



The SOUTHEAST EXAMINER

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Eastbank Esplanade Improvements: Temporary Closure Ahead

Portland Parks & Recreation (PP&R), in partnership with the Portland Bureau of Transportation (PBOT), Bureau of Environmental Services (BES), and the Regional Arts and Culture Council (RACC), will be making safety, maintenance, and planting improvements to the popular Vera Katz Eastbank Esplanade.

Work began February 1 to repair the section of the Esplanade between the Steel Bridge and Hawthorne Bridge. PP&R has closed this segment of the Esplanade to make the improvements and repairs. The trail will reopen to the public on (or by) April 1, 2019.

For more information see: portland-oregon.gov/parks/eastbank

Previously-scheduled events will not

be affected by the closure. The trail will be opened and safe for the public during two special events: Worst Day of the Year Ride: Sunday, February 10 and The Shamrock Run: Sunday, March 17

PBOT and PP&R announce that Better Naito is open as of January 28 to provide a safe detour during the Esplanade maintenance project. Better Naito provides the closest continuous connection between the Hawthorne and Steel bridges on the west side of the Willamette River.

Questions about the project? Go to the Esplanade maintenance project page or contact Portland Parks & Recreation Community Engagement Specialist Ken Rumbaugh at Ken.Rumbaugh@portland-oregon.gov

Major League Baseball in PDX

BY DON MACGILLIVRAY

Is the dream of major league baseball in Portland possible? A growing number of

Portland's notables think so.

Craig Cheek, Nike executive, Mike Barrett, former Blazers broadcaster, and Jason Atkinson, former Oregon State Senator have formed the Portland Diamond Project (PDP) to raise one to two billion dollars to make it happen prior to the 2022 season.

There is a group of silent partners helping financially and their connections to help may make it a success. This is the most organized and sophisticated group that is working to bring baseball to a West Coast city.

Russell Wilson, quarterback of the Seattle Seahawks, and his wife, the internationally known singer Ciana, are major players and investors in the Portland Diamond Project. Wilson's involvement adds star power and high-profile visibility in the efforts to secure a new baseball team.

The couple's connections to baseball includes his experience in high school, college, and a brief professional career while Ciana worked at Turner Field in Atlanta. They would like to help generate the same energy for baseball that the Timbers and Thorns have done at Providence Park.

Another recent addition to the team

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New Alignments Push Back Against URM Policies

BY MIDGE PIERCE

A potentially powerful alignment of diverse interests has coalesced to oppose City requirements that unreinforced masonry (URM) buildings post placards warning of possible collapse in the Big One.

Backlash that the policy hurts the very residents City Commissioners aim to help has shifted perceptions of the city's vaunted equity lens among low income renters, minorities and business owners who feel unfairly singled out.

Signage supporters say placards provide essential earthquake safety information. No one disputes the need for sound, earthquake resistant structures, but, without financial help for seismic retrofits, opposing interests call the situation inequitable.

NAACP Portland Chapter President E.D. Mondaine claims placarding will cause displacement of people of color and perpetuate gentrification. At a City Hall

rally last month, he blasted the URM policy as yet another form of discrimination against minorities. He called on the City to engage everyone impacted by the policy and pressed for practical time frames and "robust, accessible financial assistance."

The extraordinary mix of commercial interests with minorities, musicians, artists, tenant advocates, preservationists and the newly-formed Coalition to Prioritize, Protect and Preserve Affordable Housing, stood firm in what the latter termed "solidarity against a land grab gold rush that threatens Portland's racial fabric and character".

One by one, speakers acknowledged that while seismic safety is critical, the placarding process is selectively punitive, exacerbated by improper process, notification and issuance of a "contract" they contend the City requires that affixes URM identification to titles and deeds.

Building owners call it an encumbrance tantamount to a "lien" – a descrip-

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SE Updates

BY MIDGE PIERCE

Record Funding Found to Tackle Homelessness

Low income housing relief is coming to SE. The Mayor bills the just-announced Permanent Supportive Housing Initiative as a "first of its kind" effort to combat homelessness by leveraging state, county and city resources. More than \$12 million has been awarded to two area projects that will combine new housing and mental health services. The innovation is earmarked for veterans and unstable individuals. Addressing mental health will reduce chronic homelessness, say officials.

Findley Commons, in the 5400 block of SE Powell Blvd., will redevelop an underutilized parking lot at St. Marks Lutheran Church to provide thirty-eight units for under-served and extremely low-income Veterans.

Farther East at 11332 Division St., will have forty SRO units of Permanent Supportive Housing plus twenty studios to serve low-income individuals experiencing mental illness.

The projects are backed by Portland Housing Bureau (PHB), the Joint Office of Homeless Services, Multnomah County Mental Health & Addiction Services, and Oregon Housing and Community Services, are billed as an innovative solution to chronic homelessness.

HBBA tackles the Future

Like it or not, Portland is growing "up" and the SE area is ground zero for development, according to speakers at a seminar called Vision for the Future of Hawthorne.

A broad-ranging agenda addressed how area businesses and residents can steer their future by identifying sites likely ripe for development and advocating for protections of "special" buildings and locations.

Announcing the rebranding of their Division Design Initiative as PDX Design Initiative, seminar organizers outlined guidelines for commercial districts that don't qualify for review under the city's 55-foot height threshold.

Fielding "freezing Portland in amber" criticisms and charges that design reviews were expensive impediments to needed development, moderator Heather Flint Chatto, a self-described QUIMBY (quality in my backyard) said good design need not be costly.

Guidelines can smooth building processes by spelling out community goals and priorities. Lamenting the canyon effect of disproportionate new builds along Division, she called for a "building and balance" approach to density with sensitivity.

Architect Laurence Qamar provided solutions for design affordability, context and compatibility that included following patterns and proportions sensitive to street widths.

With everything rising, finding commonalities between low, one-story buildings and taller multistories is essential, he said.

Preservation Update Gains Toehold

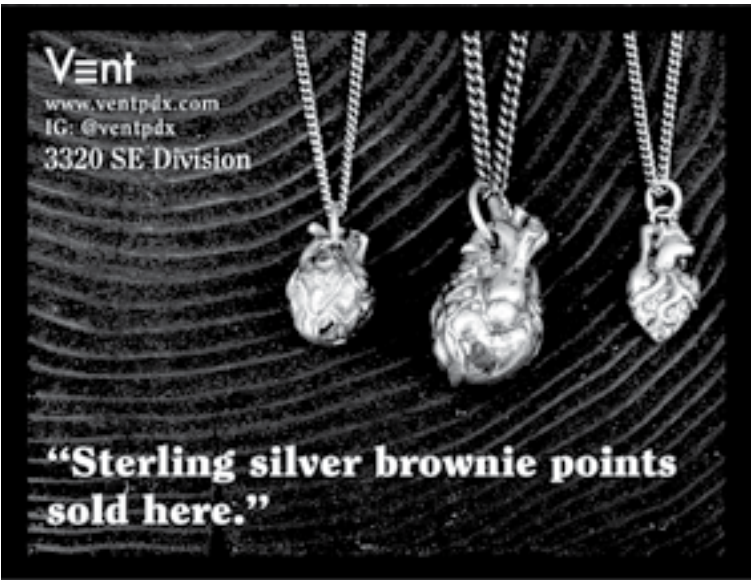
Preservation is not easy as New Portland explodes with growth, construction and fast-clip demolition.

Now, better late than never, Portland's thirty-five year old Historic Resources Inventory (HRI) is moving closer to an update with the draft release of a project to smooth identification processes.

Key points of the Historic Resources Code Project include revising demolition and design protections for designated resources, expanding incentives for adaptive re-use of significant buildings, liberalizing owner consent regulations and better differentiating between conservation land-

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When you adopt the viewpoint that there is nothing that exists that is not part of you, that there is no one who exists who is not part of you, that any judgment you make is self-judgment, that any criticism you level is self-criticism, you will wisely extend to yourself an unconditional love that will be the light of the world.

Harry Palmer



Le Letters to the Editor

To the Editor:

In response to the December article by Midge Pierce on “The 5G Juggernaut” I would like to expand a little. Few understand that proposed fifth generation (5G) millimeter wave frequency is a weak frequency.

To implement the IOT will require a massive build-out requiring wireless antennas on most utility poles causing an exponential increase in environmental exposure to microwave radiation.

Ted Wheeler has filed a lawsuit against the FCC for regulatory rollbacks set to remove local control over locating antennas. Industry will be able to locate antennas without restrictions or requirements to notify the public of its plans.

Prior to implementation, city officials should consult with biophysicists, medical doctors or researchers studying the impacts of microwave radiation on living cells. Phone calls to the Office of Community Technology are never returned.

Scientists studying microwave radiation are raising the alarm. Former government scientist and Harvard physicist, Dr. Robert Powell says 5G “is about life and death.” Scientist Dr. Ronald Kostoff compares 5G with the “Holocaust” and begs cities to become sanctuary cities refusing 5G on health grounds. There is much pushback throughout the country and internationally.

Beatrice Golumb, MD, PhD Professor of Medicine UC San Diego writes: “...I urge in the strongest terms that you vigorously oppose California SB 649. If this bill passes, many people will suffer greatly, and needlessly, as a direct result. This sounds like hyperbole. It is not.”

OHSU Dr. Jerry Jaboin says 5-G and WiFi are like; “Russian Roulette...” Portland scientist, Dr. Martin Pall, PhD just published a paper: “5G: Great Risk for EU, US and International Health.”

RF EMR can cause an array of adverse effects on DNA integrity, cellular membranes, neuronal function, the blood brain barrier, melatonin production, sperm damage and immune dysfunction.

Will benefits outweigh risks by adding all this hyperconnecting technology compared to public health and environmental consequences?

A thorough investigation

includes downsides like E-Waste, global climate change, toxics emissions, occupational safety, privacy, security, public safety from wide-spread battery backup systems, and most critically, direct human health and environmental risks. 209 leading scientists and doctors signed an Appeal demanding a moratorium on 5G due to the serious health effects.

5G affects the first layer of skin, specifically the sweat ducts. To get around the regulatory hurdle of too much exposure, the FCC has reclassified human skin as an extremity allowing for higher exposure. This is not new. Years ago the FCC reclassified the ear as an extremity for the same reasons.

How many with kids in school have been notified by PPS that wireless technology is not insured for “harm from electromagnetic frequencies” as explicitly stated in its policy. Should parents and students be notified that an agent found too dangerous to insure is being used in our schools?

Outraged? Write or call your representative and PPS and let them know.

David Morrison

Urban Burning:

Curling up by a cozy fire may feel great on winter days, but for Portland residents, it is important to think about the impact this has on our already compromised air quality.

It’s obvious to most who have lived in Portland the past few summers that thick amounts of smoke from forest fires can cause great distress, but even smaller amounts of everyday woodfire smoke can be harmful.

Fine particulate matter pollution is a public health concern, and Portland has unhealthy levels of PM 2.5 (particulates less than 2.5 microns large); local concentrations may be 3-7 times the threshold recommended by the World Health Organization.

According to the Multnomah County Health department, wood burning is a major source of harmful air pollution, accounting for the more than half of fine particulate matter during winter. In addition to fine particulates, woodsmoke contains several carcinogenic compounds such as polycyclic aromatic hydrocarbons, benzene, aldehydes,

and other free radicals.

Woodsmoke can cause short term effects like throat, eye, sinus, lung irritation, headaches, decreased lung function, inflammation, asthma, and increased risk for heart attack and stroke. Long term exposure has been linked to chronic lung diseases (bronchitis and emphysema) and cancer.

The state of Washington’s Ecology Department conducted a study in 2009 and estimated that fine particulate matter air pollution may account for statewide healthcare costs of \$190 million per year.

Not surprisingly, these illnesses disproportionately affect children, the elderly, and people with other chronic health issues. Burning wood increases exposure to smoke in the home, potentially affecting the health of people and their pets.

Oregon DEQ partnered with Portland State to conduct a residential survey of Portland in 2014 and found 32% of households reported burning wood. Approximately 230,000 tons of wood is burned in the area each year, of which 55% may be combusted in uncertified woodstoves or fireplaces. Fine particle emissions are threefold higher from a non-certified woodstove and twentyfold higher from a fireplace than from an EPA certified woodstove.

Last year, Multnomah county passed a new ordinance: on days when weather conditions indicate poor air quality, both indoor and outdoor wood fires are prohibited.

Exceptions exist in the event of power outages or for people with low income or those with no alternative heat source. To find out the air quality index, see airnow.gov and enter your zip code or click on the map. Poor air quality days also sometimes show up on weather apps.

Additional information about certified woodstoves and fireplaces, tips for cleaner burning, and the full 2016 legislative report from a statewide working group can be found here: tinyurl.com/y88kgldb.

Perhaps it is time for Portland to redefine the hearth. Light a candle instead, consider a gas “fireplace” unit for ambiance, or burn wisely in a certified woodstove.

Janice Snyder

SE

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The Attic Institute celebrates twenty years

By Jack Rubinger

It's about ten steps up to The Attic Institute through a narrow entranceway on Hawthorne Blvd. on a rainy winter afternoon.

To the right are the coziest, most writer-friendly offices in town, and stacks and stacks of hardcover books on top of classic typewriters. To the left is another pair of comfy rooms filled with well-worn couches, coffeetables and bowls of candy.

Founded in 1999 by David Biespiel, The Attic has been a welcoming place for writers to hang out. Writers are celebrating the twentieth anniversary by continuing to hone their craft in this setting.

The faculty of fellows and teachers includes recipients of the National Endowment for the Arts Fellowships in both fiction and poetry, the Nieman Fellowship at Harvard University, both the Stegner Fellowship and the Knight Fellowship at Stanford University.

In addition there are many Oregon Book Awards and Pacific Northwest Booksellers Awards, inclusions in Best American anthologies, *The New York Times* Bestsellers, and Notable Books of the Year lists, Poetry Foundation's Best Books of the Year, and the Smithsonian Notable Books of the Year.

Big name faculty include Cheryl Strayed (*Wild: From Lost to Found on the Pacific Crest Trail*) and Whitney Otto (*How to Make an American Quilt*).

The Attic has served some 10,000 student writers over the years with single classes and year-long workshops. Writers appreciate the self-selected group and the spirit of literary camaraderie.

Here, committed and focused writers from their mid 20s to mid 70s come to work with real working writers; from beginners to those who have agents. A full range of workshops lets writers explore their options.

Many are at a stage in their lives when they're ready to take their writing to the next level. They've negotiated the time and now they're going to try to make it work.

Emily Whitman teaches workshops on writing middle-grade and young-adult novels. She's taught tools for expressing emotion, retelling myths and fairy tales, and other aspects of writing books for kids and teens.

The Attic helped her on

her writing path. Years ago she was raising her kids and longing to get back to writing. She took a workshop at the Attic that freed her pen and made her brave enough to share what she wrote. That path has led to three published novels, teaching at conferences, and leading workshops at The Attic.

Whitman loves the small workshop structure and how it creates a community of committed writers. From her experience, writers come to The Attic because they're eager to learn. They take their work seriously, but they're not stuffy – they support each other, giving and taking input, while learning to trust themselves as writers and find their voice.

One student who went on to an MFA program said she'd learned as much in The Attic's workshops as in the first semester of her academic program.

"David Biespiel has created something really special with The Attic," said Whitman. "Readers should know that it's for everyone. You can try a weekend workshop or sign up for a session."

Poet Jennifer Dorner took several courses from 2011-2016. She started with a \$40 one-day workshop with poet John Morrison, tried a three-day summer class with poet and president David Biespiel and then participated in several five-week poetry classes.

She's had the privilege of working with John Morrison, Dave Jarecki, Wendy Willis, and Matthew Dickman. Dorner said she wrote one of her best poems in Jarecki's Time to Write class.

She explained that writing to prompts has been a useful skill for growth and experimentation. At the Institute, she learned how to be a poet with a full time job.

After two years at the Attic, she began submitting work for publication after encouragement from John Morrison, one of the best kept secrets at the Attic along with poet Wendy Willis.

"I have made many lasting friendships and have found a network of poets and writers in the Portland area which has led to opportunities for publication, readings, teaching, editing, community development and leadership," Dorner said.

The faculty helped her with line edits, strengthening her

voice, and kept her sharp and productive through changes in her life, including with her job handling complex and large loss insurance property claims.

"The space is so inviting, and the level of instruction is superb. I feel the Attic's approach to writing is experimental, open, and encouraging. There is no one style or school of thought.

"The Attic Institute is in the good business of offering affordable writing opportunities for working writers who don't yet trust their work," she said.

For more information about The Attic, including open mic sessions on Fridays, visit atticinstitute.com. Better yet, take a moment from a stroll on Hawthorne and climb up the steps into a world alive with words and conversations.



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High Tech to Grass Roots

In response to the Portland housing crisis, JT, a software developer, has tapped the housing design experts at Communitecture and the edible garden and permaculture specialists at Witch Hazel Designs to create a new model for urban sustainability. Permaculture, a progressive agricultural technique, from 1970s Tasmania, AUS is now implemented worldwide.

The crucible of this cutting-edge project sits in SE on a 1,000-square-foot lot at 5609 SE Francis St. These innovators are combining high-tech housing ideas with new takes on old methods of agriculture.

The result will be a sustainably-renovated home, with the addition of two tiny homes, surrounded by land producing food for the ten residents in a symbiotic system, all under a native white oak tree.

The lot, among many other elements, will include olive trees, ponds, rain gardens, firewood-generating trees, turkeys and chickens whose manure will be recycled back into fruit and nut trees.

Solar hot water heaters will provide resilience and help prevent waste and expense for the residents who will be living off the land in the middle of the city. The plan is to meld multi-

ple systems of agriculture, science, architecture, design, and sustainability to create a sane and resilient new way of living in our crowded city.

"It'll be a place to be happy," said Witch Hazel principal Julian Dominic. "A place of affordable housing and food. Right now, it's in its first phase. When it's complete, it'll show how the world can evolve with the forward-thinking work of folks from the tech and environmental worlds coming to the same party."

Communitecture designs beautiful, sustainable places to bring people together in community. With an approach that explores new creative territories they are absolutely committed to sustainability, while respecting to the needs and priorities of all the individuals, families, and communities with whom they work and play.

Witch Hazel Designs and Education are a permaculture design and education business focusing on urban homestead design and rural agricultural planning. In addition to design, they co-lead sustainability classes, work with schools to develop environmental ed programs, and run a summer garden camp at Sabin Public school in the NE. witchhazeldesigns.com. NT





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Neighborhood Notes

Hosford-Abernethy

By Jill Riebesehl

A new year, and we're off to a flying start, tackling important issues on our drawing board: the Gideon crossing, a huge utility pole and people who live on our streets.

A while back, the HAND board was elated when we learned the feds had come up with money to replace the SE 16th Ave. pedestrian/bike bridge that was removed in building the MAX Orange Line. The motivation for this renewed funding was safety, as people were putting themselves in danger trying to cross the tracks when freight trains were stalled for extended lengths of time.

Tri-Met and the city's Bureau of Transportation devised a plan for a new bridge, including elevator, but they placed it at SE 14th (crossing over the MAX and Union Pacific tracks to SE 13th Pl.). SE 14th is a stubbed street that trucks use to deliver product to the few businesses there. The businesses objected. The board, which represents everyone who owns property, does business or lives in the HAND neighborhood, felt a strong mandate to weigh in on the proposed Gideon bridge.

The problem dominated several of our meetings. We visited the site, listened to the various stakeholders, mulled over other possible sites, and met often with various Tri-Met and PBOT representatives. With time running out on the availability of financing, this month the board finally voted to approve the crossing, with language strongly urging that all efforts be made to create safe access for all users. The decision, however, is out of our hands, lying with the city and Tri-Met.

The Central Eastside Industrial District falls within HAND's borders, and we sometimes concern ourselves with issues in the district that affect us both. The district's council, the CEIC, is far along in a plan to establish an Enhanced Service District (much like the one downtown) to be paid for by the businesses. It involves cleanup, policing and graffiti removal, among other services. CEIC will be bringing their plan to the City Council soon.

Part of the plan involves how to deal with the houseless people who live or frequent the district. A consortium concerned with those aspects of the CEIC's plan recently proposed making changes. They are calling their proposal the Compassionate Change District. The HAND board this month agreed to support the coalition's efforts.

Last year, neighbors along SE Division were unpleasantly surprised to find a huge Verizon communications pole – disproportionate and aesthetically out of sync with the homes and the street – on the curb adjacent to Langlitz Leathers. Residents do not recall getting a notice about this and are not pleased. The HAND board has notified all the actors involved, elected city officials, employees and Verizon, of our displeasure with the lack of community involvement in the erection's design and siting. We are making a statement in the hopes that this will not become standard operating procedure in other neighborhoods.

Anyone interested in communications by the board on these issues can find them on our website. The board meets at 7 pm every third Tuesday of the month (except August and December) in Carvlin Hall on the St. Philip Neri campus on Division St. and all are welcome.

South Tabor

By Tina Kimmey

At our January Land Use meeting, discussion continued regarding the pinch point on SE Woodward between 60th and 62nd. We are working on a temporary solution to help improve safety in our neighborhood.

Woodward is a Greenway that gives priority to bicyclists and pedestrians but through car traffic adds to the dangers on the street especially where there are no sidewalks. In these corridors pedestrians are often pushed into the road adding to the possibility of accidents. The section of road under discussion has no sidewalks and the width of the street narrows to as little as 15 feet. Please consider options other than driving down the Woodward Greenway when possible.

At January's general meeting we started making plans to hold a community pancake breakfast fundraiser, date still to be determined. If you are interested in helping out with the breakfast, contact us at info@southtabor.org or join us for our next general meeting. All meetings are open to neighbors. Board positions currently open are secretary and vice president.

If you want to find out more about these positions contact president@southtabor.org. We are excited for folks to join us and add their voices to the conversation.

Land Use meeting Tuesday, February 19; General meeting Thursday, February 21, all meetings run from 7 pm-8:30 pm and are held at Trinity Fellowship, 2700 SE 67th Ave, entry on the east from the parking lot. See southtabor.org for more information.

Montavilla

By Patricia Sanders

Fans of old Montavilla and its architecture will be happy to learn that the historic resource survey of the Stark-Washington corridor has officially begun.

Brandon Spencer-Hartle of the Bureau of Planning and Sustainability and consultant Matthew Davis of the Architectural Resources Group will be working with graduate students in the University of Oregon Historic Preservation Program and with Montavilla volunteers to photograph the exteriors and gather historical information about selected buildings with historically or culturally significance. This will lead to a better understanding of familiar Montavilla landmarks and possibly to their later inclusion in a Portland Historic Resources Inventory.

At the last Montavilla Neighborhood Association general meeting January 14 Spencer-Hartle and Davis described the survey. They invited those with relevant stories about people or businesses or with archival information, such as old photos, articles, or blueprints to contact him at brandon.spencer@portlandoregon.gov. Montavillans who would like to help with photographing or researching buildings may contact him as well.


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Shalom Y'all is a name that not only makes you feel like smiling. It also sparks curiosity as to what type of food is being served. The Southeast Examiner spoke with one of the three owners, Kasey Mills, Executive Chef, and received this update on this recent restaurant addition at 117 SE Taylor in the Central Eastside Industrial District.

One of the partners, Ron Avni, is from Israel where he helped his father with the family restaurant/dude ranch overlooking the Sea of Galilee. The place featured his dad's love of the American cowboy culture and cuisine.

After serving the mandatory Israeli military service, Avni immigrated to Texas, got an education in electrical engineering and a taste of what remains of the wild west. In 1999 he sold his software development business and moved to Oregon to attend Culinary school – a fervor that was always incubating. Then Avni met John Gorham working at Simpatica Catering.

Gorham is a well known local chef and co-owner of several popular Portland restaurants. Gorham and Kasey Mills (working as the sous chef) started the restaurant Toro Bravo.

Mills' backstory was one of a small town kid from Sioux Falls, South Dakota who happened to discover his love of and talent for cooking.

"At one point my parents sat me down and said, figure it out, obviously college is not for you so what is?" In 2001 he went to culinary school and started working for a friend learning the restaurant business from the ground up. His journey eventually brought him here.

Seven years ago their first endeavor serving innovative eastern Mediterranean cuisine was to open the Mediterranean Exploration Company (MEC). Then in 2016 the first Shalom Y'all on Pine St. and in 2018 in the industrial neighborhood.

Avni had vanity plates that read Shalom Ya'll and when the three of them were thinking of a name for this new restaurant, they realized they had the name. What could be better to describe Mediterranean inspired cuisine here in the Pacific northwest?

Avni really wanted chefs Gorham and Mills to experience authentic Israeli cuisine, so in 2014 the three of them took a trip to sample the food and experience the culture of Israel.

"There are so many influences in Israeli food, flavors from Spain, Italy, Greece, Arabic food – everywhere around the Mediterranean," Mills said. "We ate Ron's favorite dishes, met with a lot of the chefs and then brought that information to our own recipes." They even learned to make a falafel that "makes Ron truly happy."

Opening here six months ago, their menu has a strong focus on vegetarian dishes such as falafel, hummus and house-made pita, a variety of salads, and the classic Israeli morning meal: shakshuka.

One of Chef Mills' favorites is the hummus, "We make an amazing creamy, nutty tasting hummus, a flavor that for me has redefined what it is supposed to taste like." Another recommendation are the kebabs especially the Nazareth Kebab – beef, lamb, freekeh salad, tahini and sumac onions.

Desserts weren't as big a deal in Israeli culture as say the French, but they do have offerings that sound great, especially the challah bread pudding topped with a chocolate ganache.

Mills has returned to Israel several times since the original trip to learn new ways to prepare the food. "Israel has a very trendy culture. They are always aware of what's new."

The country is influenced by a lot of different cultures, and there, Mills can pick up the nuances and flavors of the next big thing.

Don't let the lack of parking put you off. There is an inexpensive lot kitty corner from where they are located. Free on street parking after five o'clock and weekends is no problem. Shalom Y'all is a great place for a little adventure in the increasingly urban chic industrial district. To see the whole menu, visit shalomyallpdx.com.



Kasey Mills



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Going Out Restaurants

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The revitalization of the Luxury Bread building kitty-corner from Revolution Hall (formerly Washington Monroe HS) includes a new neighborhood brewery and pub, the West Coast Grocery Company (WCGco).

This light, lively place is open to all ages and is a true testimonial to an old-fashioned idea of making the neighborhood pub a place for people to gather.

Just as the name suggests, the WCGco, was originally a grocery warehouse that began in Tacoma in 1891 by Charlie Hyde I.

Until 1985, the family operated grocery warehouses from Salem to Seattle. Thirty years later when Charlie Hyde IV decided he wanted to go into the brewery pub/business, the name WCGco was a natural progression and a tribute to his great-great grandpa.

There is a larger than life portrait of the founder up on the wall with that reassuring countenance so many of our early ancestors possessed.

Being a northwest native, Charlie IV wanted to carve out a niche for himself doing something he loved. There’s not much better to offer the public than a good beer, tasty food and a place to gather.

WCGco quickly built a reputation for the interesting variety and delicious quality of their beers. The fifteen barrel system allows them to create craft beers using mainly locally-sourced ingredients.

The pilsner has been one of their most popular staples, especially the fresh dough, mild spice, lovely, smooth Czech style Peck Chillzner. The Colonel Sumner Pale Ale is delicious, smooth and buttery with a pleasant aftertaste.

WCGco won an Oregon Beer award for the fresh hop Saison named Willamette’s With Love. They also offer growler and can fills.

Taproom manager Caitlin Smelser is exuberant in her praise for the “elevated beer pub food.” The menu was originally created by Chef Byron who is Greek but has been influenced by Korean food.

Everything is prepared using local and organic ingredients whenever possible and everything is made from scratch. The standard burgers, mac-n-cheese, fries, fried chicken sandwich are staples that support some of the more international sides.

The kids menu has everything you know kids like to eat and they have the “Original Burger”; a vegan option said to be delicious.

WCGco is already integrating into the community, Caitlin says. Many local businesses and groups have meetings here.

The Hop, Sip, & Jump Session IPA was created and named for Buckman Elementary and a dollar of every pint sold goes towards the school (specifically for an updated playground).

The school’s staff and families come to the brewery and people like choosing that beer knowing they are helping contribute.

The original building was built in 1891 and with the new renovations should be made to withstand at least another 100+ years.

Charlie Hyde I is glad to be in a space that has made the best use of the old world architecture. There’s something about time-lines that is a big part of WCGco.

In the beverage department they serve Free Public wine in Red, White and Rosé, Portland Sangria, a rotating selection of ciders, and beverages like cold brew coffee, iced tea, seltzer, sparkling juice, cola, and root beer.

WCGco is a tri-level space with great southern exposure, a view of the shiny beer vats, lots of seating, a play area for kids, shuffle board and a party room that is available for small parties. It is a place that welcomes everyone.



Charlie Hyde I.



Taproom manager Caitlin Smelser





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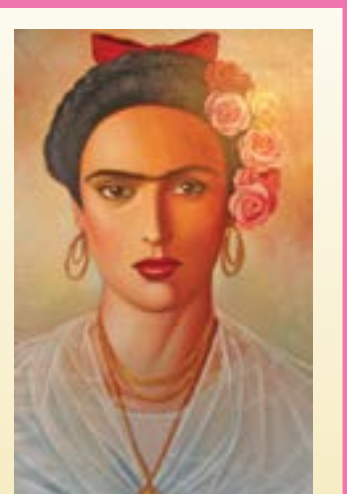
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Frida Kahlo art work



Community News

Master Gardeners Speaker Series

“How I grow forty fruit trees, raspberries, marionberries, strawberries, blueberries, grapes, and currants on my 60 by 100 foot city lot,” by Glen Andresen, urban gardening expert and educator.

One doesn’t need a lot of space-or time to grow fruit in the city, and this presentation offers proof! Using appropriate rootstock, espaliered apples and pears, summer pruning, efficient trellising, an innovative homemade irrigations system, compost, and remarkably pampered soil, Glen Andresen has managed to cram a lot of garden into his garden (and freezer). His presentation will concentrate on the labor-saving gardening principles and techniques he has pioneered and embraced to ensure he doesn’t burn out as a gardener.

Since 1994, Andresen has been Metro’s lead natural gardening educator. His program offers presentations and information on how to have healthy yards and gardens without the use of synthetic pesticides.

Andresen took the Master Gardener training in 1991 and is an avid beekeeper who has approximately sixty colonies of bees. Last year his city bees produced more than 3,500 pounds of honey.

He teaches backyard organic beekeeping classes through Portland Community College and he co-founded Bridgetown Bees, a project whose goal is to selectively breed and raise honeybee queens in the city to survive our winters without needing treatment for Varroa mites.

He also is the host of the long-running one-hour edible gardening show, The Dirtbag, the second Wednesday of each month at 11 am on community radio KBOO, at 90.7 FM. A fifth generation Oregonian. Andresen has degrees in economics and music, but still would rather play in the dirt. Enter TaborSpace on SE 54th Ave.

Tuesday, February 12, 7 pm
TaborSpace, 5441 SE Belmont St.
503.445.4608, multnomahmastergardeners.org
Free event All welcome

Recycling tips for February

BY BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

Sharing a table at a popular SE coffeshop, “Melissa” and I looked up from our laptops long enough to disclose we were both relatively new to the neighborhood.

We commiserated over the amount for downsizing and clutter control we did during our moves, then my new acquaintance confessed that clutter had crept back into her new space,

I could relate as I too had observed drawers and shelves looking a little “stuffed.” We talked about what was making it so hard to keep clutter down, after all the effort it took to remove it.

Even though we both had proclaimed Never again! there is more work to be done.

We are not alone in this. *The LA Times* reports the average American home contains some 300,000 items. NPR found that the average size of the American home has tripled in since 1968 and 1 of 10 Americans has offsite storage.

Back to what to do, both of us felt our values and intentions were good and that we were feeling a sense of responsibility to nip this new clutter in the bud.

I turned my focus to shopping habits that would keep unwanted stuff out of the house, and eventually out of the waste

stream.

Some tips from the experts: Use a list and stay on budget. Abundance, variety and unlimited choices can lead to overbuy.

Shop when rested and ready for the challenge. Allocate more money on things you use daily such as good shoes, coats, and essential household items, and less on special occasion items.

Beware of gifts with purchases, bundled items, two-fers that add more stuff to our homes. Bargains and freebies aren’t a deal if they add to clutter.

Organize and inventory what you already have to prevent duplicate buys.

If shopping (online and in store) has become a primary pleasant event or “retail therapy”, it’s time to expand the list of fun things to do. The sky is the limit.

Enjoy a park, go bowling or fishing, visit a friend, take a class, take in a movie, or volunteer. What would be fun for you?

Borrow and share items you seldom use.

Appreciating what we have with a sense of gratitude can help decrease the need to collect even more stuff.

I think a couple of these suggestions will make a difference.

“Buy less. Choose well. Make it last.” – Designer Vivienne Westwood.

Electric Scooters are back

Portland Bureau of Transportation (PBOT) has announced plans to conduct another trial for electric scooters.

Saying the prior trial (August-November of 2018) was not long enough to accurately gage scooter use, PBOT indicated that preliminary results did show substantial reductions in vehicle trips by scooter users with each use averaging a little over 1 mile in distance.

The new test period is supposed to start in the spring and has been authorized by Chloe Eudaly, the Commissioner in charge of PBOT.

Of note, 176 people were injured and required emergency room treatment during the previous trial period. Safe use of the scooters is a primary concern.

For example, helmets were required for scooter use on city streets, yet scooter rental did not include helmets.

Scooters tended to block sidewalks and, many users rode them on sidewalks or within City parks, which was prohibited by the trial. Enforcement of scooter use is an issue the City needs to resolve if such use is ultimately expected to become a permanent transportation option. Otherwise, liability issues will be substantial. *DK*

Fifty units for vets

Do Good Multnomah opened their new project, Sandy Studios, 3800 NE Sandy Blvd. to provide fifty units of permanent supportive housing for Veterans experiencing houselessness and housing barriers.

In 2017, 11.9 percent of the population experiencing homelessness in Multnomah County identified as Veterans, compared to just 5.2 percent of the general population of the County identifying as Veterans.

This disproportionate number of houseless Veterans here needs to be assisted in a manner that doesn’t treat those affected as a problem, but offers human support for human issues and needs.

In opening the Studios, Do Good Multnomah expands their permanent supportive housing program by fifty units. Sandy Studios has a robust onsite staff consisting of case management and social workers. The goal is to provide a safe community for Veterans to thrive.

Blue jeans forever

BY JEN COLEMAN

Do you have piles of old denim waiting to become something else?

The Oregon Environmental Council’s Climate Program Director tells of a company that collects old jeans to make building insulation.

Buildings insulated with denim can be warmer, quieter and result in better indoor air quality, too. Visit bluejeansgogreen.org to find out where you can drop off denim to be turned into insulation.

Manufacturing jeans can be hard on the environment, using toxic chemicals and dyes, energy- and water-intensive cotton, and a lot of water in the factory. A pair of Levis 501s uses 998 gallons of water in its full lifecycle, 70% of which goes directly to growing cotton.

The good news is that the industry is slowly changing. Alex Penadés of Jeanologia estimates that, in the past three years, the amount of jeans using more sustainable processes has grown from 16% to 35%. Organizations like the Sustainable Apparel Co-

alition are bringing companies together to change practices.

What can you do to lighten up the impact of your denim?

Buy second hand. When you get “pre-worn” jeans at the thrift store, you’re not only reducing the impact of new clothes, you’re diverting material from the waste stream.

Buy responsible. Research your favorite brand and look for commitments to reduce water use, reduce toxic chemicals, and reduce climate pollution.

The Better Cotton Initiative members and Sustainable Apparel Coalition are good places to start.

Wash your jeans less often. Most people in the U.S. wash their jeans after wearing them twice. By wearing them ten times, you can chalk up a reduction in your water and climate impact. Manufacturers actually recommend washing less to extend the life of your jeans.

Recycle a wider range of clothing through gemtextrecycling.com and check out oregonmetro.gov, Metro’s tool to find resources for safe disposal of almost anything.

Hole left in music community

The Christmas passing of composer James R. Day is a significant loss for Portland’s sacred music community.

A true Renaissance man, Day was an educator, organist, choirmaster, occasional prankster and mentor to all who knew him.

Husband to classical cellist Jane Sanborn Day, father to three, and grandfather to six, Day grew up in the Mt Tabor neighborhood.

His family owned the Day Music Company on Foster Rd. for five generations. The Day Theater and Arts Building still bears the family name.

A Franklin High graduate, he earned his Masters in Music at the University of Portland and taught at Warner Pacific University for twenty years.

Throughout his storied career, Northwest organizations and churches commissioned him to write music. In 1996, the Oregon Music Teachers Association named him Composer of the Year. After 9/11, he was selected to compose an anthem as tribute to the victims.

When his kidneys failed, his sister Janet donated him one of hers. A year after the transplant, he completed the ethereal “By This We Live,” which set to music poems from two devotional anthologies.

He wrote musical scores for his children when they were born and when they married. At one point, he had a three rank pipe organ in his home.

A true original, Jim Day was deeply spiritual and had a quirky sense of humor. He was as much at home fishing on the Coast or building canoes as he was explaining C.S. Lewis, deconstructing Dietrich Bonhoeffer or opening the stops of the grand organ at Mt. Tabor Presbyterian Church where, as music director toward the end of his life, he served as organist. It was a position he first held as a teenager in the 1960s.

In recent years, he conducted a Night Prayer service of calming, taize-style chants.

At his December Celebration of Life, the Church’s overflowing pews were testament to how much his talent, friendship and guidance is missed.



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Community News

Bridger PTA Hosts Annual Auction

Saturday, March 16, at 5:30 pm
Madeleine School & Parish,
3240 NE 23rd Ave.

The Bridger School PTA auction directly benefits its students. Funds provide support for educational field trips, after school classes, and teacher and classroom supplies. The auction is open to the public. Admission is \$40 per person, \$80 for a pair, and \$300 for a table of eight. Admission includes dinner from Delilah’s Catering, one drink, and the opportunity to bid on a vacation in Sunriver, a week in Maui, tickets to the Timbers and Thorns, and artwork created by Bridger students. See tinyurl.com/y7p6tmcs

to browse auction items and purchase tickets. Bridger is a K-8 school celebrating a diverse community, engaging the creative minds of its students and challenging them to achieve their full potential. Located in Mount Tabor’s Montavilla neighborhood, the school offers a neighborhood and a Spanish immersion program.

For information, contact auction co-chairs Katie Purk at 713.898.3761 or Shelley Moore at 503.957.8891 or email auction@bridgerpta.org.

Compassionate Change District

Seventeen community groups announced the release of a comprehensive plan to curb Portland’s punitive policies toward the houseless population in the Central Eastside Industrial District (CEID). Details are now available at ccdpdx.org. The coalition demands the Enhanced Service District proposed by the CEICouncil to Portland City Council January 17, be amended to direct funds raised toward proven solutions that fix, rather than paper-over issues of safety, cleanliness and livability, as outlined in their plan.

The Compassionate Change District (CCD) will direct funds to safe and accessible bathroom, laundry, shower, and waste disposal facilities for use by our houseless neighbors. The plan will create safe places for people to sleep and park their vehicles, and develop training and paid jobs for unhoused workers to facilitate these programs.

The District will be run in a democratic, transparent manner, making use of science and trauma-informed methods to carry out its programs. The plan will be less costly both in the short term and long term than the Enhanced Service District currently put forth by the CEIC business group for the area bordered by the Willamette River, SE 12th Ave., Interstate 84, and SE Powell Blvd.

Dan Trifone, manager of the Clark Center Shelter, says, “I run a shelter for individuals experiencing homelessness in the Central Eastside and I see firsthand that our policy of shuffling people around isn’t working. “The Compassionate Change District plan has the so-

lutions we need to help our neighbors who are on the streets. I fully support these ideas and this proposal.” Researchers, community groups and faith leaders have joined in solidarity with houseless neighbors to create the CCD plan. The CEIC plan of over-policing, sweeps, and criminalizing people’s basic survival is inhumane, expensive, and ineffective. These policies force communities into adversarial positions based on housing status rather than allowing us to bond and solve problems as neighbors.

John Elizalde of the Interfaith Alliance on Poverty says, “It’s not a choice between punishing human misery and doing nothing. It’s about choosing something innovative which works. We need to consign the punishment model to the dustbin of history. Instead, let’s ensure our unhoused neighbors can finally sleep safely and access the bathrooms, water, and trash services our city and businesses currently refuse them.”

CCD includes: Dan Trifone, Right2Survive; Operation Night Watch; Western Regional Advocacy Project; Compassion 4 Homeless PDX; Clark Center; Trash for Peace; Taylor Cass Talbot; Sisters of the Road; Portland Jobs with Justice; JOIN; Interfaith Alliance on Poverty; Portland-Metro-People’s Coalition; Stroll PDX; Don’t Shoot PDX; Portland DSA; Portland Tenants United; BerniePDX/Our Revolution; East Central NAC Portland Assembly, with more signing on every day.

CALLING ALL YOUNG ARTISTS: The Fair Housing Council of Oregon (FHCO) presents their 21st Annual Fair Housing Poster Contest theme: *Everyone is Welcome in My Neighborhood*. Participation in this year’s poster contest educates our youth on how fair housing laws protect all Oregonians against illegal housing discrimination by promoting equitable access to housing and economic choices. Students in the 1st through 8th grades are encouraged to design and submit a poster exhibiting the importance of acceptance and diversity in our neighborhoods. The top contest entries receive cash awards and the chance to showcase their artwork throughout Oregon. Posters must be horizontally-oriented on an 11”x17” sheet of white paper or poster board to qualify. All entries must be received no later than 5 pm on Friday, March 15. To apply, contestants submit entries to: Fair Housing Council of Oregon, 1221 SW Yamhill St. #305 Portland, OR 97205. For information and details visit: fhco.org/index.php/news/poster-competition. Questions or interested in volunteering? Contact Eleanor Doyle, Program Assistant at edoyle@fhco.org

H MART IS OPENING in March of 2019. They will be in the old Zupan’s building at 3301 SE Belmont Street. They applied for a liquor license in mid-December 2018 and it was accepted by OLC in mid-January 2019. The liquor license application confirms a few other tidbits: their plan is to have a food court with 25 seats and hours of 8 am - 9:30 pm Monday to Sunday.

SAVE THE DATE! Annual Meeting, Friends of Mt. Tabor Park. Mark your calendars for Tuesday, March 12, 7 pm for the FMTP meeting. This year’s meeting will be at TaborSpace, 5441 SE Belmont St. Doors open at 6:30 pm with refreshments and information about the group. The Meeting will include reports on last year’s accomplishments, announcements, and election of board members and begins at 7. Want to join the board? Contact taborfriends@gmail.com for details. FREE Mt. Tabor Park Tree Identification Walk Sunday, February 17 at 2 pm - Meet at the Mt. Tabor Visitor Center in the main parking lot, rain or shine. Bob Rogers leads guests on a walk to identify many species of trees found in the park.

VIKING PANCAKE BREAKFAST FEBRUARY 10 – Enjoy the best breakfast in town and start the day with all-you-can-eat Viking pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea served in the Bergen Dining Room at Norse Hall, 111 NE 11th Ave. 8:30 am - 12:30 pm. Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. Parking is free.

COOKING & CALLIGRAPHY CLASSES in SE Portland. February 9, 11 am. Oh Honey Cookery and Rock Paper Calligraphy present a workshop in Chocolate Calligraphy. Learn basic hand-lettering then create filigree hearts and monograms for cupcake and cookie toppers. Upcoming Mardi Gras cooking classes and calligraphy classes for adults & children. Spring Break Kids Cooking, Craft & Uke Camp. Class and contact info@ohhoneycookery.com / rockpapercalligraphy.com.

DOES PORTLAND’S SYSTEM OF GOVERNMENT WORK? presented by City Club of Portland, February 12 at Alberta Rose Theatre, 3000 NE Alberta St. The program includes a history of the commission form of government in Portland and around the country; key findings in the report that articulate the long-standing challenges residents and leaders have faced working within the current structure; an outline of the research process; a question and comment period; a kickoff of the member vote on whether to adopt the research. Celebrate the launch of City Club’s first major report in almost two years and to look critically at how our city is governed. Door open at 5:30 pm Sliding scale \$5-\$20.

DIY DIGESTIVE BITTERS WORKSHOP, Saturday, February 9, 5-7 pm at People’s, 3029 SE 21st. After a long winter help your digestion with a class in how to prepare bitters. They are a traditional way to keep digestion functioning. This class will discuss digestion holistically, taste various bitter elixirs for inspiration, and how to blend custom Bitter blends to use at home. There is a small fee and financial help is available. Contact communityroom@peoples.coop, or call 503.674.2642.

Meeting the Needs of Tech

Warner Pacific University announce the launch of sourceU, a school of innovation and technology to empower students with the right skills, education and support to become leaders in tomorrow’s tech industry. In partnership with Portland’s top code school, Epicodus, and the innovative team of cybersecurity professionals and educators at Riparia, sourceU combines the industry-focused skills that a code school brings with the supporting resources and expertise of a well-rounded education from their parent university. The next decade will see the creation of more than a million new developer jobs, and 400,000 will be filled by computer science graduates.

Similarly, the creation of

CyberOregon and recent prominent data breaches underscore the need for more qualified workers in different areas of cybersecurity. The tech industry in the Portland Metro Area is growing dramatically and demand for tech workers is strong across all industries. Tech companies have relied on in-migration, poaching, and their professional networks to fill vacancies. The result is a local workforce that is nearly 90% white. Too many talented people from more diverse backgrounds, including women, are not participating in this growth. Warner Pacific is launching this new initiative to meet the higher education needs of twenty-first-century students and the tech industry.

sourceU will initially offer: Associate Degrees in: Cybersecurity / IT; Web and mobile Development. It will offer Bachelors Degrees in Cybersecurity and Digital Production Design. “We believe partnering with an accredited, degree-granting program will make our education more accessible to under-represented and low-income students. Until now, students without a college degree had to choose between an employment-focused education like Epicodus offers, Learn more about sourceU at sourceu.warnerpacific.edu. For more information about Warner Pacific University, go to warnerpacific.edu.

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I prefer winter and fall, when you fell the bone structure of the landscape. Something waits beneath it: the whole story doesn't show.

Andrew Wyeth

Rs Representatively Speaking

By Rob Nosse, State Representative

The 2019 legislative session has begun. Since I began serving, one of my priorities has been addressing the rising cost of prescription drugs. This problem has an especially severe impact on working people and those living on fixed incomes. Additionally, high drug prices drive up co-pays and insurance premiums.

There are many reasons why prescriptions cost so much in the United States, but the main reason is that our federal government does not limit what pharmaceutical manufacturers can charge the way other countries do.

We need the US Congress and the President to act, but in the meantime, we can take steps here in Oregon to address the problem and hopefully pressure the Federal Government to make changes. Here are a few of the bills my colleagues and I have introduced to do just that.

HB 2691 – Oregon Health Authority (OHA) provides a hotline for primary care providers to get advice on prescribing medications for pediatric psychiatric issues. HB 2691 expands this service to adult patients. While the hotline can help providers in smaller clinics with prescribing advice, it can also save money for consumers and taxpayers by steering providers towards generics or other less costly medications we know are effective from clinical evidence.

HB 2679 and HB 2680 – Oregon Prescription Drug Program (OPDP) allows those who are uninsured or underinsured to buy prescription drugs at wholesale rates negotiated by OHA in bulk purchasing agreements. Oregon is a relatively small market so HB 2679 and HB 2680 asks the OPDP to pursue bulk-purchasing agreements with California (HB 2679) and Canadian provinces (HB 2680). This should give our state greater bargaining power and give the OPDP access to lower prices, saving cardholders money on their prescriptions. To find out more about the OPDP, visit tinyurl.com/ybt5qfbw.

HB 2690 – Some prescription drugs cost less than the co-pay that many of us pay. To provide greater price transparency and savings for consumers, HB 2690 requires that consumers be informed if paying out-of-pocket will cost less than using their copay or deductible. The bill allows your cash payment to be applied towards the deductible or out-of-pocket maximum.

HB 2680 – This is one of my favorite bills. It sets up a program to be run by the OHA that would allow our state to import wholesale prescription drugs from Canada. Prescription drugs sold in Canada, especially non-generics, often cost a fraction of what they do in the US. This bill would allow providers in Oregon to procure drugs from the OHA purchased wholesale in Canada at the Canadian price. Because the program would make these drugs



Rob Nosse, State Representative

available to private and public entities, it would result in savings to consumers, employers and taxpayers. My colleague, Senator Linthicum, has introduced a similar measure, SB 409. Log on to AffordableRxNow.org to join this effort and sign up for updates.

HB 2799 from Representative Sheri Schouten requires that insurance carriers offer a flat dollar copay for at least 25% of their benefit plans. HB 2658 introduced by Representative Andrea Salinas requires pharmaceutical manufacturers to provide sixty-day advance notification of when they will raise the price of a drug.

Of course, a more comprehensive universal health care system like what exists in so many other parts of the world would help this problem, too. What the Legislature is doing to make progress towards achieving universal access to high quality, affordable healthcare will likely be a topic for a future column.

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Empty Apartments Pale in Comparison to China

By Don MacGillivray

Much criticism has been leveled at the City about housing development of recent years. It seems that the city is over building apartments that will remain vacant for years, especially when they are too expensive for the 25,000 people that can't find affordable housing.

You might be surprised to learn that the housing crisis in Portland and in the United States is insignificant in comparison to the situation in China. China's years of unprecedented growth is generating massive urbanization due to the movement of rural families to find employment in the growing industrial cities. Much of this has been due to the development of new, multi-family housing.

Research shows that roughly twenty-two percent of China's urban housing stock is unoccupied. That is more than fifty million empty homes and apartments. Sections of cities built in China are unoccupied and are an example of China's excessive construction boom.

It is believed by many that the economy will inevitably slow down and possibly even fail. Some call these China's Ghost Cities. Housing accounts for approximately thirty percent of China's gross domestic product. Rampant price increases shut millions of people out of the market, exacerbating inequality.

In 2018 investment in residential real estate was up fourteen percent. Household lending makes up twenty-two percent of their financial assets, and mortgage growth is now at twenty percent.

The median price for multi-family buildings in 2017 was \$202 per square foot. That is about forty percent higher than in the United States where the per-capita income is more than seven times higher than in China.

China is experiencing urbanization at a massive rate and they are shifting from manufacturing to a service-based economy. This urbanization is the key to understanding China's current housing situation.

Before the recent liberalization of Chinese markets, the country was overwhelmingly rural. Recently, however, rural dwellers have poured into the cities in droves for the employment opportunities, creating a frenzy of economic growth at a scale and pace unmatched in all of human history.

In the ten years from 2007 to 2017, according to Statista, the percentage of the Chinese population living in urban areas grew from around forty-two to fifty-seven percent representing a movement; over two hundred and eleven million people in just ten years.

The country's urban population now accounts for around eight hundred and twenty million people, and by 2030, the McKinsey Global Institute estimated that the number will be over one

billion, meaning almost another two hundred million people will be urban dwellers.

Thousands of researchers fanned out across three hundred and sixty three of China's counties last year as part of a Household Finance Survey. Beijing's efforts to curb property speculation, considered by leaders as a key threat to financial and social stability, are coming up short.

Holiday homes and the empty dwellings of migrants seeking work elsewhere account for some of the deserted properties, but purchases for investment are a key factor keeping the vacancy rate high. That's in spite of governmental curbs across the country meant to discourage the buying of multiple dwellings.

Urbanization, moving families from the countryside to the city, is critically important to understanding China's housing situation. However, there are Chinese cities where a few years ago there were many vacant apartment buildings and today, with the new industrial development, these cities are now populated with new tenants.

China builds first and relocates people second. What was a ghost city on the eastern coast of the country now has a population of five million people.

Many people not acquainted with China's domestic economics believe they have a housing bubble. Western observers perceive this as a bubble, but because the Chinese economy is structured differently, it is not likely that there will be a recession in the housing market.

The housing market there still has a long way to go before saturation, but skyrocketing housing prices are negatively affecting the common citizen. This massive process of urbanization will likely create an ever greater demand for housing and shelter, driving up the housing prices even more.

Buying real estate is probably the most important investment a worker can make, but it is nearly impossible to do so with today's wages earned from industrial jobs. Yet in the past the government offered the existing housing for sale at reasonable prices.

When China changed from a socialist economic model to a capitalist model many were able to invest in real estate years ago and they have benefited greatly, but those that wish to buy today find it almost impossible.

The government in China has made it a priority to tackle any potential overheating of the market, with requirements such as a mandatory twenty percent down payment on houses, and a limit on personal home ownership.

Over the past two decades government intervention and regulation has tried to slow down the increasing house prices, however real estate development is still expanding in large cities. With newly-built housing too expensive for individuals, large institutions buy them for speculation and rent them.

Part of the reason why this happens is that there is no national real estate market. Instead there are hundreds of local markets and the housing debt per-capita is very small compared with the housing debt in capitalist countries.

One hundred years ago Sun-Yat-Sen believed in the Henry George ideas about land reform. This was to tax only land and use it as the means of supporting the government. This removes the speculative incentives in property investment and it leaves the property improvements untaxed and easier to administer and manage.

It also frees capital from economically harmful taxation and promotes its more efficient use because it becomes more costly to leave land undeveloped. Should any crack emerge in the current real estate market, homes that will be offloaded will hit the country like a flood.

Singapore is an example where housing development has worked well with a combination of western and socialistic economic devices.

Portland may have lessons to learn from China, but clearly our problems are not so bad when compared to theirs. Somehow Portland needs to find more affordable housing without having the government provide it.

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State Housing Bills Reflect City Proposals

BY MIDGE PIERCE

As goes the City, so goes Salem with bills on the legislative docket for rent control and densification. Mayor Ted Wheeler indicates support for the bills similar to Portland proposals to address housing shortages and lower rents despite their lack of affordability guarantees.

Tina Kotek’s House Bill 2001 mirrors Portland’s Residential Infill Proposal (RIP) by allowing up to four units on all single family residential lots in towns of at least 10,000. She positions it as parity – a way to give all income levels a shot at housing options, but her characterization of critics as racists has raised hackles.

Critics counter that the bill itself is a racist practice that destabilizes minority communities and displaces the voiceless. They point to Seattle and San Francisco where RIP-style upzoning pushed out long-time residents, much as the gentrification of Portland’s Albina neighborhood did to the black community here.

James Peterson, the muscle behind a legal challenge to RIP, slams HB 2001 for undermining local zoning, landuse, environmental policies, comprehensive plans, transportation and infrastructure.

On the Senate side, a rent protection bill caps hikes at 7%. Tenant advocates claim the cap

is insufficient. Others add that the bill’s exemption of buildings less than fifteen years old is a “giveaway to the construction and redevelopment” industry, discouraging investment in existing affordable housing to make way for new builds. They cite rent control failure elsewhere and its lack of testing here.

As sides line up, bill supporters have backing from deep-pocketed investors with influence over politicians, non-profits like 1000 Friends of Oregon and media outlets, according to critics who claim The Oregonian, Willamette Week and other publications have closed ranks behind advertisers with development interests. They call rationales about protecting Oregon’s urban growth boundaries from suburban sprawls bogus because build-ready land exists within UGBs without ripping up neighborhoods and towns.

Some observers dismiss the state bills as non-starters that will not play well in Oregon’s small towns. A scathing nine page letter submitted to state rep Alissa Keny-Guyer by environmentalist Paul Conte calls the house bill a usurpation of local authority that undermines covenants and may contribute to climate change caused by increased congestion and tree-denuded heat islands.

In Portland, where Infill

has traction, critics push for environmentally sustainable growth alternatives such as internal conversions of existing homes that preserve trees, gardens, and that vanishing breathing room once called yards.

Frequent critic Rod Merrick says planners turn a deaf ear to longtime stakeholders. He finds pro-growth rationales that densification reduces crime “because more people are out and about at all hours” laughable. Another concluded, “We are not Paris, Tokyo, Shanghai despite the propositions of certain media outlets.”

Meanwhile, vacancies rise even as high end construction costs fail to fall far enough. With most new builds charging top dollar, one out of every three Oregonians spends more than 50% of their income on housing.





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John Muir



Wellness Word

Editor's note: Wellness Word is an informational column which is not meant to replace a healthcare professional's diagnosis, treatment or medication.

How to Take Care of Your Heart

February is American Heart Month and a good time to remind ourselves to take care of our hearts. After all, it is the only one we've got. One in four deaths annually in the US is due to heart disease and it is a major burden in the cost of healthcare.

Several factors can predispose us to heart disease and some we can change and others not. Those we can't change include our genetics. So let's focus on what we can change to make our heart and lives healthier. Small changes can do a lot.

Eat healthy – Obesity and diabetes are a major risk factor for heart disease including heart attacks. There are several things you can do to get to a healthier weight. Add more fruits, healthy grains and vegetables to your diet, the more the better. Start reducing processed food which contains a lot of sodium and preservatives. Decrease the amount of saturated fat and trans fat in your diet as well and these are usually contained in animal-based products including dairy. A whole food, plant-based diet, Mediterranean diet or DASH diet is an alternative something to consider.

Exercise – Being sedentary is a risk factor for heart disease. As society's mechanization increases, we have become more sedentary. Try to avoid sitting for long periods of time. Aim for about 150 minutes of moderate exercise like brisk walking or 75 minutes of vigorous exercise like jogging in a week.

Most studies show that

resistance training twice a week seems to be helpful. You don't need a gym membership to do this. Incorporate activity all throughout your day. Walk or bike to work when you can. Take the stairs instead of the elevator, get off the bus sooner than your designated stop and walk the rest of the way or park farther from entrances. Housework and yard work can also be helpful in decreasing sedentary ways.

Sleep well – The mechanisms of sleep fragmentation and sleep deprivation causing heart disease are not exactly well-established but it is known that they are linked. For example, people with sleep apnea, with frequent awakenings at night, have an increased risk for diabetes, strokes and heart disease.

The National Sleep Foundation recommends seven to nine hours of sleep for adults, and this number is higher in teens and children. If you have a sleep disorder like insomnia or sleep apnea, make sure you talk to your doctor about sleep hygiene and other available treatment.

Make sure you keep your bedroom conducive for sleep; dark, comfortable and noise free. Avoid alcohol and caffeine close to bedtime. Turn off electronics and anything with bright screens a few hours before bedtime, ideally four hours. Exercise and being active in the daytime helps with sleep but don't do this too close to bedtime as this can be stimulating.

Relieve Stress – Just like sleep, the mechanism by which stress causes heart disease is not yet well understood. It does lead to

increases in stress hormones that can lead to a detrimental cascade of increased heart rate and elevated blood pressure.

Stress can lead to unhealthy habits like not eating well and being inactive. Find ways to relieve stress with guided meditation, hiking and being with friends. Being grateful and keeping a gratitude journal seems to be helpful for some people as well.

Stop Smoking and Avoid Second Hand Smoke – If there is one thing that has the most impact in reducing heart disease, it is smoking cessation. Smoking increases your blood's propensity to clot and damages the lining of the blood vessel predisposing it to blockages. It can be hard, as nicotine is one if not the most addictive substances but don't give up. Nicotine alternatives and quit lines do help. See if your insurance pays for smoking cessation medications. Second hand smoke confers the same risks so avoid it.

Know Your Numbers – If you think you have risk factors for heart disease like family members with early heart attacks or any of the above factors, ask your doctor if it is appropriate for your age and risk factors to get a blood test for diabetes and cholesterol. Know your BMI or Body Mass Index as well. Anything above twenty-five is overweight and anything above thirty is obese.

Christabeth Boyd, MD, can be reached at 503.673.3400 or portlanddoctor.com

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PDX First in Line for Major League Baseball Expansion

from cover

is big league baseball player, Darwin Barney, as investor and adviser. Barney is an iconic figure in Oregon baseball, winning back to back NCAA Championships with the Oregon State Beavers and earning a Golden Glove award in 2012 playing for the Chicago Cubs. There are other figures involved with the ownership group, according to the PDP, not all of whom have been formally announced.

Portland is growing rapidly and will continue to do so. This is the 22nd largest metropolitan market in the country. It ranks between Pittsburgh and San Antonio in size. Seventy percent of the estimated three million residents of the Portland-Vancouver metropolitan area are between the ages of 20 and 64 and fifty-four percent own their own homes. It's now a growing West Coast city with a young, savvy, high-tech crowd. They are mobile, well off, and looking for first class sports venues.

Portland's Trail Blazers are the only first class professional sports team out of the four major sports. The proximity to Seattle is a bonus because the teams can play in the same division and will renew the great rivalry between Seattle and Portland.

This is a good time to consider it as Major League Baseball has been thinking about adding two expansion teams to create two sixteen team leagues and there are two teams that may want to move to new cities.

The PDP is in frequent communications with Robert Manfred, Commissioner of Baseball, and he wants to expand major league baseball, which makes

Portland well positioned to benefit. They are open to building a new expansion team or helping to relocate an existing team to Portland. The next two years are critical to making it happen.

Portland is first among those that are in the running for an expansion team. Other cities under consideration include: San Antonio, Charlotte, Montreal, Las Vegas, Austin, Oklahoma City, and New Orleans.

The Oakland A's and Tampa Bay Rays are potentially looking for new homes, but Major League Commissioner Rob Manfred says brand new expansion teams are under consideration.

The preferred location for a baseball stadium is Terminal 2 owned by the Port of Portland in Portland's NW Industrial area just north of the Pearl District. An agreement in principle was signed with the Port of Portland in November.

The site is 45 acres with almost a half mile of Willamette River frontage. The group expects to build an iconic ballpark along the Willamette River that will stimulate commercial development and take advantage of the great views of the riverfront and the city.

The development of the stadium building and the entire site will be sustainable, equitable, and accessible and will improve Portland's reputation.

The new stadium will be state of the art. A new stadium in Atlanta cost \$700 million without a roof. Portland's stadium, with a roof, is likely to require over one billion dollars and expects to build a cutting edge, baseball only stadium with a retractable roof to seat 35,000 fans.

A national architectural firm

that has built twenty-two sports stadiums in America is working on the design of the project and other national talent is on board working out the details. The project has the general support of the City of Portland and the entire Portland region.

Supporters believe there is a likelihood of a major corporate sponsor and the PDP expects the stadium to also be used as a major entertainment venue, to fit in with the city's live music scene. Another potential funding source for the PDP is a previously established state tax. In 2003, there was an attempt to relocate the Montreal Expos to Oregon.

The Oregon Legislature passed Senate Bill 5, which could provide a \$150 million bond for the expansion of baseball in Portland. This money remains a possible source of funding that may be applied toward a new Major League Baseball stadium.

Senator Ginny Burdick wants the legislature to review this legislation to see if the current proposal is the best use of state resources. The legislation provides taxes from baseball players and officials that would support up to twenty percent of the cost of the new stadium.

Senator Burdick believes there may be more important uses for this money (such as schools). Without major league baseball, there wouldn't be the tax revenue, so the Portland Diamond Project will work hard to retain it. The PDP is not asking for any other government funding to be part of the project.

It remains to be seen if greater Portland really wants major league baseball, but it would seem that there are many advantages to making it happen.



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Buddha



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URM Building Owners Waiting for Retrofit Standards

from cover

tion the City denies.

The City indicates it will lobby the state for grants or loans to help with the cost of stabilizing some 1600 buildings. The price-tag could top a billion dollars, a cost critics fear speculators will exploit with cash buys of distressed property followed by displacement and demolition.

Commercial building owners in SE are watchful. The Buckman neighborhood alone has one hundred URMS; and forty-two are identified along Hawthorne Blvd.

Save Portland Buildings founder Angie Even says the value of her Woodstock property has plummeted making seismic retrofit impossible.

"We can't get loans or refinancing. The City has said if you can't afford to fix your building, you have to sell or demolish. That means I would have to kick everyone out. On one side, (the city) said it would help with incremental retrofits. On the other, you can't clear title."

Warning of "blight and zombie" buildings, Even calls the policy regressive redlining that hits the poor and vulnerable hardest. She warns that it will shrink Portland's last stronghold of affordable rentals.

Her concerns were echoed by a housing provider who says at risk youth would be forced back to the streets.

Hawthorne Boulevard Business Association's Julia Hanfling says it is "unconscionable" that the City's Main Street commercial corridors risk demolition due to loss of market value, insurance and funding options. "Our very sense of place is under siege."

Railton family members, owners of a 1930s-style masonry building, say that even if financing was available, the City has not specified retrofit standards.

"We could do the work and be out the money without knowing what the City actually wants."

Systems engineer and lifetime renter M.K. Hanson calls the URM policy "disaster capitalism" that amounts to a hostile Wall Street takeover. She says the City's "stealth deed restric-

tion" broke promises to the African American Community and points to many URMS in so-called Opportunity Zones where developers get tax breaks for new construction.

Hanson cited a recent *Bloomberg News* report about Portland doubling down on development opportunities that she calls "predatory Ponzi" schemes.

"Buckle up folks," she warned, "Everything is for sale, everything that's old isn't producing wealth for Wall Street and has a target on its back. There's gold underneath the dirt of our historic brick buildings, there's gold underneath cheap rental housing...*Bloomberg* just put Portland on blast."

Whether URM unleashes unintended consequences or liberate opportunism, the issue is – like Infill and rent control – dividing the city, raising distrust and prompting unusual alliances to form.




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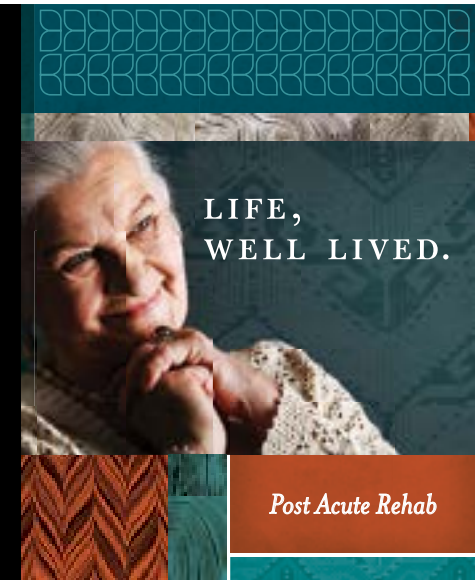
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George Bernard Shaw

SE Updates continued

from cover

marks and districts.

Portland lags behind cities like Denver and Seattle that routinely update their historic inventories. Last year's attempt to secure funding for a citywide HRI update failed. Monies were found, however, for a small-scale pilot currently underway in the Montavilla neighborhood.

Beyond recognizing historic architecture, Project Manager Brandon Spencer-Hartle frames the proposal as a way to protect severely under-recognized contributions of minorities. "We need to identify intangibles like our cultural heritage," he contends.

Spencer-Hartle, a department of one within the Bureau of Planning and Sustainability, says historic neighborhoods are prized for walkability and human scale that encourages interaction and provides affordability.

Encouraging rehabilitation and incentivizing seismic retrofits of older buildings aids economic prosperity, he says.

He cites environmental benefits of preserving the "embodied energy" of materials within existing buildings. While new construction is burdened by the cost and transport of new materials, rehabilitation projects generally use more existing resources and earmark a greater share of budgets to on-site skilled labor.

The resource code update has limitations. It is not authorized to add buildings to the outdated HRI. Its current objective is to bring Portland in line with state goals and shed light on what Spencer-Hartle calls, "Portland's

rich, complex and sometimes difficult history."

Draft comments are due in April. For more information: www.portlandoregon.gov/bps/hrcp

BY DAVID KROGH

Enhanced Service District for Central Eastside

Central Eastside Industrial Council (CEIC) is proposing to create an Enhanced Service District (ESD) for the area roughly bounded by I-84 on the north, SE Division on the south, the Willamette River on the west and SE 12th on the east.

ESDs are specific areas where property and business owners can be assessed to help pay for enhanced services not currently provided by the City.

At present, ESDs are located in the Lloyd District and in Portland's Downtown. CEIC acknowledges changes occurring for the area that current service levels are not accommodating.

A plan has been developed to provide sidewalk beautification, parking, maintenance, security, transportation upgrades, homeless services, and overall safety and district promotion activities.

The ESD will be considered by the Portland City Council on January 30. A FAQ webpage has been created by CEIC to explain the ESD at tinyurl.com/yas-4xxnw.

In conjunction with administration of the district, the CEIC Security Committee received a report in mid December addressing homeless issues.

Ideas to better address homeless issues in the district include addition of portable wash-room facilities in strategic locations, a peer run stable sleep area (may include car parking), and waste control to complement the current Central City Concern program. Further discussion will be forthcoming.

Commissioner Fish Weighs In

Commissioner Nick Fish recently spoke to The Southeast Examiner about his health situation and his commission efforts to improve Portland's environment.

He started by addressing his 2018 goals: "I set three big goals for 2018: beat cancer, win my primary election, and pass a regional housing bond. I'm pleased to report that my cancer treatment is going well, I was re-elected with over 60% of the vote, and voters overwhelmingly passed the \$652 million Metro housing bond."

Commissioner Fish went on to discuss his goals for this year. "In 2019, my goals include: continue to provide leadership to my bureaus (including hiring a permanent director for Portland Parks & Recreation), fund supportive housing, develop a robust plan for converting brownfields to a community use, implement the arts affordability plan, and start to plan for our third salmon sanctuary project in Tryon Creek (after the success of Crystal Springs Creek and Oaks Bottom in recent years)."

Asked about the current housing and homeless situation here, Fish said, "Our community is full of talented, dedicated people working across the public, private, and philanthropic sectors to find new solutions to the housing crisis. One of the biggest unmet needs is supportive housing."

"Supportive housing combines deeply affordable and safe homes with intensive services for people struggling with chronic health conditions, addiction, and/or mental health challenges. It's a cost-effective and proven way to end chronic homelessness."

"Investments in shelter and other transitional options are necessary, but make no mistake — shelter is an expensive stopgap, and a shelter bed is not a home."

Commissioner Fish indicated disappointment in federal cuts for housing and services and encouraged continued City/County partnerships in order to provide solutions for the current housing crisis.

He supports keeping Portland as member of the Joint Terrorism Task Force as a means of information sharing and feels there is no evidence that such participation conflicts with Portland's sanctuary status.

Likewise, he supports Mayor Wheeler's indication to run for re-election. After three single term mayors, Fish believes leadership continuity is necessary to address all the problems now facing Portland as a city.

When asked about problems with the current commission form of government in Portland, Fish says the City Council would appoint a charter review commission in 2021.

"We're required to have a charter review every ten years. I expect them to take up our form of government."

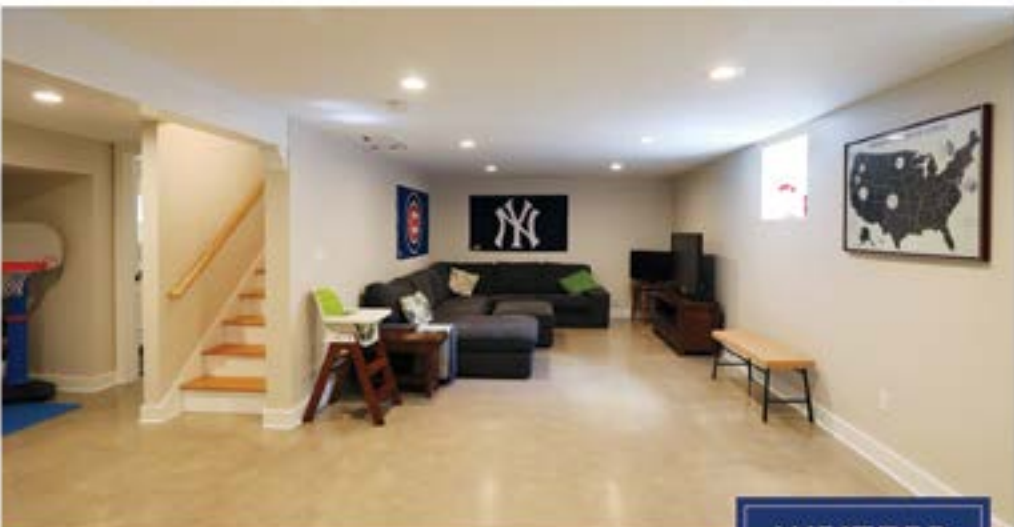

He acknowledges problems with the commission form, but doesn't advocate changing it, suggesting the commission can work out the problems.

"I'm reluctant to put too

see next page

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Neighborhood Notes

from page 5

Marty Stockton of the Bureau of Planning and Sustainability announced that the draft report of the 82nd Avenue Study: Understanding Barriers to Development has been released and is available for review on the Bureau website: portlandoregon.gov/bps/article/708713.

The next MNA meetings will take place Monday, February 11 at Montavilla United Methodist Church, 232 SE 80th Ave. General meeting is from 6:30 pm to 7:30 pm and the board meeting from 7:35 pm to 8:30 pm.

Mt. Tabor

By Laura Smith

Neighbors at the January 21 meeting of the Mt. Tabor Neighborhood Association (MTNA) discussed reactions to the recent diverter installation at SE 50th and Lincoln as part of the Lincoln-Harrison Neighborhood Greenway. The project included the installation of speed bumps on SE Hawthorne Blvd. east of SE 50th Ave.

While traffic on that stretch of SE Hawthorne has slowed down, neighbors also report that the volume of traffic has increased since the diverter was installed. Bicyclists have reported safety concerns with more vehicle traffic and speeding on other streets near the diverter.

If you have concerns about traffic issues created by this diverter, contact Sheila Parrott at Portland Bureau of Transportation at sheila.parrott@portlandoregon.gov, 503.823.5817, and Dana Dickman at PBOT at dana.dickman@portlandoregon.gov 503.823.5785.

The neighborhood cleanup co-sponsored by MTNA and North Tabor Neighborhood Association will take place Saturday, April 27, in the parking lot of Mt. Tabor Middle School. More details will be provided soon – watch this space! That same day, there will also be a drug turn-in and paper shredding event at the Multnomah County Sheriff’s Office on E Burnside at SE 47th Ave. from 10 am-2 pm.

Teri Poppino from the Portland Office of Community and Civic Life (OCCL) is one of three representatives from OCCL who work with neighbors about crime concerns. Contact them via their website at eastpdxteam@portlandoregon.gov or by phone at 503.823.4064 (voicemail). A city/county referral line will direct you to the correct office for your concerns: 503.823.4000.

The Friends of Mt. Tabor Park’s Stewardship Fund has surpassed its \$100,000 funding goal. The new season of Weed Warrior work parties begins in March, with crew leader training to be held February 23 and March 9 from 10 am-2 pm at the park’s Visitor Center. Crew leaders need to attend two work parties per season which runs March through October on the last Saturday of each month. For info, check FTMP’s website: taborfriends.org.

The next meeting of the MTNA is Wednesday, February 20 at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time starting 6:50 pm. For information, visit mttaborpdx.org.

SE Updates continued

from previous page

much power behind a single person – whether a mayor or a city manager.” Fish also doesn’t support district representation for commission members.

In closing he said, “The benefit of electing officials citywide is that they are forced to think citywide, and not view their representation through the lens of parochial interests.”

Harbor of Hope Status

Portland’s affordable housing and homelessness crisis was decades in the making, and government or market forces alone cannot solve this massive problem.

That’s one of the conclusions of a recent report, at the request of the nonprofit, Oregon Harbor of Hope called An Analysis of Homelessness & Affordable Housing in Multnomah County, 2018, by Portland State University’s School of Business MBA Capstone team.

“We wanted a fresh look at the homeless problem, and the Capstone report offers some real insight,” said Don Mazziotti, executive director of Oregon Harbor of Hope.

“We realize that the problem is bigger than we thought. We

don’t have a handle on the true number of homeless, or just how much this is costing the city and its taxpayers.”

The report indicated that from 2011-2015, the following trends were prevalent:

- A rapidly growing population
- Income changes among renters
- Inadequate housing stock
- High rents & low vacancy rates

To help alleviate the above, Harbor of Hope is working on a Navigation Center (a safe harbor supportive transitional housing development) to be located at the base of the Broadway Bridge. The facility will contain 120 beds and supportive services.

Because it is a former industrial site there is a certain amount of hazardous material clean up involved which increases the price of the project. However, the development already has DEQ approval to proceed.

Funding has been obtained from the Boyle family and other sources to continue work on the project. Legal action is still pending for the site and construction timing is not available at this point.

Mayor Wheeler has spo-

ken highly of this proposal and announced in a January press conference that the City/County Joint Office of Homeless Services will be providing Oregon Harbor of Hope with \$1 million as funding for daily operations of the Navigation Center once it is operational.



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Community Events Bulletin

Portland Winter Light Festival
Feb. 7 - 9 - Multiple Locations
pdxwlf.com

This city-wide event showcases illuminated art installations, vibrant performances, and stunning kinetic fire sculptures throughout our city. Portland Winter Light Festival is family-friendly, free to attend, and open to everyone. So bundle up and celebrate the power of light and community with us! Check out their website for an interactive map.

PDX Jazz Festival
Feb. 20 - March 3
pdxjazz.com/events/2019-02/

The PDX Jazz Festival is a multi-venue series of jazz events presented each February within Portland. Nationally and regionally supported as a cultural tourism initiative in celebration of Black History Month, PDX Jazz Festival is dedicated to preserving America's indigenous art form by presenting internationally recognized jazz masters alongside local jazz musicians.

Portland Oregon Women's Film Festival (POWfest)
Feb. 28 - March 3 Multiple Locations
powfilmfest.com

POW Film Fest is Portland's premiere film festival showcasing films directed by women. The festival features the work of some of today's top women directors, while honoring the true pioneers and recognizing the next generation of leading women filmmakers.



LEFT TO RIGHT: Chelsie Coon, Kevin Caplener, Caroline Easton, and Jan Caplener


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