



JAN/FEB 2015
VOL. 2 NO. 1

pdxtra

PDXTRA.COM

WHAT ARE YOU REACHING FOR THIS YEAR?

OUR FAVORITE RESOLUTIONS FOR A
HEALTHY, ACTIVE, PRODUCTIVE YEAR



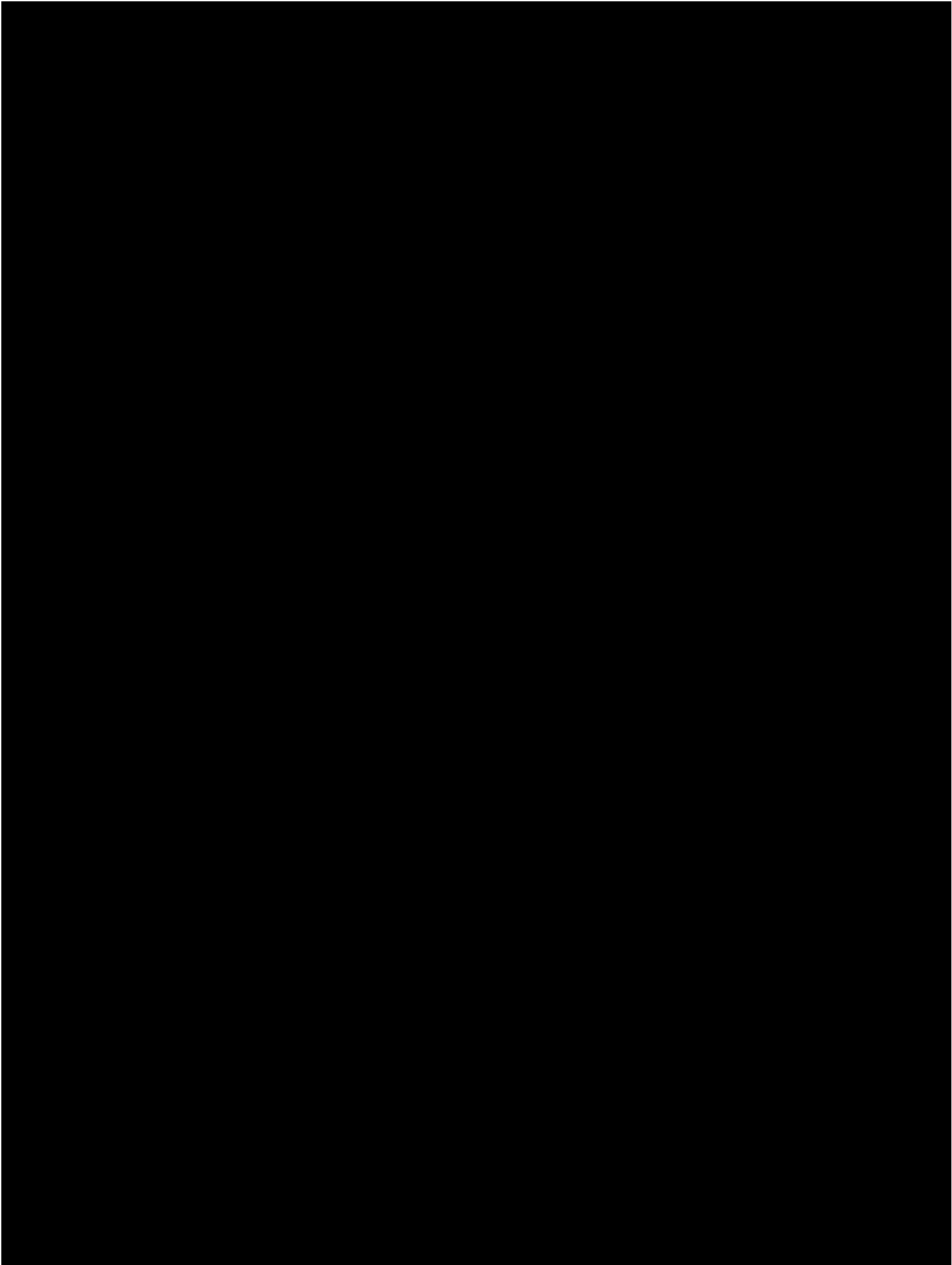
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The Oregonian

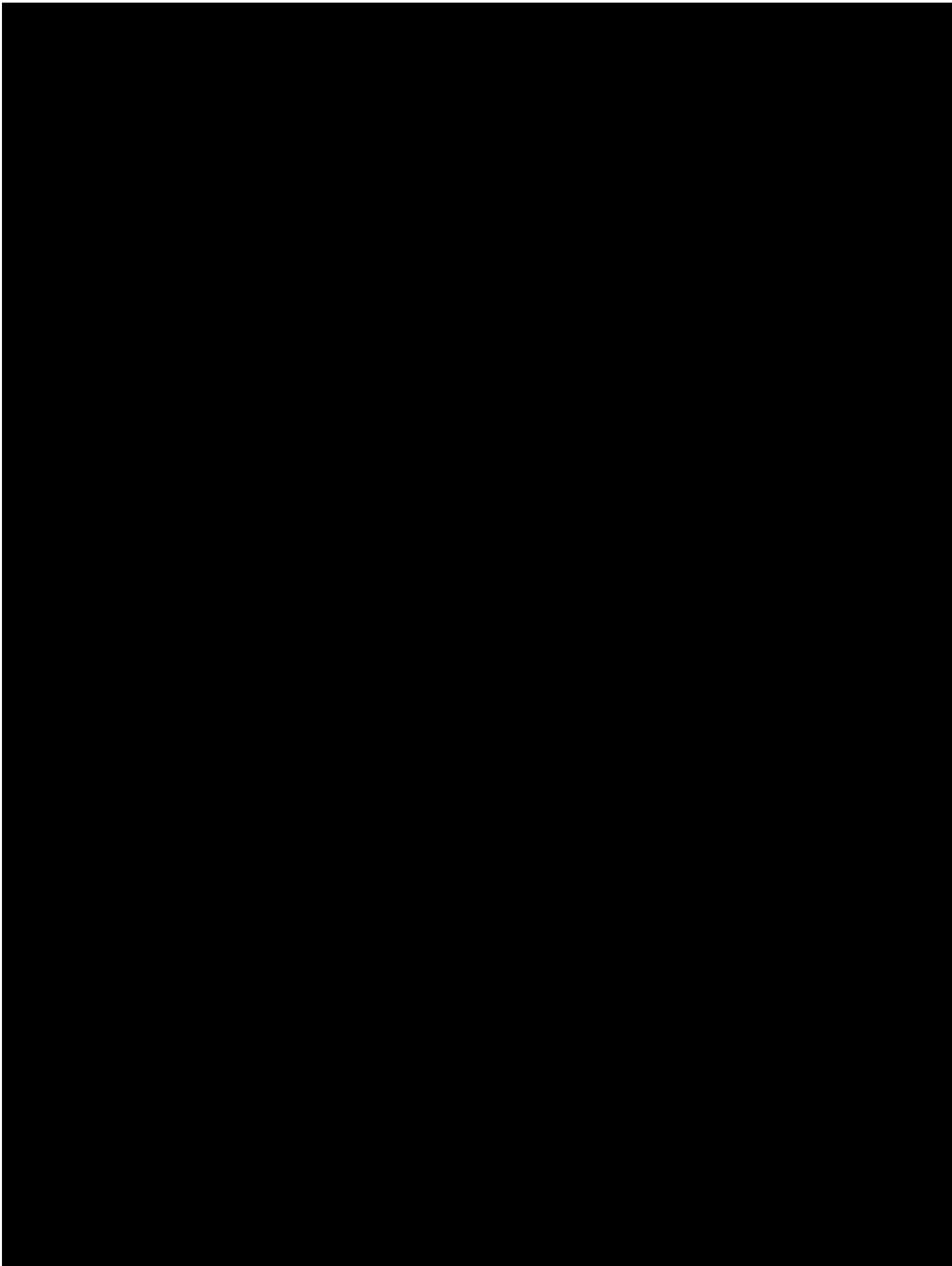
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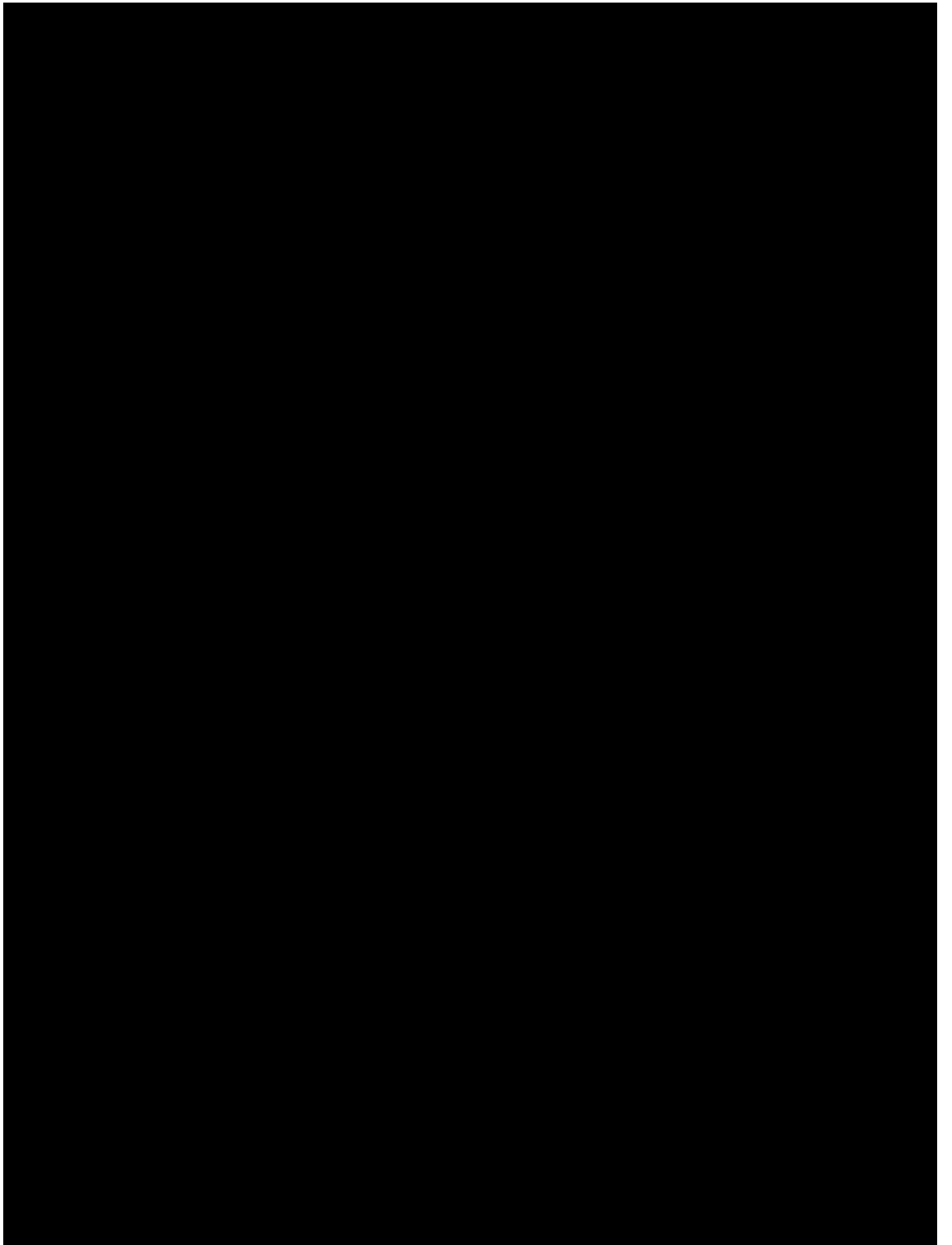
CLEANING UP THE
SOUTH PARK BLOCKS

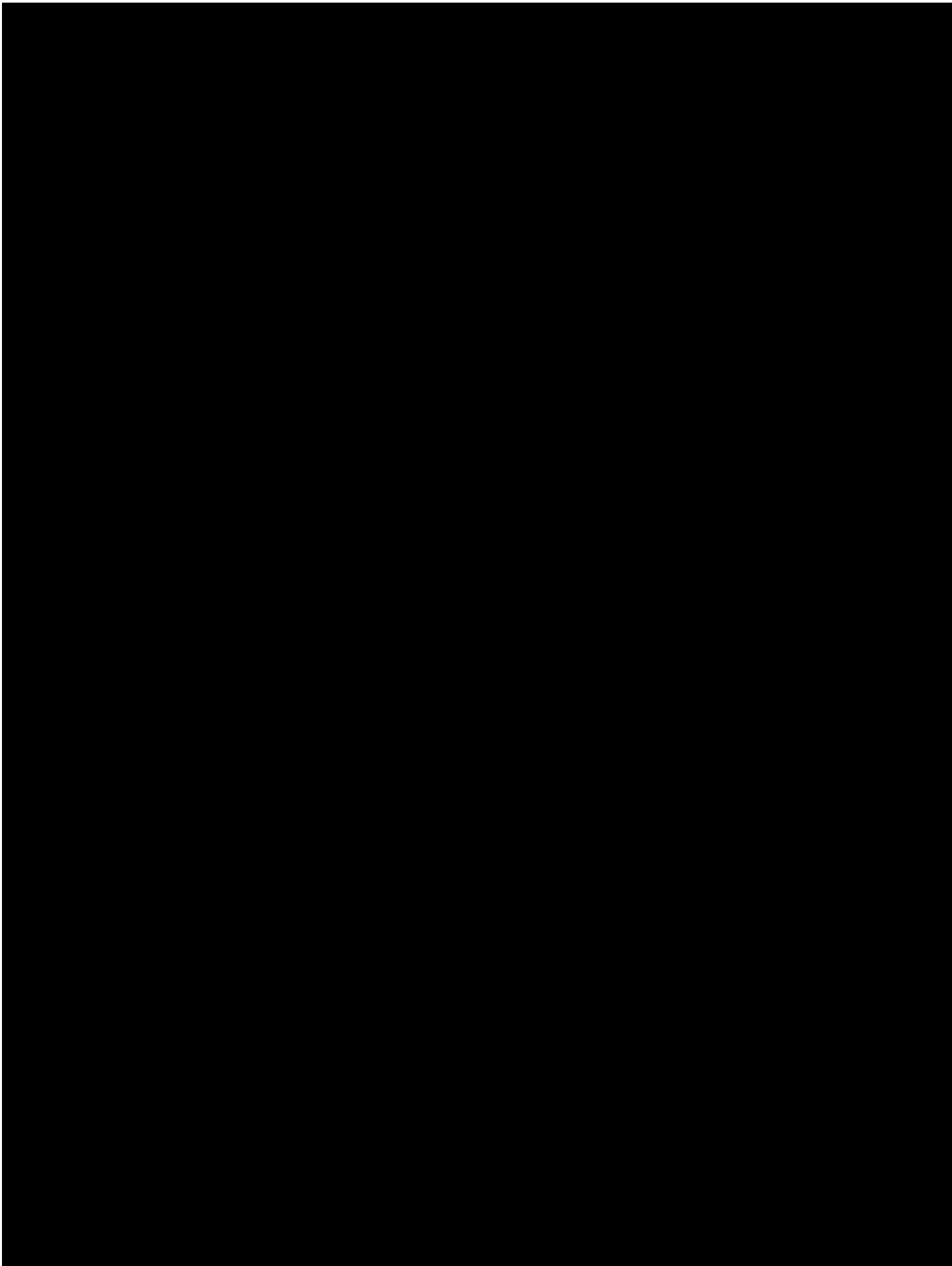
BE OUR VALENTINE

DOWNTOWN GETS SOME
COSMOPOLITAN FLAIR









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On the cover:

Whether it's yoga, running or something else that gets you in shape, there's no better time of year than right now to raise your game. Photo by Michelle F. Mitchell

CONTRIBUTORS



Michelle Mitchell

Michelle F. Mitchell is a Portland freelance photographer who loves what she does. "I've always had a fascination with people and their personalities," says Mitchell. "By engaging my subjects and making them a participant in the process I allow a spontaneous chemistry to develop." Mitchell loves watching an idea take shape and witnessing all the pieces coming together, from inspiration all the way through execution. Her photos appear on pages 16-31. <http://michellefmitchell.wordpress.com>



Stacy Sumoge

Stacy Sumoge is an Oregonian Media Group digital campaign manager, responsible for helping generate the most cost-effective results for advertisers' campaigns running on OregonLive.com. She's also a writer, volunteering an article on the Friends of the South Park Blocks, which appears on page 12. Sumoge is a University of Oregon graduate.



Bruce Sussman

Bruce Sussman is a journalist and meteorologist who's been reporting on what's happening in Portland and around the northwest for two decades. He's a storyteller and is excited to write for PDXtra as well as his popular weather blog www.brucesussman.com. Sussman and his wife have two growing boys, and when he is not writing he is busy playing Legos with his youngest son, making stop motion movies about World War II with his oldest son or playing flag football with them both.



Chad Walsh

has been a police reporter, a cinema and stage editor and, at present, writes a lot, mostly about food and entertainment. Walsh previously wrote for Oregonian Media Group's MIX Magazine. In this issue Walsh reports on great ways to embrace personal renewal and revitalization during the New Year, including a quite interesting look at how to just float away from your pain and troubles.



Brian Zielke

is an Oregonian Media Group research analyst and Portland State University graduate who also writes in his spare time. Zielke's review of upcoming arts and entertainment events begins on page 14.

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Welcome to PDXtra

Happy New Year! Now that you've survived the holidays it's time to consider what lies ahead. Now is a great time to recharge, reenergize, revitalize and refocus, as well as re-think and redo anything that you did during 2014 that needs improvement.

That's partly what this issue is about. We'll reveal interesting ways that some downtown businesses are helping locals to thoughtfully embrace self-improvement. We'll also delve into why we routinely fail to achieve our resolutions, and what can be done to overcome that cycle.

We're also previewing one of Portland's newest real estate additions - The Cosmopolitan - which promises to elevate the art of downtown living when it opens next year.

Our focus in each issue of PDXtra is on Portland's downtown area. There's so much happening here all the time, we can't possibly cover everything, so turn to PDXtra.com online. There you'll find even more information that shapes your life: feature articles matched with our downtown news stream that covers the arts, entertainment, events and dining out, as well as real estate, business openings, retail attractions and more.



Essential. Exceptional. Downtown. PDXtra.

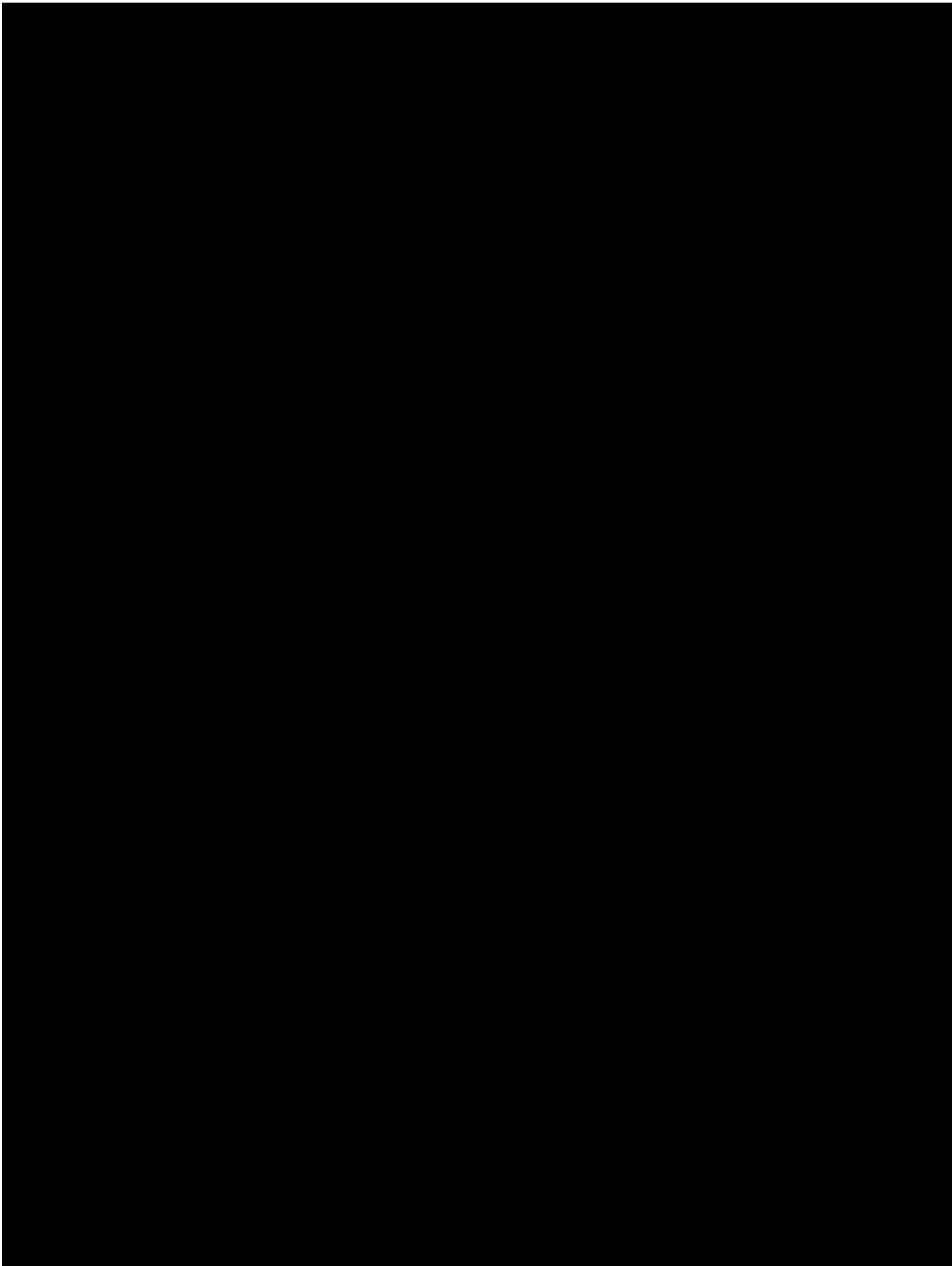
Online at PDXtra.com you'll find expanded coverage of the top downtown area events and attractions that are happening. But there's more: a real-time news feed of all of OregonLive.com's best downtown-area entertainment and lifestyle-oriented news articles, all in one place.

We've also launched a series of sweepstakes with great prizes, like tickets to local events & attractions. In December we gave away tickets to the super-cool **New Year's Eve Governor's Ball**, and in 2015 look for more tickets and prizes donated by our partners. Plus, you can sign-up to receive our email newsletters in your inbox.

Read more and stay up-to-date every day, and get the opportunity to win great prizes at PDXtra.com.

What's new on PDXtra.com?





Making Friends at the South Park Blocks

Downtown nonprofit continues to gain momentum going into new year

By Stacy Sumoge

The South Park Blocks, stretching from S.W. Salmon Street through Portland State University, is one of the oldest parks in the city. The park in particular receives a lot of foot traffic being near large establishments such as the Arlene Schnitzer Concert Hall and the Portland Art Museum. If you're a frequent commuter through the South Park Blocks, you've probably noticed some new plants popped up around the Lincoln Square Block in the fall. These native Oregon plants were planted thanks to the help of the nonprofit Friends of South Park Blocks.

Four years ago, neighbors David Newman and Gunnar Sacher were conversing about how they could improve their neighborhood. The pair felt the South Park Blocks didn't have good enough community participation, and they didn't know where to start. Newman suggested they focus on the park, and the idea took off from there.

Newman and Sacher reached out to Portland Parks and Recreation and developed a partnership with the bureau. Both Friends of South Park Blocks (FoSPB) and Portland Parks and Recreation (PP&R) work together to enhance the South Park Blocks by improving maintenance and security of the park. Activities for improvement include helping report suspicious activity, foot patrol and park cleanliness, landscaping and maintenance. "Our neighborhood is going through a transition," explains Sacher. "We want to make a more welcoming neighborhood."

"We thought there were livability issues in the neighborhood and in the park,"

says Newman. "Some maintenance items were not getting done. The overall cleanliness of the park wasn't as good as it could have been. Basically, we needed to get the City to focus resources on the park. We wanted some sort of honorship and pride in the park."

When FoSPB gathered in the fall to discuss projects, it was decided that the Lincoln Square Block needed some beautification. FoSPB essentially has no budget and is fully reliant on support from volunteers. Regardless of the potential challenges, the team got to work. After a little more than a month, the group raised more money than was needed, partly due to some donors making much larger contributions. The money was used to pay PP&R to purchase the plants. Later, the Parke Diem volunteer event was held in October with the support of Portland Parks Foundation. The event attracted more than 40 people and the planting was finished within three hours.

The next project coming into play is the installation of fencing around the Lincoln Square Block plants. This is needed to not only protect the plants from foot traffic, but to enhance the entire block's appearance. Last winter, FoSPB proposed the fencing project to PP&R, and it is now in the approval process. The next step is to create a design for the fence, and since this is a historic park, it will be designed by PP&R in a way that enhances the appearance and fits in with the historic nature of the park. Once the project and design are approved, there will be another fundraising project launched by FoSPB that will likely be more expansive than



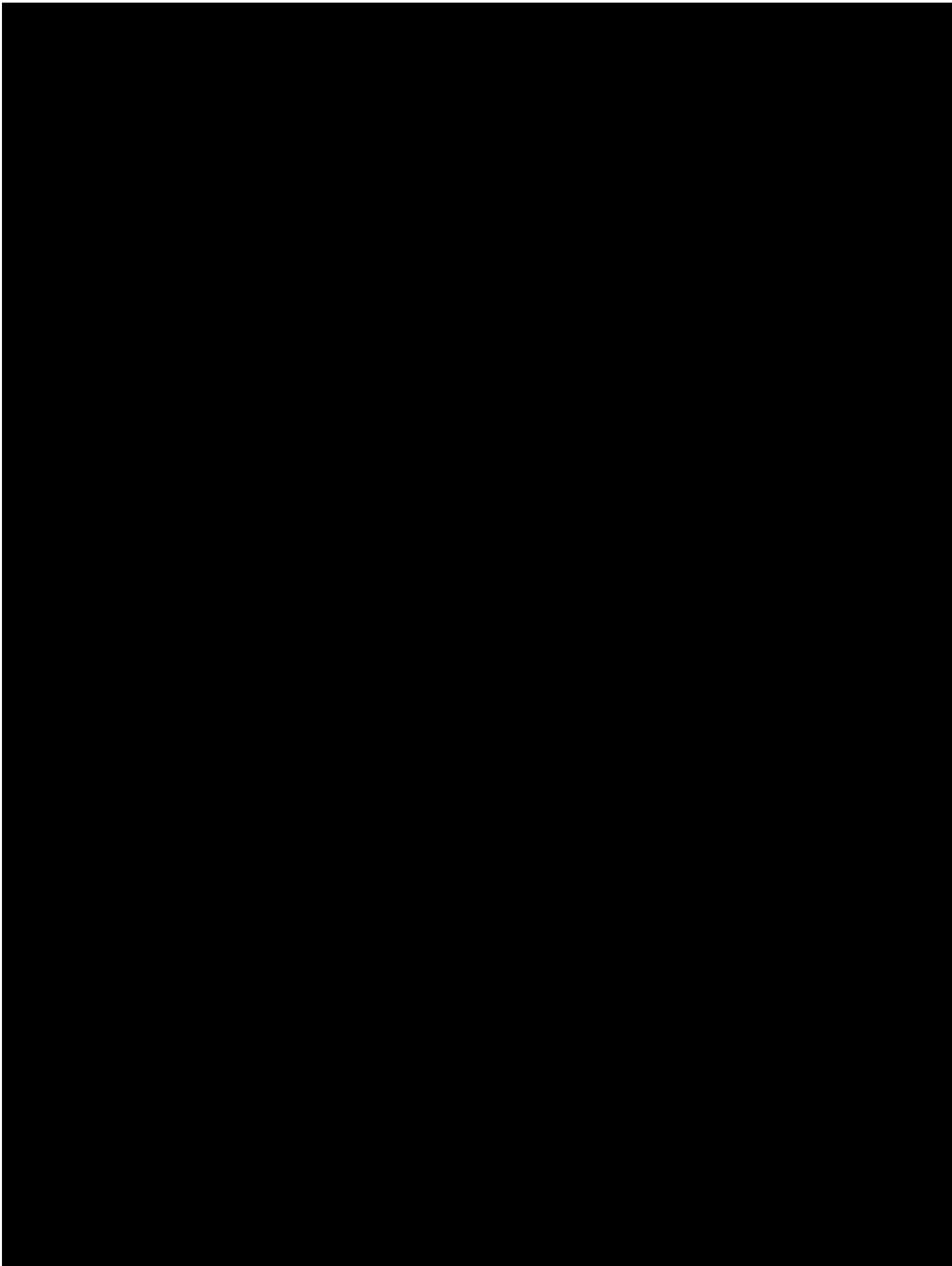
Friends of South Park Blocks got their hands dirty beautifying the park in October.

adding plants. "We believe the fencing will help to protect the investment the city makes, and be something that the neighborhood loves," says Newman..

In 2012, the organization clocked 605 volunteer hours. Last year, the group has clocked more than 900 hours working in the park. With the increase in projects, an increase in volunteers is needed as well. A challenge FoSPB is currently facing is the need for younger volunteers to handle more of the physical labor. The group is hoping to recruit more volunteers this year to continue to grow the organization and provide benefits to those living around the park.

"One of our biggest achievements is being a voice for the park and being a partner for those in the park," Sacher explains. "We don't just trim the roses and pick up cigarette butts twice a week. I think it's bigger than that. We're presenting the park so it gets the attention it needs to be the park we want it to be." ■

For more information, please visit www.fospb.org, or contact the organizers directly at pdxfospb@gmail.com.





Cranes seem to be everywhere in the Pearl District as we start this new year, and several new buildings are quickly climbing toward the sky at the same time.

There is one new building that will rise above the rest. It will be the tallest the Pearl District has yet seen. It will also be the tallest residential tower within the city of Portland.

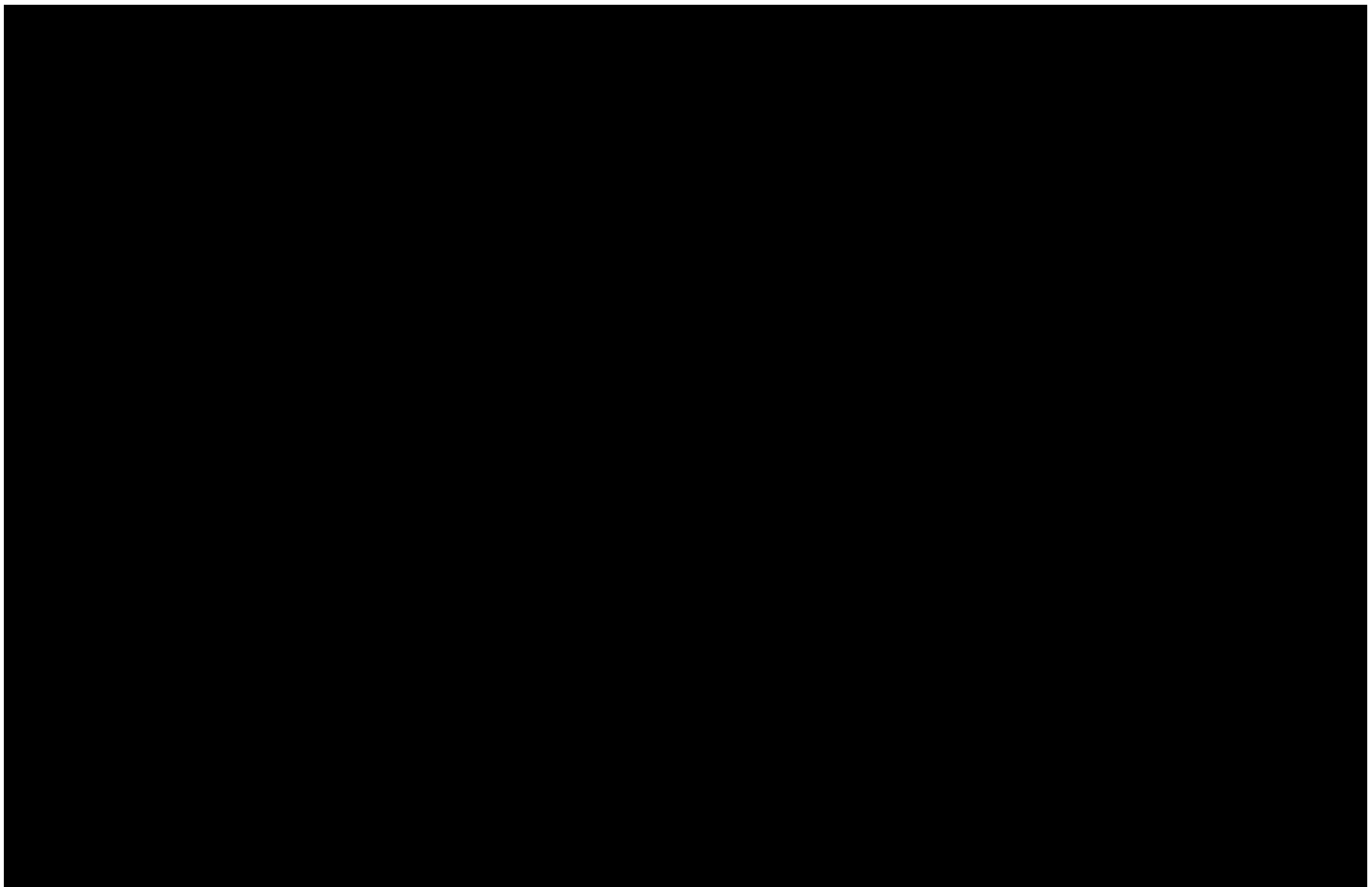
This new luxury condominium tower, being developed by Portland's Hoyt Realty Group, is called the Cosmopolitan On the Park. Upon completion in mid-2016 The Cosmopolitan will rise 28 stories above the city, and provide world class views of the Willamette River, Mount Hood, Mount St. Helens, downtown Portland and the West Hills from many of its 150 condominiums.

The Cosmopolitan's design gives a nod to the early skyscraper age with an incredibly sleek look, due to the angles that architects are using and the custom glass curtain exterior wall system. It was designed by award-winning local firm Benson Industries. The company recently completed

The Cosmopolitan

Elevating the Art of Downtown Living

By Bruce Sussman



work on the Freedom Tower at the World Trade Center in New York City.

One of the great things about all this beautiful glass? It will hide three levels of secure, above ground parking and storage units on the lower portions of the tower. And because so many Portlanders love traveling on two wheels, the glass also hides two areas for bike parking.

The tower is not all glass, however, as most units come with recessed patios. As you would expect from Portland's tallest place to live, luxury surrounds you. Like Italian-made Pedini cabinetry, solid quartz countertops, top of the line kitchen appliances by Miele and plumbing fixtures crafted by Grohe and Duravit are just some of the options. You'll also find marble, travertine, walnut and European oak throughout most units, along with gas fireplaces for those damp, chilly Portland days.

You can preview it all at the Hoyt Realty showroom, which is just steps from where the Cosmopolitan is being built at N.W. 10th and Northrup Street. The showroom even has a touch screen that enables prospective residents to see the

views available from various points throughout the building.

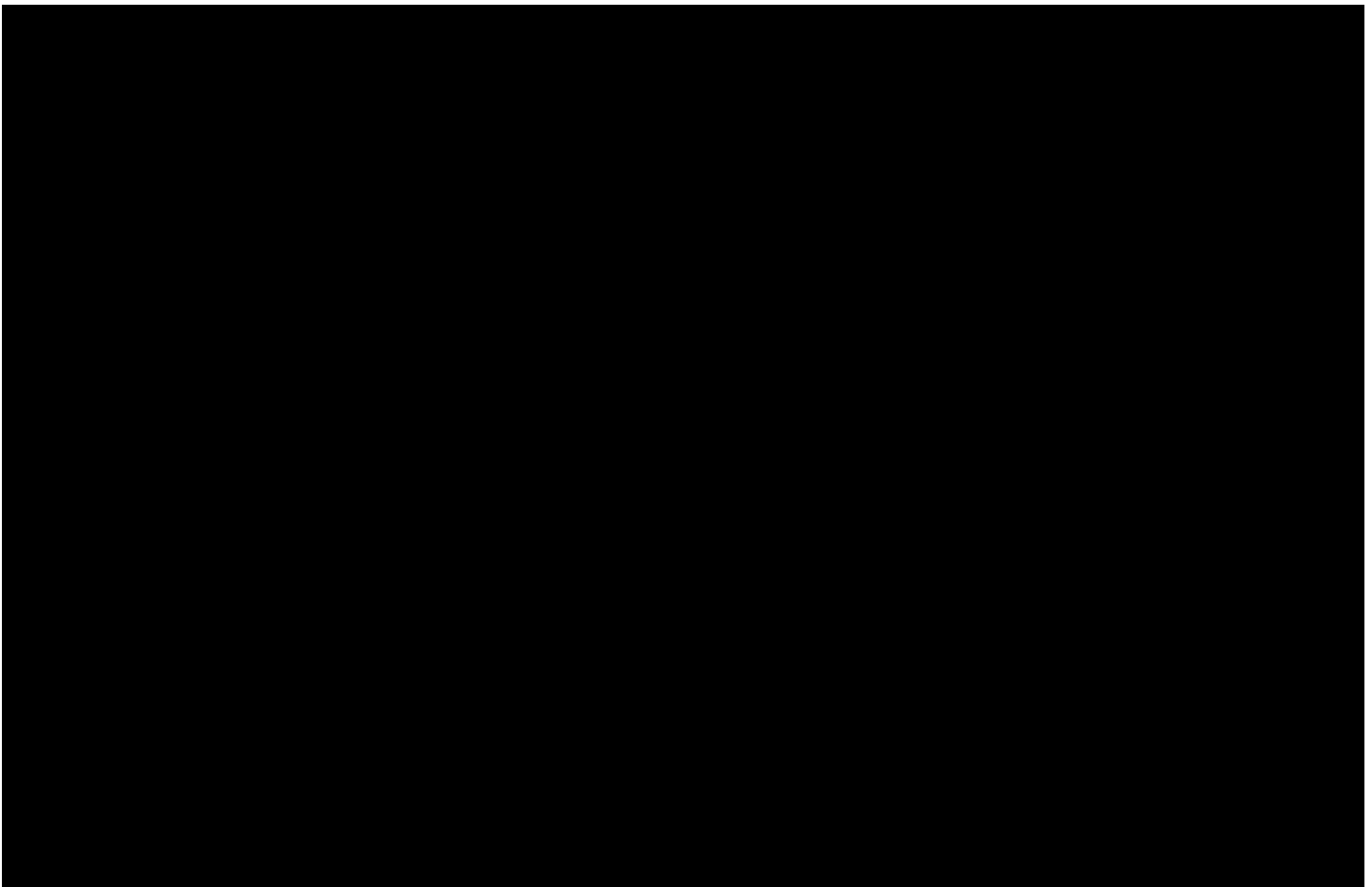
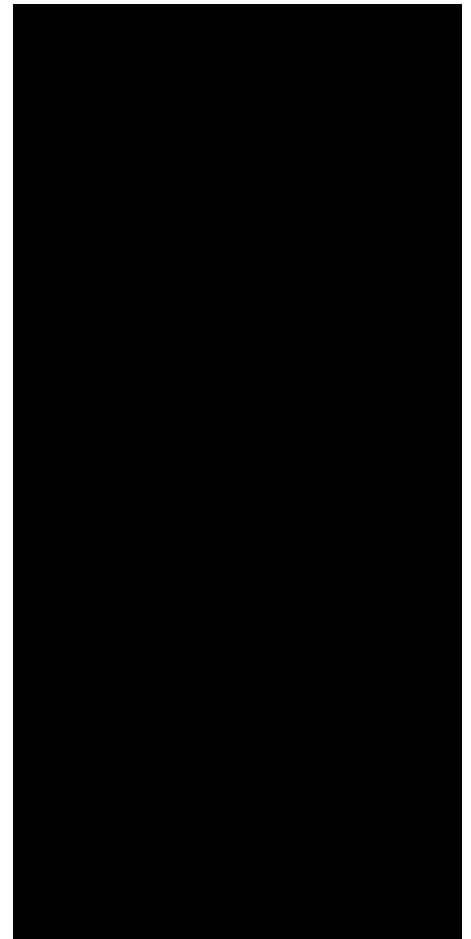
Hoyt Realty's Marilyn Andersen gave us a tour of the showroom recently, along with an update on how the project is going. "We have sold 40 units so far and interest is strong."

And as long as we're talking numbers, how much will it cost to live in this tower? "The lowest price is \$400,000 and the highest is \$3.8 million for the 28th floor penthouse," Andersen says.

The penthouse, by the way, boasts an incredible 3,236 square feet. That comes in the form of three bedrooms, three and a half baths, a den and a family room. Not to mention sweeping city views in all directions.

The more affordable units offer between 700-800 square feet of living space, although some condo owners have already purchased two units with the intent of combining them for more space. Most of the smaller units are on the building's lower floors but many still offer expansive,

COSMOPOLITAN continued on page 36



Winter Entertainment & Events Highlights

Here's a sampling of just a few of the more noteworthy attractions on our radar during the coming months. See PDXtra.com or OregonLive.com/events for more complete and updated listings.

-Compiled by Brian Zielke



10TH ANNUAL PORTLAND SEAFOOD & WINE FESTIVAL

If a weekend outing of endless seafood and wine combinations mixed with a family friendly environment sparks your interest, then the 10th annual Portland Seafood & Wine Festival is for you. Expect wines from over 50 Oregon wineries and live music, all in support of a great cause: the Oregon Chapter of The National MS Society.

JANUARY 30 – 31, 2015

■ Oregon Convention Center
PDXSeafoodandWineFestival.com

PORTLAND JAZZ FESTIVAL

Since its creation in 2003 by the non-profit organization PDX Jazz in partnership with Travel Portland, the Portland Jazz Festival has brought together some of the most recognized international jazz musicians alongside Portland's very own talented jazz players. The 2014 festival brought us the likes of Wynton Marsalis and Esperanza Spalding to name a few. This year's lineup includes multi-Grammy award-nominated vocalist Bebel Gilberto. Venues are sure to be vibrant again this February with the sights and sounds of trumpets, drums, saxophones, pianos and more.

FEBRUARY 17 – MARCH 1

■ at multiple venues
Portlandjazzfestival.com

38TH ANNUAL PORTLAND INTERNATIONAL FILM FESTIVAL

The largest cinematography event in Oregon, the Portland International Film Festival expects to draw 40,000 attendees over the course of the 18-day

festival this year and plans to continue the custom of displaying more than 200 shorts and feature films from more than 40 countries. Venues playing host to the films this year include the Portland Center for the Performing Arts, Cinema 21 and the World Trade Center Theater.

FEBRUARY 5 – 21

■ at multiple venues
NWFilm.org/festivals/piff

2015 PORTLAND INTERNATIONAL AUTO SHOW

The Clean Tech Center, Luxury Exotic and The Great Outdoors are just a few features of this year's Auto Show that will certainly drum up curiosity among vehicle browsing attendees. Fans of the annual Portland International Auto Show are looking forward to a snow-free weekend this year as last year's show was disrupted by a stretch of snowy weather in the metropolitan area.

FEBRUARY 5 – 8

■ Oregon Convention Center
PortlandAutoShow.com

ITALIAN STYLE COMES TO PORTLAND

This exhibition will be an in-depth look at Italian Fashion from the end of the World War II to the present day. The Portland Art Museum notes that key individuals and organizations that have contributed to Italy's reputation for quality and style will be the focal point of the storytelling, which will include both menswear and women's fashion.

FEBRUARY 7 – MAY 3

■ Portland Art Museum
PortlandArtMuseum.org

2015 NCAA BASKETBALL CHAMPIONSHIP Division I Men's Second & Third Rounds

The NCAA Men's Basketball tournament makes a highly anticipated return to Portland in March, a follow-up to the successful tournament hosting in 2009 and 2012. The 2012 opening round games in Portland included the likes of the University of Indiana and the University of

Louisville. The four-day event has created a true buzz around the rose city in previous years with the expectation that this March will deliver similar results.

MARCH 19 & 21

■ Moda Center
Tickets: Seatgeek.com

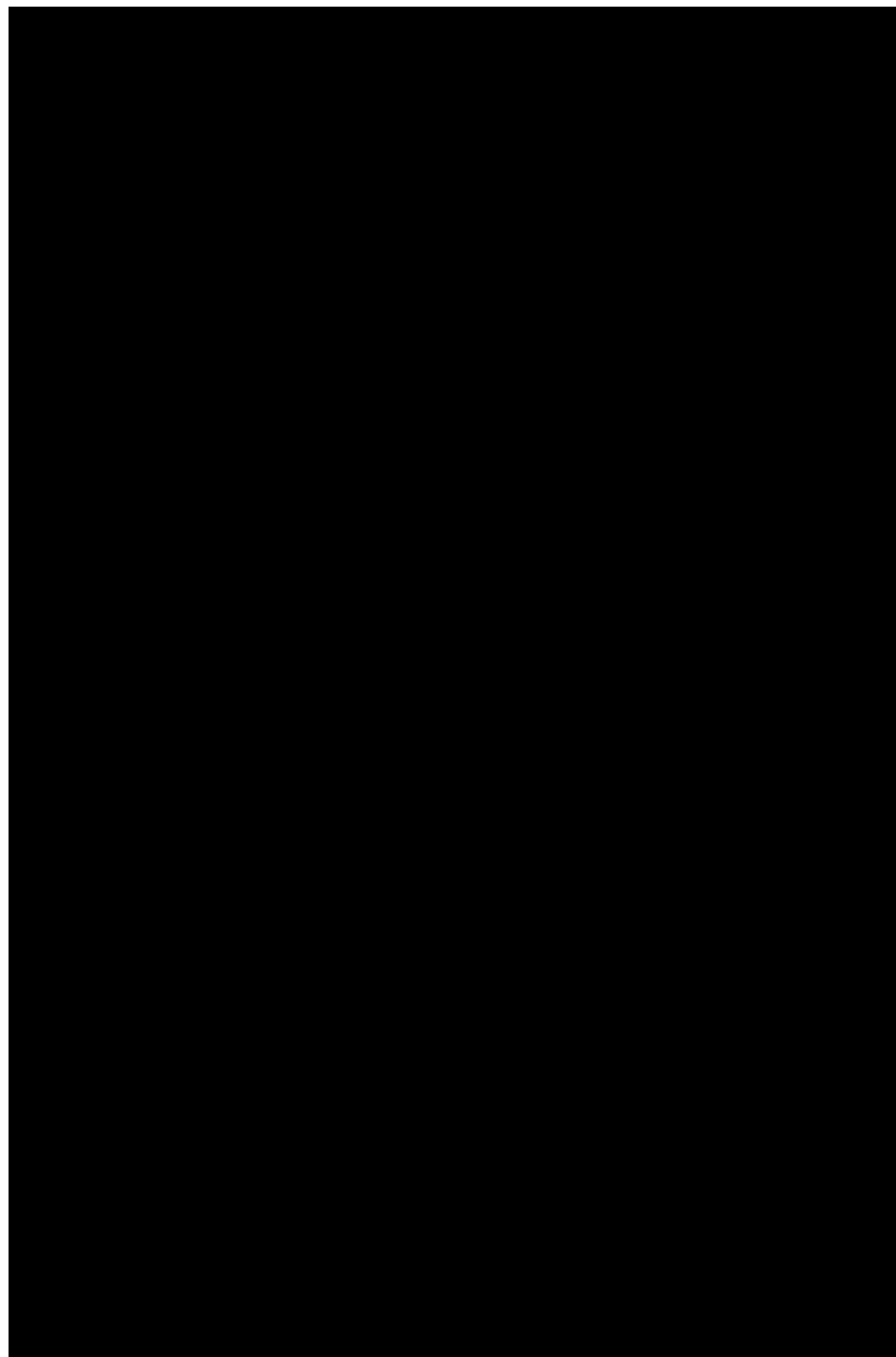
BARRY MANILOW

Barry Manilow hits the road this February for a 28-stop tour with his 13 bandmates,

kicking off opening night in Omaha, Nebraska. With limited performances since his six-year concert run in Las Vegas, Manilow is at it again promoting his latest album titled *My Dream Duets*. At the age of 71, there is one thing you can certainly expect from Manilow this time around: he will bring the fans to their feet with "Copacabana."

MAY 28

■ Moda Center
Tickets: Ticketmaster.com



A close-up photograph of a person's hand holding a brown leather baseball glove. The person's arm, featuring a tattoo, is visible in the bottom right corner. The background is a warm, orange-toned indoor setting. Overlaid on the image is the text "Imagine Your" in white and "BEST YEAR EVER" in large, bold, semi-transparent white letters.

Imagine Your

**BEST
YEAR
EVER**



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out of New Year's
resolutions

Feature photos by Michelle F. Mitchell



Exercise and hydration (ABOVE, LEFT) are a must, but other alternative resolutions can enliven your new year. ABOVE, RIGHT: Learn how to make sausage with Portland Meat Collective. BELOW: Performing at Portland Story Theater can help improve your public speaking skills, and delight an audience.



Promises, Promises

Ways we can
make **2015**
healthier,
happier and
more fun

By Chad Walsh

Not all of us make New Year's resolutions. Are some folks already perfect, and don't need to change anything? Not likely. It's mainly because resolutions are hard to stick to. But they can put us on a path that just might lead to happiness. Resolutions need not be life-altering. It's not like you're expected to write your first novel—in Mandarin. Rather you can learn to cook, or butcher or overcome your anxiety over public speaking.

There are lots of ways you can spend the next year making sure that all your remaining years will be enjoyed by you and the people around you. Here are but a few of our favorite ideas to get you started.

Nice to meat you

You've gotta give Camas Davis a lot of credit. After her job as a magazine editor was eliminated, she traveled to Europe and learned about food, specifically, butchering. When she returned to the states, she reinvented herself as one of the city's most conscious butchers. Meatcutting is both science and art, an entirely useful skill set that promises fascinating conversation-starting at every occasion. Davis' butchering classes may turn you into a vegetarian, or make you appreciate and respect the meat you eat even more than you al-

ready do. But make no mistake, it will change the way you eat, and it'll change it for the better.

PORTLAND MEAT COLLECTIVE

■ locations vary, 503-347-5540
pdxmeat.com

Something's cooking

This workshop offers cooking classes for every skill level, and every kind of diet. Want to know more about knife techniques, soups, Thai street food or the ins and outs of vegan cooking? Then this hands-on spot is the place to practice your new nitty gritty. PCW also offers group classes and gastronomical trips abroad for those who are really ambitious and want a truly immersive culinary experience.

PORTLAND'S CULINARY WORKSHOP

■ 807 N. Russell St., 503-512-0447
portlandsculinaryworkshop.com

Take up Boxing (get organized)

Who are we kidding? A store filled with empty boxes simply isn't sexy. But you know what is? Organization. (See accompanying article, page 28.) Unless you're one of those unique mad scientists that can pinpoint and seemingly summon a much needed stray electri-

cal wire buried somewhere in a house full of clutter, you need those empty boxes to make sure “like” lives with “like,” whether we’re talking tools, fabrics, old clothes or the family snapshots we once cherished before our phones got in on the action. Well, you’ll find a fabulous selection of those empty boxes here, and once you’ve taken them home and filled them up, you’ll know exactly where to find what at any given time.

STORABLES

■ 105 N.W. 13th Ave., 503-221-4500
storables.com

Practice better habits with a Performance Consultant

Morgan Oxley’s done many things. He gave guided tours of volcanoes in South America. He ran his own bar in Guatemala. He’s a trained hypnotist. And he describes the work he does now as providing a positive “disruptive force.” To put it simply, Oxley shares with us with “emotional reframing” and practical information to train us to practice better habits. Oxley’s clients include Realtors (with whom he works to overcome personal habits preventing them from giving clients the service and attention they want and need) and restaurants (where he’s helping to eliminate bad service habits), as well as individuals who want to cut back on alcohol, tobacco, technology and other personal crutches. Know something you think needs fixing? Give

him a ring and schedule time to meet him in some nearby neutral location, like your neighborhood cafe.

MORGAN OXLEY, PERFORMANCE CONSULTANT

■ 732 S.W. Third Ave., Ste. 609,
503-919-1418
morganoxley.com

Better change your tune

Are your piano keys getting dusty? Does your trumpet stand in the corner on its bell? Do you keep your guitar cloistered in its case at the back of your closet? Wintertime is a great time of year to liberate those instruments—and yourself—with music lessons for grown-ups. Check out Sound Roots, a music teaching husband and wife duo. Sure, most of their classes are for kids, primarily covering piano, guitar, drums, bass, mandolin and ukelele, but the couple also teaches voice, songwriting and music theory lessons for grown-ups. And even better, they make house calls if you’d rather learn in the comfort of your own home.

SOUND ROOTS

■ 3954 N. Williams Ave., 503-208-5637
soundrootsmusic.com

Share your story

For 10 years, the couple who runs this storytelling theater have dazzled locals

with sometimes quiet and sometimes grandly epic tales of triumph and perseverance (see its “Armchair Adventurers” series). But they’re more than entertainers; they’re teachers, too. Their workshops in the art of personal narrative help participants hone skills that are useful for both entertainment and business purposes. So if public speaking gives you the shudders, or if you’ve simply got a great story that you need help telling, go see a show, and when it’s over, linger, say hello and ask about their the theater’s storytelling classes.

PORTLAND STORY THEATER

■ 3333 N.E. 15th Ave., 503-284-2226
portlandstorytheater.com

Put your feet first

Let your feet meet Crary Shoes. The custom shoe and boot company, born out of the Danner family, cobbles – by hammer and hand – long lasting footwear that places a premium on comfort for people who’ve suffered from foot injuries, or have foot problems stemming from rheumatoid arthritis and diabetes.

Plus, Crary’s Portland store staffs two pedorthists. Meredith Crary-Johanson, daughter of owner and master cobbler Bob Crary, is a pedorthist who runs the office and takes care of patients in need of new comfortable custom kicks. She consults with them to measure their feet and determine why the shoes are needed, what style they’re looking for and how the new custom-mades will help them live the style of life they want to live.

Once those details are dialed-in, Crary-Johanson takes a mold of a patient’s feet and then uses a 3D printer to create an exact replica of those feet. Once she’s done all that, she passes the 3D renderings on to her dad, whose team crafts a pair of shoes that won’t just save that patient’s way of life, but that (especially in cases like diabetes, where undetected issues can lead to amputation) might just save their feet.

CRARY SHOES

■ 14325 N.E. Airport Way, 503-253-8984
craryshoes.com





Dining just doesn't get any more healthy than at places like Prasad, on N.W. Davis St.

Hard to top this place

It really doesn't get any healthier than eating at Prasad, which whips up delectable vegetarian, vegan, gluten-free and sometimes raw breakfast and lunch dishes, soups, salads, fresh juices and smoothies in the lobby of Yoga Pearl. Don't believe us? What other restaurant lists its menu sides as beans, roasted carrots, steamed greens, rice, quinoa and avocado halves? It's real food, it's delicious (try their Bliss Salad, which more than lives up to its name, or their fantastic, hearty Urban Bowl with quinoa added) and fast, too.

PRASAD

■ 925 N.W. Davis St., 503-224-3993;
prasadcuisine.com

A bar for hearty salad lovers

Garden Bar's concept is a deceptively simple one: to provide quick, healthy grab-and-go meals for busy people who don't have the time for sit-down healthy dining, or who don't desire prime rib and three martinis for lunch.. Most of the bar's signature salads are more often meatier than not—think bacony Cobb's and chicken kale Caesars—but there's also an option to "build your own" bowl, by choosing from a long list of ingredients that includes bamboo shoots, poached pears, jicama, chimichurri and shaved Oregon truffles. Really in a hurry? Decide what you want tossed from the comfort of your desk and order your lunch online.

GARDEN BAR SALAD CO.

■ 25 N.W. 11th Ave., 971-888-5263;
gardenbarpdx.com

Little Fatty? I don't think so

You'd be forgiven for thinking that a restaurant with a name that roughly translates into "little fatty" doesn't showcase healthy options, but, in this case, you'd be wrong. That's because the family that owns and operates Los Gorditos devoutly practices veganism,

How to EAT YOUR WAY to a better New Year

By Chad Walsh

Every year, everyone of you swears an oath to start living a little healthier and, invariably, that oath always starts with your diet. There is no shortage of fantastic local nutritional resources – i.e. great places to eat. Here are some of our favorites – many of which are emerging, a couple of which may arch your brows – but that nonetheless deliver on providing you with some of the healthiest options you'll find anywhere.

A Whole (Food) new approach

Everybody knows that Whole Foods is a one-stop shop for just about every-

thing that is yummy. But did you know that four days each week, sometimes as often as twice a day, the shop brings its goods to local communities that don't have a nearby grocer of their own? It does, in the form of Molly, the green My Street Grocery trolley, driven by Amelia Pape, who unpacks nuts, fruits and vegetables to families who lack the time and transportation needed to visit the grocers in their neighboring communities.

WHOLE FOODS

■ 1210 N.W. Couch St., 503-525-4343;
wholefoodsmarket.com/stores/pearl

and their menu, with its soyrizo, avocado tacos and burritos stuffed with chile rellenos (which are in turn stuffed with vegan cheese), reflects it. But just because they're devout about it, they're most certainly not preachy: The shop has plenty of meat and cheese on hand to satisfy carnivores too.

TAQUERIA LOS GORDITOS PERLA

■ 922 N.W. Davis St., 503-805-5323;
logorditospdx.com

A Departure from the norm

If you've haven't been watching this year's edition of *Top Chef*, you're missing out on the fact that Departure's executive chef, Gregory Gourdet, has been crushing it (or at least he was when the issue in your hands was heading to print). And you have to admit, he's a natural star. He's even been given the video game treatment—late last year, the company that owns Departure developed a Candy Crush-like video game in which you try to prep as many plates as possible in order to rack up points which you can redeem for free Departure

eat. But unless you're following all things Twitter, you may not yet know that Gourdet also prepares prix-fixe specialty dinner events throughout the course of the year, including uber-healthy vegan and paleo dinners. Remedy that, and belly up the next time he puts one on.

DEPARTURE

■ 525 S.W. Morrison St., 503-802-5370;
departureportland.com

A burger above others

Do cheeseburgers really have a home on a list of nutritional options to consider? They do when they're made at Dick's, because Dick's owner, Richard Satnick sources his meats from farms and ranches that put a premium on raising their animals ethically. That means grass-fed beef harvested from humanely treated cows, as well as chickens that don't spend their lives cooped up. Also, the restaurant does fries, but that's sort of a misnomer: Dick's "not-fries" are baked.

DICK'S KITCHEN

■ NW, 704 N.W. 21st Ave., 503-206-5916;
dickskitchen.com

It's your health – own it

For more than 40 years, this little co-op has thrived on the enthusiasm of locals looking for healthy, sustainable food options. In fact, at present, the co-op is "owned" by more than 10,000 subscribing members who use the store's resources—bulk nuts, locally raised fruits and vegetables, quality beef and fresh fish—to fill their home coolers. If you haven't already considered it, become one of those owners.

FOOD FRONT

■ 2375 N.W. Thurman St.,
503-222-5658; foodfront.coop

Year-Round Farmers Market at PSU

The largest and easily most popular farmers' market in town is now open all year round (it used to shutter briefly during our coldest months). It also has a reputation of being something of an R&D testing lab, too, launching many of our favorite local artisan products: Eatin' Alive snacks, C'est Si Bon! crêpes, Via Chicago pies, Alma Chocolates, Ruby Jewel ice creams and Marshall's eight flavors of Haute Sauce.

PORTLAND FARMERS MARKET AT PSU


■ South Park Blocks (SW Hall & SW Montgomery);
portlandfarmersmarket.org

Sizzle Pie

You may scoff at our inclusion this metalhead pizza joint on our list of, but here's the thing about Sizzle Pie: It makes plenty of vegetarian and vegan pies, and it'll even make them on gluten-free crusts if you ask. Plus it's open late and delivers late, too. Really, doesn't everybody need a cheat day? And if you're going to cheat, shouldn't you cheat smart?

SIZZLE PIE

■ 926 W. Burnside St.,
503-234-PIES;
sizzlepie.com



Runners celebrate completion of another Adidas Shamrock Run, which for many is the official kick-off of the annual running season.

New Year's Resolution

Getting Fit

By Chad Walsh

It's no surprise that year after year losing weight and getting fit are among the top New Year's resolutions (they rank No. 1 and No. 7 respectively as the most popular resolutions, according to USA.gov.). Another shocker: in Portland we exercise to lose weight *and* get fit, and for most of us exercise equals running. Whether we're running on trails or treadmills, along rivers or around lakes, or up sandy dunes, we run to socialize and to get away from it all. Nothing motivates runners to get through winter like the challenge of an upcoming race. Here's just a few of 2015's most anticipated runs, along with a few lower-impact options designed to help you stick to your get-and-stay-fit resolutions.

FEBRUARY: 5K Fun Run/ Walk and Polar Plunge

It'll be chilly, but that's sort of the point. After runners (and this race's more leisurely walkers) complete a 5K course (that's just over three miles) that follows along the Columbia River, they are in-

vited to jump in that same river in February temperatures. Of course, the whole idea is to raise funds to help put on a better Special Olympics each year. In 2014, runners and walkers from five Oregon cities raised over \$450,000 for the nonprofit. Will you be participating this year to push those dollars north of the half-million mark? Date: Saturday, February 28.

SPECIAL OLYMPICS OREGON

■ 9721 N.E. Airport Way, 503-248-0600, 503-248-0600, ext. 39;
soor.org, plungeoregon.com

MARCH: The Adidas Shamrock Run and Shamrock Fitness Fair

In its 37th year, Portland's Shamrock Run may just be this city's favorite race, mainly because it officially kicks-off the annual running season, and it challenges runners with six different flavors—from 5K and half-marathon to courses made to accommodate walkers and 1-mile "laps" for children 10 years and

under. Once your race is run, you can wander around the beer garden to check out live performances by local musicians while chowing down on free bowls of hot chowder. Of course, the race is only day two of the Shamrock activities—the Shamrock Fitness Fair takes place the Saturday prior at the Oregon Convention Center, where you stock up on running apparel and accessories offered by more than 70 local and national vendors. Race date: Sunday, March 15.

THE ADIDAS SHAMROCK RUN

■ Tom McCall Waterfront Park
shamrockrunportland.com

APRIL: Bend Marathon and Half-Marathon

When they learned that the scenic city of Bend didn't have a marathon, the brain (and feet) behind Oregon's Gorgeous series of marathon and multi-city races decided to right that wrong. This road race starts downtown and takes you on trails along the Deschutes

River with views of the surrounding mountainscapes before spitting you out at 10 Barrel Brewing Co., where you can celebrate your well-run race with a well-earned pint. Date: Sunday, April 26

BEND MARATHON AND HALF-MARATHON

■ downtown Bend
bend-marathon.com

MAY: The Lake Run

For almost 40 years, runners have descended on the city of Lake Oswego to race around the lake that shares the city's name. Sponsored by the Lake Oswego Women's Club, the race is a 10Ker, but there's also a 5K run, too, and even a quick sprint for kids 11 years and younger. And the best part is that this event raises funds for the Women's Club, which in turn donates proceeds from the race to help families in need from the community. Date: May 9.

THE LAKE RUN

■ Downtown Lake Oswego
lowomensclub.org/lakerun

Oregon Dunes Olympic Triathlon/Duathlon

Come May, you may be in shape for a more difficult challenge. The Oregon Dunes Olympic Triathlon/Duathlon is not to be messed with—rather, it messes with you. After a brief dip in Woahink Lake for a casual 1-mile swim, you're placed atop a bicycle, which you're expected to ride for more than 25 more miles, before you're asked to dismount and run for six miles more. And to top it off, the last leg of this race is uphill—in the sand. Because tri- and duathlons are supposed to be hard. Date: Saturday, May 9

OREGON DUNES OLYMPIC TRIATHLON/DUATHLON

■ Woahink Lake, Dunes City
oregondunestriathlon.com

Rock 'n Roll Portland Half-Marathon & 10K

Most Portland races take place downtown—this one only starts and ends there, giving you a chance to cross the



Pyrolates training at Firebrand Sports: strength, cardio, endurance, core and flexibility all in one. (See Page 36 for more info.)

Hawthorne and Steel bridges as you loop around Portland's east side. And as its name implies, there will be as many as a dozen stages set up strategically along the route populated by bands hired for the sole purpose of providing you with your very own soundtrack. Who needs "Chariots of

Fire" anyway? Not you, that's who. Date: Sunday, May 18.

ROCK 'N ROLL PORTLAND HALF-MARATHON & 10K

■ Tom McCall Waterfront Park;
runrocknroll.competitor.com

GETTING FIT continued on page 36



FLOAT AWAY from your pain this year

By Chad Walsh

Pain. Real, hollering, physical pain. Once you stumble past a certain age, you know its name.

About four years ago, I woke up one morning and thought to myself, “What’s that, and why does it hurt?”

The “that” was my lower back, or something in it, and the pain most likely stemmed from doing things I had always done with ease: moving boxes and mattresses from one space to another. It was like waking up one day and realizing for the first time that you’re old.

The pain wasn’t unbearable—and I feel very lucky for that—but it was nagging. Persistent. Seemingly endless. And I figured I’d just do what my father had always done: learn to live with it.

But a month later, it all went away—in just

90 minutes—and it’s never come back.

That’s because I decided, mostly on a whim, to take my first float in a sensory deprivation tank. I’d wanted to try the tank out for relaxation and meditative purposes. But that never happened, because, when taking your first float, you’re probably going to have to deal with earworms (songs you just can’t get out of your head). Mine this day was for three variations of *Ne Me Quitte Pas*: Jacques Brel’s, Nina Simone’s and Scott Walker’s. It a lovely song, but, as I quickly found out, uncomfortably catchy, too.

Nina Simone aside, floating is just you, some body temperature water, epsom salts to buoy you, the sound of your own heartbeat and the slow uncluttering of your thoughts.

While it was relaxing, it wasn’t as meditative as I’d hoped. Tank operators suggest that, for most first-timers, it takes three floats for your mind to quiet itself and get the hang of it. And those sessions are designed to last 90 rather than 60 minutes, because it’s during those last 30 minutes that the visuals start happening. And do they: think lightning storms that come in quick successive blue, red and purple strobe flashes, and whirls of colors that twist and spiral into and out of themselves.

But the first thing I noticed was that all my back pain went away. But only after it first became much worse.

On my first float, I was struck with such severe lower back pain that I could no longer take it and decided to get out no matter how much time I had left. As it

happened, the Mozart, which gradually helps bring you back to your day from inside the tank, was slowly coming to life. I got out, stumbled into the shower and, as I washed all the salt off, I realized, "Wait a minute, I feel...fine. In fact, I feel terrific!"

When you float, your body plays little tricks on you. As the muscles in your back relax, your spine straightens. You actually lengthen by an inch. It's like being very gently Rolfed by invisible but very capable hands.

And that was it. The pain went away. And it never returned. Like magic.

Until a few years ago, there weren't many tanks in Portland, let alone Oregon, but now, the city is home to five.

My first float went down at S.E. Hawthorne's Float On. So did Sandra Calm's, who was finishing up graduate school and found herself dealing with all the anxieties those kinds of studies employ. When she heard that Float On was offering a pair of free floats in exchange for float-inspired artwork she decided to

give it a try. It made such an impression on Calm (yes, that is her real name) that she and her fiancé Dylan Schmidt opened their own float shop at the far end of Northwest 23rd Avenue's holistic corridor just a few months later.

And that's the thing about tank operators: They're so sure that you're going to love the experience that they practically give initial sessions away. (Float On gives complimentary floats to chefs, musicians and dancers in exchange for recipes and compositions, while The Float Shoppe offers deeply discounted starter packages.)

If you have back pain, want to escape from your screens for a while, want to see how pitch darkness can twist itself into impossible phantom colors, and can stand to be alone with your own thoughts for over an hour, then floating might just be your thing.

And like me, it might just "cure" your bad back, or at least alleviate it for a time. You will, though, leave standing a little bit taller—literally. ■

[FLOATING RESOURCES]

FLOAT ON

■ 4530 S.E. Hawthorne Blvd.,
503-384-2620
floathq.com

THE FLOAT SHOPPE

■ 1515 N.W. 23rd Ave., 503-719-4743;
floatshoppe.com

EVERETT HOUSE HEALING CENTER & SPA

■ 2917 and 2927 N.E. Everett St.,
503-232-6161;
everetthousehealingcenter.com

COMMON GROUND WELLNESS CENTER

■ 5010 N.E. 33rd Ave., 503-238-1065;
soakandsauna.com

MUDRA MASSAGE

■ 2627 N.E. Broadway, 503-706-2225;
mudramassage.net

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Cycling fitness studios like BurnCyclePDX provide a social element that, according to experts, can help produce a lasting fitness resolution.

MAKING REALITY

out of those New Year's Resolutions

By Bruce Sussman

It's said that **confession** is good for the soul. So here's my confession: I've totally given up on New Year's Resolutions.

In fact, I haven't made a New Year's resolution in at least a decade. On the off chance I did make one during that time it never made a difference anyway.

And isn't that part of the problem with New Year's Resolutions? We make them and briefly attempt them, and then we either get too busy to keep going, or just forget them altogether. Until, that is, we hear someone say they lost the 'Holiday 10,' and we're suddenly reminded that we were also planning to lose weight, but that another resolution has bitten the dust.

(New Year's Resolutions are so prevalent that the government actually



tracks them. According to usa.gov, the top five most popular resolutions are: lose weight, volunteer to help others, quit smoking, get a better job and save money.)

To understand what leads us to break resolutions, and whether there is a secret to actually achieving them, I asked an expert, Portland Life Coach Adrian Wild. I found Wild during a Google search. We met up on a rainy day to talk about where so many of us go wrong.

"A limiting belief is what trips us up. We do not feel the resolution is worthwhile," says Wild. "Let's say you get a treadmill and you bring it home, and after a while it is hardly used because you feel it's just too boring." (Wait, has he been to my house?) "You're not being affirmed by yourself on the treadmill. And you're



Portland Life Coach Adrian Wild says that self-doubt, not circumstances, prevents us from upholding our New Year's resolutions.

really seeking a feeling of affirmation. Looking in the mirror and seeing you've lost 10 pounds, that is the feeling. But you need to collaborate with someone to make it novel, intriguing or exciting along the way."

Pearl District fitness studio BurnCycle-PDX takes this idea further. "Our whole thing is we are here to help you do what you can't do yourself," says owner Jessi Duley.

"You ride on a bike in a super dark studio, lit only by candlelight. It's a 45 minute ride with 6-7 minutes of upper body workout, too, all to the beat of the music," Duley says. "Because of the darkness, you don't worry about how you look or what anyone else in class is doing. But you do get their energy!"

Duley says each class is taught by more of a motivational coach than a trainer. "We see your resolutions and we'll hold you to 'em," she says.

So would a personal trainer, like Carly Kennelly, whom you may know from her duties as a traffic reporter on Portland television station KOIN 6. When she's not on the air, she's helping people meet their goals.

"Personal trainers are a very valuable tool," says Kennerly. "Before I got into the fitness industry, a personal trainer helped me lose 40 pounds in six months."

How should you choose a trainer? "Go through a workout with them to see if you feel comfortable with their training style and personality," says Kennerly. "A good personal trainer will

not only develop a workout program for you, but will also help you with a nutrition plan."

I wondered whether my own goals were achievable. Like many, I've wanted to put an end to the 'clutter storm' that seems to take over my home office on a near-daily basis. I began to wonder whether this goal could be resolution-worthy, so I sought out additional expertise.

Professional Organizer Mary Jo Monroe makes a living helping others get organized as the owner of reSPACEpdx. "One of the key parts of my job is to help people recognize unhelpful behaviors that contribute to their disorganization," says Monroe. "As an organizer, I pay attention to where piles build up in my clients' homes. Piles indicate a strong habit is at work. Piles also indi-

cate there are no homes for the items in the pile. Or if there are homes, they are inconveniently located."

"Once I work with the client to sort through that pile and find (better) homes for everything, I come up with strategies to get the family to stop piling items in the old spot and to start putting them in their proper homes. "Monroe says. "This actually requires two behavioral changes!"

"One of my favorite strategies is to make a cute little sign that says "Dear Family, please do not put anything here" and leave it in the spot where the pile tends to build. I might also write on the sign where items now live (e.g. Homework goes in the cubby, spare change goes in the jar, and receipts go in the envelope)."

How do you find a professional organizer in Portland? Carolyn Rowe is president of Oregon's chapter of the National Association of Professional Organizers (NAPO). "Go to napooregon.com and click on 'find an organizer.' Our members are nonjudgmental and dedicated to helping others."

Does getting help to stick to your goals make you squirm? Maybe it does because we're all grownups, right?

That's where we can go wrong with trying to achieve any kind of resolution. Remember Adrian, the life coach I talked to at the beginning of this article? He says we should not only ask for help, but that we should also publicly declare to others what our goals are. "That's not a comfortable conversation to have, but it is a conversation that can raise your game."

So perhaps there is hope, after all, for New Year's Resolutions. I am now resolved to making one.

Next year. ■

[RESOURCES]

LIFE COACH

www.adrianwild.com

BURNCYCLEPDX

burncyclepdx.com

ORGANIZATION

respacedpdx.com



For an alternative Valentine's date, it's hard to beat dedicating a song to the special someone in your life at Voicebox Karaoke.

Cupid's Valentine's Day Conundrum **Solved**

By Chad Walsh

To some of you, Valentine's Day is the jury duty of holidays—but if it doesn't have to be. Even though the "holidays" have just barely receded from memory, you're now expected to buy meaningful gifts anew, and on top of that, do something romantic to honor that special someone in your life. What do you do? Dinner's always nice, and so is a movie or a show, but you really need to give your sweetie something to remember you by. If you're out of ideas or simply need one more to

complete your night, here are several, from the sensuously ephemeral to the memorable and eternal.

Margulis Jewelers

The staff at Margulis does it all: They'll customize your gems, they'll fit those gems into custom rings, necklaces, bracelets and pendants—they'll even do small simple jobs, too, like repairing a watch. Plus, the shop has a small but impressive selection of vintage brooches, pendants, earrings and bracelets,

many reflecting some pretty righteous Art Deco designs, as well as other antique accessories that date as far back as the Edwardian era.

MARGULIS JEWELERS

■ 800 S.W. Broadway, 503-227-1153
margulis.com

Shreve & Co.

Shreve & Co. is not only San Francisco's oldest jeweler, it's its oldest business.

Their downtown Portland shop is one of this city's premiere locations for premium men's and women's watches courtesy of the refined and cultured designers working out of the Patek Philippe, Longines, Baume & Mercier and Vacheron Constantin studios. Their expert staff will help you feel very knowledgeable about what's typically a purely emotional purchase decision.

SHREVE & CO.

■ 640 S.W. Broadway, 971-295-5555
shreve.com

Dyke Vandenburg Jewelers

When you put your own full name into the name of your store, you're sending people a certain message, which more or less comes down to "I stand by my work." Since 1970, Dyke Vandenburg's focus has been on designing and crafting custom jewelry – one of a kind wedding bands, engagement bands, earrings and locket – that make fabulous Valentine's gifts. Vandenburg's store is tucked away in Lake Oswego, which means if you live in Portland, you can secrete yourself away for a shopping spree on the DL. Note: That doesn't mean that you won't have to explain the extra mileage on your ride, so start scheming.

DYKE VANDENBURGH JEWELERS

■ 27 A Ave., Lake Oswego, 503-636-4025
vandenburgjewelers.com

But we know that for most folks, not every Valentine's Day is required to be a jewelry-giving occasion. What's next-best? Here are some of our favorite gourmet sweets.

Woodblock Chocolate

For some time, Jessica and Charley Wheelock have been making some of this city's favorite bars of chocolate—and at 70 percent cacao, it's dark, too, making just a nibble or two sufficient while splitting a bottle of red. What you may not yet know is that the couple have been experimenting with milk chocolate, too, so stop by their new brick and mortar store and sample whatever



**LEFT: Pendant from Margulis Jewelers.
BELOW, LEFT: Custom gemstone rings from
Dyke Vandenburg Jewelers.**

you think will be up your sweetheart's alley.

WOODBLOCK CHOCOLATE

■ 1236 S.E. Oak St., 503-477-5262
woodblockchocolate.com

Missionary Chocolates

Before earning her naturopath's license, Melissa Berry started experimenting in the kitchen. Her challenge? To develop a vegan chocolate for her mother, who'd just been put on a strict vegan, dairy- and gluten-free diet. She did, and it wasn't long before her mom started a chocolate chain letter, requiring Berry to fill chocolate orders for her mom's friends and their friends. Now all of us can read that letter, as Berry's chocolates can be found in more than 30 local shops and restaurants—a number that doubles if you count retailers in the surrounding metro area.

MISSIONARY CHOCOLATES

■ 2712 N.E. Glisan St., 503-961-3262
missionarychocolates.com



Alma Chocolate

Sarah Hart's chocolates come in bon bon, toffee, bark and bar styles, and are always made with very carefully sourced beans. But she's probably best known for her icon series of sweets: Think intricately molded chocolate sculptures in the image of the Virgin Mary, the Virgin of Guadalupe, Buddha and Ganesha. Each chocolate icon is spendier than your average bar, but those molds don't make themselves. Plus, some of them stand as tall as seven inches, and each one's been hand-painted with gold leaf.

ALMA CHOCOLATE

■ 140 N.E. 28th Ave., 503-517-0262
almachocolate.com

OK, so maybe traditional jewelry, chocolates, and flowers aren't on your agenda this year. Maybe you're looking for 'things to do' rather than just things. No problem! Check out these great Valentine's Day activities.

Oregon Museum of Science and Industry

Hands down, OMSI was built for the likes of children and their parents. But when OMSI goes dark for its “after dark series” it’s all adults, all the time. What makes February’s event so special—and a little wink—is that it precisely falls on Valentine’s Day, and the topic is “The Science of Sex.” So grab your lover and a glass of wine from the bar and learn why your body does what it does when it’s, you know, doing stuff.

OREGON MUSEUM OF SCIENCE AND INDUSTRY

■ 1945 S.E. Water Ave., 503-797-4000
omsi.edu

Voicebox Karaoke

Flowers, chocolates, gifts and romantic dinners are all fine, but if you really want to impress your date, serenade him or her by booking a private room at this karaoke joint. Since Valentine’s Day’s on a Saturday, booking a room for two will cost a little extra, but it’ll run you far less than dinner for two. Conversely, if you’re simply way over this holiday, you can always round up a bunch of friends and belt out a couple of hours’ worth of breakup songs. Because sometimes you just gotta sing it out.

VOICEBOX KARAOKE

■ 2112 N.W. Hoyt St. and 734 S.E. Sixth Ave., 503-303.8220
voiceboxpdx.com

Nob Hill Psychic

Visiting a medium can be tricky move for some people. If you believe in palm and Tarot readings, booking a couple’s psychic session should hit your Valentine’s Day sweet spot. Even if you’re more skeptical about this kind of thing, you can still make it worthwhile. Just go with it and have fun—but be respectful, too. Besides, it’s a lot less passive than quietly sitting in the cinema for a couple of hours, and you’ll have lots more to talk about once you leave.

NOB HILL PSYCHIC

■ 530 N.W. 23rd Ave., 503-222-5501

Starlight Run

If the Shamrock is Portland's most popular run, the Starlight Run may be Portland's most beloved, mainly because the night of the race is home to one big giant party. Of course, the Starlight parade follows the race and, for both, costumes are so encouraged that they're almost mandatory. And while plenty of men, women and children make the run, more than 200,000 of you turn out every year along the route to cheer them all on. Date: Saturday, May 30

STARLIGHT RUN

■ 1600 S.W. Salmon St.
starlightrun.com

Not planning on making a resolution out of running? Here are three local alternatives that are gaining popularity.

Firebrand Sports

This Pearl District fitness studio specializes in two types of hourlong workouts: Pyrolates, a zero-impact strength-building program that works your core and tones your bod, and FireBarre, a ballet-inspired dance cardio class designed specifically to complement your Pyrolates workouts. And both are designed to be fun—the trainers that lead the classes have backgrounds in improv comedy, triathlons and—yes, you're reading this correctly—fire-eating.

FIREBRAND SPORTS

■ 500 N.W. 14th Ave., 503-715-5573;
firebrandsports.com

Circle Studio

Dreary, rainy, chilly weather makes for stiff muscles and stiffer bones, which is exactly why you need to pay your body some special attention during the winter months. The trainers at Circle Studio use Pilates, Gyrotonic exercise and Gyrokinesis mat classes to restore your balance and coordination, and to improve your strength, mobility and flexibility. And there's no commitment. You can schedule appointments for classes whenever your body tells you it's ready for some.

CIRCLE STUDIO

■ 1231 N.W. 11th Ave., 503-235-3556
circlestudio.biz

The Yoga Space

You can practice yoga pretty much anywhere, but few studios offer the kind of environment that N.W. Portland's The Yoga Space does. Think a quiet, meditative space with stain-glass windows (it's located in an old chapel). In all, 20 instructors walk you through all kinds of yogic strains, from vinyasa, hatha, and yin to classes designed for restorative and prenatal yoga sessions.

THE YOGA SPACE

■ 210 N.W. 17th Ave., Ste. 101,
503-281-6282
theyogaspace.com

unobstructed views.

This is because the Cosmopolitan is being built in what you might call the Pearl District's sweet spot. Situated directly between Tanner Springs Park and the newly opened Fields Park, there are large open spaces both to the north and south of the building.

The Portland Streetcar runs right by the Cosmopolitan and of course Pearl District restaurants, dessert spots and shopping are all around. In fact, the Cosmopolitan's ground floor has space to bring more retail options to this already happening spot.

However, those who prefer a quieter and more exclusive Pearl District experience will love level four of the Cosmopolitan. It has a state-of-the-art fitness center, a meeting room, a community room with built-in wine bar and a beautiful outdoor space, which includes a patio, terraced garden with lush vegetation and trees, bench seating and even a fire table.

Also on this level are three guest suites that can be rented should for visitors who want their own space. But only owners and invited guests will be at the Cosmopolitan because a full-time concierge will be stationed in the lobby during the day, and a security guard will staff the main desk at night.

Even though residents will be living in the tallest residential tower in the city, they won't be wasting much time waiting for elevators: the Cosmopolitan will feature three high-speed lifts with a state-of-the-art destination dispatch system that dramatically minimizes wait times.

The only wait now is for this new tower to be completed, and that is on track for the middle of next year.

THE COSMOPOLITAN ON THE PARK

■ 1130 N.W. 10th at Northrup
503-227-2000

Showroom open 10 a.m. to 5 p.m., Monday through Friday; 11 a.m. to 5 p.m., Saturday and Sunday.
Opening mid-2016



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What's **Brewing** Here?

By Bruce Sussman

When I walk into **Pints Brewing**, located in Portland's Old Town China Town, I'm surprised to see people drinking coffee and working on their laptops. Where's the beer? Turns out it's in hiding.

That's because I've agreed to meet brewmaster Alan Taylor at nine in the morning and as he explains, Pints Brewing is actually a neighborhood coffee house until 11:30 a.m. – that is when they set out the barstools and take the cover off the taps. And just like that, 10 hand crafted brews are ready to be consumed while you eat lunch.

At Pints Brewing, Taylor makes smaller batches of beer than he used to while working at Full Sail and Widmer Brothers. But it is still (at least) an eleven hour work day.

BS: What are you brewing today?

AT: We're making Mattika, the Baltic porter, and it has a combo of seven or eight malts from Germany and the U.S. The hops are German. For bittering we have Slovenian hops. They are floral, grassy, spicy – not like American hops, which can be very fruity, very citrusy.

BS: So how many glasses of beer will you brew today?

AT: In 16 ounce pints, I'll make about 1,500 pints of beer from a day's brew here.

BS: We know a Brewmaster makes beer but what does that actually involve?

AT: My job is to consistently create beer our customers want to drink. It starts with recipe development, raw ingredient procurement, executing the recipe and altering things mid-stream if need be. Part of the nice thing about having the study and knowledge that I have is if something starts to go wrong you can catch it and put it back where it's supposed to be. A lot of people doing home-brew the first few times might be unable to shift things mid-stream and it just goes completely wrong. I made some home brews like that in college!

BS: Speaking of college, you attended Linfield College in McMinnville and majored in math and German—so how did you end up brewing beer?

AT: After Linfield I got my master's in Germanic studies from Indiana University. Then I went to Germany to work on a Ph.D. I met my wife in a class there. Then a friend of mine from college sent me an article from a magazine about studying brewing science in Germany. I earned my Brewmaster degree there.

BS: Is beer better in Germany or in Portland?

AT: I would say the average German brewer is very talented and very good. But the environment for brewing beer is very restrictive and antiquated as well because of a purity law from the 1500s. You can't make a raspberry beer or add fruit to beer or honey to beer and keep in legal. Only recently Germany has started to have a small craft brewing movement which is really quite exciting.

But then you have Portland, which is just a hotbed of innovation and new ideas and everyone is trying to get the next cool thing out there. It is very competitive in an intellectual way.

BS: Why is Portland's beer scene such a hotbed?

AT: I give huge props to Oregon law. It allows small breweries to get up and running and you can sell your kegs to help make ends meet. A lot of places laws are more restrictive and it is harder to start a business like this.

And everyone around the world knows about Portland. My father-in-law even sends me magazine articles from Germany that talk about the Portland brew scene.

Another reason Portland's a great town for brewing is the water. It is the ultimate water for brewers. It is rainwater and the salt is just 13ppm (parts per million), which is basically zero.

BS: Looking ahead to 2015, are there any beer scene trends here?

AT: It's not a dart hitting a board but instead everyone is doing something different and trying to differentiate themselves. My differentiation is that I'm a classically trained brewmaster in the German tradition. So I'm able to make German beers like most others cannot.

BS: What else is unique about Pints Brewing?

AT: The bar staff. A lot of them are home brewers and they really like beer, so everybody gets to come up with a recipe and come back here and brew it with me. They always come in with different ideas. I've done 300 batches in the last year and half here. So it's really cool to have input from people with different ideas. Then they're behind the bar and saying, 'this is my beer.' ■

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