A LETTER FROM OUR EXECUTIVE DIRECTOR

MESO means many things to many people. The literal definition of the word “meso” is middle or intermediate. How could we have known, 15 years ago, how appropriately the definition would reflect the work of our organization. MESO is exactly that - support in the middle of a journey to realize a dream, experience independence, and create potential for the future. Clients that come to MESO only know that they need help. We help them to realize their entrepreneurial dream, move forward, grow their business, and to leave a legacy for their family. MESO becomes that bridge of empowerment and education for entrepreneurs by providing customized support so that they can establish a strong and stable foundation for growth.

I’m so proud to present to you this directory of the clients that make up the MESO family. We have had the honor and privilege to be the “middle” of their journey to creating successful businesses.

NITA SHAH
CLIENT DIRECTORY

VINTAGE RUGS FROM

NOMADIC VINTAGE PDX
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GRADUATES

ABDIAS CALIXTE
COMPLETE FUSION WELDING

ANA CHAUD
GARDEN BAR

ANTHONY DEVINE
ARUBAH JUICE

DR. CARL BAIRD
EVOLVE PERFORMANCE HEALTH CARE

CHRISTINA GLABAS
GAZELLE CONSULTING

DAVID JENKINS
LIBBA

DEON SUNDAR
BIG ELEPHANT KITCHEN

DUPREE CARTER
JUNK IT PORTLAND

EDUARDO SÁNCHEZ
TAQUERIA LOS PRIMOS

ESMERELDA BELTRAN
LA BODEGUITA

FRANCIS DJORGE
ESSENTIAL QUALITY CARE

FRANK BRISLAWN
PRISMAC magic EVENTS

GLORIA SANCHEZ
GLORIA’S BEAVERTON SALON

GREEN WAYLAND-LLEWELLIN
THE VITAL COMPASS

GUSTAVO SOARES
PDX INSURANCE

ILIMA CONSODINE
ICY PRODUCTIONS

IME ETUK
LAUGH CRY LOVE ENTERTAINMENT

JESSICA CHAN
NIGHT MARKET VANCOUVER

KEACEAN PHILLIPS
JAMAICAN HOMESTYLE CUISINE

KEVIN KEMP
DEVOTIONAL CARE STAFFING

KRUBO JOHNSON
WELCOME HOME

MACRINA GONZALEZ-JUAREZ
LA OAXAQUENA, INC.

MARCEA WIGGINS
SANTÉ AESTHETICS AND WELLNESS

MARIANNA CALDERIN
FUSION FLAIR DESIGN PLANNING & HOME STAGING

MARIA HELOISA SOARES DE ASSIS
BRAZILIAN HOUSE

MEENAKSHI NOLL
THE SCRUTINIZER

MICHAEL BIRD
SUPREME GREEN CUSTODIAL

MOHAMMAD ALI
OREGON CITY AIRPORTER

NAIKE SWAI
I OF THE NEEDLE WELLNESS

NATHAN RIMMEL
MUSIC INDUSTRY UNIVERSITY

PRINCE DARLINGTON
DO2DOO CLEANERS

PROSPER HEZUMURYANO
HAPPINESS FARMS

TRACY TSEFALAS
FUMERIE PARFUMERIE

SHARON THOMAS
SHARON THOMAS PHOTOGRAPHY
GRADUATES
ADULT CARE

ABRAHAM RESTORATIVE CARE
ABRAHAM MERESSA
1917 SE 148TH AVE, PORTLAND
Providing a home care service to people with developmental disability.

HEART OF LIVING HOME CARE
FATOUMATA BLAKELY
503.454.8173
HEARTOFLC@GMAIL.COM
The Heart of Living Home Care, LLC is a single family residence that offers all-inclusive care to adults with physical disabilities seeking the comfort of a safe and supportive home. Our mission is to provide exceptional care to adults needing the extra attention that they deserve so that they feel at home.

HERE TO HELP
SALLY DODD
503.956.8536
SALLYDODD@HERETOHELPLLC.NET
HERETOHELPLLC.NET
When elders are aging in place, my business exists to provide a system of support. Life at home with limited human engagement can be a building block of insecurity, depression, and isolation. Here to Help's system of support guides elders into an environment of calm and confidence with an unending provision of friendship.

OUR HOUSE ROOM AND BOARD
GREG L. WILSON
4223 NE 76TH AVE, PORTLAND
503.995.0843
WILSON3YOU7@GMAIL.COM
Provides room and board for mentally disabled veterans.

ROYALTY ADULT HOME CARE
GIOVANNI BATTLES
1917 SE 148TH AVE, PORTLAND
The motivation to start our business happened when we had dear family members and close friends needing care in their final days. Realizing the dire need for quality care, specifically for individuals who want to remain in familiar environments while transitioning or trying to get better, we resolved to use our collective backgrounds and expertise to help other families who need the services of trained and professional caregivers, who are passionate about their calling to provide care.

For Vida who had worked over 15 years in health care, the last 8 devoted to hospice care at Providence Health and Services, creating a company to meet the community's needs was a natural fit. I was enjoying a comfortable career in software development. To do this right meant I had to return to school in Arizona for a 3 year pharmaceutical degree. During that time Vida continued to work in Portland. After graduating I came home and worked full time as a pharmacist at Fred Meyers. Vida continued to work for Providence, both of us saving to open the business. We knew we needed a financial cushion to get through the first months of a new business.

We turned to MESO early on for technical guidance. Together we unraveled the complex maze of state and local regulations and created an actionable plan to complete each phase required. MESO helped us develop necessary policies and procedures, implement best practices, and most importantly helped us become bankable.

In Jan 2016, EQC Home Health Care became licensed by the state of Oregon! Today we provide care for clients ranging in age from 1 - 90. Our staff is made up of more than 70 professionals, who are all passionate about their calling to provide care. Interestingly, the majority of the staff and clients all live within 5 miles of our office in NE Portland. We had no idea how great the need was in our own community. We are currently purchasing our own commercial building ensuring EQC's long term role in the NE community.

"SOME FOLKS HAVE IT IN THEIR HEARTS TO PROVIDE CARE.
THERE ARE THOSE WHO NEED IT.
WE ARE BLESSED TO BE ABLE TO FACILITATE IT."
In her professional life Krubo Johnson is devoted to the health needs of medically fragile children. In her personal life, she is committed to providing adults with mental disabilities a wonderful home. An open door and welcoming heart may be the foundation for a good home but the State of Oregon’s Department of Adult Home Care also requires classes, extensive certification, and licensing.

To help navigate the waters of state accreditation, Krubo turned to her mentors, Dr. Francis and Vida Djorgee, of EQC Home Care Agency, who promptly introduced her to Nita Shah and the MESO Team. Years before, MESO had helped the Djorgee’s establish their business. Felicia Wells-Thomas became Krubo’s primary business development advisor.

“When I started my business plan I thought I would have to buy a separate home. I knew I did not want to take on a second mortgage, but I could not see any other way. Meanwhile becoming licensed by the state was proving to be a complex and daunting maze of requirements. Sometimes, it seems I would finish a requirement and the rule would change! I was determined to do this but was increasingly frustrated. Felicia guided me to start small. As we re-worked the business plan, I realized I had ample room in my existing home. Felicia helped me enroll in the IDA program and with those funds I have been able to modify my home to meet accessibility requirements. It has been a long path, and has taken two years to go through the process but now I am ready to welcome 2 clients into my home! When we support each other, it creates a ripple effect of lives improved. I am so grateful because MESO understands that.”

“I WANTED TO CREATE A HOME THAT WAS A SAFETY NET. A PLACE WHERE CLIENTS COULD FUNCTION INDEPENDENTLY WITH QUALITY OF LIFE, BUT STILL HAVE THE SUPPORT THAT BEING DEVELOPMENTALLY DISABLED DEMANDS”
BERNADEAU CREATIONS
NATURAL STONE JEWELRY
BERNADETTE CREPEAU
971.225.8815
BERNADETOE912@GMAIL.COM
CREPEAU4551.WIXSITE.COM/BERNADEAUBOOKS
Bernadette has been designing one-of-a-kind natural stone jewelry for more than fifteen years. The majority of the work is custom. Email them and ask them to create a stunning piece to your specifications. Bernadette is also an author of mystery fiction books.

DESIGNS BY: CHELSEA KELLY
CHELSEA KELLY
INSTAGRAM: @DESIGNSBY_CHELSEAKELLY
CHELSEA.KELLY1@PCC.EDU
Independent designer, creating up-cycled/unique accessories.

DIVINA!
HILDA LEYVA
971.570.0101
18071 SE DIVISION, PORTLAND
HILDADESTINY@GMAIL.COM
Specializes in women’s jewelry and accessories.

GET SUSHI DESIGNS. LLC
NANCY SIMON
534 SE OAK, PORTLAND
503.334.8641
FACEBOOK.COM/GETSUSHIDESIGNS
A Portland based apparel and accessory design company that works on patterning, prototyping and sampling designs as well as putting together, Flats, Bill of Material spreadsheets and computer Techpack files for domestic and international factory production. Get Sushi also does local alterations, bespoke tailoring and couture work with fine fabrics.

HESTMARK DESIGNS
RACHEL HESTMARK
503.935.4442
HESTMARKDESIGNS@GMAIL.COM
TWITTER.COM/HESTMARKDESIGNS
Customize your own unique bag that says, "This is all Me." Hestmark Designs are in various locations around Oregon. From the West side of Hillsboro, Westmoreland, St. Johns, Tigard, and Portland.
RELICS OF A NEW AGE
UNA BARRETT
828.713.3667
RELICOFANEWAGE@GMAIL.COM
UNABARRETTJEWELRY.COM
Present Creations from Past Inspirations...
Immersed in the River Arts District of Asheville, NC, Una Barrett creates Relics of a New Age jewelry. Her wearable and sculptural jewelry is created by incorporating mixed metals and other found objects and materials. The work focuses on the fusion of ancient and modern techniques and references.

VELO GIOIELLI
BRIAN ECHERER
RUBBERTOTHEROAD@YAHOO.COM
ETSY.COM/SHOP/VELOGIOIELLI
When I started bending and twisting up my first bike spoke bracelet I had no idea it would lead to all this. I realized the parts of bicycle chain become a great media and multi-purposed. I like to use nice Campagnolo, Shimano and other high end or exotic bicycle chains. However, I can do something with most bike chain. Then it was a simple leap to add in break cable and bike inner tubes. Now being added in is a selection of metal work and multi-metal pieces.
ALTERATIONS BY HEATHER, LLC
HEATHER CLARK
2149 COLUMBIA BLVD, ST HELENS
503.839.9112
LOVE@ALTERATIONSBYHEATHER.COM
ALTERATIONSBYHEATHER.COM
Full service clothing alterations. Pant hems, zipper repair or replacement, full leather-care service including alterations and cleaning, bridal service includes alterations, cleaning and preservations, jacket relining, shoe repair service & embroidery.

MARIA ALTERATIONS & ACCESSORIES
MARIA ROMAN
12025 SW ALLEN BLVD, BEAVERTON
503.935.6349
MARIA.ALTERATIONS.BEAVERTON@GMAIL.COM
Maria’s shop provides custom alteration services and fashion accessories. Its services offer quick tailoring for everyone seeking to simplify their everyday lives.

JD’S SHOE REPAIR
JULIE DERRICK
503.287.7078
JDSHOEREPAIR@GMAIL.COM
JDSHOEREPAIR.COM
Julie Derrick, cobbler and shoemaker, provides repairs and maintenance to working people of all kinds. Julie strives to create a welcoming and supportive environment in her shop for anyone who needs their shoes to keep going a few more miles.
What happens when you follow the “right” path, you go to school, get your degree and discover that you are a “creative?” No amount of money will make you a “behind the desk” kind of guy.

What happens when you are drawn to a “high touch” customer focused business but the suit and pretense does not fit? For Prince Darlington it meant cutting his career from a different cloth.

It began casually enough, a conversion over the innocuous act of dropping off his dry cleaning. Traffic was a snarl and Prince was in no rush to go back into it.

“It is getting tougher and tougher to retain customers,” explained his friend whose family had been the neighborhood dry cleaners for 30+ years. “Sometimes I wonder if my folks business is going the way of the dinosaurs.” With that simple statement, the idea began to take root. Everyone wants to look their best, but getting to the cleaners was one more task in peoples’ overly scheduled lives. Prince thought back to the snarl of traffic that awaited him and the idea got brighter. He would create a door to door service to pick up and deliver peoples’ laundry and dry cleaning. He could leverage Tie Cleanings decades of experience, and client base, while expanding their services to a city wide market. By building his own business, he would strengthen their’s.

Compared to many start ups, Do2Doo’s opening costs would be nominal, but Prince recognized that even small mistakes could be costly, so he meet with MESO. Together they: built a business plan, evaluated his target market, created marketing tools, identified his demographic base.

First he introduced the service to past customers. Then, using the research he had done with MESO, he began cultivating and growing a new premier client base. New clients included the Terwilliger Plaza, several downtown hotels, as well as residential and corporate high-rises. His joined the IDA program and utilized the funds for much needed inventory, specifically special garment bags. He also used the funds to create an app that allows clients to quickly schedule pick up and be notified of delivery from their phone.

It has been two years since Prince made his first deliveries. His clientele continues to grow and his friend’s business…it will stay in the family and community for years to come.

“IN MESO, I HAD A PARTNER. I COULD BOUNCE IDEAS OFF THEM, CRITICALLY DECONSTRUCT THEM, AND MAKE THEM BETTER”
ARTISTS

ARVIE SMITH
ARVIE SMITH
PORTLAND
503.286.6522
ASMITH@PNCA.EDU
ARVIESMITH.COM
Arvie Smith transforms the history of oppressed and stereotyped segments of the American experience into lyrical two-dimensional master works. His paintings are commonly of psychological images revealing deep sympathy for the dispossessed and marginalized members of society in an unrelenting search for beauty, meaning, and equality. Smith’s work reflects powerful injustices and the will to resist and survive. His memories of growing up in the South add to his awareness of the legacy that the slavery of African American’s has left with all Americans today. His intention is to solidify the memory of atrocities and oppression so they will never be forgotten nor duplicated. Smith creates this work because he must.

LAWRENCE MORRELL
LAWRENCE MORRELL
807 NE GOING ST, PORTLAND
971.235.5378
LMORRELL@COMCAST.NET
LAWRENCEMORRELL.COM
Fine art glass sculptures with illumination as well as custom etched designs on tabletops, windows, partitions, glass staircases, glass signs and logos.

SHAMSUD-DIN STUDIO
ISAKA SHAMSUD-DIN
6700 N NEW YORK AVE, PORTLAND
503.232.1671 | STUDIO
503.803.2190 | CELL
ISHAMSUD40@GMAIL.COM
Art that celebrates the Black experience, at reasonable prices. Prints, posters, cards, of original art. Murals, paintings and portraits are his specialties. Isaka also creates art on commission. Isaka Shamsud-Din offers an exhibition of powerfully painted canvases that critique the complex history that makes up the African American experience. His large-scale paintings imbue vivid color and bold energy bringing his characters to life. He collages past and present elements into allegorical vignettes that reflect culture and history. His suggestive work shows both the grace and anguish of the people he depicts.
ARTISTS

STORM BREWING

ARVIE SMITH
NOW IS THE TIME,
THE TIME IS NOW
(The mural on the side of our building)
A NOTE FROM THE ARTIST: ISAKA SHAMSUD-DIN

I CREATED THE ALBINA NEIGHBORHOOD MURALS PROJECT TO EMPLOY, GIVE VISIBILITY TO AFRICAN AMERICAN ARTISTS AND DECLARE OUR BLACK PRESENCE IN ALBINA.

PICTURED ARE: DEMETRIA FORD, ASSISTANT, JALIL SHAMSUD-DIN, ASSISTANT, JEAN VESSUP, ADMINISTRATIVE EXECUTIVE, CHARLOTTE LEWIS, ARTIST, ISAKA SHAMSUD-DIN, ARTIST, KATHERINE PENNINGTON, ARTIST, PAUL ODIGHIZUWA, ARTIST, SEAN STRONG, ASSISTANT, AND NGOC WASSON, ASSISTANT, ALSO WORKED TIRELESSLY TO ENSURE THE SUCCESS OF THIS CHALLENGING PROJECT.
A.G. WARD AUTO BODY SHOP
BOB WARD
810 N ROSA PARKS WAY, PORTLAND
503.544.0947
Over 30 years of experience in car repair, body work, paint job, anything you need to make your vehicle help you reach your destination.

BIG BODY TOWING, 24/7
RON BROWN
7143 SE 82ND AVE, PORTLAND
503.260.2241
Big Body Towing primarily works with government contracts, insurance companies, collision repair garages, auto salvage, car rental agencies and tire companies to name a few. They also provide auto body repairs, mechanical work, and roadside assistance.

CLEAN & CLEAR AUTO DETAIL
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503.455.7777
We all love our cars. You can keep your car in new condition, just like a painting protected in a museum. Call them to see all of the automotive detailing products and services they have to offer.

IWRAP
ANEL HERNANDEZ
13755 SW FARMINGTON RD, BEAVERTON
503.889.9824
INFO@IWRAP2.COM
IWRAP2.COM
At iWrap, they have everything you need for eye-catching and stylish custom car wraps. A customized, high quality car wrap can be an amazing mobile advertising opportunity for any business. In addition to commercial and fleet vehicle wraps, they also specialize in vehicle wraps for personal use. Changing the color of your paint job, or creating a custom look for your car has never been easier or more affordable. When you are looking for the best custom car wraps in Portland, come to iWrap.

KINGTEK TRANSPORTATION, LLC
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503.288.2997
KINGTEKTRANSPORT@COMCAST.NET
Kingtek is an insured and bonded medical transport service that will safely drive you to your medical appointments.
TEDESET
KIROS ABAY
503.750.7479
Tedeset is a reliable and affordable taxi service in the Portland metropolitan area.

RUBIO’S AUTOMOTIVE
MARIA DE LOURDES MEDINA PINTO
8228 SE DIVISION ST, PORTLAND
503.750.5196
RUBIOSAUTOMOTIVEPDX@GMAIL.COM
Local auto shop in SE Portland dedicated to providing complete services in car repair. Their services take into account the need for a professional job with honesty and ethical practices, and always on time.

MESO SIGN
IWRAP
ALL FAMILIES WELCOME  
ANITA RAE-DAVIS  
NORTH PORTLAND  
503.558.3439  
ALLFAMILIESWELCOME@GMAIL.COM  
At All Families Welcome your child will experience a playful learning and growing atmosphere. We are state licensed and able to provide 24 hour care for infants, preschool and school agers located in North Portland.

B’S PRESCHOOL  
BRIDGET TOWLES  
NORTH KENTON NEIGHBORHOOD, PORTLAND  
503.286.2699  
BRIDGET@BEESPRESCHOOL.COM  
BEESPRESCHOOL.COM  
B’s Preschool is an in-home Eco-Certified Preschool and Certified Family Child Care. We welcome children from 2 to 5 years of age with Waldorf friendly families to join us for days filled with yoga, imaginative play, outdoor adventures, circle time, music, stories, art, and more!

BOISE BUDDY’S  
JUSTIN JOHNSON  
NORTH PORTLAND  
541.731.5828  
Providing childcare services for infants through school age.

DISCOVERY GARDENS  
CHILD CARE  
SHEILA WATSON  
503.975.5819  
CHILDCAREDISCOVERY.COM  
As a parent, you want to feel comfortable that you have chosen the right daycare for your children. At Discovery Gardens, you will find that we are dedicated to helping ALL families by providing affordable, high quality and reliable childcare.

EDUCATION EXPLORERS  
ZAKKIYYA IBRAHIM  
5370 SW 188TH AVE, BEAVERTON  
503.760.3869  
ZAKKIYYA@EDUCATIONEXPLORERSHCC.COM  
EDUCATIONEXPLORERSHCC.COM  
Children of all ages will thrive in this play-based home learning environment! From infancy through the “tween” years, they celebrate children’s individuality, support individual learning goals, nurture healthy development, and prepare children for success in life. Infants and toddlers develop secure attachments and trust through individualized care, predictable routines, and sensitive caregiving. Preschoolers enjoy lots of time for exploration and hands-on activities, as well as plenty of time to learn at their own pace. School age children (Kindergarten and up) receive time, a place, and the assistance to ensure completion of their homework.
IMAGINATION STATION DAYCARE CENTER
BRANDI WEBBER
503.283.0229
IMAGINATIONSTATIONDAYCARECENTER.COM
Our goal has always been to exceed parents’ expectations by providing excellent child care that strikes the perfect balance between nurturing and education. We accomplish this through open, friendly communication between staff and parents.

SMART BABY PRESCHOOL
OKSANA YOURE
21029 SW BRACKENWOOD LN, BEAVERTON
503.356.0679
SMARTBABYBEAVERTON.WIX.COM/SMARTBABY
The Smart Baby Preschool is committed to providing bilingual English/Russian learning experiences for each child in preparation for early success and school readiness.
A-1 OREGON CARPET CLEANING
YENETILA SHEFERAW
503.705.2587
YENETILA@YAHOO.COM
A-1 Oregon Carpet Cleaning is dedicated to the public in providing excellent cleaning service. Their customers include residential, large and small businesses, and people just like you! They offer hardwood, furniture and janitorial cleaning.

CHORES-BE-GONE
SHARON WILSON
503.713.8905
CHORES.B.GONENOW@GMAIL.COM
Chores-B-Gone, is a locally owned and operated business specializing in making your home or office sparkling clean. They care as much about the quality of their work as you care about your home.

KAREN FAMILY
CLEANING SERVICES
THI DA WIN
PORTLAND
971.340.9946
THIDAWI@GMAIL.COM
They specialize in commercial cleaning for businesses and organizations. This cleaning team can handle all sizes of buildings and spaces.

PORTLAUNDRY
ROSARIO TOSCUNENTO
4820 NE 42ND AVE, PORTLAND
503.288.2489
INFO@PORTLAUNDRY.COM
Portlaundry is a family-owned, full-service laundry to meet all of your personal and professional laundry needs.

RAINFOREST FRESH
MARY & DAN DALY
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FRESHRAINFOREST@GMAIL.COM
Residential and commercial cleaning. We are perfectionists and highly detail orientated.

S&A CLEANING TEAM
SARA FUENTES
503.850.4301
503.927.8457
SFMATTHEWS11@GMAIL.COM
SACLEANINGTEAM.COM
Serving Milwaukie, Portland Metro, Lake Oswego, and all surrounding areas. “Detailing your home or office to perfection!”
This husband and wife team who have over five years of experience in the industry. Having previous experience with a corporate cleaning company, they realized that they could provide more quality cleaning service that was not integrated into the philosophy of these corporate companies. That's when Simply Perfect Cleaning was born in 2010.

They believe that getting a home or business looking its best requires attention to detail. This is why Simply Perfect Cleaning values the opportunity to work with you to develop a cleaning plan that fits the specific needs of your property.

They are a mobile keg washing service for local beverage producers, currently serving the Portland area. Their mission is to provide you with the assurance of professionally cleaned kegs when you need them. With years of industry experience and education in brewing technology, you can rely on their expertise to provide a sanitary-grade cleanliness in a timely manner.
CLOTHING

972 ELEVEN
SHANTE HAYES
503.908.4412
972ELEVEN@GMAIL.COM
972ELEVEN.COM
Portland based online women’s boutique that offers ready to wear apparel.

BE GOOD MONSTER
MATT WAYNE
503.750.6146
BEGOODMONSTER.COM
Be Good Monster is the name of the fun and whimsical illustrations and designs created by Matt Wayne. He’s been drawing monsters and the like his whole life, but it wasn’t until three years ago that he started making a living at it. He makes everything by hand! He screen printing the tee’s, cut and coat the shrink film and even print and fold each earring card! What started off as a hobby has turned into a full time job. As he likes to say, it’s the most fun he’s ever had trying to make a living!

CHILDREN’S CLOSET
MANDY MANKE
2035 COLUMBIA BLVD, ST HELENS
805.451.4211
UMMA.MANKE@GMAIL.COM
Clean, Quality, New and Resale for the whole family. We buy name brand, like new, current style clothing and accessories from our customers and vendors.

IGNORANT/REFLECTIONS
DONOVAN SMITH
IGNORANTREFLECTIONS@GMAIL.COM
FACEBOOK.COM/IGNORANTREFLECTIONS
Provocative critical thinking via clothing.

JASMIN GIFT SHOP
LUCY LI
PORTLAND
503.894.3646
JASMINEGIFTSHOP1@GMAIL.COM
FACEBOOK.COM/PDXLUCY
This pop-up gift shop features ornate and beautiful imported Chinese gifts. From shoes to ornate fans, this shop has it all.

LATINA’S STYLE OF ELEGANCE
LATINA MCCORD
506.688.8437
LATINASSTYLEOFELEGANCE
Specializing in plus size fashion appeal and fashionable accessories.

MAMA PAULINES
CATHERINE GALLARDO
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PORTLAND
503.281.6264
MAMAPAULINES.COM
Unique and fashionable clothing, lotions, creams, serums, body butters, oils, jewelry, fragrances, purses, great gift ideas and much more!

FASHION FROM
LATINA’S STYLE OF ELEGANCE
REIF HAUS
LINDSEY REIF
503.756.0889
REIF.HAUS@GMAIL.COM
REIF-HAUS.COM
REIFhaus is an independent fashion haus. Each piece is designed by Lindsey and sewn in the USA. By choosing to shop small independent labels, you are supporting slow fashion and will value your garment for many years to come. The clothing designs are modern and liberated. By combining clean structural lines with playful details, REIFhaus is your statement piece that you’ll always want to wear. ‘Die zeit ist REIF’ (the time is ripe).

UNION ROSE
RITA HUDSON-EVALT
7909 SE STARK ST, PORTLAND
UNIONROSEPDX.COM
503.287.4242
Unique. Handcrafted. Stuff with soul. Union Rose offers locally made goods that are beautifully designed - women’s & children's clothing, accessories, gifts... and a few things for men.

UPRIGHT
HUMA PIERCE
12820 SW 2ND STREET, BEAVERTON
503.753.9301
DOCTOR@UPRIGHTFOOTWEAR.COM
UPRIGHTFOOTWEAR.COM
UpRight Footwear is an orthopedic footwear company that improves the quality of life for people with leg length inequalities.
We bring you strategic marketing and communication solutions that result in bottom-line results for your business. Our job is to make you look good. We work with you to identify your marketing needs, then deliver personalized solutions.

I collaborate with individuals and businesses at all levels to identify and tell their stories. I work with clients to craft compelling copy in the following areas: web copy, executive storytelling, biographies, books, newsletters, blogs, etc.

As a person with a creative mind, I recognize my passion for design as a good thing. I believe it’s a God given gift and a self-developed talent of which I’m very proud. I truly desire to to be a good influence in life using my design ability as a tool. This artistic seed planted in me has grown and I hope to inspire the growth of good seeds in others.

Assists Job Seekers in the midst of their employment search by revising and developing employment documentation: resumes, cover letters, etc.
In 2010, Christina Glabas was completing her studies at University of California Davis, majoring in Psychology and Counseling. She received an internship with the California Department of Mental Health, working in IT support. While the job was a secure pay check it was not challenging. When Cambria Solutions, a growing private sector IT company approached her to help create and implement the OBAMA care health exchange website, she jumped at the opportunity. One of the unexpected consequences of the national health exchange was the expanded requirement for HIPAA compliance for companies which had never had to be compliant before. This included Cambria which was helping to build the site! This was a new world of regulations, and many federal rules were vague and ambiguous, often changing as soon as a system was instituted. Failure to comply meant severe penalties. Over the next 2 years the rules around HIPAA compliance began to take shape and having been in the complexity of its inception, Christina found herself very well versed on how to provide cost effective compliance guidance for small to midsize healthcare providers. It struck her that only lawyers were offering HIPAA consulting and they were really expensive.

In 2015, when Health and Human Resources issued national standards on what needed to be done to be compliant, not just for healthcare providers but for sub contractors too, she saw the business model. She created a system to ensure small to midsize healthcare providers would be compliant. Working for Cambria required traveling to Oregon and she decided to relocate and create the business in Portland. She arrived with a well conceived business model, but she needed help.

A google search for “who would work with a small business for free,” put her in front of Carmen with MESO. They began with weekly mentorship meetings, Carmen guiding her with action steps, like increasing her rates and held her accountable the following week for the previous weeks tasks. “When I struggled with something, Carmen would help me break down my resistance, like my fear of cold calling, and helped me do the professional development I needed.”

“THE IDA PROCESS WAS REALLY USEFUL”, SHE EXPLAINS. “THE PROCESS WAS MORE USEFUL FOR ME THEN THE FUNDS, BECAUSE IT FORCED ME TO DO THINGS MORE THOROUGHLY THEN I WOULD HAVE OTHERWISE BEEN ABLE TO DO. LIKE MY BUSINESS PLAN, MY PROFIT AND LOSS PLAN, FINANCIAL FORECASTING AND ANALYSIS OF GROWTH NEEDS. I WAS LUCKY. I CREATED THIS COMPANY MODESTLY AND NEVER INCURRED ANY DEBT.”

Her consulting firm began at her kitchen table 5 years ago. Now the Gazelle Consulting Team is serving clients across the US, including the Ronald McDonald Charities, Zello, and Chemeketa Community College.
AFROCENTRIC ESSENTIALS
TOMARA CARTER
971.553.9524
AFROCENTRICSCENTS@GMAIL.COM
AFROCENTRICESSENTIALS.COM
Afrocentric Essentials mission is to provide unique monthly social opportunity for black women and men to shop, network together in a relaxed non-judgmental environment. At Afrocentric Essentials we celebrate, support, lock arms and explores the wonders of all relationships for the good. Focusing on Black relationships/friendships. We do not exclude anyone, we want to like life together, respect, enjoy and learn from each other.

AKSHAR, LLC
PRITI & KIRAN
10450 SW BARBUR BLVD, PORTLAND
503.244.0151
Managing Portland Value Inn providing quality services and value pricing 24 hours a day, seven days a week, Priti and Kiran serve visitors and tourists to Portland.

ALJ HOME SUITE HOME, LLC
ALVIN JOHNSON
PORTLAND
971.300.5313
AIJOHNSO5743@GMAIL.COM
Short term vacation rentals in the Portland area.

FRIENDLY BIKE GUEST HOUSE
CHRISTOPHER FRICK
223 NE GRAHAM ST, PORTLAND
CFRICKINC@YAHOO.COM
FRIENDLYBIKEGUESTHOUSE.COM
Friendly Bike Guest House is a cyclist oriented “hostel” for individuals and groups in one of Portland’s most Bike friendly close-in historic neighborhoods. The guest house is centrally located less that two miles from Downtown Portland, the Pearl District, Portland’s famed Riverside Loop cycling trail and one of the largest urban parks in the U.S., Forest Park.

CRAWL INTENTIONS
KIERA HENDERSON
PORTLAND
503.922.2993
CRAWLINTENTIONS.COM
Crawl Intentions has a club crawl party bus operating from Portland. Every Friday and Saturday night our bus takes you to the hottest clubs in Southeast and Downtown Portland!

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EPIPHANY CONSULTING, LLC
DEBORAH R. BROWN
1977 SE HOLGATE BLVD, PORTLAND
503.432.3532
DEBORAH@TRANSFORMATIONBYEPIPHANY.COM
TRANSFORMATIONBYEPIPHANY.COM
Epiphany Consulting is a consulting company that specializes in Multicultural Leadership Development, Organizational and Congregational Development, and Coaching Abrasive Leaders and Clergy.

LOUIZA EVENT SPACE
PAIGE MORELAND
2808 NE MARTIN LUTHER KING JR BLVD SUITE B
PORTLAND
503.389.5750
LOUIZAPORTLAND@GMAIL.COM
INSTAGRAM: @ LOUIZAPDX
LOUIZAPDX.COM
Louiza is a new community-centered event space located in the heart of NE Portland. Owned by a 3rd generation Portland Native, our mission is to provide an inclusive neighborhood spot where everyone can feel welcome and cared for.

RAISIN’ THE LEVEL, LLC
LEFOSTER & CHRISTOPHER WILLIAMS
503.498.2346
RAISINTHELEVEL@GMAIL.COM
RAISINTHELEVEL.COM
Educational and personal development services with an emphasis on Black history and culture.

SISTAS, LLC
SHALONDA MENEFEE
503.267.8713
EMPOWEREDSISTAS@YAHOO.COM
EMPOWEREDSISTAS.COM
Shalonda founded SISTAS Enterprise as a grassroots consulting business in 2008. She designed it as a way to assist minority women, and small businesses and nonprofits with capacity building, organizational development and management. Shalonda has since expanded her vision to include other workshops and empowering events that inspire young people and women to own their own businesses, live up to their full potential and pursue their life’s calling, despite any personal challenges.

COMMUNITY

WHIPPED BODY BUTTER
AFROCENTRIC ESSENTIALS
MOHAMMED ALI
PORTLAND
971.506.8734

The year before Mohammad’s 1st daughter was born, the bombing began. No one wants to leave the country they love, the culture they know, or the life they have built but no parent wants to raise their child in the horrors of a war zone. In 2009, Mohammad, his wife and 5 year old daughter, made the heart wrenching choice to leave Iraq to build a life in America.

He began his life in the US, working in a local grocery store. His customer service drew the attention of the owner of Eagle Shuttle Service who invited him to work with him. When Uber and Lyft came to Portland, the demand for shuttle services dried up.

Undaunted Mohammed pivoted to his other talent, Mediterranean food. Together he and his wife launched the wildly successful Kabob King food cart. When the food cart could no longer keep up with demand, Meso helped them develop a business plan and secure a loan to move into a full service restaurant. The years passed. Fueled by glowing customer reviews the restaurant flourished, the loan was repaid and his family was blessed with two more daughters. But the demands of a restaurant are not always consistent with being available to your family.

By 2016, Portland was experiencing a resurgence in the need for shuttle service. Aware that he was missing so much of his children’s childhood, Mohammed decided to leverage his past transportation experience. With the help of an updated business plan and an IDA from MESO he purchased his own shuttle. Local hotel referrals and partnerships formed while working with Eagle Shuttle, resulted in earnings comparable to the restaurant but allowed for much more time with his family. Today Oregon City Airporter has a fleet of 3 vehicles and contracts 2 additional drivers.

“When we look at our children it is amazing how courageous we become”
Jessica Chan's parents immigrated from China to seek a better life for their children. Working long hours in the family's small restaurant, they instilled in her a powerful work ethic, and the importance of education. “I grew up doing martial arts and that instructor, a second father figure to me today, helped shaped new perspectives and always encouraged me to follow my heart.”

Armed with a degree in industrial design and business, her first foray into entrepreneurship was the development of a unique and complex product, the WINK Pen. The pen, with a hand blown glass tip, creates a sustainable alternative to the everyday writing utensil. WINK was originally derived from the concept of using “wine as ink”, but can be loaded with any liquid that possesses a staining property. With the help of MESO’s IDA program, she patented the pen, manufactured inventory, and is currently looking to license it to a Japanese company.

Over the years of Wink Pen, and working with MESO, she become a veteran of pop up shops and developed a network of creative people interested in selling their own products. Seeing possibilities in Vancouver for a collaboration based community event, she launched “The Vancouver Night Market” last October. Her vision: create a hip, fun environment with food, drink and a diverse collection of vendors. It was so popular, the market is now sponsored by the Port of Vancouver. It has grown to 60 vendors, mostly from Washington, with approximately a third coming from Portland.

The Vancouver Night Market continues to thrive and is currently located at terminal. Jessica has just launched her merchandise company called “Couve Style” featuring a variety of Vancouver branded products.

“My parents taught us to do everything on our own. To be completely independent. That was my biggest mind switch, because it can be limiting. Alone we can do so little. Together we can do so much. I did not follow the traditional path, but I followed my path.”
FOOD

AL ESTILO MICHOACAN
RESTAURANT
ISMAEL LOPEZ
12050 SW ALLEN BLVD, BEAVERTON
503.746.7481
ALESTILOMICHOACAN.COM
Tambien Rentamos El Salon Para Fiestas! Taco Cart for Rent For Private Events/ Parties As Well.

BISON COFFEE HOUSE
LORETTA GUZMAN
3941 NE CULLY BLVD, PORTLAND
503.288.3941
BISONCOFFEEHOUSE.COM
The artwork in the coffeehouse represents Native artists from across the United States, giving local and visiting Natives a place they can identify with. By helping revive this beautiful 1926 building in the Cully Neighborhood, I hope to give the people in the neighborhood a place of their own.

BOHEMIAN KITCHEN
BARBARA VYBIRALOVA
8045 SW NIMBUS AVE - BLDG 12A, BEAVERTON
BARBARA@BOHEMIANKITCHEN.BIZ
BOHEMIANKITCHEN.BIZ
We are here to support local food entrepreneurs in developing, operating, and growing their business. To help our clients break down barriers and provide easy access to an inexpensive, fully equipped and licensed commercial kitchen.

CASON’S FINE MEATS
THEOTIS CASON
503.285.4533
With over 35 years of meat cutting experience, Theotis Cason is proud to open Cason’s Fine Meats in the Historic Kenton District. Offering a full line of meats, poultry and seasonal fish, Cason’s Fine Meats specializes in homemade sausage and BBQ ribs. Catering is also available.

EAT AT THECLAS, LLC
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503.970.5201
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El Pollo Chano specializes in making delicious Mexican Food. We have pollo al carbon, rice and beans, and we are always stocked with fresh tortillas and salsa.
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Enat Kitchen opened our doors to bring authentic Ethiopian cuisine to Portland. Every dish is prepared just for you, made with all fresh ingredients and spices that come straight from Ethiopia. How can you go wrong with authentic, fresh food that comes to you straight out of Mama’s kitchen?

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503.289.YUMM
FACEBOOK.COM/FLAVOURSPOOT
A long time ago we had an idea. We introduced the Dutch Taco to the world. By folding 7” round waffles around a variety of fillings we innovated a unique new form of breakfast sandwich. Some were bewildered, some delighted, the neighborhood backed us up, we soldiered on.

FORK & SPOON FOOD HOUSE
ERWINA BARNEY
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503.867.7716
FORKANDSPOONFOODHOUSE@YAHOO.COM
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Filipino restaurant serving all of your favorite Filipino eats. We have all of the favorite classic dishes made the authentic way, reminding you of home.

GAUFRE GOURMET
CHARLENE WESLER
6320 SW CAPITOL HWY, PORTLAND
GAUFREGOURMET@HOTMAIL.COM
GAUFREGOURMET.COM
Charlene Wesler’s inspiration for The Gaufre Gourmet is rooted in her love of gourmet cuisine and Portland’s thriving food cart business. As sole proprietor of the liège style waffle cart, Charlene added a touch of the exotic to her business with the word gaufre, which means waffle in French. Both the cart and new brick and mortar offer waffles, catering, and coffee.
LA AREPA
VERONICA GUTIERREZ
5205 SE FOSTER RD, PORTLAND
503.913.2753
5235 NE SANDY BLVD, PORTLAND
503.200.4952
INFO@LAAREPAPDX.COM
LAAREPAPDX.COM
We specialize in Typical Venezuelan Street Food. We pride ourselves on serving authentic cuisine with traditional flavors and recipes. We have been preparing these foods for many years back home and we are excited to share with you a little piece of Venezuela right here in beautiful Portland Oregon!

LOS 3 JARRITOS
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3625 NE MARTIN LUTHER KING JR BLVD, PORTLAND
503.309.3008
FACEBOOK.COM/LOS3JARRITOS
Mexican food truck offering burritos, tacos, tortas, and much, much more! Make sure to try our delicious avocado salsa!

MATTA PDX
RICHARD LE
971.258.2849
MATTAPDX@GMAIL.COM
MATTAPDX.COM
Our dishes come from old family recipes from the Lê family of Hue and Lê family of Phan Rang, as well as some of Richard’s childhood favorites. Our mission at MATTA isn’t just to serve you a meal, but to give you a glimpse into the life of the everyday Vietnamese person, specifically Richard’s home.

MEALS 4 HEELS
NIKEISAH C NEWTON
DELIVERY ALL THROUGHOUT PORTLAND
971.231.4248
MEALS4HEELS@GMAIL.COM
INSTAGRAM: @MEALS4HEELS
MEALS4HEELS.COM
Portland’s only late-night meal delivery service tailored to the sex worker communities. All meals are healthy and packed with nutrients and protein and can be made vegetarian and vegan.

MOMMA G’S SOUPS
GAILA LUSBY
GRESHAM
503.995.8521
FACEBOOK.COM/MOMMAGSSOUP
MOMMAGSOUP.COM
Artisan soups and gluten-free baked goods. Available for delivery in the Portland metro area. Available to retail, wholesale, and at third-party vendor locations.

NE CREPERIE
PHILIP WAFULA
3441 N VANCOUVER AVE, PORTLAND
NECREPERIE@GMAIL.COM
ROAMINGHUNGER.COM/NECREPERIE
This 100% self-sustainable cart offers a gourmet, modern twist on this classic French treat. We have very unconventional combinations in our sweet and savory crepes. We feature lots of in-house ingredients from our whip cream to our crepe batter. You may opt for a baguette in place of a crepe for any of our savory combinations.
GETTIN THAT PAPER & I LIKE TO CHA CHA
MEALS 4 HEELS
NEZA TAQUERIA
RAUL PARDO
SE 3315 SE HAWTHORNE BLVD, PORTLAND
503.501.0191
Neza offers up a Mexican menu with tacos, burritos, tortas, taco salads and horchata. They focus on their burrito options, offering up a few vegetarian options, including a spinach burrito with eggs, onions, rice, beans and sour cream.

POPI’S PASTRIES
FERNANDA LAY
7238 SE FOSTER RD #19, PORTLAND
503.432.0269
POPISPASTRIES.COM
Popi’s Pastries invites you to experience Brazilian food at its best. We are bringing to you, Brazil’s favorite snack, The Coxinha (CO-SHEE-NYA). A deep-fried savory pastry filled with shredded chicken. Those who have tried them, say “It’s love at first bite”. Our salgados are handmade from scratch using quality ingredients.

PARTY CHIX!
LESTY GIBSON
600 SE 146TH AVE, PORTLAND
971.352.9581
FACEBOOK.COM/PARTYCHIXLLC
Freshly deep fried chicken party wings, whole wings, strips, gizzards, sandwiches, and more.

QUE SABROSA
YULISSA BELLO
3954 N WILLIAMS AVE, PORTLAND
503.288.5157
FACEBOOK.COM/QUESABROSAPDX
Always welcoming with delicious, authentic Mexican food, Que Sabrosa is open 7 days a week.

RICOS TACOS AL ESTILO
MICHOACAN
HERLINDA ACOSTA
12050 SW ALLEN BLVD, BEAVERTON
6140 SW LOMBARD AVE, BEAVERTON
503.746.7481
INSTAGRAM: @AL_ESTILO_MICHOACAN_REST
Specializing in tacos filled with carne asada as well as beef, tripe, and tongue.

RIO VERDE SALVADORIAN CUISINE
MIRIAM FATIMA PINTO
1331 N KILLINGSWORTH, PORTLAND
360.820.3522
Salvadoran Food. Our specialty is the pupusa which is a thick handmade corn flour stuffed with pork, beans, and cheese, beans and cheese, loroco and cheese, jalapeño and cheese, chicharron and cheese, avocado and cheese. Another specialty is our tamales with chicken or pork. We also serve Carne Asada which is steak, rice, fresh cheese and beans.
SANTO DOMINGO TAQUERIA
GLORIA MARTEL-GARCIA
5447 NE 42ND AVE, PORTLAND
503.284.8446
SDATAQUERIAPDX.COM
Santo Domingo Taqueria specializes in serving real authentic Mexican food. Always freshly prepared and served with a smile! The only bad taco is the one you didn’t eat.

SCAPPOOSE BAGEL
JANELL GROSS
52039 COLUMBIA RIVER HWY, SCAPPOOSE
503.987.1635
ORDER@SCAPPOOSEBAGEL.COM
SCAPPOOSEBAGEL.COM
At Scappoose Bagel, providing fresh NY Style boiled bagels and small town service is our passion. Our bagels, schmears, and sweet treats are made fresh daily using only the highest quality, locally produced ingredients.

SOUTHERN KITCHENS, LLC
SHAWNDALE DAVIS
MAURICE FAIN
3503 N MISSISSIPPI ST, PORTLAND
971.325.8701
SKSOULFOODPDX@GMAIL.COM
SOUTHERNKITCHENSPDX.COM
Savannah Georgia Southern Comfort Food: deep fryer fish, smoked ribs, rib sandwich, beef hot link, fish poboy, mac & cheese, collard greens, candied yams, potatoe salad, coleslaw, cornbread hush puppies.

TASTE OF CASABLANCA
MOUHCINE CHERKAOUI
7538 N LOMBARD ST, PORTLAND
503.734.5181
TASTEOFCASABLANCA10@GMAIL.COM
FACEBOOK.COM/TASTEOFCASABLANCA10
Welcome to Taste of Casablanca where I serve Mediterranean Moroccan cuisine!

THE SPICY SPOON
DELMAR LEON VAUGHN
3540 N MISSISSIPPI AVE, PORTLAND
503.477.7715
FACEBOOK.COM/THESPICYSPOON
We’ve taken traditional American BBQ and combined it with Home-style Mexican food creating spectacular fusion flavors!

YOSHI’S SUSHI
YOSHIMASA IKEDA
3530 SW MULTNOMAH BLVD, PORTLAND
503.833.2940
HELO@YOSHISPDX.COM
INSTAGRAM: @YOSHISPDX
YOSHISPDX.COM
Yoshi’s is a traditionally inspired, forward-thinking sushi food cart making home in the Multnomah Village French Quarter. Focusing on seasonality and approachability, Chef Ikeda serves creatively delectable sushi for all lifestyles. As a second-generation sushi chef, Chef Yoshi serves a fresh take on Japanese cuisine that is fortified in tradition.
If you've walked along N. Williams and 39th you will have experienced it; the scent of roasting cardamom, layered with the warmth of simmering cinnamon and nutmeg. The aroma, heady and exotic, wafts from a tiny, brightly colored restaurant tucked between soaring new apt buildings. You have discovered The Big Elephant Kitchen.

After years of managing restaurants, siblings Deon and Saleshni, decided to open their own. The Big Elephant Kitchen would feature traditional Fijian dishes, expertly prepared by their mother, Rajni. “Our mom’s food is amazing,” Saleshni beams “and we knew Portland was hungry for this kind of cuisine.”

Their parents supported the idea but they also had reservations. This was a risk. Saleshni and Deon were working their way through college. Deon was finishing his business degree and Saleshni was preparing for medical school. Tuition payments were always a struggle. At least working for someone else offered the security of a “reliable paycheck.” Was it wise to give that up that guaranteed income?

“Working for someone else is never a guarantee”, observed Saleshni, and so the family connected with Meso to flesh out the details. With Meso’s help, they identified their market niche, developed the strategy, found the best location, then secured a $14,000 start up loan. In May 2017, the Big Elephant opened its’ doors. While Rajni created magic in the kitchen, their father, Shailendra, meticulously sourced ingredients. Yelp reviews raved, and the Portland food critic MJ Skegg stated, “I wiped my bowl clean”. As the Elephant grew, Meso continued be a resource. Shortly after opening, they were accepted into the IDA program. The risk was paying off, Deon graduated and Saleshni began preparing for her MCATS.

Then the building began. Shining structures of glass and chrome stretched higher and higher, accelerating the changing face of N Williams. High density housing and urban infill had big plans for their cozy neighborhood. The Elephant had to find a new home. Their plan: The Big Elephant Food Cart!

When Big Elephant closed on Aug 15th, they had accomplished in two years what few restaurant businesses have. They have absolutely no debt. They have over $20,000 in savings, an excellent reputation and are currently negotiating a promising new location in Multnomah Village.

“Meso taught us more than how to open a business. They taught us how to adapt and survive an unexpected move and how to create a new and stronger business plan.”
The competitive and quirky business of Portland’s food cart scene is not for the faint of heart, or for the business novice. Tucked into a sunny pod of food carts on SE Belmont, Heloisa Soares introduces Portlanders to the rich and diverse flavors of traditional Brazilian street food, but this hidden gem almost never was.

For years Heloisa worked for a gentleman who owned several mediterranean food carts located throughout downtown. She learned the ebb and flow of seasonal business, the necessity of inventory management, cash flow systems, and the realities of producing amazing food in a tiny space. In 2014 her boss encouraged her to launch her own cart.

By cobbling together a traditional bank loan and the last of her savings, she was able to purchase an existing food cart that became available in a thriving pod. Using her credit card to purchase her initial inventory, The Brazilian Kitchen opened its doors in enough time to capture the summer business. 2 ½ years later, the location was sold to a developer. Condos would replace the food carts. Another location was available across the street but the cost of the move was prohibitive. “I did not know how I was going to survive,” she recalls. One friend started a Go Fund Me page and loyal customers rallied to save the little cart of authentic Brazilian Food. Meanwhile, another friend told her about MESO.

With MESO’s help she fine tuned her accounting, established her LLC, and begin an IDA. When she needed to replace a piece of equipment, rather than using a high interest credit card, she utilized her IDA matching savings.

Last month, again with MESO’s help, she was able to buy a reliable car. Up until then she had been taking the bus to buy supplies or using a taxis.

“We all do better with support,” she explains. “If I had it to all over again, I would have found MESO earlier. I was working so hard, they helped me work smarter.”
EATERIES | GRADUATE STORY

GARDEN BAR

ANA CHAUD
Growing up in Jamaica, Keacean always visualized herself as a business owner. As a child, she learned to cook at her mother’s side, many meals taking hours if not days to prepare. Jamaica is a culture of “slow food”, something very different than the readily available offerings experienced when she came to the United states to pursue her MBA.

“I never planned to open a restaurant. I understood marketing, finance and micro loans. That was the path I had laid out.” In the states she was exposed to “fast food” and hungered for the nourishment of her mother’s home cooked meals. In 2014, Portland had no authentic Jamaican food scene, much less, the joyful “vibe” which resonates in even the most humble island kitchen. Keacean recognized the need, and the opportunity. She leased a food cart on MLK just across from the Safeway. Over the phone, her mom shared her signature oxtail stew recipe. The jerk recipe required indigenous spices and so she had them shipped in. Insisting on only fresh ingredients and embracing traditional cooking techniques, Keacean began recreating the true food of Jamaica…and word spread. When asked by an interviewer what his favorite food in Portland was, TrailBlazer, Maurice Harkless announced, “The jerk chicken at Jamaican Kitchen!”

Two years after opening, The Jamaican Kitchen outgrew its food cart. With customers traveling from Seattle to Salem for her jerk chicken and oxtail stew, Keacean decided to move to a brick and mortar location. When the storefront at 441 N.Killingsworth came available, the MESO team worked with her to secure the necessary loan to lease the space, refit the kitchen, and walked with her through every step of the transition. Now, 5 years later, with business thriving, Jamaican Kitchen is looking at expanding into 2 other markets!

In 2015, Keacean's mom passed away, but her cooking and her love of Jamaican culture flows through her daughter and continues to nourish all those who take a place at their table.

“FOOD IS THE INGREDIENT THAT BINDS US TOGETHER”
BAZAAR FOOD MARKET
WISHYAR ZADA
10255 SW CANYON RD, BEAVERTON
503.641.1352
BAZAARFOODMARKET.COM
We serve our community by providing quality foods, everyday low prices, a unique experience and exceptional customer service.

GM MARKET
GIRMA TENAGNE
1727 SE HAWTHORNE BLVD, PORTLAND
503.235.5735
GRIMATENAGNE@YAHOO.COM
The GM market is a family run convenience store that you should make a point to go to and avoid the nearby chains. The Ethiopian young couple that run the store are beyond kind and friendly. Also they stock your basic convenience store needs in a bright sparkling clean uncluttered space. They are in a class unto themselves. Please spend your money here and support this small family business. - Yelp Review

LA OAXAQUENA
MACRINA GONZALEZ-JUAREZ
4736 NE CULLY BLVD, PORTLAND
503.528.2611
Mexican Grocery Store in Cully neighborhood. The people there are really nice! They’ll show you where things are if you’re confused. Great fruits, veggies, and meats. Sweet bread from here is delicious.
- Google Review

MERKATO ETHIOPIAN FOOD STORE
YADI BENTI
2605 NE MARTIN LUTHER KING JR BLVD, PORTLAND
503.331.9283
Merkato Ethiopian Food Store provides candy, snacks, beer and wine, Ethiopian foods and supplies, in addition to fresh made injera bread, spices, teas, and fresh local farm-raised beef.

MLK MARKET
DESALEGNE GODE
4069 NE MARTIN LUTHER KING JR BLVD, PORTLAND
503.287.0461
A convenient way to pick up necessities and food items while “on the go” including hard to find Ethiopian goods. MLK Market strives to be a place that is open, clean, and welcoming to all customers in a unique and charming environment.

PRICE RIGHT NURSERY AND PRODUCE
MARIA SOSA
503.516.6705
PRICERIGHT.NURSERY@GMAIL.COM
Our family farm prides in promoting innovative healthy alternatives to commercial farming. Our seed varieties of heirlooms and organics are harvested and stored each year to provide the Portland Metro area sustainable and natural produce for each season. We do not use herbicides, fungicides, or other chemicals to grow our products because we want the healthiest options for your family.
SAN FRANCISCO TIENDA MEXICANA
FRANCISCO J BARAJAS
12050 SW ALLEN BLVD, BEAVERTON
503.372.9563
We are a one-stop market that provides groceries, household goods, bakery, tortilla factory, deli, and taqueria. We strive to offer competitive prices and high quality products. “Everyday you get the best possible”.

URBAN PANTRY
KAREN PAGE
1128 NW LOVEJOY, PORTLAND
503.970.7913
URBANPANTRYCHEF@GMAIL.COM
URBANPANTRYPDX.ORG
Urban Pantry provides complete meal kits for organic home cooking. Meal kits contain all of the components needed to prepare a restaurant quality meal in your kitchen. Urban Pantry does the shopping, chopping and measuring!

WILLIAMS STREET MARKET
TAMARAT ALEMU
3508 N WILLIAMS, PORTLAND
503.288.8909
FACEBOOK.COM/WILLIAMSSSTREETMARKET
From candy, cold drinks, Ethiopian green coffee, even those little things you may have forgotten to pick up at the store, visit Williams St. Market.
FOOD

AHARA RASA GHEE
ANDREA SHUMAN
1630 SE 3RD ST, PORTLAND
503.997.5050
ANDREA@ILOVEGHEE.COM
ILOVEGHEE.COM
An artisan company producing clarified butters from organic, cultured, grassfed gourmet butter. A delicious and healthy fat and practical cooking oil and sumptuous spread.

AIDAN’S ATOMIC PICKLES
AIDAN TENUD
971.340.3737
AIDANSATOMICPICKLES@GMAIL.COM
AIDANSATOMICPICKLES.COM
Locally sourced spicy pickles created by 13 year old entrepreneur.

BUTTER BROWN BAKERY
DARCY MCDONALD
51320 SW OLD PORTLAND RD, SCAPPOOSE
503.987.1740
BUTTERBROWNBAKERY@YAHOO.COM
BROWNBUTTER-BAKERY.COM
Brown Butter Bakery are a neighborhood bakery serving delicious baked goods in Scappoose, Oregon. We do custom order cakes for every occasion: weddings, birthdays, showers, graduations, or just because.

BURRITO BOWL
CRUZ RODRIGUEZ-HERNANDEZ
503.927.0622
CRUZCHOMPO@GMAIL.COM
Mexican cuisine catering for your events.

CARAVAN FOODS
NADER MORGAN
NADER@CARAVANLAMB.COM
Caravan Foods features lamb jerky and portable gourmet coffee.

SPECIALTIES

LEMONADE SYRUPS
HONEYBEE SPARKLING LEMONADES AND SYRUPS
CARDAMOM HILLS TRADING CO
SOPHIE RAHMAN
503.806.3416
SOPIER789@GMAIL.COM
CARDAMOMHILLSTC.COM
My chutneys are made in small batches using fruits and vegetable at their peak, preserving the freshness of flavors with just the right balance of spices, brown sugar, and apple cider vinegar. While some commercial chutneys have a smooth texture, mine are chock full of fruit, with a bite of fruit and a hint of spice in every spoonful. Cardamom Hills chutneys are available for purchase online and at several Portland-area retailers including New Seasons Markets, Whole Foods, and others. I bring the traditions of India, England and family cuisine to Cardamom Hills Trading Co. condiments. Made with love, care and culture to delight.

DIVINE PIE
ALISSA MARTUCCI
503.515.4088
DIVINEPIEPDX@GMAIL.COM
DIVINEPIEPDXPORTLAND.COM
Divine Pies are a perfect product of artisan sweetness, combing flavors that are unique & delicious, ingredients that are local and organic. All pie crusts are gluten-free; the pie fillings are dairy free!

DB DESSERT COMPANY
DAMALA BADON
6824 NE GLISAN ST, PORTLAND
503.750.2458
DBDESSERTCOMPANY.COM
DB Dessert Company is a committed to providing superior quality desserts, pastries and custom cakes. We use quality ingredients and cutting edge techniques to create a product that is truly superior in quality and taste.

HANNAS PDX
ALAN BELL
LLOYD CENTER, PORTLAND - POWERED BY JOE BROWNS
HANNASNOWBALLS@GMAIL.COM
FACEBOOK.COM/HANASPDX
INSTAGRAM: @HANAS_PDX
Family owned and operated with over 50 delicious, in-house made flavors and more. The best southern style snowballs in town!

HONEY BEE SPARKLING LEMONADES AND SYRUPS
ANDREA WADE
FACEBOOK.COM/HONEYBEELEMONADESYRUPS
INSTAGRAM: @HONEYBEELEMONADESYRUPS
HONEYBEELEMONADES.COM
All-natural artisan syrups, free from preservatives and artificial sweeteners.
HOT WINTER HOT SAUCE
SHAUN WINTER
SHAUN@HOTWINTERHOTSAUCE.COM
HOTWINTERHOTSAUCE.COM
A fermented hot sauce made from all Organic ingredients, featuring heirloom chiles and garlic.

HUNGRY HEART BAKERY
JAX BUTTON
414 SE 80TH AVE, PORTLAND
503.254.8487
HUNGRYHEARTPDX@GMAIL.COM
HUNGRYHEARTPDX.COM
Our philosophy is that cupcakes should be baked with quality, local, and seasonal ingredients. We strive to use only the best ingredients in our little cakes so they taste better and you can feel better while you’re eating them. For this reason, our menu is constantly changing as we move through the seasons and look for the best possible produce to use in our baking.

MY DADDY’S SAUCES
WILLIS ANDERSON
503.252.2400
Homemade BBQ sauces, slow-cooked to perfection.

ORIGAMI CATERING
CASEY BONSI
5003 N LOMBARD ST, STE B
PORTLAND
541.973.3996
INFO@ORIGAMICATERING.COM
ORIGAMICATERING.COM
Origami Catering is a Portland based company focused on providing a sustainable sushi service to the Portland Metro area. Unlike national sushi chains, they are a small business dedicated to offering more value to a local audience. Origami Catering produces an exceptional line of Asian inspired perishables that are unique, healthy and All Natural with many gluten free options. They offer retail customers fresh, new ideas and improved best selling items. They eliminate their retailer’s food safety risk by meeting FDA standards to wholesale sushi.

PAN DULCE COMPANY
NORMA TORRES & VIVIAN NAJERA
971.804.8082
Pan Dulce Company is a local business serving the Portland metro area since 2011. Offering a variety gourmet baked goods made from scratch to individuals wanting to complement their coffee or tea time.
REE REE’S CUPCAKES
RIANNA VELASQUEZ
GRESHAM
503.607.5325
We craft the most amazing cupcakes and cakes! Our cupcakes are always baked and topped to perfection. Call us to place an order.

SANDINO COFFEE ROASTERS
WINSTON SANDINO
7328 SE FOSTER RD, PORTLAND
503.502.0045
WSANDINO@SANDINOCOFFEE.COM
SANDINOCOFFEE.COM
Our product is a high quality premium coffee harvested the traditional way. We do not use industrialized equipment or methods and grow our coffee shaded by banana trees, unlike other big commercial productions. We hand plant and hand pick each seed and ripened cherry with our very own hands. It cannot get more local and direct trade than this. We own. We grow. We Roast.

SOY BEAM JOZO, LLC
EARNEST MIGAKI
503.236.9965
CONTACT@JORINJISOYBEAM.COM
JORINJISOYBEAM.COM
There are many different brands of Miso flooding the market these days, but only a few companies are making real, Nama (unpasteurized) Miso, using the 1300 year old traditional recipes. Jorinji Miso is naturally fermented, unpasteurized, with no artificial or alcohol based preservatives, unlike most other brands. And no MSG. Also, our motto is using Non GMO ingredients in our products. Since we make Nama Koji from scratch, and it is Tezukuri (handmade), you’ll find pieces of Koji in our Miso. We only make small batches of Miso.

TONALLI’S (NKA)
ANGEL’S DONUTS & ICE CREME
VICTORIA GOMEZ
2805 NE ALBERTA ST, PORTLAND
503.284.4510
Craving something sweet? Treat yourself to a selection of tasty cupcakes from Tonalli’s Donuts & Cream and savor every bite. The exquisite coffees and teas from here are great for an after-dinner beverage or a pick-me-up during your workday.
TREEHOUSE CHOCOLATE CO.
AARON KOCH
735 SE ALDER ST, PORTLAND
503.746.9151
AARON@TREEHOUSECHOCOLATE.COM
TREEHOUSECHOCOLATE.COM
Treehouse Chocolate direct sources organic farmer owned cooperative grown cacao and makes premium instant drinking chocolate blends.

TROPHIES ELEPHANT EARS
MYRON DAVIS
4127 SE CESAR CHAVEZ BLVD, PORTLAND
971.719.5066
FACEBOOK.COM/TROPHIESEARS
Best late night snack in Portland, and they deliver! Great customer service and even better elephant ears! I always order at least 5 at a time!
- Facebook Review

SPECIALTIES

MEDIUM DARK ROAST COFFEE BEANS
SANDINO COFFEE ROASTERS
As a designer, he was known as Tony Stylz. His clothing line, Pimpi$h, could be seen on hip hop's trend setters. His star was rising, and then something unexpected happened. Athletic, health conscious and fit, he suffered "stroke like systems". As he was recovering, a second blow fell, his best friend was diagnosed with cancer.

Determined to help her, he began reformulating the nutritional smoothies he made for his own healing. His kitchen then became his lab. He knew the organic, nutrient dense smoothies had helped him heal. His prayer was that they would help her. Anthony recruited friends and family to evaluated the smoothies. Along with offering feedback, they began to ask if they could order some. Demand spread by word of mouth and Anthony decided there was a need for something much bigger than his clothing.

"MESO helped me translate my design acumen into a different line of work. Pimpi$h Clothing resonated with a select market. Arubah Juice could reach so many people and in such a positive way. When I hooked up with MESO, I joined the IDA program. MESO connected me with a commercial kitchen in Marion Polk County, introduced me to the Food Innovations Center who actually bottles the product, helped me get liability insurance, and I trademarked the name."

Arubah Juice is made to order and is shipped within 24 hours.

"Keep it local. Keep it fresh," is a core value. You can find Arubah Juice at Portland Saturday Market or order online.

"YOU NEVER KNOW WHAT IS GOING TO CHANGE THE TRAJECTORY OF YOUR LIFE."
Digs Inside & Out
JJ Desouza
8301 SE 13TH, PORTLAND
503.460.DIGS
DIGS-PDX.COM
Digs Inside & Out offers home and garden design services, real estate staging, party planning and a cute little retail shop. We can help you integrate your home and garden to create an environment you will love to spend time in.

Flying Dogheart Farm
Letty Martinez
8603 NE Fremont St, Portland
INSTAGRAM: @FLYINGDOGHEART
DOGHEART.ORG
We are beginning farmers and are a not for profit farm operation working to grow food for communities in need. Our micro farm, where we grow herbs, is located in Portland and our big farm where we grow our CSA shares is in Corbett OR. and we use a combination of conventional an permaculture practices. We never use chemical pesticides or other chemically based methods for our growing. We grow seed to finish, Herbs, Produce, and Flowers. We also have Hens who are in full egg production! Coming soon, Rabbit and Rabbit Butchering Classes.

Global Green Tree Services
Allen Wilson
503.839.5402
GLOBALGREENTREESERVICE.COM
We provide residential & commercial tree trimming, tree removal, stump grinding, tree sales, tree cabling, hedge trimming and arborist services. We only hire top tree climbers with years of experience and make sure they are professionally trained.

Exterior Spaces, LLC
Russ Swalberg
Beaverton
503.521.5041
INFO@EXTERIORSPACESDESIGN.COM
Having worked for almost 2 decades maintaining, installing, and designing landscapes, Russ’s ambition of having his own design firm has come full circle with the creation of Exterior Spaces LLC. Blending the needs and wants of his clients, with years of knowledge and expertise; Russ is able to create your Exterior Space or spaces that can be enjoyed for many years to come.
LIVING MOSAIC DESIGN STUDIO
RICHELL CHIU-YAP
503.791.4764
RICHELL@LIVINGMOSAICDESIGN.COM
LIVINGMOSAICDESIGN.COM
Living Mosaic Design Studio is a design company offering full-service landscape design consultancy, commissioned garden artworks and illustration. My goal is to create the outdoor space of your dreams by considering your lifestyle and all aspects of your property. The interior and exterior elements will be integrated with the surrounding landscape to create a beautiful and ecologically sound design with a living mosaic of plants, art and natural elements.

NORTHWEST NATIVE LANDSCAPES
DONNY HALEY
PORTLAND METRO AREA
503.351.6988
INFO@NORTHWESTNATIVELANDSCAPES.COM
NORTHWESTNATIVELANDSCAPES.COM
Northwest Native Landscapes is a family-owned, full-service landscape company operating in the Portland metro area. What began as a mission to make landscapes more sustainable has grown into a collaborative team environment that includes innovative designers, seasoned builders and experienced maintenance caretakers.

TREE & LADDER
JESSIE SPAIN
503.333.2284
INFO@TREEANDLADDER.COM
TREEANDLADDER.COM
Tree and Ladder is a landscape maintenance company specializing in holistic and organic fruit care. Our mission is to help increase self-sufficiency and food security through increasing the productivity and quality of homegrown fruits for residents and home owners through holistic management practices.

WHOLE STUDIO
PEG BUTLER
503.545.0693
PEG@PEGBUTLER.NET
PEGBUTLER.NET
Whole Studio’s mission is to help create integrated, multifunctional places that work for people. We use creative and holistic thinking to enliven places and provide support and resources to enhance well-being, productivity, sales, health and the bottom line by designing places inspired by a love for nature. Using ecological thinking and concepts of biophilic design, naturescaping, permaculture, green building and other whole design principles and practices as guides we consider the entire picture and our connections to the natural world and create from there.
GIFTS

ANTLER GALLERY
SUSANNAH KELLY & NEIL PERRY
2728 NE ALBERTA ST, PORTLAND
GALLERIST@ANTLERPDX.COM
ANTLERPDX.COM
Susannah and Neil curate the gallery together, only showcasing artists and works that they both love. Antler has a strong focus on nature, and partners with the Audubon Society of Portland every January for a benefit that raises awareness and aids in protection of endangered species.

AS YOU WISH PDX
ELIZABETH ROBINSON
6063 NE GLISAN ST, PORTLAND
503.740.0881
AS YOU WISH pdx is here because I started to follow a trail of white feathers. A dream became a vision and soon gifts of spirit and events of well being unfolded and continue to unfold. I followed the path of white feathers with an open heart and pure faith in the universe. In the process, I realized that everything I’d ever been through had brought me to this moment. It all became alive within the walls of AS YOU WISH pdx.

CREACIONES SOPHIA
NORMA HERNANDEZ
503.593.6039
HERNANDEZ120886@GMAIL.COM
FACEBOOK: CREACIONES SOPHIA CRUZ
I create crochet hats, earrings, crocheted tops, dresses for dolls, key chains, bracelets, necklaces, and beadwork.

SOLABEE FLOWERS
ALEA BESSEY & SARAH HELMSTETTER
801 N KILLINGSWORTH ST, PORTLAND
503.307.2758
SOLABEEFLOWERS@GMAIL.COM
SOLABEEFLOWERS.COM
Our conservatory style shop contains a bounty of rare and unusual plants, a build-your-own terrarium station, and a collection of locally crafted wares and art. The shop also houses the Solabee floral design studio, where designers whip up inspiring bouquets daily. Walk in flower orders are welcome!
THIRD EYE BOOKS ACCESSORIES AND GIFTS
CHARLES D HANNAH & MICHELLE M LEWIS
2601 SE 160TH AVE, PORTLAND
503.893.4504
INFO@THIRDEYEBAG.COM
THIRDEYEBAG.COM
We are a small retail business that sells used and new books, Natural Girls Rock t-shirt and clothing apparel. We also sell practical t-shirts that empower and uplift the African American Community.

VERNONIA FLORIST
LISA EDGAR
711 BRIDGE ST, VERNONIA
503.429.2000
LISA@VERNONIAFLORIST.COM
VERNONIAFLORIST.COM
Florist and resale store of a variety of items! Designer for 25 years, family owned and operated. Grand Floral Rose Parade Portland Oregon Queens Division 1st place winner for design 2 years. Sponsor Miss Rodeo Oregon Mackenzie Carr, also crowned Miss Rodeo America Queen!
“Scent, can trigger an emotion. Fragrance, can be the catalyst to your emotional state.”

For 25 years, Tracy worked in her family’s business, learning and cultivating the art of fragrance. Along the way, she recognized a changing market – one hungering for a more forward facing experience.

She decided to create a shop focused on unique independent lines not found in department stores, some dating back to the 1740’s. This was not just a store, it was to be an experience.

An experience that no bank wanted anything to do with...

When a professional colleague offered her space in his building at 3584 SE Division St, banks weren’t interested. The elite lines Tracy had spent years cultivating relationships with, represented staggering opening inventory costs. Traditional banks not only did not understand her business model, they did not understand the evolving demographic on SE Division. MESO did. They saw her vision, and recognized the transforming neighborhood. With a $120,000 loan she purchased the necessary inventory and built out her space. When SW Airlines Magazine featured “Must See Places in Portland”, the little parfumerie on Division received a full page!

Nita of MESO invited her to join the IDA program. IDA funds allowed for a new computer and the AV equipment used for the collaborative education she had long seen the need for. When famed perfumer and author Luca Turin came from Greece to speak, her intimate shop swelled to welcome 150 enthusiastic customers. When OMSI did an event on poisons, she participated with one of Fumerie Parfumerie’s lines, based on poisonous plants. By curating these unexpected connecting experiences, she continues to introduce Fumerie to new clients.

“I SPENT 25 YEARS LEARNING MY CRAFT. GOING OUT ON MY OWN WAS EXCITING, AND SCARY. MESO NOT ONLY BELIEVED IN ME BUT ALSO IN THE COMMUNITY”
HEALTH

CEDAR CREEK NATUROPATHIC CARE
SHARON WOODARD, N.D.
3806 SE BELMONT, PORTLAND
971.533.5129
SITES.GOOGLE.COM/SITE/CEDARCREKNATUROPATHICCARE
Primary Care Naturopathic practice combining modern laboratory testing and assessment with traditional healing traditions including body work, nutrition and medical herbalism.
Specializing in: Cranio Sacral Therapy, Mayan Abdominal Massage, Chi Ni Tsang, Naturopathic Primary Care, Medical Herbalism, Homeopathy, Functional Lab Evaluation and Medical Nutrition.

CENTER OF HEALING AND REJUVINATION
ROSE PARSAD
503.317.1583
CENTEROFREJUVENATION.COM
At the Center For Rejuvenation we offer a full range of authentic, Ayurvedic treatments. From spa therapies, to more traditional practices, we work to bring a deeper sense of balance and healing to the lives of our clients.

COLIBRI CHIROPRACTIC
DR. SERGIO & BETTI BARRERA
8959 SW BARBUR BLVD SUITE 112, PORTLAND
503.964.4212
ENERGYSERG@GMAIL.COM
COLIBRICHIOPRACRIC.COM
Dr. Sergio treats a variety of conditions and pathologies. He utilizes Zone technique as the foundation of his practice. However, his adjusting style is tailored to the patient’s needs and possible levels of pain. Zones are balanced and corrected as per patient tolerance in spite of significant physical injury (auto, chronic pain, sports injury). Dr. Sergio utilizes a variety of chiropractic/soft tissue methods (old school & new school!) to relieve pain, correct abnormal biomechanics, and restore zone balance.
**DESIRED NAILS AND MASSAGE SPA**  
**LA SHAWNDA JOHNSON**  
1710 N LOMBARD ST, PORTLAND  
503.247.8433  
DESIREDSTUDIO@GMAIL.COM  
MASSAGEBOOK.COM/BIZ/DESIRED  
From my heart through my hands, I help my clients relax completely, my goal is to bring a moment of peace while in my presence. If you’re looking for a break from reality and would like to begin appreciating the little things, I can help. You’ll find me to be friendly, respectful and professional.  
Specialties of Massage Therapy include Swedish and working in areas of focus that include, but not limited to chronic pain or pain due to a recent injury. Facial or back cleansing and extractions of impurities. Waxing is also an option, please call for details.

**HOMESPUN MIDWIFERY, LLC**  
**SARAH EHRlich CPM LDM**  
**CASSIDY DOBEK CPM LDM**  
8532 N IVANHOE ST STE 209, PORTLAND  
818.621.6776 | SARAH  
802.349.7077 | CASSIDY  
HOMESPUN@GMAIL.COM  
HOMESPUN.COM  
For many people, the birth of your baby is an experience you will remember for the rest of your life. Whether this is your first baby or your fifth, welcoming this little one is a rite of passage both transformative and joyous! We recognize that every pregnancy journey is different. Together we will handcraft a pregnancy, birth and postpartum care plan that is a unique fit for you and your family. Our top priority is to make sure that we create a vision that brings your new baby into your arms in a space that is loving, welcoming, gentle, and safe.

**EMBODIED THERAPY PDX**  
**LAURA KILLE**  
WISE COUNSEL AND COMFORT  
2045 SE HAWTHORNE BLVD, PORTLAND  
971.333.8945  
LAURA@EMBODIED.COM  
EMBODIED.COM  
Therapy for couples and individuals for the following issues: health at every size, body image, gender affirming, sex therapy, polyamory, non-monogamy, LGBTQIA+, kink.

**JEEVAN SINGH**  
**JEEVAN SINGH**  
827 NE ALBERTA ST, PORTLAND  
503.501.8444  
INFO@FLOWERHANDWELLNESS.COM  
FLOWERHAND.COM  
Holistic women’s healing and rejuvenation, specializing in menstruation, fertility, pregnancy, postpartum. Also, an apothecary full of handmade goods for radical self-care.
Natalie showed early interest in massage, eager to give treatments as young as eleven and by age thirteen had decided to pursue it as a career. As an adult it was intimidating to chase down a life long dream, but after her first day of Kinesiology class she knew there was no mistake, she had found her calling. During her training at East West School of the Healing Arts, Natalie was most intrigued by the movement channels of the body, how to release unnecessary tension, and what it really means to be a vital and healthy person. Since her formal practice began in 2010, she has cultivated a blend of techniques utilizing myofascial release, trigger point and deep tissue, Swedish approaches and Ashiatsu, all personally tailored to increase mobility for the client.

At Nightingale Acupuncture you will receive comprehensive health care that is compassionate and thorough. I love working with people and enjoy creating an individualized session that makes sense for you.

If you’re looking for high quality and personal service, you’ve come to the right place. At Pure Serenity Massage, we give you the attention and personal service you’ll come to expect and enjoy. We offer the best holistic care in Columbia County.
Alternative Health at its Finest: Sage Center is a membership based, Holistic Health community of Alternative Health specialists. For the consumer, the Sage Center is a one stop shop Alternative Health emporium. Local Portland and Beaverton residents have access to nearly 40 Alternative Health specialists, working in over 20 healing modalities. For alternative health experts, Sage Center provides a professional yet home-like environment in which they can cultivate and grow independent healing practices.

For alternative health experts, Sage Center provides a professional yet home-like environment in which they can cultivate and grow independent healing practices.

UMAY
LISE PACIORETTY
INFO@UMAYGLOW.COM
UMAYGLOW.COM
UMAY products tend to your skin’s luminosity without the use chemical preservatives or parabens, which irritate the skin and affect your natural pH balance. Umay confections are created keeping your wellbeing in mind. We use only the highest quality, food-grade ingredients. UMAY offers a mantle of protection to strengthen your natural barrier and evoke your true radiance, naturally.

WRITTEN ON THE BODY MASSAGE AND ACUPUNCTURE STUDIO
JULIE CAMPBELL
2808 NE MARTIN LUTHER KING JR BLVD, STE C
PORTLAND
503.473.8515
WONTHEBODY@GMAIL.COM
PORTLANDMASSAGESTUDIO.COM
At Written on the Body we strive to create a calm and healing atmosphere for massage and acupuncture to make each and every client leave their treatment feeling transformed. In this world full of stresses and limited time to take care of ourselves, we realize how important the moments that our clients spend here really are. We love what we do and believe that everyone should have the opportunity to incorporate complimentary therapies into their health care plan.
Dr. Marcea Wiggins had seen more than her share of patients struggling with critical health issues. After years of practicing emergency medicine in a level one trauma center, eight years in the psychiatric field, and her training in women’s health, natural childbirth and pediatrics, she had seen a lot. With so many different ailments she was called upon to treat, one common denominator remained…many would not be suffering, if proper intervention had happened earlier. Thus began her shift from western medicine to the holistic science of naturopathic medicine.

In 2007, she joined the Urban Wellness Group and by 2009 she was ready to form her own group. Even as an established doctor with a strong clientele, her holistic medicine business model was deemed “unbankable” by conventional lending institutions. She turned to MESO and together with the SBDC, she became an urban renewal story. The Kenton neighborhood was eager to support women owned business. MESO helped her write the necessary business plan then approved her for a $20,000 loan with which she bought equipment, computers, printers and secured the lease for the Kenton office. Santé Aesthetics and Health was born.

In 2014, a beautiful location, complete with shaded courtyard, became available at 210 NW 17th Ave. Marcea, now a new mother of 4 month old twins, wanted to take the leap. MESO came through again, this time with a $30,000 loan and a five year term. The strategic moved catapulted her annual revenues to over $1 million with 25 - 30% year over year growth. The loan was paid off in full, a year early.

Today Dr. Marcea’s Santé Team has grown to include 11 additional holistic doctors and practitioners. Santé provides the community with an oasis for rejuvenation and wellness and its doctors, an environment where the science of medicine is balanced with the art of healing.

“OPTIMIZING FROM THE INSIDE OUT”
For the past 10 years, Dr. Carl Baird (and his pup Bandit) have consulted with people looking for answers to their concerns regarding pain and injury. Along with his Doctorate of Chiropractic, Dr. Carl holds a Masters of Science in Exercise Science and completed a post graduate fellowship in sports medicine. His post graduate work took him to Denver. Four years later, he returned to Portland determined to build a private practice that would offer customized care plans that combine the benefits of chiropractic care, manual therapy and therapeutic fitness plans resulting in sustainable pain relief without the use of pain pills and endless doctor visits.

Having proved himself a successful physician with a solid business plan, he was surprised when bank after bank turned him away. The reason: he had no history of cash flow in Oregon. Then he met MESO. “MESO had a personal approach. They met me, looked at the vision, my experience, and they were here when others weren’t.” When an ideal location became available, the first floor of the historic Mont Blanc Building at 1836 Northeast 7th Avenue, MESO was there. “I needed $30,000. They could only approve me for $14,000. Between sweat equity and my credit cards, we did it!” Evolve Performance Health Care opened in 2017. The initial loan was paid off early, in just two years. Then MESO assisted him in securing a second loan, with an even lower interest rate, allowing Carl to upgrade Evolve into the state of the art facility he envisioned. In addition, he was able to hire a business coach who specializes in health care specific business development. Today, Evolve is rapidly becoming one of the largest private practices in the Portland area, providing space for 6 other complementary practitioners, a full time administrative assistant, and an environment for new grads to grow.

“Business classes are very low on the ladder of learning when you are in chiropractic school”, explains Dr. Carl, “but almost every grad will eventually have to open their own practice.” An integral part of Evolve’s business philosophy is to provide a place where new grads can not only develop their skills as clinicians, but also their expertise in business.

“THEY MET ME, LOOKED AT THE VISION, MY EXPERIENCE, AND THEY WERE HERE WHEN OTHERS WEREN’T”
HEALTH

ESSANCE
JASMINE TRAN
9221 SW BARBUR BLVD #208, PORTLAND
971.219.9482
HELLO@ESSANCESKINCARE.COM
ESSANCESKINCARE.COM
Essance is a local handcrafted organic skincare. Our products are made in small batches to assure freshness. We offer variety of products from facial care to body care included massage oils. Many our facial care products are sold at New Seasons Market, local spas and clinics throughout Portland Metro.

JUST V NATURAL
VANESSA WHITE
QUESTIONS@JUSTVNATURAL
JUSTVNATURAL.COM
Handcrafted hair and skincare product line! Just V Natural is about going back to basics, it’s about being able to connect with every ingredient in each product. We promise to always keep things simple, you’ll never have to wonder what’s inside your jar. Just V Natural values that our products are handcrafted and locally made right here in the Northwest. Just V Natural is about what you choose to put on your body. It’s about giving your body the very best. Just V Natural is about changing the way your body feels about you.

MARIE ERNST
DAVID JENKINS
503.954.1681
INFO@MARIEERNST.COM
MARIEERNST.COM
Marie Ernst™ beauty bars are presented as two halves of a whole. With each bearing unique qualities, they combine to transform into one cohesive unit—stronger together than apart. Our luxury, patent-pending, dual-layer interlocking soap design consists of one exfoliating bar and one emollient bar, providing a sensory experience in scent and texture. All of our products are all-natural, hypoallergenic, paraben-free, cruelty-free, phthalate-free and vegan.

PEACE OF SOAP COMPANY
HEATHERLEIGH WELDON
503.573.KIND
PEACEOFSOAP@GMAIL.COM
PEACEOFSOAP.COM
Established in 2000 by an Oregon Native, the Peace of Soap Company® produces handcrafted artisan soap for local area farmers’ markets, festivals and quality gift shops in the Pacific Northwest. With a solid foundation of knowledge, and a strong dedication to quality, our artisan soap base is carefully crafted with certified organic olive and coconut oils then super fatted with a generous measure of botanical butters. Our artisan soap also contains wildcrafted medicinal herbs, goat and botanical milks, natural waxes, clays, minerals, grain and seeds for texture and color.
A huge difference can be found between body butters. The way that skincare ingredients are combined make all the difference for your skin. Very few people combine skincare ingredients in the way Sublime Designers’ owner, Sabrina de Ceault does. Fascinated by the science behind the process, and driven by her desire to empower women; Sabrina has spent countless hours in her kitchen, designing the perfect recipes for Sublime Design’s homemade body butters. Sabrina believes in supporting a local community of strong, passionate and small shops. So, she likes to source Sublime’s Certified Organic, Safe Cosmetics Base-checked skin care ingredients as locally as possible, with most of the body butter ingredients coming from Portland, Eugene and Gresham.

Z’ASEELAH NATURAL SKIN CARE
MARLET HURST
503.750.7225
ZNATURALSKINCARE@GMAIL.COM
ZNATURALSKINCARE.WIXSITE.COM/ZASEELAH
We offer distinguished body butters and scrubs that are free of preservatives and gluten. Made with essential oils and natural ingredients that include vitamins A, D, B and E and custom made skincare in your favorite scent for yourself or as party favors for your special events. Our goal is to make your in-home spa and self-care experience a daily retreat. You can trust us to supply you with the best products and quality customer service. Whether you’re looking for a scrub to remove dead skin or looking to moisturize your skin, we have something for YOU. If you don’t see what you’re looking for, maybe we can make it for you! Just send a message to us in the contact section and we will discuss options with you.
HOME DECOR

A TIME TO SEW
MYREE WILLIAMS
ETEQUILTING@GMAIL.COM
Myree Williams provides longarm quilting services. She loves to work on almost any quilt that comes her way and has created detailed and interesting quilts.

AMAZING MILANIAN
MILENA VELASQUEZ
FACEBOOK.COM/AMAZINGMILANIAN
AMAZON.COM/COLLAPSIBLE-SILICONE-CONTAINER-AMAZING-MILANIAN
Amazing Milanian is an online company that is dedicated to the manufacture of earth friendly kitchenware products made of food grade silicone, a healthier alternative than plastic.

COMFORTLINES
TATYANA PUTRA
2638 N INTERSTATE AVE, PORTLAND
503.936.0416
INFO@COMFORTLINES.COM
COMFORTLINES.COM
Comfortlines Co. is a “to-the-trade” full service workroom specializing in custom draperies, roman shades, bedding, and upholstery. Our spacious Portland and Los Angeles facilities contain ample work surfaces and the appropriate equipment, ensuring that our professional seamstresses are able to accomplish projects of any size in a timely manner. Contact us and we will help complete your projects with the highest possible level of quality and professionalism.

NOMADIC VINTAGE PDX
NEDIM KORKMAZ
503.880.0499
NEDIM0065@YAHOO.COM
INSTAGRAM: @NOMADICVINTAGEPDX
Providing authentic nomadic rugs, runners, and pillow cases. I grew up in Turkey born to a nomadic Kurdish family. The carpets I acquire provide income for Kurdish families in eastern Turkey. I find that my business is unique because I source authentic vintage carpets that have been hand woven and I have also acquired techniques on how to mend them to restore its original beauty. I am also aware of the symbology that is represented in the art of the carpet explaining motifs, meanings and stories of nomadic life.

UNDERWATER GALLERIES
RUTH FLORES
PORTLAND
UNDERWATERGAL.COM
Earth-Friendly, man-made Cichlid Stones are molded with care and hand-glazed to eye-catching, natural look perfection, then heated to more than 2100 degrees and forged into high-fired ceramic. Each piece is individually poured for consistency, and no two are exactly alike. Excellent shelter for all aquarium fish including African Cichlids, New World Cichlids, plecostomus, corydoras, loaches, freshwater sharks, as well as nocturnal or cave-dwelling fish species. The spacious interior encourages exploration, while providing secure breeding niches and a defensible refuge, which helps reduce stress.
DIVISION STREET WORKS
TODD KIMMICH
9208 N PENINSULAR AVE, PORTLAND
503.569.5339
TKIMMICH@GMAIL.COM
DIVISIONSTREETWORKS.COM
Since 2006, Division Street Works has designed and built original wooden furnishings up and down the west coast. Inspired by Asian themes and the designers of early 20th century America, we focus on strong, simple, elegant designs.

IRON ART OF THE NORTHWEST
GUILLERMO NAVARRO
4530 NE 42ND AVE, PORTLAND
503.281.3481
Iron Art of the North West is a family business that offer a iron decorative work to give the decoration that you created, with our advise, helping you to have a work unique on a gate, fence, railing, guardrail or a special project that requires a metal work.

RICHARD CRAWLEY: SCULPTURAL DESIGN
RICHARD CRAWLEY
RICHARTSCULPTURE.COM
Richard Cawley has designed and created sculptural objects for over two decades. He is drawn to the challenge and delight of transforming post-consumer waste of our culture into thought provoking objects of beauty and functional works of art.

THE GLAZIERY
JAKUB KUCHARCZYK
521 N TILLAMOOK ST, PORTLAND
THEGLAZIERY.COM
The Glaziery is a stained glass studio specializing in custom glass work and restoration. Our goal is to preserve and innovate the tradition of stained glass, while raising public awareness and access to the art of stained glass.

SUMMIT WOOD CREATIONS
REYNA BADILLO
1431 SE TACOMA ST, PORTLAND
503.230.7018
SUMMITWOODCREATIONS.COM
Wood creations for generations at Wood Creations, each piece of furniture is handcrafted to perfection with you in mind. This handcrafted furniture will create tangible memories for generations to come.

YODELBOY WOODWORKS
CHRIS REIDL
PORTLAND
541.490.4317
YODELBOYWOODWORKS.COM
Custom woodworking, carpentry, and salvaged lumber.
ALL ABOUT FLAGGIN, LLC
REYNELDA HAYES
115 SE 129TH AVE, PORTLAND
503.774.5212
REYNELDAH@GMAIL.COM
ALLABOUTFLAGGING.COM
All About Flagging, LLC is an ODOT traffic control company that protects roadways across Portland, Vancouver, Salem, Medford OR and beyond. The company has earned the reputation as a true leader within the industry. Standing by our work and commitment to excellence, we look forward to always offering the very best in flagging services across Oregon for years to come.

HUB CITY EXCAVATION
ABEL ALFARO
503.935.1829
HCEXCAVATION@GMAIL.COM
Specializing in excavation services.

ZANA CONSTRUCTION
SEYON BELAI
13517 SE RUSK ROAD, MILWAUKIE
SEYON@ZANACONSTRUCTION.COM
ZANACONSTRUCTION.COM
Zana Construction is the go-to company for Interior and Finish Carpentry. We are recognized for our craftsmanship, safe work record and meeting project schedules on budget. Our clients can rely on 27 years of dedicated team effort to appreciate each project’s particular requirements and needs.
GREAT PEAK PAINTING
DELIA LAGOS
971.400.3803
INFO@GREATPEAKPAINTING.COM
FACEBOOK.COM/PAINTINGSERVICESNEARPDX
GREATPEAKPAINTING.COM
Great Peak Painting, LLC provides painting services to residential and commercial clients that guarantee customer satisfaction through prompt, polite, and precise practices.

LOPEZ HANDYMAN, LLC
ISRAEL LOPEZ-MENDOZA
503.891.9294
Independently owned, Portland-based handyman and home maintenance. Offering professionalism, care, and dedication.

LOPEZ LOPEZ HANDYMAN SERVICE, LLC
BRAULIO LOPEZ
503.8759026
LOPEZLOPEZHANDYMAN@GMAIL.COM
With over 30 years in the field, Lopez and Lopez Handyman Services LLC is here to provide excellent handyman services that are sure to fulfill your needs. We are dedicated to providing services to homeowners, business owners, and general contractors needing a handyman for odd jobs at an affordable price. These jobs often include general maintenance and repair tasks like plumbing, building, and electricity.

PDX HANDYMAN SERVICES, LLC
JOSE VALERIO JUAREZ
503.351.0987
PDXHANDYMANSERVICESLLC@GMAIL.COM
PDX Handyman Services is a family-owned company that offers the ultimate handyman experience and more. Our business is based on ethical practices and hard work. Our mission is to provide great skill and devotion to the things that matter most and to deliver exceptional services while developing new relationships.

PROFESSIONAL PEST CONTROL SUPPLIES
RICK BRONSON
5302 NE 42ND AVE, PORTLAND
503.286.5333
PROFESSIONALPESTCONTROLSUPPLY.COM
Professional Pest Control Supplies provides homeowners throughout Portland, OR with access to safe, non-toxic, eco-friendly pest control products. We'll help you break the infestation-reproduction cycle of pests, so you can get rid of your unwanted house guests once and for all! Everything we sell is safe for use in your home, and we’re happy to share our expertise and advice with you.
SAFEGUARD SECURITY ENFORCEMENT
HASAN ARTHAREE
2733 NE ELLIOTT AVE, GRESHAM
HASAN@SGPDX.COM
Safeguard Security provides licensed Unarmed Professional Security Officers to a wide variety of client's. All of our security officers have passed State Criminal Background Check, Drug Screening (at hiring and randomly throughout the year) and all State Training and Licensing Requirements before they are assigned. Our patrol officers help to deter vandalism, theft and trespassers on your property. Should the need arise; our patrol personnel are trained to coordinate quick notification of local law enforcement.

YOUR WINDOW DOCTOR
CHRIS FIERRO
971.235.7725
YOURWINDOWDR@GMAIL.COM
YOURWINDOWDOCTOR.COM
Commercial and Residential window and gutter cleaning. “My first time getting my windows cleaned professionally and boy was it worth it. Our whole house seems brighter. Chris was very punctual and polite. He cleaned our 13 windows, inside and outside in just a couple of hours. He even wiped down the screens and got rid of the dust that had been collecting since last year. Very reasonably priced. Will make this an annual spring cleaning event for my house.”
- Yelp Review
I started Sapphire Insurance to provide a wide array of products to protect your financial future. As many of us know from experience, a long term care situation can become a crisis for a family over night. Where to send our loved one for care, how to pay for the care, finding trusted professionals and so on. This is my passion. Bringing peace of mind to a chaotic situation brings me great joy. Let me know how I can serve you. I can address any concerns you may have in the areas of Life insurance, Long Term Care, or Disability insurance.
Gustavo Soares was 20 when he moved from Brazil to Florida and began working in hospitality. Working his way up from Bellman, he became Revenue Manager at the legendary Palm Beach resort, The Breakers. While on vacation in the Northwest, indulging his wife’s love of the Twilight series, they felt the pull to move. “We loved the 4 seasons of the Northwest, even the rain,” explains Gustavo. “and the people are wonderful.”

Gustavo and his wife first met State Farms in Florida when they insured their cars. Impressed with his customer service skills, the agent offered Gustavo a job. While he did not take the job at the time, the seed was planted and when the opportunity presented itself again in Portland, he took it. He spent 9 months in full time training followed by another year of experience before he was offered the opportunity to buy his own State Farm office. A new office building was being developed in the heart of the Beaumont neighborhood. The location was ideal and the State Farm agent who had been caring for the community, was retiring. Gustavo had a solid year of proven cash flow and sales, but in the insurance business, agents do not have hard assets. Because of this, traditional banks would not finance him. MESO stepped up. “MESO could see through a different matrix. They saw the potential,” explains Gustavo.

MESO approved the loan, empowering him to lease the space and complete the finish work. In 2014, Gustavo Soares opened the doors to his own State Farm Agency and today he continues to take care of the insurance needs of his neighbors. The loan, extended on a 4 year term, was paid off in one year. In six years from his arrival in Portland, Gustavo has grown to not only owning his own business, but his State Farm office is now one of the top 8 offices in 5 west coast states and #2 in Oregon.

“MESO COULD SEE THROUGH A DIFFERENT MATRIX. THEY SAW POTENTIAL”
ASHLEY’S ADVENTURES
ASHLEY MILLER
GRESHAM
503.453.2893
ASHLEYADVENTURESPLAY@GMAIL.COM
ASHLEYSADVENTURESPLAY.COM
Indoor play space that promotes imagination and fun! This play space will be the first in the Gresham area where children can construct their own learning through pretend play. This type of play is important because it helps build social skills as well as problem solving skills. Pretend play is children dressing up and using objects to help them act out real life social roles with their families and friends.

BOUNCE HOUSE NW
JOHN ELKINS
503.310.7734
BOUNCEHOUSENW.COM
Finding the right bounce house among all the options can be difficult. We pride ourselves on being a local, customer oriented, and competitively priced option for families in the Portland metro area. 100% of our inventory is made in the USA. Each unit will be cleaned after every use. Your party begins with us!

THERE OWL AND BEE CLAY COMPANY
MICKI SKUDLARCYK
3506 NE 57TH AVE, PORTLAND
OWLANDBEECLAYCOMPANY@GMAIL.COM
OWLANDBEECLAYCOMPANY.COM
The Owl & Bee Clay Company is a place where children come to explore their own unique creativity through the medium of clay. Kids can get their hands dirty while exploring new ways to communicate thoughts and ideas unique to them through a visual vocabulary. Children can also explore functional wares, like cups, bowls, plates and vases that can be used in their everyday lives. Celebrating each child’s unique relationship with their art work can help build self esteem and foster a life long relationship with the joy of art-making.

THE ULTIMATE ROCK GUITAR DOJO FOR KIDS
BRIAN & SOPHIE PARHAM
5603 NE KILLINGSWORTH ST, PORTLAND
503.484.6417
ROCKDOJO.ORG
The Rock Dojo provides the unique benefits of a complete musical education. Children learning the guitar with the Rock Dojo develop new skills, practice their social skills, and gain confidence as they learn, play, and perform on the guitar. We believe every child has the spark of greatness in them. That’s why we developed an achievement-based musical curriculum designed to inspire and empower kids to do great things in music and in life.
AFRICAN DANCE ENSEMBLE
MATHIAS GALLEY
503.926.1810
MATHIASGALLEY@GMAIL.COM
Mathias Galley grew up performing traditional African dance in West Africa. Mathias performs a mix of traditional, freestyle, and creative dance.

ALLEN MATHEWS
ALLEN MATHEWS
970.769.2503
ALLEN@ALLENMATHEWS.COM
ALLENMATHEWS.COM
Allen Mathews is a guitarist living in Portland, Oregon. Specializing in classical, Spanish, and Brazilian music, he has been welcomed as a performer in 6 countries, and throughout the US.
As an educator, Allen is best known for his classical guitar tutorial site, ClassicalGuitarShed.com, his online classical guitar program, The Woodshed, and his popular Youtube channel.
Allen taught guitar at Reed College and Oregon Episcopal School in Portland. For three years he taught classical guitar and group guitar classes at Lewis and Clark College in Portland. He has been a guest instructor and clinician at colleges and universities around the country.

ANGELA BRAXTON-JOHNSON
ANGELA BRAXTON-JOHNSON
971.300.5316
ANGELABRAXTONJOHNSON@GMAIL.COM
ANGELABRAXTONJOHNSON.COM
Check A Sista Out! I am a creative artist! I love, love, love the arts and the two forms that give me the MOST life are music and writing. The first of my loves, music, I inherited from my mother who was always singing or playing music. Always. Mama had quite the music collection in a variety of genres. This love was cultivated in me and manifested in my life through my love of listening to music, singing in choirs (since age seven), playing the flute (since age 10), singing in several groups and recently, I’ve been experimenting with singing a bit in poems that I’ve written to share through spoken word.

BOLLYWOOD DREAMS ENTERTAINMENT
PRASHANT KAKAD
971.344.2022
DREAMSPERFECTED.COM
Does your special day need that Bollywood flair? We have over 10 years of experience in producing events from 50 – 5,000 people – everything from private events to weddings, corporate events, and conferences. We specialize in high-energy and inclusive events across the United States and beyond, bringing the best of Indian culture and world music to the masses. Through our passion for music and dance, we strive to create memorable and unique experiences – it’s your dream event, perfected!
CIRCUS IN MOTION
MARTINA OSKARSSON
PORTLAND
503.869.4151
WRITEMARTINA@GMAIL.COM
CIRCUSINMOTIONPDX@GMAIL.COM
CIRCUSINMOTION.COM
We teach aerial art, circus & fitness classes in Portland.

DJ ANJALI AND THE INCREDIBLE KID
GITANJALI HURSH
ANJU@BUST.COM
ANJALIANDTHEKID.COM
DJ Anjali and The Incredible Kid have spent more than fifteen years igniting dance floors with cutting edge music not limited by borders or language. Few DJs can be said to have changed the sound of their city but that is exactly what DJ Anjali and The Incredible Kid have accomplished since they first introduced Portland, Oregon nightclub audiences to the many varied sounds of Global Bass, Bhangra, and Bollywood.

JESSI ANJULI ART, LLC
JESSICA ANJULI
JESSIANGULIART@GMAIL.COM
Jessi Anjuli makes arts. I like TEXTURE, modernism, COMEDY, painterly therapeutic broke strokes contrasted with some detailed realism. Always evolving.

JO LUNDBERG - ARTIST
JO LUNDBERG
503.720.9545
JOANNLUNDBERG@GMAIL.COM
JOLUNDBERG.CARBONMADE.COM
Using the pew as a desk and kneelers as her seat, Jo Lundberg taught herself how to draw portraits during Catholic mass as a child. She never stopped doodling. Jo’s often up-cycles pieces of wood (or other re-used items, such as bed sheets) that are rescued from alleys, burn piles, carpenters’ detritus, etc. and uses the natural beauty of the wood grain as part of the composition. Often described as “surreal,” her work is inspired by the natural world, the sea, Frida Kahlo, human anatomy and the place where psychology and the human condition bisect. Her paintings meanings are often shrouded in symbolism.
JOSH FEINBERG MUSIC
JOSH FEINBERG
917.776.2801
INFO@JOSHFEINBERGMUSIC.COM
JOSHFEINBERGMUSIC.COM
A dedicated teacher, Josh holds regular classes in Portland and to students around the world via online lessons. Also an author, Josh wrote a sitar manual called the Sitar Method for the Hal Leonard Corporation—the world’s largest music publisher. Josh’s book is geared towards helping beginner and intermediate students learn Hindustani music on sitar, or the instrument of their choosing. In addition to extensive compositions and exercises, the book includes an audio CD to aid the learning process. Josh’s sitar method book is available for purchase on his website and throughout the world. An updated version of the Sitar Method will include a video as well.

KAZÜM
ULI HAVERON
503.449.7864
4KAZUM@GMAIL.COM
RAWARTISTS.ORG/KAZUM
Kazüm has been Portland’s high-flying acrobatic performance troupe since 2006. They cleverly combine acrobalance, gymnastics and cheerleading stunts to create an exhilarating and unique show. Kazüm has a large variety of styles and size in their repertoire, which makes them able to accommodate the needs of a great deal of events. They have performed at small events such as children’s birthday parties, weddings and private parties all the way up to festivals, concerts and corporate events with thousands of spectators. Whether you are looking for a side act to entertain guests for a few minutes at a work party, an ambient act or a full circus show spectacle, including jugglers, hula hoopers and stilt walkers, Kazüm is a good choice.

SAEEDA WRIGHT MUSIC
SAEEDA WRIGHT MUSIC
971.344.6178
BOOKING@SAEEDAWRIGHTMUSIC.COM
SAEEDAWRIGHT.COM
Whether singing on a grand stage, speaking to an eager crowd, or authoring stories through lyric, melody and beyond, Saeeda Wright is sure to elevate your mind and your spirit to heights you didn’t know you could reach. Her passion is electrifying, and her voice so magnetic you cannot help but find yourself enveloped in the stories Saeeda is telling.
SAMUEL EISEN-MEYERS
SAMUEL EISEN-MEYERS
PORTLAND
503.869.4151
SAMUEL.EISENMEYERS@GMAIL.COM
INSTAGRAM: @SAMUEL.EISENMEYERS
SAMUELEM.COM
Guitarist, singer/songwriter and visual artist based in Portland, OR. Eisen-Meyers cut his musical teeth early and by the age of 13, was performing regularly with blues groups in Portland, OR. At 18 he began writing and performing his own original material, while actively touring and supporting other artists and songwriters. With roots in blues, pop, soul and groove music, he developed a fond appreciation for the expansiveness and colors of modern jazz. While frequenting the west coast festival and club circuit with bands out of Portland, Seattle and Bellingham, he wrote and recorded three albums between 2009-2014.

TEMPOS CONTEMPORARY CIRCUS
KRAIG MEAD
TEMPOS.INFO@GMAIL.COM
TEMPOSCIRCUS.COM
TEMPOS is a contemporary circus troupe that combines elements of physical theatre, dance, and acrobatics. As an ensemble, we strive to create a tension between fluid, rhythmic movement and dynamic, static postures. Like good music, there are moments of quiet shaped by rhythm and melody.

VITALIDAD MOVEMENT
ARTS CENTER
CAROLINA & JAMAL RAHIMA
116 SE YAMHILL ST, PORTLAND
971.266.3935
INFO@VMACPDX.COM
VMACPDX.COM
Our mission is to provide residents of Portland, OR with a community center that services their needs in the fields of dance and fitness as well as celebratory occasions including weddings, birthday parties, holiday parties and more

PERFORMANCE BY TEMPOS CIRCUS
ART OF MOVEMENT
AMEENA LACEY
232 SE OAK ST STE 102, PORTLAND
971.717.2056
AMEENA@THEARTOFMOVEMENTSTUDIO.COM
THEARTOFMOVEMENTSTUDIO.COM
Ameena Lacey is a Mind Body focused fitness and dance instructor and owner of The Art of Movement. Her mission is to help clients who experience daily and workplace stress find their potential as healthy, happy & fit people. Ameena teaches group, corporate and private Pilates, Total Barre and dance aerobics classes. She incorporates elements of alignment, breathe control, focus, myofascial release and meditation into her classes. She teaches in an intimate studio setting allowing for personalized attention, privacy and focus on proper form.

CASCADIA EXPEDITIONS
HARRY APELBAUM
5060 SW PHILOMATH BLVD #209, CORVALLIS
503.395.7122
INFO@CASCADIAEXPEDITIONS.COM
CASCADIAEXPEDITIONS.COM
Cascadia Expeditions offers outdoor adventures, remarkable memories, and massive amounts of fun. We focus on building community through professionally facilitated outdoor adventures. Our Adventure Outreach program partners with local non-profits to provide outdoor adventures to underserved and disadvantaged populations.

DIFFERENT SPOKES
ADAM AMUNDSEN
423 SE IVON ST, PORTLAND
503.512.5456
INFO@DIFFERENT-SPOKES.COM
DIFFERENT-SPOKES.COM
At Different Spokes, we know that cycling is for everybody. To that end, our team of professionals is dedicating to using every tool in our kit to increase your mobility, freedom, health and quality of life through cycling. Whatever your mobility goals are, we’re here to help you achieve them. Our promise is to listen, support, and encourage. Our guarantee is excellence, professionalism, and respect.
Who doesn’t like a great workout?!?! From my education, to holistic wellness practices, by seeking out a simple and sustainable lifestyle, I enjoy sharing my passion of fitness and wellness with the community. As an ACE certified Personal Trainer, I work with folks in private or small group training sessions, as well as lead a group exercise class. I also teach a beginner to intermediate level yoga class twice a week. I am dedicated to helping folks who need activity and strength training to make their daily living easier. Functional training is crucial to longevity. Each person is unique to his/her own circumstance and capabilities, and it is vital to listen to his/her needs to create a safe and successful program. I want to help you be an active participant in your health and well being. Being fit doesn’t always have to be a chore; the secret is, it CAN be fun! So grab a buddy and just get moving! Would love for you to join me on our paths to a whole body fitness and health!

Night Flight is a performance company based in Portland, OR. We produce big, colorful, beautiful shows that combine breathtaking aerial artistry and playful storytelling. We are extremely passionate about what we do and we believe whole heartedly that love is in the details. Aside from our shows, we are also an Aerial and Circus Arts Studio and teach Series and Drop-in classes. Our Series include classes in trapeze, silks, lyra, rope, straps, handstands, stretching and contortion. As teachers, we are dedicated to creating fun, safe and challenging classes that focus on individualized attention. We are invested in our students and helping them reach their goals.

Nomad Cycles is a leader in the electric bike industry, making the world’s best electric assist systems for bikes and trikes. With the Nomad system, a bike has enough performance to match a car in around town driving. That means you can forget about high gas prices -- you can go over 500 miles on a dollars worth of electricity. That’s up to 20 times better than an electric car or gas scooter.
Prime Golf Lab specializes in golf club repair, refurbishment, and customization. Our main services include sole and toe refurbishment, club face refurbishment, and putter refurbishment. We also feature putters and club accessories on our website along with club customization. Prime Golf Lab is a startup company that was created by a weekend golfer who was introduced to the game by his dad and whose childhood golfing memories along with helping golfers with developmental disabilities turned a passion into an obsession.

Vital Body Studio
Jack Coelho
3006 SE 52nd Ave, Portland
503.236.0787
JACK@VITALBODYSTUDIO.COM
VITALBODYSTUDIO.COM

Jack Coelho founded Vital Body Studio with the mission of providing certified, experienced, inspired training in the Pilates method, GYROTONIC® exercise, and functional resistance training, in a one-on-one individualized setting. He believes this approach yields the highest quality results for the client, and remains committed to providing his services at affordable rates.
AERIAL SILKS
NIGHT FLIGHT AERIAL & CIRCUS ARTS
PRINT & PUBLISHING

A&R DESIGNS
ANTONIO ALCOCER
225 NW MILLER AVE, GRESHAM
503.665.7233
Screen printing shop located in Gresham. Custom orders for individuals, groups, businesses, etc. Open 6 days a week, Sunday by appointment only.

BEMIS PRINTING & GRAPHICS
ANDREW BLISS
267 S 1ST ST, ST HELENS
503.397.1520
BEMISPRINTING.COM
Bemis Printing & Graphics is a full service digital/offset print and bindery for both large and small commercial and retail customers. We are dedicated to combining the best customer service with the highest quality products. We continually invest in the latest technologies and equipment for better quality and faster turnaround for our customers. We understand that time can mean money. At Bemis Printing & Graphics, we strive to meet your deadline, even if that means same day service.

CATHEMERAL PRESS
EMILY GARCIA
407 SE IVON ST, PORTLAND
503.482.2080
EMILY@CATHEMERALPRESS.COM
CATHEMERALPRESS.COM
Cathemeral Press is a design studio, bindery, and letterpress shop located in Portland, Oregon. I provide a range of services for print-based projects, and I specialize in working with individuals and families to create heirloom-quality, illustrated personal history books.

REDE PRINT N SHOP
IRWIN & CAROLINE CHAYADI
1915 SW 6TH AVE, PORTLAND
503.227.6137
INFO@REDEPRINTNSHOP.COM
REDEPRINTNSHOP.COM
We are a local print shop based in Portland, within the Portland State University campus in downtown. We provide our services to all types of people, whether they are students, business people or artists. We place a strong emphasis on customer service and excellence, regardless of what type of project we are working on. We believe in building relationships with our customers and strive to benefit them through both high-quality services and friendly interactions.

HOLOGRAPHIC NINJA STICKERS
STICKER NINJA
SCREW LOOSE STUDIO, LLC
CLEO DAVIS
3940 N WILLIAMS AVE, PORTLAND
503.546.9727
SCREWLOOESTUDIO.COM
Screw Loose Studio provides printing for business promotion, team sports, family reunions, and unique gifts. We also provide professional graphic design services for getting your message just right. Screw Loose Studio was established as a business in 2006, but was started years before by a high school student with artistic talent, and the drive to produce and sell his own designs. Along the way we’ve worked with local religious organizations, youth groups, family reunions big and small, individuals with their own business start-ups and many others. We pride ourselves on taking the time to listen to our clients and give them the best of their ideas, working with their budget, to produce amazing products.

SHE SHREDS MAGAZINE
FABI REYNA
8371 N INTERSTATE AVE, STUDIO 1, PORTLAND
INSTAGRAM: @SHESHREDSMAG
SHESHREDSMAG.COM
She Shreds Magazine is the world’s only print publication dedicated to women guitarists and bassists. We strive to change the way women guitarists and bassists are depicted and presented in the music industry and popular culture by creating a platform where people can listen, see and experience what it means to be a woman who shreds. Our goal is to transcend boundaries like gender and genre—supporting radicalism, respect and revolution.

STICKER NINJA
JUSTIN FETSKO
518 SE 76TH AVE, PORTLAND
971.599.3723
INSTAGRAM: @STICKERNINJA
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Portland’s favorite choice for high quality custom vinyl stickers that are waterproof, UV resistant, and don’t fade! Turning your art into stickers since 2011. Inspired by the local arts scene, Justin acquired a vinyl plotter from a friend and soon started making decals out of his basement in NE Portland. From the humble beginnings of his Etsy store, he transitioned from basement to warehouse, acquiring printing robots along the way and started offering custom sticker printing to all off Portland. Justin is a longtime burner, and his participation with attending Burning Man has shaped him into the human being he is today. Sticker Ninja has evolved to fulfilling all sorts sticker needs, big and small. We love helping artists achieve their vision! Need help? Let us know!
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DBENTERTAINMENTPRODUCTIONS.COM
We have been providing entertainment, music lessons, and event planning for more than three decades. Let our experienced professionals find you the resources you require for entertainment, training, or planning. Our owner received the Creator of the Smooth Jazz Sound award from the Portland Music Hall of Fame. Need an awesome new talent to entertain in your clubs or hotel? Ask us to find just the right person or group for the gig, whether you prefer jazz, R&B, country and western, or other musical genres. DB Productions offers music lessons on video, as well as training videos, for aspiring musicians. Choose from training videos in genres from easy listening to jazz, R&B, and fusion. Our focus is on percussion with instruction to take you from beginner to professional.

ELIJAH HASAN
ELIJAH HASAN
PORTLAND
E@ELIJAHHASAN.COM
ELIJAHHASAN.COM
VIMEO.COM/ELIJAHHASAN
I’m often asked, “What do you do exactly?” Depending on who it is and what their needs are, the answer varies. Simply put, I’m an Artist. Whether I’m writing, designing, shooting or directing – it remains a process of creating and crafting until the final product results into what was envisioned.

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HELLO@FIRWOOD.TV
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JFV LOCATION SOUND & SOUND DESIGNER
JUSTIN F VALLS
PORTLAND
JFV.PHOTOGRAPHY
Justin is a Location Sound Mixer & Photographer that brings years of international experience and a full sound kit dedicated to mobile sound recording for picture. He also provides sound design services and resources capable of meeting a film’s turn-key audio needs. His clients include Universal Music, NPR, Anderson Cooper, MercyCorps International, VICE, Lifetime, ATO Records, TLC, Anthropologie, Macy’s, MTV, the Today Show and Google. Justin also collaborates with many independent artists and organizations, and receives the greatest satisfaction from supervising the entirety of a multimedia product from start to finish, pre through post.

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INFO@LCLENTERTAINMENT.COM
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Laugh Cry Love Entertainment is a Portland-based creative services provider specializing in professional video production for small businesses, non-profits, and individuals. We connect humans, ideas, and action through the love of people and the power of storytelling.

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BEANY DION PHOTOGRAPHY
TORY CAMPBELL
541.908.2717
BEANYDION@GMAIL.COM
BEANYDION.COM
With many impromptu photo shoots and practice sessions with my wife, daughter, family, and friends, I have acquired what I believe is an eye for capturing life that surrounds me. From time spent in the quaint town of Corvallis to the bustling little big city of Portland all these experiences have lead me to start my own business. I hope that people see my heart, consider my work, and support me as I reveal what I see through my lens to others. As your photographer not only will I bring a unique perspective but will deliver a quality and professional product that captures what you envision and fulfills the mission of my company.

BEYOUTHFUL PORTRAITS
EDINA CLAGETT
503.866.0256
EDINA@BEYOUTIFULPORTRAITS.COM
BEYOUTIFULPORTRAITS.COM
My mission is based around the belief that every woman is beautiful! That you can look just as fabulous as the magazine ads. My photo sessions celebrate the women’s beauty as they evolve around styling and posing. My aim is not to make you look beautiful but rather to inspire to feel beautiful. To reconnect you with the beautiful woman you used to know.
LINDSEY RICKERT
PHOTOGRAPHY
LINDSEY RICKERT
503.267.1527
LINDSEY@LINDSEYRICKERT.COM
LINDSEYRICKERT.COM
I don’t take pictures, I CREATE pictures. With a little push from life in the right direction, I left my day job just three months after graduation and have been doing photography full-time ever since. My commercial, wedding, and personal work have graced magazines and galleries around the world. I love bold, dark images, with pops of color and beautiful highlights. Light is everything and I don’t wait for it to naturally happen, I make it happen! Through the power of artificial light, I transform scenes to give the dramatic look and feel they deserve.

PHOENIXLOTUS PRODUCTIONS
EVELYN LIU
503.799.7017
INFO@PHOENIXLOTUS.COM
PHOENIXLOTUS.COM
Open to the colors you see, Open to the sounds you hear. Open to the people around you. "In a world rife with inhumanity, miser, injustice and cruelty... it is the choice of my soul to "see beauty” The opportunity to share our dreams and to share the beauty of what we see, is something that feels as much to us a responsibility as an opportunity. Since 2000 we’ve been capturing images of the essence of people, their moods, and their persona. We’ve amassed a great collection of photos that reveals the uniqueness of all events, along with some places we’ve been.
I provide full-spectrum artist services—audio engineering, video editing, web and graphic design, and brand management. My practice is effective storytelling—I help people tell their stories in ways that generate revenue. This ranges from stepping in as producer on an album, directing music videos, rewriting a resume, helping an artist define themselves for a grant proposal, figuring out what a business’s unspoken mission is in order to design a website, or coaching a client until they can walk out of a meeting with a job offer or a contract. To be able to sell yourself, you have to be able to say who you are and what you do. My job is to listen and to then help tell the story in a way that is both effective and true.

I met Felicia at a RACC Art Spark mixer at Holocene two years ago. I was regularly touring Europe and leaned in to the fact that my fans viewed me as a manga character come to life— and with candy colored hair, I did look like a living cartoon character. In between tours, I was watching my artist friends leave the scene we’d created and give up making music—because after years of living on the edge without benefits, they were having to choose between art and having teeth... or between art and having children. I had an idea for creating a multimedia studio but felt that I was a decade away from being able to do it financially. However, I had always filed taxes on my music as business so when I saw the MESO table— I realized that if I could build this studio, we could work for scale, and we could keep making work we believed in with people we trusted. We didn’t have to leave Portland. We didn’t have to stop making music. I began to build the studio with my bare hands, borrowed power tools, and the occasional hired muscle. As I posted construction pictures on Instagram, bookings began even before it was done. The first client had to help me hang foam on the walls before we started recording. In the first four months of operation, I worked on 4 albums, 4 music videos, a short film, and 2 web builds on top of working overtime at my day job and appearing on the evening news in character as a crazy cat lady (I had just put out a feminist rap album about becoming a cat lady). Sometimes I was so tired, I cried myself to sleep. The first clients, who literally stepped over piles of wood and helped hang foam, paid minimal hourly rates. I added a purple unicorn couch from the free section of Craigslist, fan art, and a family of comfort tigers for anxious clients who put their music in my hands, and we raised our rates. Nearly all of our clients are referred to us by friends and other clients. We are still working to where I can quit my day job, but it’s doable within 2 years. We stayed here with our people. We are doing work we believe in with people we trust.

I’m the singer/art director the international avant-pop experiment known as The Sexbots. I’ve toured 8 countries, performed countless gay Pride festivals, was commissioned to do a custom set the going away party for Sam Adams, and have received support from both the Regional Arts and Cultural Council and the Oregon Arts Commission. I’m known for my quirky music videos and my neoclassical soundtracks. My work focuses on emotional decision-making and the inner world. I am a queer Asian mom and founder of The Gold Room recording studio.
CONSCIOUS COILS
AMBER STARKS
1033 SW YAMHILL ST STE 103, PORTLAND
971.998.8606
CONSCIOUSCOILS@GMAIL.COM
CONSCIOUSCOILS.COM
Our mission is to renew the collective consciousness of the people by nurturing a healthy self-image and celebrating authentic, natural beauty. Conscious Coils is more than natural hair, it’s a movement. This movement is about changing our minds and our thoughts about ourselves so we can be free to love who we really are. The point isn’t to judge an individual's aesthetic choices, but to liberate and empower them to choose deliberately. Be Free! Love Your Hair! Love Yourself!

DIVINITY SALON
ANITA TUCKER
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971.808.1597
Divinity Salon services all hair types and textures, regardless of ethnicity or cultural background. At Divinity you will experience a serene, comfortable atmosphere where you will be pampered and treated with care. Privacy is also available for those clients wanting to have a private area during their appointment. Divinity offers a range of specialized services, including but not limited to, Hair Extensions/Weaves, Hair Coloring, Silk Press Treatments and Keratin Treatments. For full service options and pricing, please refer to Divinity’s price list.

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90 NW 2ND ST, GRESHAM
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- Booksy Review

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We strive to be a non toxic, zero waste organic hair salon, by recycling 90% of our salon waste- including foils, hair color tubes, unused hair color, paper, plastic and everything we can! I want you to love your hair like I love pizza!
And if you don’t, I want to hear what’s stopping you from loving it. Bring me your concerns and together we can work towards a healthy relationship between you and your hair.

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I can help you with your beauty needs with services that incorporate both Indian and American salon practices. I am available to assist with traditional Indian wedding planning from henna and makeup to your hair and dress!
Determined to provide her children with the best possible opportunities, Gloria immigrated to the US in 1999. She brought with her the skills, knowledge and abilities cultivated from years in business, and a fierce fire to see her children thrive. For 7 years she worked as an employee, built her savings and gained her US professional certifications. In 2006, she opened her own salon in Beaverton. It was modest and a bit tired in appearance, but it was tidy, affordable and Gloria had a loyal following. It was also just around the corner from Meso Beaverton. Committed to strengthen her business, Gloria began taking classes at Meso. She was immediately identified as a great fit for the Anchor and IDA programs. Starting a business is daunting for the best entrepreneur, doing it in a new country brings a litany of unanticipated challenges. Gloria had navigated those waters alone, now, supported by the business development team at Meso, she was empowered to transition from a startup business to an emerging business.

With the IDA funds, the cracked drywall and chipped floors were replaced. Fresh paint, new chairs and a washer and dryer now outwardly reflect her professionalism. It has been 13 years since Gloria opened her salon. She is still in the same location and her next step, to buy the building, creating a path for generational wealth.

Gloria Sanchez has walked the bridge of cross cultural integration. Along the way, she created more than just a salon, she has created a vibrant place for others to celebrate their community and fuel their dreams.

“THERE ARE PARTS OF YOUR HEART, THAT YOU NEVER KNEW EXISTED UNTIL YOU HAVE CHILDREN. I WOULD NOT CHANGE MY CHILDREN FOR THE WORLD, BUT I NEEDED TO CHANGE OUR WORLD FOR THEM.”
With a rich background in creating ceremony it’s my offering to the world to help create this very special situation for your tattoo. I’m here for the folk who have said “I’ve always wanted to get a tattoo but never felt comfortable in any of the shops around town because they seem to lack feeling.” While many artists specialize in a certain “style” my specialty is first-time tattoos so that your initiation can be held with the upmost reverence.

Established in 1999 and located in the historic David Block building, Icon Tattoo specializes in fine tattoo work rooted in time-honored traditions and style. We are a team of individuals who share an affinity for fine craftsmanship, impeccable execution, and the art and practice of tattooing. We are proud to support our neighbors who inspire us to keep doing and to always be radically inclusive. As part of our community, you help us directly contribute to small businesses and organizations that we care about.
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ROOTED & WILD: SPIRITED CEREMONIES
EMILY STERLING
971.319.2687
EMILY@ROOTEDANDWILD.CO
ROOTEDANDWILD.CO
Rooted & Wild is boldly carving out space for meaningful modern rituals, ceremonies and gatherings. I am challenging you to slow down, to honor the growth and change in your life, to get to the heart of the matter. I am creating gatherings that are about connecting to ourselves and our community, they’re about saying the things that we so rarely say to our friends, our family, our partners. They’re about holding space for all the emotions that come with change. Let me help you harness the transformative power of ritual. Be rooted and wild in your own life.

CEREMONY IN PLACE
ROOTED & WILD: SPIRITED CEREMONIES
PHOTOGRAPH BY DONNY MAYS PHOTOGRAPHY
Sometimes the rejections were subtle, “The position has been filled.” Other times, no so much, “We don’t hire felons,” but nonetheless, the rejections came.

“Serving time is like that. It haunts you long after your parole is completed. The social bias remains even after years of working and paying taxes. A label that becomes an intractable barrier to living wage employment,” Dupree Carter.

Determined to provide financially for his family, Dupree, with his wife Michelle’s encouragement, began his own business, Junk It Junk Removal. They started with what they had, a beat up $1200.00 pickup, a free website and a free listing on google maps. Dupree drove on nights and weekends after his day job. He recalls the other junk removal men at the dump, laughing when he pulled in with his well worn truck.

Recognizing they needed guidance, Michelle searched for business mentorship programs, and discovered MESO. “Their grassroots approach fit us. They helped us develop personal goals as well as business milestones. Felicia helped us get into the Business Building Series and Capstone, which sent Dupree to PSU for business development and qualified us for the IDA program.” They traded their old pickup out for a $3000.00 flatbed, and built a reputation for excellent customer service. When a local tech company needed equipment removal on virtually no notice, Dupree adjusted his schedule to meet the client’s need. His responsiveness and quality of work transformed a “one off” job into a two year site maintenance contract which continues today.

After painstakingly assessing the market, The Carters used their IDA to purchase a full sized dump truck, catapulting their business to the next level. The men at the dump stopped laughing. Currently Michelle and Dupree are preparing to purchase their second big dump truck. They own their home in NE Portland, and Dupree continues to mentor others who are transitioning to life after prison.

“BARRIERS ARE REAL. YOU NEED TO ACKNOWLEDGE THEM. YOU NEED PEOPLE TO VALIDATE THEM. TOGETHER, WE LEARNED LEARN HOW TO TRANSFORM THOSE BARRIERS INTO A TOOLS.”
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MEET OUR BOARD
“Meson is committed to helping people where they are. The staff is amazing. I have never seen professionals as personally committed to their clients’ success.”

“Deepening recession, budget cuts, restructuring,” the words differ but code for the same message, “Your job is not long for this world.” It is said that when one door closes, another opens, but sometimes, before the other door opens, it feels like the whole house is falling down! Many MESO entrepreneurs know this feeling. Left behind or completely out of the job market they understand it is not enough to open a door, they need to build the foundation.

Beth Cooke knows something about having your foundation rocked. In 2009, budget cuts in higher education funding meant her job of 10 years with Portland State University (PSU) was suddenly gone. Taking stock of the situation, Beth decided to take the risk and opened her own consulting firm. “We were in the middle of a recession. People weren’t hiring. I had young children and needed flexibility. If you looked at my background you would think I was perfectly situated to start my own business. I was a specialized industry expert,” she explains, “but because I had always worked for others, I did not know the basics of how to begin.” Relationships built during her time at PSU provided her with exceptional mentors and a transformative life experience.

In 2012, her consulting focus transitioned from working with early-stage startups and higher ed, to advocacy. In Salem, legislation was being crafted to improve access to capital for small businesses and Beth was excited to be a part of helping entrepreneurs thrive! She worked with a coalition of organizations including TiE Oregon, the Technology Association of Oregon, Oregon Entrepreneurs Network, Oregon Technology Business Center, and then-Treasurer Ted Wheeler, to pass the 2012 Oregon Investment Act, from which the Oregon Growth Board was created and the Oregon Growth Fund established. It was through OGB that she met Nita Shah and came to understand MESO’s mission.

As part of her role with OGB, Beth worked with MESO staff on a proposal for MESO to receive assistance from the Oregon Growth Fund, a fund focused specifically on finding ways to improve access to capital for women, minority, and rural entrepreneurs. That assistance allowed MESO to help more entrepreneurs with loans and technical mentorship. In 2015 Beth left her role with the Oregon Growth Board and MESO asked her to join theirs. She accepted.

Incredible partners such as local foundations, Beneficial State Bank, KeyBank, and others allow us to successfully help clients grow through the continuum of their business’ life cycle. Who would not want to be a part of that?”
“WHEN WE COLLABORATE WE DELIVER MEANINGFUL, MEASURABLE BENEFITS TO OUR COMMUNITY – NO MATTER WHAT YOUR JOB TITLE IS – ISN’T THAT REALLY THE DEFINITION OF SUCCESS?”

Sometimes the paths we start on in life are not exactly the ones we were meant to follow. “I came out of Lewis and Clark as a corporate finance lawyer. I did not love it enough to stay in it but I did not hate it enough to leave,” he jokes. When presented with the opportunity to become a partner with United Fund Advisors, Cam made the change. A far cry from the starched boardrooms, Cam and his colleagues were now focused on the gritty work of funding projects to rebuild underserved communities. Projects like: the renovation of a vacant warehouse to a state-of-the-art K-12 learning facility for students impacted by homelessness, the Transitional Community School on NE Killingsworth, or the construction of a critically needed community health facility.

“Working on a project that identifies a failure in the system, then addressing it; that motivates me and UFA excels at delivering the alternative financing. The projects continued to be profitable investments with measurable social and environmental benefits. Since we were doing so well financing the large community development projects, we decided in 2006, to set up our own small business loan fund (SBLF)...and we were awful at it! Default rates were high. We were not getting the impact from it. Borrowers loved getting the money but they did not know how to manage it. It was a bomb. We shuttered the program. Shortly after that, I met Sanford and Nita, cofounders of MESO. MESO was delivering effective small business resources. Their clients were succeeding. MESO took over the remaining money we had set aside, ran the program and made us superstars!

Since partnering with UFA, MESO has increased the amount of small business loan funds available. Loans, coupled with teaching best business practices, have resulted in more small business owners achieving economic independence.
"WHEN AN ASPIRING ENTREPRENEUR ENTERS MESO, THEY ARE GREETED BY MEMBERS OF THEIR OWN COMMUNITY; BUSINESS ADVISORS WHO UNDERSTAND THE PITFALLS, CHALLENGES AND REWARDS OF STARTING AND SUSTAINING A BUSINESS IN THE PORTLAND MARKET, BUT WHERE DOES THE TEACHER TURN WHEN THEY THEMSELVES ARE IN UNCHARTED WATERS?"

"I was introduced to MESO through a friend, Cam Turner." David Connell stretches, sitting in the sun warmed boardroom of the business law firm Ater Wynne, adjusting his casted leg, the result of an unfortunate bike/car altercation. "Cam's investment company, United Funds Advisors, had started up their own small business loan fund and it had not gone well and they shuttered it. The community's need for access to capital remained and was growing. Cam knew that MESO's loans were consistently outperforming traditional lending institutions loans and he wanted MESO to take over UFA's reserve funds and manage loan distributions."

"At that time MESO was only handling a small number of loans. The UFA fund presented MESO an amazing opportunity to expand. The challenge, was that access to those loan funds came with increased rules and regulations. MESO was going to have to learn an entire skill set if they where to take the next step. That is where I, and Ater Wynn, came in. The whole team at Ater Wynne united to assist MESO as they developed the systems to become compliant. We see the value MESO brings to the community. It is not just about one person or one family lifted out of poverty. Wealth and opportunities disproportionate erode at the foundation of a community. The MESO staff takes clients from the ground up, starting with small loans joined with technical skills, then provides larger loans and additional skills as the business grows. They are the springboard for new entrepreneurs to reach the first rung on the ladder of generational financial prosperity. I've heard Nita tell clients, 'We all are continuing to learn. Surround yourself with those whose strengths complement yours.' There are many things that set MESO apart, not the least of which, is leadership that walks their talk."

For 10 years, David Connell and the legal team of Ater Wynn have worked with MESO to meet their organizational needs. In 2016 David, Chair of Ater Wynn's Business Department, joined the MESO Board as chairman of the governance committee.
1952: In North and Northeast Portland a vibrant African American Community flourishes. Men work long hours on the railroad while women weave together a tight knit community raising children. There are homes available here, great homes for $5,000 – but you can’t buy one if you are black. “A family friend, purchased one then sold it to my father, carrying a mortgage no bank would give”, Faye recalls fondly. “I was born there.” When fire damaged the family home, her folks chose the only option they could – to repair it. At the time banks, had one set of lending rules for the white customers a different set for people of color. “I was 5. Daddy put on his suit, my mother, her Sunday dress…and her gloves. In the 1950’s, banks would give you a home repair loan but if you were African American, they would tell you who would do the work and how much you would pay.”

At the University of Oregon in the 1960’s, Faye dawned her own gloves…of activism. Through her early involvement with the NAACP and the Urban League of Portland, she learned that the voice of diversity was a formidable and much-needed instrument of change. Senator Margaret Carter, the first African American woman elected to the Oregon House of Representatives, also knew the power of a forgotten community’s voice. Together they introduced and passed the Martin Luther King Jr. Holiday Bill. Faye then joined forces with Senator Bill McCoy, the first African American to serve in the Oregon Legislature, and established the Oregon Minority Women Emerging Small Business (OMWESB) Program.

But voices where still not being heard. Even though she served as the senior policy analyst for Governor Barbara Roberts from 1991-1995, established women’s political groups were closed to women of color. Faye worked with the African American Leadership Conference to build an election network for African American leaders and candidates. This group provided a platform for her sister Avel Louise Gordly to announce her candidacy for the Oregon Legislature and for Ed Washington to run for and serve on the Metro Council, the first and only African American to do so.

“The natural outgrowth of helping people one by one is you begin to recognize systemic problems and you begin to think about larger solutions.” To that end Faye started her own company, FM Burch and Associates, Inc., to help companies craft and execute equity plans in the public and private sectors.

One of her first contracts was to increase the diversity in the team working on TriMet’s Interstate MAX line. Her involvement with the Portland-Milwaukie Orange Line, resulted in more than $175 million worth of DBE work being awarded to minority subcontractors. Because of their involvement in such large projects, the subcontractors were able to buy homes, invest in their businesses’ infrastructure and contribute financially to additional projects that made their communities stronger, such as the Billy Webb Elks Lodge in Northeast Portland. Faye has served on the Board of Directors for the Urban League of Portland, MESO, the Portland Rose Festival Association and as Vice Chair of Self Enhancement, Inc., a non-profit youth program for at-risk youth, serving as a national model for the Centers for Disease Control and Prevention. SEI raised over $10 million in operational and building funds and moved into a newly designed facility during her tenure. She has served two terms on the National Regulatory Board for Small Business Administration, appointed by the Clinton Administration and reappointed by the succeeding Bush Administration.

Faye is a relentless advocate for minority and underutilized small businesses. She works to ensure equity in public and private contracting opportunities while mentoring emerging contractors in best practices through the Professional Business Development Group. Faye’s childhood home, located in the heart of the African American community on Williams Avenue, now serves as the Gordly-Burch Cultural Center…and I can not help but wonder if a pair of her mother’s gloves remain to inspire another.
"THE DRUM BEAT IS RELENTLESS: AMERICA IS THE LAND OF THE FREE, THE LAND OF UNPARALLELED OPPORTUNITY WHERE, WITH ENOUGH HARD WORK AND DETERMINATION, ANY ENTREPRENEUR HAS AN EQUAL SHOT TO SUCCEED. BUT IF THIS IS TRUE, WHY ARE GENDER AND RACIALLY BIASED WEALTH GAPS GROWING?"

"When we think of today’s American entrepreneurs, we think of Jeff Bezos, Mark Zuckerberg, or Bill Gates. While they have every right to celebrate their success, look at the microcosm they came from. The myth of American Entrepreneurship is that generational poverty can be overcome if you are just willing to work hard enough. We do not talk about the truth; that those who make it, almost always, come with significant safety nets woven from social, educational and financial connections. In the US, there are so many rules and regulations that a business owner must abide by, not knowing them, makes you vulnerable. MESO addresses that knowledge gap."

Working with Nobel Peace Prize economist, Dr Eunice of the Grameen Foundation, Jill honed her skills in micro-finance, catalyzing a movement to build sustainable paths out of poverty.

No matter what country she was working in, a common struggle persisted; the heavy work of poverty alleviation was being done by women, including in the US. "In America, people underestimate the extent to which your destiny is linked to your background. We do not like to address the history because it does not support the story."

Data shows that most wealth in the US is created from generational wealth. This wealth not only fulfills a purchasing function, allowing families to buy homes in good neighborhoods and send their children to costly schools and colleges, it also has an insurance function, offering a sort of private safety net that gives children a very different set of choices as they enter the adult world.

"By weaving together the lifelines of accessible funding, with education and mentorship, MESO creates the missing safety net. By complimenting clients skills with technical knowledge, professional connections and access to financial resources, MESO delivers the microcosm benefits others are born into. MESO is a small part of the solution, but small pieces can come together to make a big difference."
Kenechi Onyeagusi’s background has always been in commercial banking. “I wanted to serve people who are considered a minority like me in their ability to access capital,” she explains from her office on the 21st floor of the Heritage Bank Office Building.

“I am an African woman who immigrated to the United States and have a career in commercial banking here in Portland, Oregon. There are not a lot of commercial bankers who look like me or share my background” she smiles easily, anchored in the confidence that being an industry expert brings, and being a mother of twin toddlers demands.

“I am an entrepreneur at heart, “she cheerfully reveals. “I love the drive, the hustle, the little bit of crazy it takes to build something amazing! Commercial lending sets the pace for the community but it is a strictly regulated industry, and regulations can hamper struggling startups. Organizations like MESO help bridge that gap. Volunteering on MESO’s board feels like an extension of what I wanted to do when I first started in banking. As a CDFI, MESO is able to make loans that traditional banks cannot make, but what makes MESO special is the intentionality behind providing access to capital to communities of color. Then MESO ensures the business owner’s success by marrying that loan with technical support and professional development. Every decision the MESO Team makes must answer the question; “How does this impact the client?” It is not enough to just hand out money. It must come with the tools to build something lasting and to create generational wealth. With MESO’s education and mentorship programs, clients have allies and advocates. Those are powerful tools for any business owner who is a one person band trying to do everything.

MESO’s micro focus on the African American community resonates with me because people like Faye Burch took actions years ago to create a path for business owners and people in the community who look like me.
Mahendra Shah knows a thing or two about finance. By day, he oversees the pension and investment funds of PacifiCorp, after hours, he is a small business super hero, volunteering as MESO’s Finance Committee Chair. “We are in a time of digital aggregation. In every industry, companies are striving to have the greatest footprint, to control the largest part of the market. This results in the abandonment of smaller business. Technology is evolving at breakneck speed, with unintended consequence; the value of labor is marginalized. Those with money to invest, invest in technology. But who is investing in people?” asks Mahendra.

MESO started as a small venture. Its’ strategy: level the playing field for emerging entrepreneurs. MESO acted like an incubator, helping clients identify their skill gaps and then provide the tools to narrow them. If math was a stumbling block, MESO helped them understand basics. If obtaining permits and licenses was intimidating, MESO came alongside to be sure all was done correctly.

“Customizing support to the level the client needs are essential, and consistent mentoring and interaction is key. By removing impediments, you magnify their measure of success.” But narrowing the skill gap is not enough to turn the tide of inequity. Large banking institutions, accountable to shareholders, too often deem that small loans are not worth investing in. Mahendra and the board of MESO, recognized that the focus on macro level profitability was resulting in silent collateral damage to communities.

Without access to capital, the middle class will continue to be undermined and lower income families will be robbed of well-deserved opportunities. Mahendra worked with MESO to develop an alternative. By meticulously reviewing each loan application, working one on one with the recipient, and investing in a deep understanding of their business strategies, MESO has approved 800 plus business loans over 5 years, totaling over $7,000,000. The most stunning part of this, is that while the national default rate for micro loans is over 20%, MESO’s default rate is below 2%.

Mahendra Shah has brought his expertise and guidance to MESO for 15 plus years. He knows that success is not always measured in profit margins, ROI is seen in the eyes of an individual and not just on a ledger!
“RARELY DO ALTRUISM AND CAPITALISM SHARE THE SAME GOAL BUT OCCASIONALLY, THE STARS ALIGN AND A COMMUNITY BENEFITS.”

In the 1970’s, the neighborhoods of North and NE Portland had one of the largest percentage of black home ownership in the nation. Diversity and strong schools made it a good place to raise children and Sheila chose to live there. She also had a job with Pacific Power doing the work she loved, helping Portland residents and businesses improve their quality of life and economic success.

At that time, Pacific Power’s customer base in North/ NE Portland was a unique mix of the state’s wealthiest, most politically connected and its poorest and most disenfranchised. The utility had long recognized that their customers’ economic prosperity was crucial to their own success. Back then, as a community and economic development manager, Sheila encouraged Pacific Power to partner with NE neighborhood associations, nonprofits, business associations, and public jurisdictions to form the N/NE Economic Development Alliance. The state’s first commercial Industrial Small business incubator began in a donated Pacific Power Service Center. The collaboration resulted in the Albina Community Plan that drove much of the area’s comprehensive community and economic development.

Albina Community Bank was founded to address local redlining. The I Have a Dream Foundation sponsored entire elementary classes to get to college. The public-private partnerships brought Enterprise Zone and New Market Tax Credit dollars to the area. Together they applied for, and received, federal grants to help support and fund minority owned business. North and Northeast Portland earned the designation of an Enterprise Community, opening the door for additional funding. They were succeeding in securing access to capital for a community which historically was overlooked! The victory however, was double edged.

“Gaining access to capital is essential. Knowing how to use it and when, is equally important. Growth periods, from start up through expansion, are times that can make or break a business,” Sheila explains. “Many business owners poised to receive funding had strong product skills but the pragmatic foundation of how to successfully be in business was missing. We needed an organization that would help minority entrepreneurs hone their technical business acumen. That is when MESO entered the picture.”

Sanford Maddox and Nita Shah provided exactly that technical support. While working on the Advisory Board for The Black United Fund, they were tasked with developing systems to narrow the technical knowledge gap. Once completed, MESO was ready to transition into its own organization and Sheila was a founding member. 15 years ago MESO launched its first aspiring business owners, mostly sole proprietors dismissed by traditional institutions. Over time those businesses have grown, and MESO has grown alongside them. By offering expanded technical support, lending capacities, and deeper expertise, MESO remains a trusted partner for minority entrepreneurs navigating the exhilarating and tumultuous waters of longevity and growth.

Sheila Holden’s desire to create job opportunities and answer the seminal challenge of “How do we create wealth” has made her a leader in community driven public private partnerships. As a MESO board member she ensures that whether you are creating your first business plan, experiencing growth or you have hit that perfect point of equilibrium, there is always a place for you at the MESO table.
IF TERI KARREN-KEITH COULD STRIKE ONE WORD FROM THE ENGLISH LANGUAGE, IT WOULD BE “UNBANKABLE.” “IT IS A HORRIBLE TERM,” SHE EXPLAINS, “AND COMPLETELY MISLEADING.”

As national banks continue their relentless march toward mergers, small community based banks are disappearing at an alarming rate. While the larger banks offer economies of scale and streamlined practices, emerging business that do not fit a pre-packaged model are often turned away, deemed “unbankable.”

“For business owners, the label makes no sense. Often, around their 3rd year in business, they are ready to take the next step. For many, that means getting a loan. For years they have built a business. They have checking accounts and credit cards accounts and years of managing cash flow. They have paid their bills on time and yet they are now being told they are “unbankable”, and are advised to “go to an alternative lender.”

Alternative lending does not mean: “I am less than.”

Many small and emerging businesses simply cannot be fully viewed through the narrow lens of pre-packed, homogenized loan products. Sometimes, it takes a different set of eyes to see the whole picture, MESO’s eyes. “When we take the time to look at a business model in its entirety as well as understanding the nuances of the community in which it exists, we do not overlook critical information. It is much more time consuming, and worth every minute.”

By day, you will find Teri working at one of the few remaining community banks, Beneficial Bank. After hours, she volunteers on MESO’s loan committee, utilizes a decade of expertise, to help emerging business secure loans greater than $25,000.

“Thinking outside the box made these entrepreneurs successful. They are not a package, neither are their loan needs.”
MESO IS GRATEFUL TO THE BRAVE ENTREPRENEURS MAKING A DIFFERENCE IN THE COMMUNITY.

WE THANK OUR FUNDERS AND ALL THOSE THAT CONTRIBUTE TO MESO TO MAKE THIS WORK POSSIBLE.