duo.

"Everything you wear says something about you," says Howard. "Fashion is a reflection of your soul."

➔ HouseOfDubard.com





Loosey Goosey

Gone are the days of the skinny jean, fellas. This season we are trading in your skinnies for a baggy trouser. **Machus** (542 E Burnside St.) has a fabulous pant that not only has a loose fit, but also the cropped leg and dropped rise that we know and love. A win-win-win.

Maybe trousers are not the pant for you, some people love their denim. Lucky for those guys, **Frances May** (1003 SW Washington St.) has a relaxed fit jean! In a beautiful medium wash and slightly distressed, these babies can be dressed up or down.



Rustic Chic

A soft and creamy touch of shearling will make the ultimate fashion statement this season. Runways this year have been chock-full of glamorous full shearling coats and vests. Don't feel pressured to commit to such a large purchase! This moto jacket from **Animal Traffic** (two locations—429 SW 10th Ave. and 4000 N Mississippi Ave.)—features a shearling collar that will give your fall wardrobe the appropriate amount of *oomph* without busting your budget!

For those who would prefer a faux shearling, Pendleton, The **Portland Collection** has you covered. This way you can still get that rustic look, no matter what your personal preferences are.



Weak in the Knees

The only thing better than a good jacket is a good *knee-length* jacket. Piggybacking onto the layers trend that has been super hot the past few seasons, knee-length jackets provide a layering opportunity that the summer months didn't allow for. If you are feeling extra-bold, try layering an oversized long jacket on top of a bomber or jean jacket.

Frances May is carrying a camel-colored long jacket this season that adds a twist to your everyday coat with a modern cut and details. If your style is a little more practical, **moulé** (1225 NW Everett St.) offers a luxurious navy blue parka that would never go out of style.



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Michelle Judson

A Happy Ending to an Ironic Story

written by Lindsay Gard

portrait by Mykel Hibbard

product photos by Harold Wood

You can imagine the amount of time Michelle Judson, a mother of three children, has spent folding laundry. There was plenty of time to think. It was during one of these moments that the idea for a new bra came to her. Judson is the founder and CEO of **Changewear**, a start-up lingerie line creating bras that can switch colors and styles over and over again - all within the same bra.

When it comes to most women's bra collections, there are the everyday bras, the sexy bras, and the strapless bras. So many bras! And only a few are being worn on a regular basis. Sometimes women will pay a premium price for a bra that they only wear once, such as for Valentine's Day. And let's not forget about buying matching panties for each bra. Judson is solving this problem by creating a bra that can be changed into multiple colors, whether you want to coordinate with your wardrobe, change your look from work to night on the town, or sporting your team colors. "Our products give you creative control within our offerings and the ability to expand your intimate apparel in a fun, functional, and cost-effective way," says Judson.

Changewear is currently developing a front closure bra and a traditional back-closure bra, which will be available in 2016. Customers will be able to pick out the base foundation bra in black or white. The color change is made possible with colored bra cups that are inserted in hidden pockets on the bra. They are also developing convertible panties to pair with the new bras. "Changewear makes it possible to turn your everyday bras into your fun and stylish bras and then back into your everyday bras," says Judson.

Back on the day Judson was folding laundry, she was looking at one of her demi-cup bras with red nylon sewn in behind black lace. She loved the two-toned look, but wished she could change the red nylon to a different color to match other panties and clothing. "That's when I realized I could create a bra that allowed you to change the color," says Judson. She



researched and filed a patent for the invention, trademarked Changewear, and started designing.

“Bras are second to performance shoes in regards to engineered components,” says Judson. “There are over a dozen moving parts in bras.” Judson had to learn about the construction, pattern and engineering of a bra to create support at the right stress points and create a flattering shape. The first steps in the process were researching trends, experimenting with different materials and creating prototypes. She then brought on a designer-bra-fit specialist, fit model and pattern maker. “We all work together to create comfortable and flattering innovative new products,” says Judson.

A few years after creating Changewear, Judson was diagnosed with stage-three breast cancer. She is now a cancer survivor for three years. Rather than mourning her losses, she has found humor in it. “My survival makes me fearless, confident, and strong,” says Judson. “It’s a very ironic story.”

 **ChangeWear.com**



2015 Mercedes-Benz of Portland | Portland Fashion and Style Awards Charity Gala



On a warm summer night, August 23, Mercedes-Benz of Portland and the Portland Fashion and Style Awards hosted their first annual charity event. It was a night filled with live music, dancing, a fashion show, and even a bachelor auction. The Mercedes service garage and sales floor were transformed into a cocktail party venue with a red carpet and all!

Dancing the night away to local sensation The Hit Machine, general manager of Mercedes-Benz Portland, Andrew Plummer and founder and executive producer of the Portland Fashion and Style Awards, Ann Akre, hosted an event to remember. The night raised money for Albertina Kerr, Self Enhancement Inc. (SEI), and JDRF (for type 1 diabetes research). It even hosted a choreographed dance by the beneficiary students of SEI. Special thanks to the sponsors and attendees of the evening including Michael Mack of Copa Di Vino, Sasha Brinkley from Roche Bobois, The Indio Spirits team, Sue Bonde and Melanie Risner from the Art Institute of Portland, and the Phagan's School of Hair Design beauty team.

- Stephen Weber, Lucy Howard, Mandy Bentley, Kim Mullen, Shannon DuBois
- Model: Bailey O'Bar in Wendy Ohlendorf dress from Boulevard de Magenta
- Model: Wade Hayes in Brent Collier from COLLIER
- Hit Machine Band (left to right) Michael Conner, Tony Goiburn, Bart Hafeman, Maria Skipper



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Anna Marie Cooper

Wandering into Fashion

written by Lindsay Gard
photographed by Myles Katherine
makeup by Gina Campbell

Rogue:Minx is a local clothing line made for women who walk a different path. “We are all wanderers in some way,” says founder and lead designer Anna Marie Cooper. “We like to find the less traveled paths, and we express that desire in how we dress and how we live our lives.”

Growing up in the south, it was a major culture shock when Cooper moved to Portland in high school. With time, she eventually fell in love with the city and attended the University of Oregon for a degree in Business. During college she started sewing. “I fell into this about ten years ago when I started selling vintage clothes and band t-shirts online,” says Cooper. With no formal training in fashion, she started altering the vintage clothes to the point that she was essentially making new designs from scratch. “I kept at it and eventually learned pattern making, draping, and basic production, it's been quite a journey.”

Whether you describe your style as edgy, tomboy, feminine or bohemian, Cooper has the clothing you've been searching for. Rogue:Minx is a mixture of feminine and masculine aesthetics that are wearable on a daily basis. “I pull inspiration from any rebel or tough gal,” says Cooper. “Musician Alison Mosshart from The Kills is one of my current influences.”

Fashion not only describes your personality, but also your mood. Sometimes you want to look ladylike, while other times you want to get rough and play in the dirt. You can see that diversity in Cooper's choice of silhouettes such as versatile jumpsuits and fabrics including leather, velvet, chambray, floral, lace and sheer fabric. My personal favorites include her playful cat and dog prints and collection of bone jewelry.

The name Rogue:Minx is a play on Cooper's two personal design styles. “The Minx is stylistically more feminine and the Rogue is a bit more rough and





tumble,” says Cooper. She uses the two personalities as a story of female friendship to represent her clothing line. “It’s a story about those strong women or those adopted sisters that we choose to journey with through life.”

Since Cooper designed Rogue:Minx for the woman who writes her own story, it’s only natural that she plays by her own rules. Don’t expect to see her designing clothing based on the traditional seasons of fashion. Rogue:Minx is not just about rebelling against the standards of the fashion industry, but also about setting new standards: “It wouldn’t be ethical for Rogue:Minx to say we support women and then outsource manufacturing overseas and in turn take advantage of women,” says Cooper. By having her clothing made in Portland, Cooper can say for a fact that they are made fairly and equitably.

With plans to reach out to more boutiques along the West Coast, you can expect Cooper to search more for those strong females looking for something different to wear in their lives. “Rogue:Minx believes in the strength of women and that we have the ability to achieve great things when we band together and support each other,” says Cooper.





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Michelle DeCourney

written by Kailla Coomes photographed by Tim Sugden



THE ROCK-n-ROLL Designer

Michelle DeCourcy is a mother, a fashion designer, a cancer survivor, a lead singer of a band, and so much more. Her fashion brand, **Michelle DeCourcy**, was transformed three years ago, when she decided that she wanted to get back to making customized clothes instead of having a manufacturing-based business. She recently designed the Oscar gown for Cheryl Strayed, the author of *Wild*.

DeCourcy is the lead singer of the rock-n-roll band, The Rocktarts and the band is about to release its very first album. Her life is hectic, but it's just the way she likes it. Though most people know her as a fashion designer, she is much more and her talents are simply endless.

Tell me a little bit about yourself.

I grew up here in Portland. I went to college and went to Boulder CU. After I graduated I came back and started working for **Oregon Anesthesiology Group** as the Corporate Accountant there. I met my husband when I was 25 and we had our first baby, Graeson, when I was 27. I have two stepdaughters, Sienna and Sophie. I started my business at my kitchen table when I was 26.

Did you say you were an accountant? What made you want to do that?

I had a finance degree. You know I wanted to do something where I would always be able to take care of myself, and for some reason, early on, I got it in my head that you couldn't be an artist for your career. That would not be a safe move. Really, I was an artist inside of a finance major's body. I had to learn everything on the fly because obviously I don't have a degree in apparel design.

And so you said you started designing at your kitchen table?

I did. I started making scarves and wraps, just for my friends and myself. I would have little Christmas parties and my friends would all come over and buy scarves for \$40. They would have ostrich feathers on them and all the things I still love to work with – the cut velvet and the beautiful little crystal embellishments.

My husband bought me my first sewing machine. I just started making things, and one day I looked at it and I thought, *I can do anything with this machine!* Then the passion started spinning in my mind.

How did making scarves become what you do now?

I went out on a mission and started selling to local boutiques. The scarves and the wraps were the beginning and I would fill these orders, and would sew them myself and deliver them. Then I decided that I wanted to make clothes and try some apparel. I produced a 10-piece collection and went to Los Angeles and walked a "market week" to see what that was all about and decided to "go to market." I had my booth it was just fascinating. I came home and I was like how am I going to make all this. So I started outsourcing and running a manufacturing based business.

How does the process of selling your clothing work?

After the initial scarves and the wraps, I did sell a few of the pieces from that collection to local stores. I did a couple of trunk shows and things like that, and I started getting the reorders. I talked to other designers that I knew, and I got as much information as I could about how it works. That gave me the juice and the fuel to do the next thing. It's like anything you do – if you put it out there in the universe it always comes back. It's been a really fun journey for sure.

There have been a lot of ups and downs with that too... and change. Through the amount of time I've been doing this career I have also changed my business model and I do things very differently than I did back then. The focus has shifted in the last three years; it's all custom-made individually. We have a showroom, and we have lots of samples. Some of our clients want exactly what they see in their size, but typically it's always tweaked for them.

Did you ever have your own boutique?

I had a store on NW 23rd, it was my first store, it was right between Johnson and Kearney. Then we moved to The Pearl and opened there and then I closed that store in 2007 and took a complete break. I had leukemia and when I went into remission I wanted to focus on my health and my family. During that break I was able to manifest 'Michelle DeCourcy' today and do everything the way I wanted to do for my clients and myself.

Do you mind talking about your diagnosis?

I was diagnosed at 34 and I have been in remission for 8 ½ years. I was diagnosed with a rare form of leukemia, ALL. It was a childhood Leukemia typically, and I had an aggressive form of that. The day I was diagnosed I was admitted to the hospital for eight months of chemotherapy, and all the chemotherapy would be inpatient. I was in the hospital 85% of the year, receiving this treatment and getting better.

I kept my business going the entire time. I would sketch, and I would give as much direction as I could. I had amazing people that I trusted. When I made the decision that I wanted to close my store and take a break, it really was... I just needed a complete break from everything. I came full-circle and realized I really missed designing special pieces of clothing, and that's when I came back and launched 'Michelle DeCourcy' collection. It's been a really special part of this chapter; it's been a really special part of my career.

Can you talk about your non-profit event you started, "Rumble on the River"?

After I went into remission I was on a relay team, I had a team for the Lake Oswego chapter of Relay for Life for the American Cancer Society. My team captain and I were sitting out by my pool, having a beer, and thinking, *what are we going to do to raise some money?* I said, *'I know — why don't we have a couple of our buddies garage bands come do a little show here?'* That's how it started and we now have a non-profit organization we founded, it's Rumble on the River. We have an event every other year, and it's a concert to raise funds for CCA. Our first year we raised \$4,000, and as of last year we were over \$100,000 in fundraising for these organizations. It's an outdoor concert, and we have had different bands over the years, We've had Storm twice, and Cherry Poppin' Daddies. So, typically there will be one band that has some notoriety.

What was it like designing the dress that Cheryl Strayed wore to the Oscars this year?

That was amazing! Her stylist, Scarlett Chamberlain, contacted me and said that Cheryl was going to be attending the Oscars for *Wild*. She wanted to perhaps wear something from a local designer, and I said, "Absolutely!" When we met it was perfect, She is truly an incredible human being. I had five sketches in my mind – I presented them the day we met, and she picked the first one I did, my favorite, It was pretty great.

What was it like seeing it on the red carpet?

It was cool that she had a moment like that, you know, I was just really excited for her; and if I can create something that helps somebody else, that's a dream.

Where do you find inspiration?

My biggest inspiration is music. I'll hear a song and think what would I wear to this song. My favorite pieces come from listening to another artist's body of work. I just start to think about, What are you going to wear when you're singing to this song, listening to this song, or if the performer is performing it?

So I read that you are in a band.

Yes, we have been together for two years. It was a project that I started because of my love of music. I always wanted to have my own band and never have before now. I was like, you know what, I am certainly not getting any younger, so I am going to start my band. It magically really just came together.

We started the Rocktarts and we were mostly alternative covers – lots of Blondie, Pretenders, that kind of thing. Then we started the process of writing originals pretty much three months into the project. We are recording our first album...we are in the studio as we speak...and we are putting the final touches on that before it goes

out to be mastered. I really have so much gratitude for everything that I am able to do and that I get to do.

Do you see yourself touring?

You know what, I do, because I love new experiences and I would love to do something that I've never done before. You know, I don't know if I want to live in a Winnebago and eat Subway for a year, but I would absolutely entertain the idea of doing something like that.

When is the album going to be released?

We are going to have a single in November, and then, I believe, January, I'm not completely sure on that. We are actually in the process right now of figuring when would be the best launch date for that.

Are there any other projects you are working on?

We have a new collection coming out. I always have an edgy rock-n-roll aesthetic in all of my pieces, but there are some pieces that will embody that real rock-n-roll spirit a lot more. A lot of the bands that have served as my greatest inspirations are getting really old, but they are still out there doing it, like Blondie and The Stones. There was a time when they were in their new phase of life and creating their music, which really speaks to me with this collection.

Are there any other future goals you have for yourself?

You know I do. I have one more in me and I don't know what it is. I'm excited to discover what it is, but there will be something else. I wish we could live 400 years, and so I'm really hoping the next life thing is for real because I have so many things that I want to do. I don't know what that will be, but it will be something fun, that's for sure. AFM

➔ MichelleDeCourcy.com



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the voice of **HAMILTON** **SHEILA** portland

~~~~~ written by Michael Clark photographed by Kathryn Elsesser ~~~~~

**Y**ou probably know **Sheila Hamilton** as the director and host of **KINK FM's** Morning Show, on the air weekdays from 5:00 a.m. (Sheesh!) to 9:30 a.m. She's smart. She's witty. She has a *great* voice. Whether the topic is politics, culture, music, or fashion (and she's definitely one of Portland's most fashionable figures), Sheila knows her stuff. Oh, yeah she's won five Emmy awards in documentary filmmaking.

Or maybe you know Sheila as a longtime liberal sparring partner with conservative radio host **Lars Larson**. You can find an image of the two of them playfully attempting to strangle one another on YouTube. Lars even once asked if he could get a kiss on the cheek from Sheila if a point he'd made about Medicare Part B turned out to be correct (I guess you get what you can).

In 2009, I was teaching in Croatia as a Fulbright scholar when Sheila contacted me about a book project she'd been working on. Only later did I learn that it was a memoir, *All the Things We Never Knew*. Now, almost seven years later, the book is out: the story of her life with a husband suffering from mental illness. It's a remarkable book, and it expresses Sheila's remarkable fortitude, along with her courage, her zest for life, and her capacity to face despair while still finding time to laugh, cry, love and give back.

A few weeks back, Sheila and I sat down at Portland State University's Center for the Humanities, where we talked for two solid hours. She's a striking figure, tall and lean and elegant, and she wore an alligator-patterned dress and magnificent spiky heels. (She jokes about her shoes fairly often—it may be a happy weakness). She apologized a bit for her fancy attire, she was the keynote speaker at a Portland literary event later that evening.

Her story began well over ten years ago, when her husband, who we'll call David, spiraled into a series of bipolar cycles, each one more and more frightening. As his illness worsened, Sheila struggled to understand what was happening to the man she loved, just as she fought to hold her family together, to care for her young daughter, and to retain her own grip on things.

Interventions and hospitalizations followed, but the story came to its tragic end in December of 2006, when David took his life in a wooded area overlooking the Columbia River gorge. His worsening cycles, between mania and depression, had brought him back to a place he loved: the serene spaces of the natural world. There he put an end to a life that had become unbearable to him.

But that wasn't the end.

Sheila's anguish led her to ask why, and how, things had gone so far. As she reflected on the trauma and despair that increasingly shrouded David's life, she started to notice clues that had been missed. She started to write about the experience of David's illness, decline, and death. The result is a beautifully written, brave, and spellbinding book—a memoir of love, mystery, loss, renewal and hope. It is a story of the pain of mental illness. But it is also a story of the redemptive power of love. It is a story Sheila Hamilton wants people to hear.





***What motivated you to write this book? It must have been terribly difficult to revisit such a traumatic event.***

David's body was found in December of 2006. It was traumatic. He left no note. He left us hundreds of thousands of dollars in debt. He left no plan for how I was going to take care of my daughter, nor how I was going to carry the mortgage. I had no idea what I was going to do; I was really traumatized. No insurance—he had let it lapse.

And I didn't have time for therapy—I had to get back to work. But I needed to make sense of what was happening to me. I needed to sit down and actually remember what I had gone through, because I knew I would want an accounting of it when I came out of this horrible trauma. I wrote it based on the most intense memories of that three-month period.

***As you wrote and researched, did you meet many others who had shared similar circumstances?***

I felt completely alone. I went to Powell's, and I went through all of the stacks. I wanted to know, "Are there other women who have gone through this? Are there other caregivers who have gone through this? What's the advice for someone who loves someone with mental illness? How can I actually become a better partner for someone who's sick?" And I didn't find anything written from the perspective of caregivers.

There are a lot of books written on mental illness by psychiatrists, even books written by people with mental illness. But in terms of the people that are affected by the behavior of a loved one, there's not much out there. And it turns out that it's a big audience.

***From your book, I got the impression it was hard to talk to people about this while it was happening—very hard.***

I didn't talk to them. I was so embarrassed. I was so humiliated. I was so ashamed. My closest friends knew something was wrong. They knew that there was trouble at home. But I never told them how difficult the marriage had become. I was talking to a very good friend about David's moods, and about the ways in which he would explode in rage, and she said, "This is not okay." It was almost like hearing the profiles or stories of battered women: they start to believe it's their fault.

***Were your friends really upset with you?***

They were. They wish they'd known more. They wanted to help.

***Your memoir suggests that David intermittently knew that something was up, but then would quickly lose that awareness.***

I think he knew. But he'd been raised in a family that essentially denied the existence of the entire field of psychiatry—his mom called it "poppycock"—so he didn't have a space to understand what was happening to him. It's just like being raised in a really devout religion. You begin to accept its tenets. And I think that he accepted the idea that he should have been able to simply pull himself up by his bootstraps. He thought his troubles were a failure of character.

***When he finally started to receive medical and professional treatment, you describe how hard it was to bring his chemistry in balance. Can you talk about that?***

The tipping point was when he began taking antidepressants. Within a couple of days he was hearing voices, and then he started "rapid cycling." He didn't have wild manic extremes until the very end, when he was put on those anti-depressants. He stopped sleeping. He howled at the moon. And then he attempted suicide and was hospitalized. And from that point on, I think we lost him.

***Where you ever worried about yourself, psychologically?***

In the aftermath of David's death I thought I might have to spend some time in a hospital, because I was so anxiety-ridden. I was having panic attacks—I had never suffered from panic attacks—where I honestly thought I was dying.

***This, obviously, is a very intimate book. How hard was it to tackle it all?***

I felt like a conduit. I was getting up at 3:00 a.m., working at the station until noon, and coming home at 4:00 p.m. Then I would sit at my computer and write for 2 to 3 hours. It was as if I *had* to get these words out of me.

***In some ways this is a mystery story—about David. If we go with that idea, what got solved? And what mystery remains?***

The mystery for me was "Who was David?" How much did he know about his mental health problems? How often was he haunted by the thought that he was going mad? How often was he running from the reality of who he was? To me that's the biggest mystery of all. The second mystery was, "Who was I during that time? Who was I to be running from the reality of my marriage? Why wasn't I willing to force the issue and ask about what was happening to us? Why were

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# SMITH & BEVILL



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# LET'S START WITH THE PLANT

written by Kori Hirano photographed by HiFi Farms

**I**N Oregon, the southern region provides ideal conditions for cultivating *Cannabis*. There are dry, moderate summers, which produce high quality product. For those harvesting indoors, climate control is crucial and can be done with careful management of light and temperature.

For an inconspicuous plant that looks like a cross between a fern and a poinsettia, it has been at the center of an intense prohibition debate since the 1920s. The two most well-known species are *Indica* and *Sativa*, and from these plants a resin is produced, which are compounds called *cannabinoids*. And within these compounds are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is what produces the euphoric “high” feeling while CBD is known for its ability to diminish the effects of THC and provide medicinal value. Although there is evidence that the plant’s medicinal properties were in use 3000 years ago, the idea that it could be medicinal and recreational has been both a wondrous discovery and a hindrance to further research and development in modern law and science.

The damaging effects of the social stigma surrounding cannabis from the 1930s lingers, and was heightened again due to the war on drugs in the 80s. While more states begin to decriminalize cannabis, the biggest hurdle to overcome is at the federal level. Advocates are hoping that the DEA removes it from the Schedule I list, which classifies cannabis in the same category as heroin and LSD. Under this schedule, researchers must submit an application to the National Institute of Drug Abuse (NIDA) for approval. The cannabis is supplied through a government-contracted facility at the University of Mississippi and there are production quotas in place. It can be a lengthy process to receive approval, which in turn impedes more research.

At the time it was classified there were already studies with evidence establishing a link between medical cannabis use and an increase in quality of well-being. Now there are even more questions that need answers. There are studies and testimonies from patients who feel they’re able to get through their daily lives because of cannabis. Many medical cannabis users turn to it for chronic pain such as arthritis and other joint issues. It is often linked to helping cancer patients who are going through chemotherapy to alleviate some of the side effects of chemo, including loss of appetite, nausea, vomiting, and muscle spasms. Cannabis is said to provide help to patients with glaucoma, seizures, PTSD, and sleep disorders. More recent lab studies have determined CBD might have the ability to stop aggressive breast cancer cells.

There is a long list of more ailments and diseases that could benefit from cannabis use, including diabetes and dementia, but there isn’t enough data to back it up at this stage. With so many claims and cases in favor of a vast array of health benefits, the logical next step is to start the cannabis conversation over. The only way to get to the answers is to re-examine the classification.



But the stigma is hard to shake.

Here we are on the precipice of the commercial availability of cannabis. The image of the pothead “stoner” of the 80s is outdated now more than ever. As more states follow suit to legalize cannabis, opportunity for new research, education and understanding awaits.

**Sara Batterby**, co-chair of the **Women Grow** Portland chapter and CEO of **HiFi Farms**, is at the forefront of the new landscape. After launching the chapter in May 2015, it became the fastest growing professional cannabis networking group in the US. According to Sara:

We tapped a nerve, a vein. The amount of enthusiasm and level of excitement for women to come out of the closet and connect in an environment that was respectful and acknowledges their skills, and where they can develop partnerships and relationships—it was definitely different in the tone that has been set by cannabis in the past.[There are] people in their 70s all the way down to their 20s, and people from all areas of business: finance, marketing, law. Our next event is a business panel with four people from different aspects of the industry: what are the five things that your lawyer, marketing person, compliance person would tell you to do for starting your business? We’re turning our attention to delivering value through education.

Inevitably, the “canna-business” side will thrive. For medical cannabis users the new laws will hopefully shed light on what a difference cannabis makes in their daily lives. It will create curiosity for many people who will try cannabis for the first time or try it again long after their teenage experimentation. But many other people will continue to use it for their medical needs.

Helping cannabis patients since 2007, **Dr. Sandra Camacho-Otero** of the **Portland Alternative Clinic** reports that about 70% of her patients suffer from chronic pain. “But we do see patients with cancer, HIV/AIDS, and patients with muscle spasms like multiple sclerosis,” she says.

Most notably, many of Dr. Camacho-Otero’s patients are able to stop taking their painkillers. “They state they feel clearer in thought and are better able to perform in life, like interacting with friends and family,” she says.

“It’s not about getting high; it’s about relief,” says Jennifer, a medical marijuana cardholder since 2009. “If you take it the right way, there are many health benefits.”

And that is a key point: it is not as simple as a patient walking into a dispensary, flashing their card, and going home to smoke weed. Like



any medication, there are different dosages, different potencies, different types that might work better for migraines versus irritable bowel syndrome. One of the main reasons to advocate for the removal of cannabis from the Schedule I list is to allow for more rigorous and consistent research into the medicinal aspects of the plant.

But even if the research was conducted freely and abundantly, there would still be a disconnect between the medical aspect and the cannabis itself.

“There is no such thing as medical cannabis that doctors are actively researching and prescribing with somewhere to send it where they know their patients are getting the same thing every time. Until we have that consistency and a real medical system, it’s definitely challenging for patients,” Sara says.

Lab testing does not have strict regulations to ensure the product is potent enough and therefore effective enough, but also to ensure it is free of pesticides, molds or solvents. Nor is there regulation when it comes to properly labeling ingredients on cannabis products.

“I’d encourage the lawmakers to improve the laws to make cannabis products safer for consumers”, Dr. Camacho-Otero says. “There are concerns for some of the products people are using and no oversight of the laboratories doing the testing required by dispensaries”.

**Leah Maurer**, co-chair of the **Women Grow** Portland chapter and a key player in the **Moms for Yes** and **New Approach Oregon** advocacy groups, is also focused on the safety of cannabis and its many products.

“I’m a mom. Safety is my top priority. Marijuana is much better off the streets and in a legalized and regulated system”, she says.

Leah hopes the federal level will change the scheduling of cannabis because it makes it so much more difficult to procure funding, not only for research, but for now legitimized business owners who cannot secure bank loans. “Treating it as a crime has failed us. We need a new approach,” Leah says.

**Women Grow** is part of Leah’s vision for that approach. Decriminalizing cannabis and creating legitimacy around the industry is going to create a level playing field, one which will draw in the best leaders who can create a powerful new space.

This is the chance for an emerging industry to reshape the story.

**Andi Bixel**, the creator and owner of cannabis-infused **Drip Ice Cream**, is hoping to be part of the new story. What started as a hobby has turned into a quickly growing entrepreneurial experience. “Everything is happening so fast and I wasn’t really expecting it,” she says.

While her focus is on the recreational side, she knows a lot of medical patients use her product. “I just got a call today from one of the dispensaries who has a client with cancer, and right now the only thing she can eat is the vegan ice cream I make,” Andi says. “She can’t keep anything else down; it’s the only thing that’s giving her fat, calories and sugar, and it’s helping with pain management as well.”

As a young entrepreneur dipping into the unknown variables of the cannabis industry, Andi is cognizant of the delicate relationship between edible product and the new concept of legalized recreational use. “It started as just a unique way of being able to eat cannabis”, Andi says. “I think the coolest thing about the product is that it’s really far away from the stigma of cannabis. Nobody has really seen it. People automatically assume something with a brownie, whereas with ice cream I have the possibility to create a new image”.

**Skye Rapaport** was also looking for something new to help manage his chronic pain. He created a topical salve infused with cannabis called **Bud Rub**. He realized he had created a life-changing product without the mood-altering effect. “The biggest secret about cannabis is that it can be so healing without psychoactive effects, and that’s appealing to a lot of people,” Skye says.

He hopes products like Bud Rub help with the changing landscape of the cannabis industry and that for people who are anti-weed it will give them another angle to consider. “If they don’t like the altered state of mind, Bud Rub works for them. You don’t get high; you get healed”, Skye says.

Now that half the battle is over and cannabis is on its way to decriminalization, the real work begins. In Oregon, the state has had the fortune to watch from the sidelines as Colorado and Washington grappled with regulating a once ignored marketplace. Oregon and its lawmakers are proceeding with caution but know this is the opportunity to create something better.

The **Oregon State Fair** turned a new leaf this year: for the first time in its history, the marijuana leaf held court in the halls of the fair, represented by the **Oregon Cannabis Business Council**.

There were no plants or actual herbs ready for consumption, though. The council was focused on educating the public in light of the October 1st retail sale commencement.

**Carolyn Morse**, who along with her husband, **Don Morse**, created the OCBC to help shape the cannabis industry and the newcomers who want to grow, sell, and manufacture cannabis products. The OCBC also wants to educate the public about the benefits of marijuana from a health and medical standpoint.

Carolyn even mentioned it might be feasible to one day enter the cannabis plant into the horticulture contest. To grow: germinate, vegetate. Adjust the light, the water, the soil. It flowers.

# WE START WITH CANNABIS

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## Welcome to Fall.

I can't believe it's already fall! I've been super resistant to accepting that summer is over, and there have been a few warm days here recently that have me sporting summer dresses. But even in the heat of those days it feels like autumn. The air is crisp and there is a cool breeze.

When the season changes I almost always have a simultaneous feeling of excitement for what's coming and sorrow for what is ending.

That's how it is with every major life change:

- Getting married and leaving behind single life with dating and first kisses.
- Moving to a new city and leaving behind friends and favorite cafes.
- Expanding your business and leaving behind simpler times and smaller problems.

And that's where many of us stay stuck, unwilling to move away from

comfort but good enough to really go for our dreams.

You have to be willing to let go of good to go for great.

I've discovered that there are three questions that help me get unstuck and moving toward a more brilliant future, even if that means leaving behind things and ways of life that I hold dear:

What does my ideal future look like?

- This is a question about dreaming — not about figuring out “hows” — but just allowing yourself to fully expand into possibility.
- Write down whatever comes to you. What does your social life look like? How is your health? Who are you snuggling with at night? How does it feel? What do you do to contribute to the world? Where are you living?

What is so completely amazing in my life that I want to bring it with me in this future?

- These are the non-negotiable, can't-live-without-them people,

things, ideas, and ways of being. Just the tippity-top-top; not the “it's working okay so I guess I should keep it in my life” stuff. The gems, the treasures, the gold.

- By all means keep and maintain what's fantastic already. It can come along. But everything that doesn't make this list must be considered burnable in service to your ideal future.

How can I let go of everything else?

- What do you have to do in order to let go? For me this means a time of grieving what needs to pass. Feeling deeply into it and honoring the ways in which all of it, all of it, has brought me to this moment.
- Don't be afraid to experience the depths of sorrow about what's passing. There's beauty there, and without allowing it, you can't fully let it go and be present with what's next.
- So....what are you willing to burn down in order to have the best iteration of your life possible?

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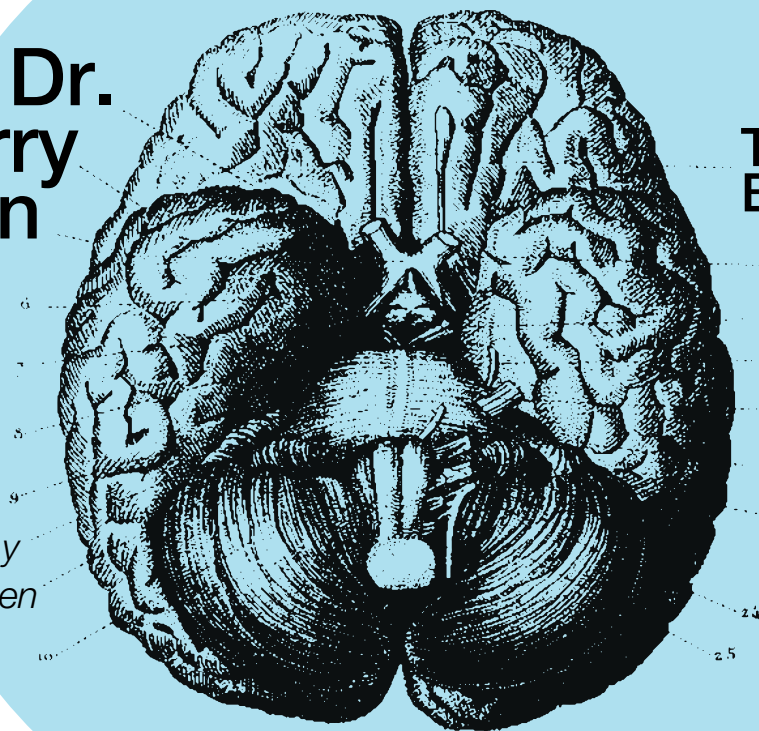


# Dr. Larry Sherman

## This Is Your Brain On ...

Music,  
Love,  
Prejudice,  
Alzheimer's,  
Multiple Sclerosis,  
PTSD

Written by Merlin Varaday  
Photos by Tim Sugden



Dr. Larry Sherman, PhD wants to talk about your brain.

The Senior Scientist in the *Division of Neuroscience* and Professor of *Cell, Developmental and Cancer Biology* at **Oregon Health and Science University** (OHSU) has combined his extensive knowledge of the human brain with his passion for music, creating inspiring, humorous and educational presentations. Dr. Sherman has explored the brains of the Gershwin brothers with the **Portland Chamber Orchestra**, discussed his family history with an 11-piece band and Grammy-nominated singer **Valerie Day** at the **Newmark Theater** and been a regular presenter at **Oregon Museum of Science and Industry's science pub lecture series**.

Dr. Sherman heads up the **Sherman lab** at the **Oregon National Primate Research Center**. A breakthrough in 2005 led to the discovery that the sugar hyaluronan accumulates in the environment not only surrounding damaged brain cells, inhibiting cell regeneration in normal aging, but also in neurodegenerative conditions such as multiple sclerosis and Alzheimer's disease. He likens it to trying to complete a task efficiently when there is too much clutter surrounding the work area. Dr. Sherman is currently researching a treatment to address the functional decline that results from excessive buildup of hyaluronan. When asked if he believes whether currently irreversible neurodegenerative conditions may someday be reversible, he affirms: "These are hopeful times."

### **How did you become interested in neuroscience?**

When I was in high school I lived very close to the University of California, San Diego. I was riding my bike near campus one day, and there was a building that was open. I wandered in, and discovered it was the Neuroscience department. I happened to walk into a laboratory that was run by a man by the name of Robert Livingston, who was a neuroanatomist. At that very moment, he had a human brain in his hands! He saw me kind of staring in, and asked me if I wanted to come closer and have a look. He then basically walked me through a tour of the human brain. I was hooked!

I took on an after school job washing dishes for the lab. Dr. Livingston found out I was into computer programming, and invited me to join the group and learn about the kind of things he was doing. I learned how

to use a computer to analyze the structure of the brain. We used a computer that was about a third of the size of this Starbucks, and 1/100th as powerful as my iPhone!

### **What impact do you hope to have with your work?**

It's funny, if I had been asked that question about 20 years ago, I would have given a very different answer. Back then, I was just interested in making basic discoveries about how the brain works. Now, because of the way our work has been going, I really hope that the current set of studies we are doing may actually have a chance to help people with diseases like multiple sclerosis and Alzheimer's, people recovering from a stroke, or children who are recovering from a brain injury as a result of being born too early. These are all areas where we feel we could have a potential impact.

### **What is the typical process when you are conducting research?**

In my laboratory we will be doing an experiment, and we'll find some new piece of data. We'll have an idea that this new data may help us understand some bigger process. So, we'll come up with a hypothesis, try to gather as much data as we can to see if that hypothesis is on the right track, and then seek funding. Nowadays, you have to write a grant (my lab is funded primarily by the National Institutes of Health and several societies, like the National Multiple Sclerosis Society). The grant is then reviewed by a panel of scientists, and they tell you if they think your idea is a good one. If you get funded, do the study and if it turns out your hypothesis is right, you try to publish the study somewhere and push the field forward. It's a long process – it can take from five to ten years for really good ideas to move forward.

CONTINUED ON PAGE 62






**Sally Bishop**  
The Green Goddess

written by B. Scott Taylor photographed by Tim Sugden







**I** can't think of a better name that describes Sally Bishop, Oregon's original Green Goddess. The name implies the obvious, given the business she's in, but that's just the "tip of the bud" as it turns out.

The first thing you notice about Sally Bishop besides how fired up she is, is that she is in amazing shape. She works out religiously and has one of those metabolisms... we all hate.

When I think of someone in the weed business, I can't help but think of those chubby kids in the movies, all sitting around eating chips and being anything but motivated. I guess that's where I fall into the non-toker, non-midnight smoker group. I found out that I had a lot to learn to really understanding the whole story about this green flower and the people of Oregon that now get to legally... partake.

***When did you think we would see Legalization of Recreational Cannabis?***

(Laugh!) It's still isn't legal in this country. Just because some states have decriminalized marijuana, that isn't the end of the story. It's still an offense under Federal law. I'm sure you're aware that the marijuana businesses have problems within banking. We can't take out loans; we have banks close our accounts all the time out of the blue. There are insurance issues, and offering merchant services can be tricky. So from my point of view we are far from being legal in this country. We're heading in the right direction but there's a long road ahead.

***How did you get into the marijuana business?***

For me it was borne of necessity. My family went broke during the mortgage-backed security crisis. I found myself divorced, broke, and after being a stay at home mom for 15 years, raising my two children and pursuing the passion of riding dressage horses. I had no career to fall back on; only a degree in German. My ex got into growing medical marijuana. All of this coincided with the legitimization of marijuana in Portland. I had been accepted to Marylhurst to pursue a degree in applied theology. At the last minute I decided to parlay a small amount of money I received after the death of my mother into a business venture rather pursuing an advanced degree!! I rolled the dice, got my license from the OHA, and Green Goddess Remedies was born!

***What a turn in the road! Is it about getting high or do you believe in the medical benefits?***

That's funny. In the past year we've had thousands of patients in the Goddess all of whom have medical cards. It's been thrilling to hear stories of people getting pain relief, relief from seizures and insomnia to name a few. Today I talked to a man that is in complete remission from cancer, but when he told his doctor what he used the doctor refused to believe him. These stories are the norm!! It's way more than a money making vehicle or getting high, it's helping people. I truly believe now that researchers have the green light to research and document the benefits of this amazing plant, that it could change healthcare forever.

***When do you think the rest of the country will see similar legislation to make cannabis legally available?***

It's hard to tell. Even in Oregon where it's "legal" many cities and counties have opted out of the opportunity to share in the wealth through tax revenue. Change is slow and there are a lot of misplaced concerns and old ideas about marijuana. Hopefully within the next 10 years we can enjoy nationwide legalization—at least I hope so.

***What's it like being a woman in this business?***

It's fantastic. The marijuana industry is the first industry ever to have bragging rights to the effect that it is "saturated by women entrepreneurs." There are women innovating and creating all kinds

of fun, therapeutic medicated oils, soaking salts, great edibles and more. Then you have the women dispensary owners like myself. Because of the fringe nature of this industry and its more open and progressive attitude in some sense, I've never had the notion that there is some kind of glass ceiling for me.

***What other industry does this remind you of—the pioneering uncharted part, the raw opportunity?***

It reminds me of Starbucks in a way, I mean who thought coffee would become as huge as it has. Prohibition and the alcohol industry certainly is an obvious analogy, the decriminalization of something that was rampant and a part of many lives in spite of the government's attempts to stop it. Honestly, until I experienced the fervor of recreational sales, I didn't truly appreciate the magnitude of the industry. I'm starting to think the sky isn't even the limit.

***The word dispensary doesn't really fit when I look at the Green Goddess store. It looks like a day spa or local bakery with fresh scones and stuff. Why is that?***

The Goddess definitely has her own vibe. It's homey and inviting. I hear all the time it's more spa like than anything else. For me aesthetics were equally as important as quality flower and a knowledgeable staff. I joke around that you won't find anyone with backward baseball caps on my staff. It's the whole experience. When our new and existing customers come to the Goddess, they shouldn't feel uncomfortable or like a "drug deal" is going down. The vibe of the Goddess is beautiful, happy, helpful, and grateful.

***How do you see this business flushing out? Is it a curiosity at first for people that haven't smoked since high school that will revert back to the loyal power hitters?***

How the industry will pan out is anyone's guess. My hope is we can retain the quality of flower that we enjoy from small farmers that grow exceptional plants. My biggest fear is that corporate interests come in and turn this business into mass produced, homogenized pot. For now, it's like micro brews. I'd hate to see it turned into Coors lite. I also hope that the people who have been at the forefront and have worked so hard won't become victims to some sort of Walmart of weed.

***Who smokes pot?***

The average age of a pot smoker is male 35-60. I say, "Come on in!" It's easy, all you need is to have a state photo ID and an open mind. We also have a lot of people without medical cards who are curious about the medicinal benefits they can start to enjoy!! It's a journey and an experience

So when someone asks them. "Do you remember where you bought your first legal medical marijuana, joint, or flower?", and they say "a dispensary in a nice little house, called the Green Goddess," I know I've done by job.





FASHION NXT 2015

written by Sofiya Popova photographed by Hal Harrison

My usual place during fashion shows is backstage, attempting to dress a model with one hand and fix someone else's hair with the other. This October I had the incredible opportunity to actually attend a show—and not just any show, but all four glorious nights of **FashionNXT**. Charlie Hales, the Mayor of Portland, even named FashionNXT to be Portland's Official Fashion Week.

Each night the tent offered a perfect balance of Portland charm and fashion-forward glamour. From the trendy food selections and local boutiques to the upscale VIP section and professional photographers, the front of house provided excited guests with the ultimate experience.

Picking a favorite night—not to mention a favorite designer—would be near impossible, but I enjoy a challenge. **Song Hong's** Cashmere Song collection closed the show on Wednesday, October 7, showcasing luxurious cashmere garments in beautiful neutral shades and drool-worthy textures. **Age to Come**, a kids-wear brand with a streetwear twist, stole the show on Thursday. Come on, who doesn't love watching sassy, tiny humans strut down the runway?

Friday was packed full of world-class designers but two in particular caught my eye and spoke to my heart. **Walter Mendez** debuted a line of enchanting gowns that perfectly accentuated the female figure. The way these dresses moved and flowed could have only been created by pure magic.

**Michelle Lesniak's** collection Pin Me/Pierce Me tugged at the Vivienne Westwood lover in me. Plaids, pins and off-kilter silhouettes—the story told by her designs—was emotional, rebellious and fierce.

**Mondo Guerra** took the cake Saturday night. He closed the night and the entire event with a bold, modern, all-white collection. The clean lines on his garments act like a blank canvas in your imagination; the wearer is free to accessorize in any way she sees fit.

With all of that said, none of this would have been possible without the man whose vision started it all, the executive producer, Prasenjit Tito Chowdhury. The experience was unforgettable, the designers were inspiring, and as an attendee of this event, I can honestly say that I left with my soul full of love for this city and industry.

➔ **FashionNXT.net**

Designed By:Left Column

- Song Hong
- Oscar Mendoza
- Shea Wilcox
- German Madrigal
- Michelle Lesniak

Right Column

- Walter Mendez
- Mondo Guerra
- Seth Aaron
- Viktor Luna
- Stephanie D Couture

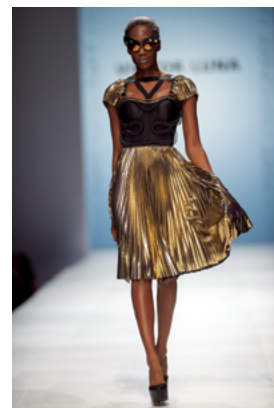
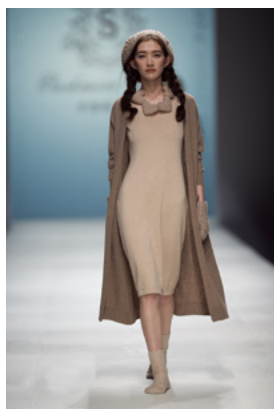
Bottom Middle

- Wendy Ohlendorf

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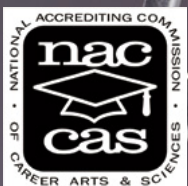
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## Mary Wong

Designer/Goldsmith Trios Studio  
*Inspiration and Collaboration*

written by Courtney Tait photographed by Tim Sugden

**W**hile thinking outside the box is essential for pushing creative limits, designer/goldsmith Mary Wong and her partners Deborah Spencer and Kathe Mai take the notion a step further. “We don’t have a box,” says Mary, who opened Trios Studio with Spencer and Mai in 2006.

Whether they’re crafting custom wedding bands, restyling heirloom jewelry, or creating rings and pendants with Fair Trade Gemstones, the women view their hand-crafted pieces as tiny sculptures with endless possibilities for the final design. Starting with hand sketches, they work closely with their clients to create one-of-a-kind pieces. The entire process takes place in their Lake Oswego studio, from carving wax models and choosing gems to casting, setting, and finishing. Throughout, the designers share ideas and techniques, giving rise to work that reflects not only the skills they’ve honed over decades, but to the power and beauty of collaboration.

### **How did Trios Studio come about?**

Deborah, Kathe and I started doing the Creative Metal Arts Guild Show together and got a great reaction from the public. They loved our different styles and personalities. We did the show for several years and had a winning combo, so we said, “What’s next?”

### **How does your collaboration process work?**

We each work with clients individually, but we all have different areas of expertise, so we are constantly referring to each other. Historically in this industry people are protective and secretive of what they do, but we’re really open with each other.

Debbie was a huge influence in my sensibility of design. She is a completely out-of-the-box thinker with design, very contemporary and asymmetrical. Kathe makes things more intricate and develops her designs in a very technical way. I take parts of each of them design wise.

### **What is one of the most interesting pieces you’ve worked on?**

A project in one of our first years was a wedding band that had two rows of tiny diamonds. The woman’s husband had passed away, and she didn’t want to wear it as a wedding ring anymore. We came up with the idea to cut the ring in half and solder it together to make a pendant bail for a Tahitian pearl. It was stunning and completely different. That was a piece that set us free. We realized we didn’t have to tear jewelry apart to restyle it; we could cut it to its components and use it in new ways.

### **You’re one of the biggest suppliers in the Northwest of Fair Trade Gemstones. What should people know about the importance of buying Fair Trade?**

We’re in a global community and we have to support everybody in the community if the world’s going to survive and go forward. Mining as a resource is essential; however there is no reason it has to come from impoverished and exploited people. At least 60 to 70% of our gemstones are Fair Trade. We also use all recycled gold and sterling silver. It’s a grassroots movement, and we support it in the way we can and ask that our clients join us in that support.

### **What keeps you inspired?**

We love the process and learning new things every day. This is an industry where there is always something new to learn, from the gem world to the tech world. We’re creating tiny little sculptures. We do one-of-a-kind work and we love to hear that we’re making people happy. It’s very satisfying.

### **What’s the biggest lesson you’ve learned in making clients happy?**

You have to listen. That doesn’t always mean using your ears, but it means watching what the clients are attracted to and what their body language says. Someone might think they want to keep a certain part of their original piece of jewelry, but there’s nothing about it they like. We give them permission to take the stone forward into a new and meaningful piece. Family jewelry can gather dust and guilt until you deal with it. We help people go through that process, distill their ideas, and get them excited about what they have. People have told us we’re better than therapy.

➔ **TriosStudio.com**







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# Jo Carter

Owner, Physical Element  
Her Store is Her Canvas

written by Courtney Tait photographed by Chelsea Araydin

**R**etailers aren't always considered part of the creative class, but **Jo Carter**, owner and founder of Pearl District clothing store **Physical Element**, thinks they should be. "We're left- and right-brained, but we all have a creative soul," she says. "Our stores are our canvas."

Jo studied fashion design in North Carolina and has a master's degree in Textile Products Marketing. Early in her career she developed a passion for finding and curating underrepresented designers, and in 2003 left a corporate job in the apparel industry to open Physical Element. The name stems from the store's original focus on fitness apparel, which over time shifted to a focus on fashion. Jo lets her personal taste guide the store's aesthetic, eschewing trend-driven styles in favour of high-quality European, Japanese, and Portland-based brands.

As a teenager in the South, Carter says she didn't fit into one particular group but rather floated around, which exposed her to styles and ways of living that were outside of "the usual microcosm." This gave her a freedom of expression that has stayed with her. "I looked way different than anyone else," she says. "I was kind of a punk, early goth back in the day."

After a decade in her Lovejoy Street location Jo moved to her dream space on 12th Avenue, situated among the community's hub of independent businesses. Her loyal clientele appreciates its friendly, welcoming atmosphere and unique selection of apparel. With exposed concrete and tones of white and grey throughout, Physical Element lets the clothing, shoes, and jewelry take center stage. A black couch and stack of magazines invites you to stay awhile. Chances are, you'll hear laughter and conversation among the women shopping there who, like Jo, are drawn to design that's different.

### **What is your background?**

I moved to Portland 20 years ago but I grew up a military brat. My dad was a career army officer and I got moved around all my life. I came to Portland because it was the one area my dad never got stationed. I vacationed here and fell in love with the area.

I've been in apparel all my career but was on the corporate end of things. I burnt out on it after 12 years, got the entrepreneurial bug and gave it a go. It never failed so here I am twelve-and-a-half years later.





***Can you describe the space and clothing at Physical Element?***

When I moved to this location in 2013 I was able to achieve a more gallery-like space to show off the clothing. It's minimalist. I want the clothes to be the feature and not have the space distract from them. I try to make it spacious so people don't feel crowded. It's the anti-department store.

A lot of my goods are Japanese influenced. I like clean lines, asymmetry, minimalism. I also like things that fit in with the Portland lifestyle. They have to be comfortable and easy care.

***Generally speaking, what kind of woman shops there?***

I cater to women in their 30s, 40s, and up. I'm not a store for everybody. My customers tend to be a creative type—they have creative jobs, work in creative fields, or are actual artists. They have travelled so they understand the aesthetic I carry: European brands, Japanese, and some local designers that fit in with the vibe of the store.

***Much of the clothing you offer is more loose-fitting than the mainstream. Would you say Physical Element resists conventional notions of how women should dress?***

It's not intentional. I'm not opposed to tight-fitting clothing, and I do have slim fitting dresses, but I find there's a lot of interesting things to do with layering. The Japanese have a different philosophy of silhouettes and alternative ways of wearing clothing. It's more expressive and artful in many ways. I want to show there's alternative ways to dress and express yourself.

I was always that kid that didn't fit into any particular group in high school. I was surprised when I opened the shop that there were a lot of us like that. I attracted women who were a little different. My customers are extremely interesting women and have lived interesting lives. The more you sit with them and find out about them, the more fascinating they become. The clothes are similar in that the more you look at them you see the interesting details.

***What else makes Physical Element different from other independent boutiques in Portland?***

We're a neighbourhood shop and we like to bring things in that people haven't seen, or that you'd have to take a big trip to see. We bring new and interesting things to the Portland market. Women have their body issues, and we're kind of part-time therapists. We have so many regulars; I have watched people go through all phases of life. I'm friends with many of the boutiques and everybody is so proud and friendly. It's a really special thing about Portland, all the independent businesses here. The city needs to embrace and support them. They're all spectacular and everybody's putting their heart and soul into it. They bleed for these businesses.

***Do you have any role models?***

From a designer standpoint I really admire Yamamoto. He's a Japanese designer, he's been designing for decades. I'm constantly in love with everything he creates. It's beautiful, even his imagery, everything is spot on.

***Do you have a guiding philosophy in your approach to business?***

All I can do is be true to my aesthetic. I don't run a store in which I'm looking at numbers and crunching spreadsheets, I have to have a visceral, emotional reaction to clothes. I can't bring things in because the rep tells me, "this is our best seller". I honestly don't care. I have to love it for the art and design of it.

The store has been a labour of love but it's the way I make my living. Those two things don't always live together very well. It's very difficult to stay true to your passion and maximize your business sometimes, but I have found that when I stray from the passion it's like people can smell it. It doesn't equal increased sales. People don't come to me for what's in the traditional magazines; they want to see something different. Whenever I go to trade shows, when I go to Europe, if something lights me up inside, that's what tells me, "Get it!"

***What makes Portland a good place to be in the fashion industry, and what is challenging about it?***

It would be difficult for me to have this business in any other city because the public is very aware here. Having a small business is tough. People think anyone who has a small business is raking it in, but it's hard. We all have lovely stores and wonderful merchandise, but we're all throwing everything we make right back into our business. Portland has been changing and a lot of it's good but there are challenges. City policies can make it difficult. I'd love to see the city be more supportive of the fashion industry, assisting with infrastructure.

***How do you think the city's growth is impacting its fashion industry?***

I keep waiting for the sales end to mirror that growth. It's a little slower to see the chain reaction. Consumers are still cautious with spending their discretionary income. Downtown with the bigger stores it feels like we went from having a nice mix of high, medium and low to low-priced fast fashion. I don't know that that's a nice bellwether for Portland.

***Any advice for someone wanting to open their own business?***

Go in with a level head. Have a passion but go in with a really realistic level head and be prepared to not be paid for a couple years. Retail is a *get rich slow* proposition. It's a labour of love.

***What is your vision for the future of Physical Element?***

This store has fulfilled for me personally so much on so many levels. I'd like to have more travel and continue striving to make the store become what's in my head. It's that shiny golden ring you're always reaching for and it's never quite there. But that's what makes all of this so challenging and entertaining. The minute you're satisfied, you should stop.

 **PhysicalElement.com**



photo by Jo Carter





## Courtney Keene

Founder, Wanderlust + Wildhearts  
*The Rebellious Spirit of Courtney Keene*

written by Courtney Tait photographed by Tim Sugden

**T**en years ago, Courtney Keene used to wait for the bus to downtown Portland on the corner of Mississippi Avenue and Failing Street. The future she dreamed of included travel, adventure and one day owning her own shop.

Fast forward to today, and that same street corner has become home to **Wanderlust + Wildhearts**—Courtney's brick-and-mortar oasis of hand-crafted jewellery, screen-printed and eco-conscious apparel, a collection of rare literature, and an eclectic mix of feathers and fossils, crystals and dreamcatchers. Raised on a rural Adirondack farm in upstate New York, Courtney a graduate of the Fashion Institute of Technology and is a self-taught jewelry designer.

Traveling around the globe to source out materials, Courtney supports the traditions and techniques of artisans from Peruvian weavers to Tibetan elders who specialize in turquoise. In an industry that's increasingly driven by fast fashion, she strives to help keep old-world craftsmanship alive, focusing on sustainability and storytelling through design.

**You started the business on your own five years ago with just \$500. How did you go about it, and what's the biggest lesson you learned in the first year?**

I started at the Saturday Market and did pop-up shops and shows across the country. I felt like I could ease into it that way and figure out where my niche was. I realized that if I wanted to make it in business I would have to devote my whole life to it. It was a lifestyle; it wasn't just something fun I would do on the side.

My whole heart and soul had to be in it, and I had to understand it wasn't going to be easy or quick. It had to be something I was passionate about because it's all-consuming.

**Where does your inspiration come from when creating a new design?**

I try to go with my gut and keep everything story based and dialed into my own personal experience. One of my favourite jewelry pieces is a Mustang horse profile. It was one of my first horses, *Black Powder*. Another new piece has two wolves, Mt. Hood, and the lunar cycle. I spent time at Timberline Lodge in the winter and went for a night hike and saw a pack of timber wolves under the full moon!

**You have a design degree from the Fashion Institute of Technology in New York. What did you learn about design through travelling that you couldn't learn in school?**

FIT was very structured and competitive, so it forced me to focus on the structure of design and the rules you have to know before you can break them. They emphasize finding inspiration from trends and other designers. I am a rebellious spirit and traveling taught me to break free from those molds and to go with your heart—to be flexible and fluid. Those are great lessons to transfer into design, and great lessons for life and business.

**The 'Wanderlust' part of your shop's name refers to all the global travel you do to seek out artisans and materials. What's one of your most memorable experiences from the road?**

The whole process of buying Tibetan turquoise in Nepal was fun and interesting. In one shop the owner was a beautiful old Tibetan woman who lives in exile from Tibet in Nepal. They serve you Masala tea, this incredibly strong chai tea. I spent hours with this woman getting totally over-caffeinated and picking out spider turquoise. I was enamored with the Tibetan people.

**A lot of consumers don't think about where their jewelry or clothing comes from. What do you think needs to shift in our society for people to make more ethical choices?**

There is such a disconnect with the fashion industry and consumerism. The shift has to come with a whole different set of priorities and perception of dollar value. Trend-driven fast fashion comes with a cost to our environment and traditional production techniques. I look for authentic craftsmanship—a special piece that will tell a story over and over again—something you could hand down to your daughter.

➔ [WanderLustAndWildHearts.com](http://WanderLustAndWildHearts.com)







## SW DOWNTOWN PDX

by DC Rahe

### Holiday Tree

Welcome the arrival of the Stimson Lumber Tree 75-foot-tall Douglas Fir at Pioneer Courthouse Square on November 12 at Noon. Festivities include a parade, the Beat Goes on Marching Band, seasonal songs performed by the Dickens Carolers and free hot chocolate provided by Unitus Community Credit Union. The holiday tree with over 14,000 colorful lights will turn on at 5:30 p.m. on November 27 followed by a sing-along with Thomas Lauderdale and members of Pink Martini, "Oregon's Own" 234th Army Band, and the NW Community Gospel Choir. Presented by SmartPark

### Holiday Ale Festival

December 2 – 6 at Pioneer Courthouse Square. This notable northwest beer festival features over 50 beers and 16 Limited Release taps of beers, all served within a cozy heated tent under the City's holiday tree. Many of the beers featured are created especially for—and served only at—the festival. [www.holidayale.com](http://www.holidayale.com).

### Artisan Market at the Square

December 8 – 11, Portland Saturday Market comes to Pioneer Courthouse Square and for a Holiday Market. Forty vendors from Portland Saturday Market will be selling their wares, including woodworking, jewelry, art, and more.

### Caroling Competition

The Great Figgy Pudding Caroling competition presented by Portland Mall Management, Inc. December 11 at 5:30 p.m. The competition judged by Portland's own Dickens Carolers. This is a FREE and festive event that will bring caroling groups of all ages to the heart of downtown.

### Tuba Concert

25th Annual Tuba Christmas Concert presented by SmartPark on December 12 at 1:30 p.m. Downtown will pulse with the melodic sounds of big brass led by Chuck Bolton as over 250 tubas play in unison at Pioneer Courthouse Square.

## N MISSISSIPPI

by DC Rahe

### Boots For All

For quality vintage boots, belts and bags for men and women check out **Half Pint** (3920 N. Mississippi Ave.). They have a variety of styles ranging from the last three decades to the present, and beyond. Whether you are searching for some rad biker boots or a sweet little beaded bag, you will find plenty of items that you just can't live without!

### Hand Crafted

Everything **Wanderlust and Wildhearts** (3885 N. Mississippi Ave.) does is by hand and in small-production runs. Their screenprints are illustrations inspired by their travels and they are printed with Eco-friendly inks. Wanderlust and Wildhearts focuses on old-world craftsmanship, modern sustainability and innovative design. Their products withstand the test of time and have vibrant stories behind them. [www.wanderlustandwildhearts.com](http://www.wanderlustandwildhearts.com)

### Fair and Square

**PDXchange** (3916 N. Mississippi Ave.) is a fair trade boutique featuring artisans from Portland and around the world who create the beautiful things, jewelry, accessories, creative art pieces, hand-crafted fabrics, and stunning home décor and furnishings. They believe in fair wages, equal opportunity, and the rights of all people to lead productive, meaningful lives, while creating beautiful, sustainable products. PDXchange supports greater equity in the international trading system. They also believe Fair Trade begins at home. [www.pdxchange.net](http://www.pdxchange.net)

### Affordable Chic

Get that boutique look without the price-tag. **Gypsy Chic** (3966 N. Mississippi Ave.) strives to provide chic, affordable clothing & accessories for women of all ages. They search the world over to bring eclectic and unique styles for the modern woman. Gypsy Chic is where world fashion meets urban style. [www.gypsy-chic.com](http://www.gypsy-chic.com)

### Simple Thai Food

Local Thai food, all the way from Bangkok. **Mee Sen Thai Eatery** (3924 N. Mississippi Ave.) offers a variety of options outside of what the average Thai food fan is familiar with. They create simple, honest, authentic, unpretentious Thai cuisine. They believe it's the way food should be. On their second floor, everyday they show family-friendly movies, starting from 5 p.m. to closing. Bring your parties! There is event space with a patio available for local musicians, workshops, lectures, exhibits, dinners, and private parties.

### Local Brew

Drink legendary beer made by brewmaster John Harris at **Ecliptic Brewing** (825 N. Cook St.). He's an Oregon craft brewing icon. John's background is one steeped in Oregon's rich craft brewing history. He began as a brewer at McMenamins' breweries, moved to Deschutes, and spent the next 20 years of his career as a brewmaster at Full Sail in charge of creating the Brewmaster Reserve line of Beers. The creation of Ecliptic Brewing is the next chapter in John's illustrious career. [eclipticbrewing.com](http://eclipticbrewing.com)

### LGBTQ Center

The **Q Center** (4115 N. Mississippi Ave.) provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building. Q Center is a 501c3 non-profit organization which offers multi-generational programs and services in four core areas: Arts & Culture; Education & Training; Health & Wellness and Advocacy. There are dozens of events and groups that meet here, some focused on specific topics (like coming out or gender identity), and others aimed at fun social interactions (like sing-along piano cabarets or craft nights). Entry to most of these is sliding-scale and run by dedicated volunteers, keeping Q Center truly community-driven and accessible. [www.pdxqcenter.org](http://www.pdxqcenter.org)

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## SW LAKE OSWEGO

by DC Rahe

### Work Parties

Autumn is the time of the year that we gather local parks to pick up trash and remove ivy. Work parties will be accruing at these local parks, November 1, 1 – 2:30 p.m. at Woodmont Park, November 7, 9:30 a.m. – 12 p.m. at West Waluga Park; November 7, 10 a.m. – 12 p.m. at Southwood Park; November 8, 1 – 3 p.m. at Hallinan Woods, and November 15, 1 – 3 p.m. at Iron Mountain Park. Please wear shoes/boots that are good for uneven ground, and bring gloves and water to drink.

### Holiday Farmer's Market

On the Saturday before Thanksgiving, November 21, 10 a.m. – 2 p.m. at Millennium Plaza, is the Holiday Farmer's Market. Enjoy shopping on a crisp fall day amid the scent of pumpkins, sweet potatoes and mushrooms from local farmers. The entire family can appreciate the local artisans and an abundance of scrumptious treats. Live music by Wayne Richards & Southern Nights.

### Holiday Events

Gather on November 27, 5:30 p.m. at the corner of 5th Street & A Avenue to see the lighting of the Bigelow Plaza Holiday Tree. Then parade to Millennium Park for the lighting of the Millennium Tree. The evening includes caroling, performances from local high schools and the Millennium Concert Band, plus a visit from Santa courtesy of the Lake Oswego Fire Department.

On December 19, the Christmas boats will arrive at George Rogers Park about 6 p.m. Make plans to enjoy the sparkle of the colorful flotillas from the shores of Foothills Park. A warm fire in the park shelter will guard you from the frigid winter temperatures. The **Willamette Shore Trolley** is also offering special Christmas Excursion trolley rides. Excursions take approximately 20 to 45 minutes depending on the Christmas boats. Trolley Depot, 311 N. State St.

## SW WEST LINN

by DC Rahe

### Gala Auction & Dinner

On Thursday, November 5, at 6 p.m. at the **Marylhurst University**, Hawthorn Room, Clark Commons (17600 Pacific Hwy.) will be a Gala Auction and Dinner featuring 3 Leg Torso. Proceeds from this event will go to the Marylhurst Chamber Choir performance travel fund to support choir competition trips at home and in Europe. Gala tickets are \$50 per person (\$25 Marylhurst students); \$400 for table of 8 (\$600 for VIP table). [www.marylhurst.edu/gala](http://www.marylhurst.edu/gala)

### Holiday Bazaar

Just in time for holiday shopping is the 7th Annual Holiday Bazaar on November 14 at the **West Linn Adult Community Center** (1180 Rosemont Rd.). There will be a lot to choose from with over 25 vendors featuring handcrafted gifts, jewelry, kids clothing, woodworks, paintings, sweets and more. Its Free. [www.westlinnoregon.gov/parksrec](http://www.westlinnoregon.gov/parksrec)

### Community Tree Lighting

Usher in the holidays with the Community Tree Lighting and Celebration at **West Linn City Hall** (22500 Salamo Rd.), Friday, November 20, with outdoor entertainment, drinks and sweets from Starbucks, and kid's activities. Don't miss the arrival of Santa atop an antique fire engine with the Tualatin Valley Fire and Rescue crew at 6:15 p.m.! Little ones can warm up indoors while awaiting their turn to visit & photo with Santa. Enjoy a holiday movie, craft activity and popcorn too! Don't miss the treats, while they last, provided by **Cascade Summit Starbucks**. Donations of non-perishable food and new unwrapped toys will be accepted on behalf of the West Linn Food Pantry to benefit local families. Toys appropriate for infants and teens are especially needed this year.

### Jingle Bell Rock Parade

Line up on Willamette Falls Drive by 10 a.m. on December 5 for this annual event. After the parade meet Santa at **Willamette Fire Station** (1860 Willamette Falls Dr.), and enjoy hot cocoa, cider, and cookies. Bring a new unwrapped toy for local children in need. [www.westlinnoregon.gov/parksrec](http://www.westlinnoregon.gov/parksrec)

### Ugly Sweater Run

It is that time of year again to don your holiday apparel for the 7th annual Ugly Holiday Sweater Dash, Saturday, December 5, 2015. Start and Finish line next to **Willamette Fire Station** (1860 Willamette Falls Dr.). Baby strollers and four-legged friends on leashes are welcome. Commemorative mugs will be given to the first 300 runners and walkers in both featured events (5k and 1 mile dash). [www.eventurousevents.com](http://www.eventurousevents.com)

### Affiniti Holiday Special

A highlight of this year's Music in the Woods series will be a performance by Affiniti, the internationally renowned female Celtic trio from Dublin, Ireland, performing in collaboration with Howard Crosby, nephew of Bing. The concert takes place in the acoustically beautiful Chapel of the Holy Names at the Provincial House. Sunday, December 6, 2 – 4 p.m. **Chapel of the Holy Names** (17400 Holy Names Dr.), \$40 online. [www.MusicInTheWoods.com](http://www.MusicInTheWoods.com)

### Ivy Pull

On the second Saturday of each month at **Mary S. Young Park**, volunteers are needed to remove invasive English ivy and brush. Tools, gloves and water will be provided. By 9 a.m., meet at the picnic shelter, east of paved parking lot. The work party should be completed by 12 noon.

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## NW PEARL DISTRICT

**PDNA NEWS** by Kate Washington  
Pearl District Neighborhood Association

### Fall Polish the Pearl

More than 100 volunteers donated their time to our biannual neighborhood cleanup, Polish the Pearl, on October 17. Neighbors gathered early to sort into teams, which then worked their way north, cleaning up a grand total of 2,100 pounds of trash along the way. Neighborhood businesses **Peet's Coffee** and **The Fields Bar & Grill** generously provided 55 free coffees to get everyone started and 100 free tacos later for lunch. A neighbor donated a bicycle to be raffled off to volunteers and, 59 tickets later, congratulated Brett Fischer as the winner. Many thanks to all our volunteers and supporters who help us keep our neighborhood tidy and welcoming!

### North Park Blocks in Need

This summer has seen the North Park Blocks experience a particularly challenging bout of illegal behavior. Neighbors and businesses around the Park are joining together to advocate for better management of this important public space. The PDNA's livability and planning committees recently drafted a joint letter to the City making a variety of recommendations, including making the blocks more attractive to host events, providing more programming, enforcing the drug free zone associated with Emerson School, and creating a temporary dog park.

### Neighborhood Association

Are you looking for ways to be more involved in your community? Do you want to meet more of your neighbors, and work with a team to effect positive change in the place you live or work? Portland's neighborhood associations are unique and effective because they are sanctioned by the City of Portland and supported by the Office of Neighborhood Involvement. Portland has 95 neighborhoods organized into 12 coalitions and each association responds to the particular character and context of its location, history and demographics. Check it out!

**DINE & DRINK** by Dave Pendleton

### "Little Italy" in the Pearl

In the last year or so the Pearl District has welcomed two new Italian eateries into its midst. **Gallo Nero Trattoria** focuses on Tuscan cooking, featuring hand-made antipasti and fresh pasta. Heartier secondi plates including a 20oz Porterhouse are available for hungry patrons. **Bellino Trattoria Siciliana** offers classic Southern Italian and Sicilian dishes. Located in the former Fratelli location, Bellino offers a fresh fish focus including Fritto Misto, Halibut and Sea Bass. Both are moderately priced and offer an authentic, regional feel. [www.galloneropdx.com](http://www.galloneropdx.com) [www.bellinoportland.com](http://www.bellinoportland.com)

### Conserva PDX

Conserva quietly opened its doors just a few steps west of the Pearl District earlier this year. A specialty shop focusing on French and Spanish wares, **Conserva** (1720 NW Lovejoy Suite 107) is inspired by Basque roots. The shop has an array of items including fresh fruits & vegetables, canned fish, cured meats and rare wines, beers and ciders from Western Europe. **Conserva** hosts a number of special events including complimentary wine tastings, tapas to go and seasonal samplings of a variety of spices, oils and curious imported foods. [www.conservapdx.com](http://www.conservapdx.com)

### Holiday Ale Festival 2015

Over the last few years the Holiday Ale Fest has made a major push to be the second most important beer festival of the year in Portland. Located at Pioneer Square, this year's event runs five days, starting on Wednesday, December 2, and culminating with a Sunday Beer Brunch on December 6. Featuring over fifty local and international breweries, the HAF features dark, hearty, high alcohol limited edition brews. Most offerings cannot be found year round and many are only available to taste at this event. If you like dark ales raise a glass and toast the winter cold to come! [www.holidayale.com](http://www.holidayale.com)

## SW MULTNOMAH VILLAGE

by DC Rahe

### Local Wines

Close to Downtown, **Sip D' Vine** (7829 SW Capitol Hwy.) is a great place to rediscover northwest wines in a casual atmosphere. Not your stuffy wine shop! Near OHSU, minutes from Lewis & Clark College as well as Johns Landing they invite you to explore NW wines in Southwest Portland's Multnomah Village. You can enjoy a fine glass of wine and telecommute, they have WiFi - talk about multitasking! Bring in your laptop and get connected while you taste. [www.sipdvine.com](http://www.sipdvine.com)

### Volvo Repair

**MVP** (3530-A SW Multnomah Blvd.) is locally owned and operated by a Volvo Master Technician. They treat their customers like well-thought-of friends and respected neighbors. Each MVP staff member personally upholds the ideals of honesty, integrity and quality. They warrant their service and provide loaner cars. [www.mvpvolvo.com](http://www.mvpvolvo.com)

### Fibers Are Fun

The knitting, crochet, spinning and felting fibers at **Northwest Wools** (3524 SW Troy St.) have been designed for fiber artists in historical Multnomah Village for over 25 years. Their knowledgeable, friendly staff, the experience make all the difference in your finished product. Northwest Wools has knitting and spinning classes. Their hand dyed fibers are dyed by Woolgatherings and Dicentra Designs. Check out their Merino and Polwarth selections. [www.northwestwools.com](http://www.northwestwools.com)

### Clean Cannabis

Come visit the Nation's first and only 100 percent Clean Green Certified Cannabis dispensary. Organic matters at the Green Bodhi's flagship store **Calyxes** (7501 SW Capitol Hwy.). It's an upscale cannabis boutique curating the finest of flowers, rare genetics, concentrates, and delicious edibles. Their staff believe in safety, quality, and peace of mind. [www.calyxes.com](http://www.calyxes.com)



#### Michael G Ferguson Ins Agy Inc

Michael G Ferguson, Agent  
736 NW 12th Avenue  
Portland, OR 97209  
Bus: 503-227-1393  
[mike@mikegferguson.com](mailto:mike@mikegferguson.com)  
[www.mikegferguson.com](http://www.mikegferguson.com)

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## CAMAS, WA

by Carrie Schulstad

### The Taste of the South Comes to Downtown Camas

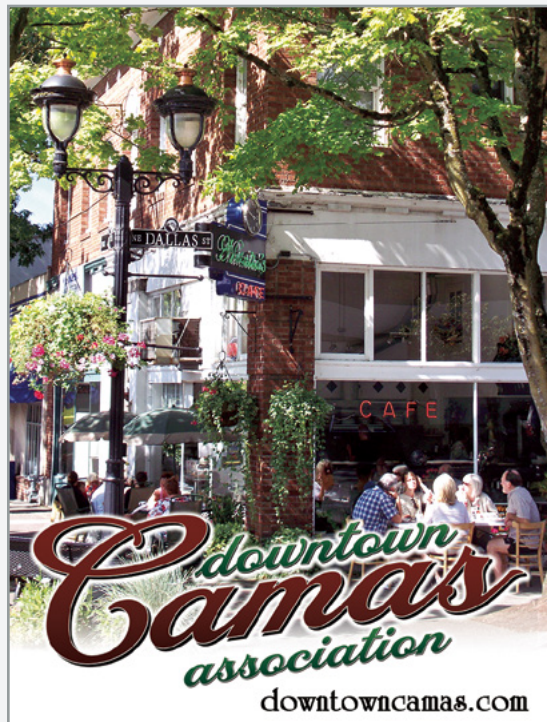
Restaurant owners **Tim and Melissa McCusker** have lived and cooked all over the world and have now brought the flavors of the South to Downtown Camas. All the different cultures that have influenced southern cooking are evident in their offerings. Think hush puppies, gumbo, red beans and rice, sweet tea, fried oyster po' boys, muffulettas and many other Southern and Louisiana inspired foods. The name of their new restaurant is **Miss Nola's Cafe** (NO for New Orleans and LA for Louisiana) and is open for lunch and dinner on a central corner in Downtown Camas, 401 NE 4th. The décor fits the food and the vibe is casual and cool. Definitely worth a trip up North.

### A Perfect Autumn Family Event

Colorful caped superheroes, sparkly princesses, magical monsters, and cute little black cats all fill Downtown Camas once a year for the annual **Boo Bash Trick or Treat** event. Families (young and old!) are invited downtown to "trick-or-treat" in full costume at participating businesses, the Camas Library and City Hall. Enjoy safe, small town fun while strolling down the tree-lined streets with all their beautiful fall leaves at this popular event. Wednesday, October 28, 3–5 p.m.

### Little Box Friday in Charming Downtown Camas

Shopping local for the holidays is easy and charming in Downtown Camas! **Little Box Friday**, a downtown event the day after Thanksgiving, is a celebration of the joy of shopping local and keeping it small (no "big boxes" here!). Participating downtown merchants each have a "little box" of coupons, specials, gifts, and other surprises for you to draw from. You also receive free prize tickets in each location to win a merchant holiday basket for every \$10 spent, and **Liberty Theatre** tickets with receipts totaling at least \$75. So many extra reasons to support our independent retailers! Relaxing shopping in a vibrant historic downtown filled with quality items for under the tree. This is how holiday shopping should feel.



## VANCOUVER, WA

by DC Rahe

### Make a Difference

On October 24, join your neighbors at Make A Difference day with family friendly events and a wonderful opportunity to give back to the community. 9 am - 12 pm Uptown Village Cleanup. 9 a.m. - 12 p.m. - Vancouver Watershed's Annual Day of Service Tree Planting at Leverich Park. 10 a.m. - 1 p.m. RSVP at [www.cityofvancouver.us](http://www.cityofvancouver.us)

### Haunted Walking Tours

Bring your goosebumps and a trusty flashlight for the **Clark County Historical Museum's** haunted walking tours of downtown Vancouver! Tours start at the museum. The \$10 tours are at 7–9 p.m. on Fridays and Saturdays in October (except Halloween). Reservations required. [www.cchmuseum.org](http://www.cchmuseum.org)

### First Friday Downtown

Every first Friday of the month throughout the year, participating art galleries, merchants and restaurants in downtown Vancouver open their doors to celebrate opening night of various art exhibits. Live music and citywide receptions welcome all!

### Second Saturdays

Each second Saturday of the month at the **Water Resources Education Center**, from 1 to 3 p.m., kids and their families are invited to explore for free a different topic through hands-on activities, games and stories. Create bird feeders and other crafts. Make a piece of art from reused materials! [www.cityofvancouver.us](http://www.cityofvancouver.us)

### Lantern Tours

Visitors will experience historical vignettes with costumed living-history interpreters, including graduates of the park's Youth Volunteer Programs. Each tour ends with a cup of hot cider. Tours start at the entrance gate to the reconstructed **Fort Vancouver**, 1001 E. Fifth St. All tours start at 7 p.m., Oct. 24, Nov. 14, Nov. 28, Dec 5, Dec 19, Jan 9, Jan 23, Feb 6, Feb 20. [www.nps.gov/fova](http://www.nps.gov/fova)



### Living History

On the first Saturday of the month, 10 a.m. – 3 p.m., commemorate the 150th anniversary of the American Civil War by joining costumed reenactors on the grounds of historic Vancouver Barracks portraying members of the Civil War-era 1st Oregon Volunteer Cavalry. Living History activities may include black powder demonstrations, mounted and dismounted cavalry drills, encampments, and and scouting formations from the Civil War era in the Pacific Northwest. **Fort Vancouver National Historic Site** (1501 E Evergreen Blvd.)

### Air Museum

Every Saturday from 1 to 5 p.m. come down to historic Pearson Field to experience the **Fort Vancouver National Trust's Pearson Field Education Center** (201 Reserve Street). This free educational experience is open to the public and features our Flight Simulator Lab, vertical wind tunnel, glider-building station, historic airplanes on-site for viewing, collections on display, and various ongoing educational programs that will propel students of all ages into the wonderful world of flight. Come and experience the Golden Age of Aviation at the first airport in the Pacific Northwest and one of the oldest continuously operating airfields in the country.

### Farmer's Market

The market is Southwest Washington's #1 visitor attraction and home to over 250 vendors. You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garde n. **The Vancouver Farmers Market** (8th & Esther St.) is a pet-friendly place where you can chat with people who have grown or created your purchase, grab a bite to eat, listen to music, stroll through the park, watch the kids play, and enjoy a wonderful, relaxing day. Saturdays 9 a.m. – 3 p.m., and Sundays 10 a.m. – 3 p.m. until the first of November.







# VANCOUVER, WA

by DC Rahe

## SHOP

### Upscale Boutique That Gives

Purchase beautiful clothes that profit the community! **bDivine Clothing Boutique** (904 Main St.) is an upscale resale clothing boutique where all proceeds support Gifts For Our Community, a nonprofit organization. They provide resources for our community in the area of human services, education and the arts. They also consigns high quality and fine jewelry, and a certified gemologist is available to assist in valuing consigned pieces. Go to their website for a list of new arrivals. [www.bdivineclothing.org](http://www.bdivineclothing.org)

### Couve Flair

For eco-luscious handcrafted skin products go to **Lo-Lo Broadway** (1507 Broadway). They are 100% urban chic with "Couve flair." They feature fabulous skin loving butters, oils, and scents. To soften the rough edges try their eco-luscious moisturizer. All their handcrafted high quality products are made from natural ingredients, packaged in eco-friendly, reusable and recyclable containers. Custom made-to-order products are shipped within three days. [www.bar-maids.com](http://www.bar-maids.com)

### Curated Fashion

Since 2012, **MODÃO Resale** (512 NE 81ST ST, Suite D) has been a destination that specializes in mint-condition, curated women's clothing and accessories at affordable prices. MODÃO means "fashion" in Italian. It came to life through a mother-daughter combo who combined their unique talents to create a quality environment that's full of amazing gently-used products, in a setting that is fun and easy to shop! They are always seeking good quality items to sell. The items they cannot purchase they can donate to these organizations; Dress for Success of Oregon, Northwest Children's Outreach, and the Giving Closet. These donations are used to help those less fortunate have quality items within their means. [www.modaoconsignment.com](http://www.modaoconsignment.com)

## DINE

### Passionate Pastries

The bakers at **Bleu Door Bakery** (2411 Main St.) produce the best and freshest breads and pastries with passion. Everything is made from scratch in small batches using traditional methods and recipes of the highest-quality ingredients. Their locally-sourced dairy products are rBST-free, with fresh Shepherd's Grain flours and the finest Belgian chocolate. They offer breads, baguettes, marbled wheat white, and rolls made with jalapeno corn ciabatta and bleu cheese ciabatta. They have chewy brownies with a truffle tucked inside, layered with flavored cream cheese, then smothered in Belgian ganache. [www.bleudoorbakery.com](http://www.bleudoorbakery.com)

**Niche Wine and Art** (1013 Main St.) has wines from around the world, a seasonal food menu, a selection of cheeses, and wine retail. There are 160 wine selections by the bottle and more than 30 selections by the glass and half glass. Come and celebrate their 5-year anniversary on Sunday, November 8, 2015, 4:00 – 11:00 p.m. [www.nichewinebar.com](http://www.nichewinebar.com)

If you enjoyed their fresh handmade tamales at the Vancouver Farmer's Market, now visit the **Sabor Mexicano Restaurant** (2108 Main St.). It's a family restaurant serving fresh authentic mexican food like street tacos, pozole, sopitos, and birria. They are open for lunch & dinner, and feature a daily happy hour. [www.sabormexicanrestaurant.com](http://www.sabormexicanrestaurant.com)

For over ten years the **Thai Orchid Restaurants** have been serving fresh, flavorful and healthy food in Portland. Kat Saenguraiporn, niece of the founder, is the owner of the Vancouver location (213 W 11th St.). Kat is the epitome of Thailand hospitality, with her uniquely warm and imaginative touch as she shares her love of food and wine, showcasing innovative specials and introducing carefully chosen wines to pair with a delicious menu. It's a relaxing casual atmosphere that serves Thai Cuisine and Sushi. [www.thaiorchidvancouver.com](http://www.thaiorchidvancouver.com)

## UNWIND

### Treat Yourself

The professional hairstylists at Beigeb blond (909 Main St.) will treat you right. Get your hair colored by two color specialists: Brett Allred was trained at Vidal Sassoon Academy, Beau Monde College of Hair Design, Sojourn Academy. He is an ordained minister, vocalist and singer. He is known as the "Mayor of Main Street", designated by the Willamette Week and community organizers. Katie Willard was trained at Vidal Sassoon Academy, The Manning Academy, Sojourn Academy. She's an extraordinary party planner, and the "First Lady of Main Street." Not only are Katie and Brett fantastic stylists, but they give to their community by supporting many local organizations. [www.beigeb blond.com](http://www.beigeb blond.com)

### Know Your Coffee

The team at Compass Coffee knows where their coffee comes from. They strive to know each and every farmer whenever possible. Their focus is coffee as culinary from greens to cup. Through careful direct sourcing, Compass Coffee acquires unroasted coffee from the top 0.1% of the coffee market. It is carefully, intently roasted, 6 pounds or less at a time. They roast five days a week in small batches, making it easier to control quality and freshness. When the coffee reaches their shop, it is in the hands of some of the most capable baristas. Try it at either of their downtown locations, 1304 Main St., or 817 SW Washington St.

### Award Winning Ice Cream

When downtown, stop at 1925 Main St. to meet the owners of Ice Cream Renaissance, Julianne Bucklin and Brandon Angelo. They'll be happy to talk about their award-winning desserts created from locally-sourced natural ingredients that do not include preservatives or artificial flavoring. Ask about their vegan, dairy-free, gluten-free options. They make their own cookies and waffle cones. And they offer scrumptious cakes, pies, and desserts from Piece of Cake Bakery and Willamette Valley Fruit Company. Their coffee and espresso comes from the one and only Nossa Familia.

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### ***How can people take care of their brains? Any tips?***

Brain health is important! Diet, exercise and attitude each play a role, but challenging the brain to do something new throughout life is really the key. When you learn something for the first time, you are making new synapses in your brain. If you stop working them, they tend to die off. With more neurons to lose, you have more time. If you spend \$1 a day, you will last much longer if you have a million dollars than if you only have a hundred dollars.

In my talks about music and the brain, I discuss how practicing a musical instrument can structurally enhance your brain and improve brain function. As you are reading the music, the symbols on the page must be converted into something meaningful by your brain, and then the movement signals must be sent to your arms, hands, fingers and even legs (using both gross and fine motor skills). Information is then coming from those sensory organs back to your brain, telling it what is happening. You are also hearing what you are playing and processing that information, as well as having an emotional response to the music. There is so much going on! To challenge your brain in all these ways is really quite amazing, and drives all these processes that preserve brain functioning.

### ***What gave you the idea to combine music and science in your presentations?***

Several years ago I was asked by someone who is now a very good friend of mine if I would do a presentation for a group that she sponsors about music and the brain, and also play music (she heard me playing piano in public). I went out and read everything I could get my hands on, and I thought I would have some fun with it. The next thing I knew, I was being asked to do the talk everywhere, even as far away as Germany! I really wanted to promote the idea that neuroscience is not only worthwhile, but is also very interesting. I think if people can see it as fun and entertaining, they will be more likely to listen.

### ***What are some of the themes of your presentations?***

In addition to *Music and the Brain*, I collaborated with Valerie Day and John Smith of the band *Nu Shooz* to create a cabaret about the brain chemistry of love. Valerie developed this show with jazz musician Darrell Grant. The idea was that for every stage of love, songs have been written – the meeting, the infatuation phase, falling in love, breaking up, staying together, etc. We put on the program at the Newmark Theater with a full orchestra, and I talked about what happens in the brain during the various stages of falling in love.

When two people meet, they have a moment when they lock eyes, and certain parts of the frontal cortex light up – they are attracted to one another! Then, they head into the infatuation stage – they are thinking about the other person all the time, and driving their friends nuts talking about them. This stage is run by a group of brain chemicals, serotonin and dopamine among them. Dopamine levels, by the way, are also very high in people who are addicted to drugs. We also talked about what happens when you are rejected by a lover – your brain sends out the same chemical signals as when you are in physical pain. There also has been data to suggest that there may be a genetic basis for people who are unable to commit. It's a remarkable set of processes, and they were really fun to talk about.

Valerie and John also composed and performed music for a presentation I did on the neuroscience and genetics behind the nature vs. nurture question. That presentation was focused on exploring how our genes and the experiences in our lives alter our

behaviors and personalities. Another presentation I recently did was about the neuroscience of racism (or sexism, homophobia or any other type of prejudice). Why do people respond with prejudice? It turns out our brains are really attuned to reacting to people who are different from ourselves. If we see people who are not like us, we respond to it as a threat. Our facial recognition centers light up when we see people who are similar to us, but if we see someone who is different we turn on our threat centers. Once you realize there is no threat, it switches over into facial recognition. There have been great studies that suggest that familiarity is the key. If you show someone a face, and then a little while later show them the same face, then it's ok. So, strategies to foster familiarity will help to switch that over, like adding a challenge. For example, if you have different people working together on a common goal (like a community service project), then those stress reactions go away.

### ***Do you have any talks coming up in the near future?***

Right now I am working on a new talk about PTSD and triggers. I became interested in this when I was doing my family history talk, because I had someone in my family who had PTSD. There is all this new data to suggest that you can regulate how genes are turned on or off by causing chemical changes that don't change the sequence of the genes. It's called "epigenetics" – around the gene. One of the things we now know is that certain kinds of stress can lead to epigenetic changes that will alter the way the brain functions. Sometimes for the better, sometimes for the worse. Long-term stress – being in a war-zone, for example – can lead to epigenetic changes. What we are learning is that some of these changes may be inheritable. If someone has a traumatic experience, they could actually pass some of those genetic changes down to the next generation. Researchers are looking for targeted ways to address these changes to the DNA. It's a matter of developing the right technology.

### ***What makes you feel that it's all worth it?***

I'd say that scientists are really good at failure. We have to be willing to fail, and we have to be willing to learn from our failure. What makes it worthwhile is every time we succeed – every time we make that big discovery that uncovers something new. When I wake up in the morning, I don't think about finding a cure for something. I think about learning something new, something cool. AFM

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CONTINUED FROM PAGE 40

we distancing ourselves from one another instead of actually solving these problems? That's a mystery to me. How could I do that? How could I have done that?"

***In your view, how is Portland's mental health care? What are Portland's mental health grades compared to similar cities?***

We have a tough time. The State of Oregon is at or near the top in the number of suicides in the nation per capita. Does that suggest that we're failing? I'd say yes. We're not giving people the message that recovery is possible and that they can live.

***If you could wave a wand to change our mental health system, what would you do?***

Every person who presented with any sign of mental illness would be able to go to the **Chopra Center**. Every person would be able to go to a beautiful place in the world and be able to spend three months decompressing. They would be required to follow the neuro-sequential model of therapeutics, where we take the person as we find them, with where their brain is at that moment, and we ask, "What is this brain capable of understanding?" For some brains that have been severely traumatized, those that have used methamphetamines, suffered serious abuse, suffered neglect; it might simply be rocking—letting them rock back and forth for three or four days. It would allow them to feel the movement of music after that, and then perhaps to walk around the ranch or center. It's a very slow method of healing. But it's profoundly successful.

***What's next?***

I don't know. I definitely want to keep writing. And I want to continue my mental health advocacy work. I'd love to be able to bring this to a much bigger platform. If that opportunity availed itself I'd definitely take it. But right now the one thing I learned during those panic attacks is to breathe in this moment. It has become a guiding force for me, for my life. It's all I'm doing: I'm here with you, right now. **AFM**

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