

THE COUNTRY STORE

By Erik Vidstrand
The Southwest Portland Post

Two new businesses have recently opened in Multnomah Village. Right across the street from each other on Southwest 35th Avenue (near Capitol Highway) are Sarah J. Handmade and Vape + Co.



Sarah Instenes, owner of Sarah J. Handmade, recently opened a boutique in Multnomah Village. (Photo courtesy of Sarah Instenes)

Sarah J. Handmade

Sarah J. Handmade, a small clothing and jewelry boutique, opened on the first Friday in May.

Many may recognize Sarah Instenes from her many years at Paloma Clothing as their accessory buyer and model, or by her handmade jewelry line Sarah J.

"My life-long dream of opening my own boutique and workshop has finally become reality!" Instenes said, beaming.

Home to many businesses over the years including a pizza shop, craft store, and a hemp manufacturing business, Instenes hopes to attract customers visiting the new French Quarter or waiting for a table at Marco's Cafe.

The shop displays many trendy trinkets such as handmade perfume, body products, soaps, pottery, and jewelry sourced from local artists.

Located at 7824 SW 35th Ave., Sarah J Handmade is open 10 a.m. - 6 p.m., Friday - Tuesday. For more information, visit her website www.sarahjewelry.com.



David Wang, owner of Vape + Co., displays many types of e-juices for vaporizers and electronic cigarettes.

(Post photo by Erik Vidstrand)

Vape + Co.

Featuring electronic cigarettes and pipes, flavored liquid nicotine (e-juices), and cannabis vaporizers, Vape + Co. opened in early spring.

Just a stone's throw from the Ship Tavern, the vape shop is tastefully decorated in a minimalist look featuring an array of products.

Owner David Wang and his wife Kelly wanted to set up a shop in the Village with the purpose of drawing a clientele interested in offering an alternative to traditional smoking.

David used to smoke, albeit not that much, but liked the electronic version much better.

"I had a few respiratory problems when I smoked," Wang said, "but now my fingers, breath, and clothes don't smell anymore."

According to both a brochure the business has and the Oregon Health Authority, electronic cigarettes are not regulated by the U.S. Food and Drug Agency and the jury is still out as to whether there is significant harm or not.

The vape shop location has recently housed a photography studio, educational testing center, and pie shop. Wang hopes to remain in the village as long as possible.

"The community has been welcoming and I plan on checking out the Multnomah Village Business Association," Wang said.

Vape + Co. is open most days from 11 a.m. to 8 p.m. and can also be found at www.vapeandcopdx.com.

COMMUNITY LIFE

By KC Cowan and Don Snedecor
The Southwest Portland Post

2 Native plants for your garden:

Metro will help you discover how native plants can both beautify your garden and bring helpful birds, bees and butterflies to your yard, helping fight pests and improve garden productivity. Learn how to plant and care for them without harmful garden chemicals. Tuesday, June 2, 6:30 - 7:30 p.m. Capitol Hill Library, 10723 SW Capitol Hwy. Registration required; register online, in the library or by calling 503-988-5234.

Give a pint: The need for blood donations becomes vital during the summer months, so the American Red Cross has created World Blood Donor Day on June 14. All blood types needed, but especially O-negative, A-negative and B-negative. Here are the dates and locations this month for donations: June 2 and 3 at Portland Community College, Sylvania Campus, 12000 SW 49th Ave., from 10 a.m. - 3 p.m. June 11 at St. Clare Catholic Church, 8535 SW 19th Ave., from 1:30 to 7 p.m. June 14 at the Southwest Community Center

at Gabriel Park, 6820 SW 45th Ave., 9 a.m. - 2 p.m.

5 Celebrate the human body at the Multnomah Arts Center Gallery. "Thirty Years of Figurative Art," is a group show of prints by Print Arts Northwest members, both current and from the Founder's Portfolio, including such artists as George Johanson and Jo Siddons. Opening reception is Friday, June 5, 7 - 9 p.m. The show runs through June 30 at the gallery, 7688 SW Capitol Hwy. For more information, contact Jaye Campbell at 503-823-2787.

7 A healthy home is a happy home: Join the Multnomah County Health Department in an introductory class on the fundamentals of a healthy home. Sunday, June 7 at 3 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. Learn the "Seven Principles of a Healthy Home"

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Los Estupidos, a local band, performed at Renner's Bar and Grill during Cinco de Mayo festivities last month. The masks on the musicians emulate the wrestlers called *luchador* which is a very common source of entertainment in Mexico called *lucha libre*. (Post photo by Erik Vidstrand)

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