



A new red lane installation at SW First Avenue and Main Street. Photo by Pierre Haou, PBOT.

Painting the Streets Red

By DAVID KROGH

During the last week in October, City crews painted two of the bus only lanes in downtown Portland’s transit mall a bright shade of red as an initial attempt by the City to deter private vehicle use of those dedicated bus lanes.

The lanes in question are located on SW 5th and 6th Avenues. Some 1,570 TriMet buses use the transit mall every day, as do 298 MAX trains. It is not uncommon to see drivers turning into the bus lane, either because of uncertainty or because they are just trying to get out of the one-way couplet in whatever way works best. The red lanes will help to make clear that these are bus only lanes.

Portland Bureau of Transportation (PBOT) is exploring how to clarify traffic circulation in the transit mall with a limited application of painted lanes. This is an early step as the City rolls out additional bus-only lanes elsewhere.

Because of the complexities of traffic circulation in downtown, the Central City is the first area chosen for study. While new to Portland, this type of painted lane has been used in other cities to identify bus-only dedicated lanes, including San Francisco, Baltimore, and Washington D.C.

In Portland, this is being touted as the “Rose Lane Project” according to Commissioner Eudaly, who oversees PBOT.

Between 2016 and early 2018, PBOT received both State and Federal transportation-related grants intended to facilitate a planning process in coordination with TriMet for the Enhanced Transit Corridors (ETC) Plan.

This plan suggests improvements to help make transit more attractive and reliable for people to get to work, school and to meet their daily needs, especially for people who depend on transit.

It also identifies where transit priority, streamlining and access treatments could be most beneficial on the planned TriMet Frequent Service network including buses and streetcars. According to TriMet, Frequent Service is defined as transit lines that run every 15 minutes or better most of the day, every day of the week.

According to PBOT, goals from this program aim to:

- Increase transit ridership and improve the experience for current riders by improving transit capacity, reliability and travel time.
- Support planned growth in centers and along corridors consistent with the City’s Comprehensive Plan update.
- Define and identify Enhanced Transit Corridors with clear and objective operational performance measures and thresholds.

The Rose Lane Project Concept Plan is anticipated to be submitted to the City Council in February 2020. Ultimately, this plan will result in transit corridor improvements outside of the central city area which will include dedicated bus lanes, enhanced bicycle lanes and facilities.

For inner E. Portland, concept plans included a dedicated bus lane addition to the Burnside Bridge along with wider bicycle lanes.

In addition, the possibility of dedicated bus lanes or other transit priority improvements are being considered to extend east along Burnside (up to SE 12th) and along several other transit streets (including SE Belmont to Cesar E. Chavez; SE Hawthorne to SE 50th; SE Holgate to SE 28th and NE Sandy to NE 82nd).

At this point, details are still being identified as to specific improvements and locations, with timelines for the

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Solving Portland’s Homeless Challenge: a Long-Standing Conundrum

By DON MACGILLIVRAY

The challenge of homelessness has always been part of Portland. During the depression and World War II, housing development was restrained. The late 1940s, 50s and 60s were boom years for suburban housing, although many people still lived in the low rent, substandard housing in the inner city.

In the 1970s several facilities for the homeless were operated by the Burnside Consortium in Portland’s Old Town/Chinatown. After disagreements among business, government and social service providers, their infamous Baloney Joe’s shelter for men was moved into an old hotel on the east side of the Burnside Bridge in 1981.

The 80s saw the homeless situation become a serious problem due to the reversals in federal funding for housing as well as the de-institutionalization of the mentally ill.

It is worth noting that the charismatic Michael Stoops, leader of Baloney Joe’s, was instrumental in the creation of the McKinney Federal Grants program that supports care for the homeless nationwide. He went on to become a founder and the executive director of the National Coalition for the Homeless.

During the Bud Clark mayoral administration, serious work to end homelessness began in earnest. Clark’s nationally recognized *12 Point Plan to End Homelessness* described: Planning, • Housing, • Person Down, • Alcohol and Drug Treatment, • Involuntary Treatment, • Sanitation, • Jobs, • Case Management, • Access to Services, • Street Safety, • Mental Health Treatment and Public Participation. Complications of being homeless were well known, but solutions were not.

The City’s *10 Year Plan to End Homelessness* was released in 2004. To qualify for federal funding, cities and counties created their own plans to organize support for local efforts to address homelessness. It was then the “housing first” concept was adopted as a primary way to end homelessness.

Four years later, the country went into a recession caused by an inflated housing market. This greatly exacerbated homelessness with many people losing both their jobs and their homes.

Due in part to that *10 Year Plan*, in 2011, the city opened the Bud Clark Center in Old Town. It was a LEED Platinum building constructed at a cost of \$46 million. It provides the homeless with a day center, education facilities, a medical clinic, temporary housing for ninety residents and permanent, supportive housing for 130 residents.

After ten more years, a plan titled *A Home for Everyone* was published. It added to the previous work and encouraged the entire community to work collectively to end this 30 year problem. Great strides have been made, but the annual statistics still show only minor improvements.

Late in the administration of Mayor Charlie Hales, a “Housing Crisis” was announced and a “State of Emergency”

declared that would require extraordinary efforts and resources to bring normality back to Portland.

Hales said, “We’ve tried slow-and-steady. We’ve tried by-the-book. It’s time to add the tools we currently lack.”

He announced the city would: 1. waive zoning codes, 2. convert public and private buildings into shelters and 3. speed up the creation of a psychiatric emergency center.

Demand for a clear plan with the necessary financial commitments soon followed and shortly thereafter, Hales decided not to run for re-election. This left the field open for Ted Wheeler who campaigned on solving homelessness, fixing roads, finding affordable housing solutions and creating good, family-wage jobs.

The Joint Office of Homeless Services was created in 2016 as the coordinating center for the many services needed to provide for needs of the homeless population. Its annual budget is approximately \$70 million with equal parts coming from the city and county, 11 percent from state and federal sources and the remainder from elsewhere. They have a staff of 21 and 85 percent of their funds are passed on to local community providers.

Last year, 722 households left homelessness and a year later, 587 of those remained housed.

Each year Home Forward (Portland’s Housing Authority) helps more than 11,800 households avoid homelessness by providing long-term rental assistance at a cost of \$103 million. Thousands more households are on waiting their lists.

This year the County purchased a building near the Benson Hotel to open a behavioral health resource center which will include showers, laundry services, peer resources, shelter, and additional transitional housing for a completed cost estimated at \$20 million.

Voters approved a bond measure in 2016 dedicating \$258.4 million to build or acquire permanently affordable housing. It will produce 1,424 units exceeding the original goal of 1,300 units. However, to meet the affordable housing deficit for low-income people, many other such bond measures must be undertaken over the coming decades.

Mayor Wheeler has been in office for three years and while the efforts and work to end homelessness have expanded and much has been accomplished, the fundamental problem remains.

Perhaps the next administration will have more answers or perhaps local government is not able to end homelessness. We seem to be doing the same things over and over with no end in site.

The United States has a deficit of seven million rental homes. This forces people with low-incomes people to pay more for housing than they can afford.

Rents are high because too many renters are chasing too few units and the size of households are decreasing, which

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Council Wrestles Over Contentious Code and Infill Proposals

By MIDGE PIERCE

As old Portland and new spar over the City’s future, Commissioners are in the hotseat hearing issues that split the City and blame current residents for past problems.

Officials cite discriminatory neighborhood practices as key justifications for both the Planning Bureau’s Residential Infill Proposal (RIP) and a controversial code proposal by the Office of Community and Civic Life (OCCL). The issues overlap because the code change determines which organizations will be considered on landuse, transportation and planning decisions.

The continuation of Code Change 3.96’s testimonials on January 9 are about expanding marginalized groups’ City Hall influence. January 15 and 16’s back-to-back hearings are on RIP’s transition from single-family neighborhoods into residential multiplex zones; now a Legislative mandate for cities statewide.

Critics suggest push back on RIP triggered OCCL’s code proposal. At last month’s Council Infill workshop, planners borrowed a page from OCCL lexicon in its pitch to amend “historic inequities” of privileged white neighborhoods.

Analysts counter that

RIP rips apart vulnerable neighborhoods by incentivizing demolition of low-income housing perpetuating discrimination.

Although Portland makes room for new arrivals, tension grows over adversarial issues from parking, transportation, and homelessness related to the passage of Better Housing by Design’s middle housing initiative allowing more density in commercial zones adjacent to residential areas.

Public hearing on Code Change 3.96 by Commissioner Eudaly’s OCCL Bureau is being continued because of November’s truncated testimonial time. Critics charge Eudaly ran out the clock by stacking presentations with hand-picked speakers.

This month, only the 35 people already signed up, will be allowed to testify. Portlanders can submit written testimony to the Mayor and Commissioners.

Central to the code’s change is adding self-identified affinity groups as official, City-recognized entities. Under the banner of promoting the common good, the original rewrite largely ignored the Neighborhood Associations (NAs).

Critics say excluding neighborhood input on a draft rewrite violates the civic bureau’s inclusionary mission. NAs say they welcome diverse participation by groups with specific standards, practices and guidelines.

Eudaly insists OCCL’s process has been fair and robust and that she has no intention of ceasing neighborhood shake-up efforts.

NAs function under umbrellas of geographic-based Coalitions that include SE Uplift. Eudaly has publicly indicated that funding District Coalitions is not a good use of OCCL staff or

money. The SE Uplift Coalition’s fate is considered reasonably safe because of its mix of nonprofits and NAs.

Some neighbor leaders are calling for a code restart under new leadership.

Four years since conception, RIP has undergone numerous revisions that include removing minimum parking requirements and reducing building scale, while adding bonus units for affordability.

Displacement is a major Council concern. Parts of Montavilla and Lents are considered most at risk of redevelopment forcing vulnerable residents from their homes, as in North Portland’s Albina.

Since RIP was introduced, pro-growth advocates like 1000 Friends of Oregon have denounced opposition as Not-in-My-Backyard NIMBYs. In its Council pitch, BPS drew densification rationales from the *Historical Context of Racist Planning* report calling for amends to be made for red-lining and neighborhood exclusivity practices.

Shaming critics into acquiescence could backfire. RIP critics contend that blame falls on developers who support Infill practices causing displacement and creating exclusionary housing costs beyond low income minority renters’ means.

Renter Meg Hanson, slams RIP as speculative redevelopment that allows builders to “buy at a bargain and sell at a premium”.

The crisis continues as little is being done to reduce land and construction costs, according to RIP adviser Michael Molinaro.

“The City is pandering to the uninformed and nothing will change until it reduces outrageous permit fees and the high cost of community development land.”

Painting the Streets Red

construction of pilot projects expected to extend out into 2021.

The result will be to prioritize and facilitate bus transit improvements along higher trafficked corridors as a means to promote transit use and discourage auto commuting. PBOT is hopeful traffic congestion along

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those corridors will be reduced as drivers see advantages of using city transit.

For additional information on this project and how to be involved, go to: bit.ly/2sdcIn4.

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Portland's Homeless Challenges

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further increases the need and the cost of new housing.

According to data compiled by Metro, the average rent for a one-bedroom apartment in the Portland region increased by 52 percent between 2010 and 2016.

That's more than twice as fast as the growth in the incomes of renters, who make up 40 percent of the households in the region. Their average annual incomes increased by only 19 percent and for those with the lowest incomes it was by just nine percent.

For people earning less than \$25,000 per year (30 percent of median family income) Metro states that there is a shortfall of 36,000 units. At the current rate of local government spending on low-income affordable housing, it will take decades to build enough units to supply the need.

One half of these renters pay more than 30 percent of their income in rent making them, by definition, "rent burdened."

Either lower rents or rent assistance is perhaps the most effective way to help people quickly find stable housing. Rent subsidies help many individuals and families afford the rent, but only one-quarter of the households who qualify for rent subsidies receive them.

We consider food to be more important than a home, but with the experience of the last 40 years it is clear that people, and especially families, cannot thrive without a decent place to live.

People not adequately housed cost society more than it costs the government to house them. The savings would come from their increased human potential, decreased law enforcement, lower health costs and a more educated workforce.

As long as there are higher profits in building luxury housing, developers will not build the affordable housing this country needs. The League of Oregon Cities statistically illustrates the housing situation.

A little over half of Oregon's 633,000 rental housing units are

comfortably affordable for people with annual incomes of \$70,000. About 138,000 Oregonians are earning over \$100,000 a year and can afford luxury apartments, but there is a shortage of 104,000 of these rentals.

There are 123,000 "rent burdened" people because they make less than \$30,000 a year and there is a shortage of 63,000 of these units.

As long as the development industry favors building more profitable luxury housing, it leaves the government to build affordable housing and they are nearly as expensive to build as luxury housing because of the costs of land, labor, development fees and building codes.

The federal administration's answer to the nation's homeless situation is to place people living on our streets in large facilities where they can more easily improve their lives and move productively into society again.

They want local authorities to do this without any increase in federal investments. The Haven of Hope in San Antonio, Texas is a model of this type of facility serving 1,500 people daily. The local Wapato Jail site has been rejected for this purpose by local leaders, but the idea is still under consideration by private individuals.

Over half of the multi-family apartments in the US are owned by institutional investors looking to expand. It is known as "financializing" rents, and it is part of a modern search for wealth by world wide corporations with billions of available funds to buy affordable housing where they can find it, including here.

Wall Street corporations are involved and so are financial interests from overseas. The Blackstone Group, founded by Peter Peterson in 1985, has \$157 billion in real estate and is the largest landlord of single-family rental homes in the United States.

According to the National Association of Realtors, Chinese investors purchased \$27.3 billion in United States real estate between 2011 and 2015.

In Portland \$6.3 billion has been invested in acquiring nearly 30,000 units of affordable housing in the past four years.

These investors pay less than two thirds per unit of what it costs local government to build new affordable housing and the mortgages are backed by the federal government.

These investors also have access to advantages of low cost financing and economies of scale in marketing and maintenance. They create highly profitable new assets called "rent-backed securities" that are similar to mortgaged backed securities that were a cause of the financial downturn in 2008.

The federal government's largest housing expenditure and subsidy is the "Mortgage Interest Deduction," targeted for Americans able to purchase their own single family homes.

There is no equivalent help for marginalized, "rent burdened" working class families and a national housing reset is needed.

Oregon Congressman Earl Blumenauer in his recent report titled, *Locked Out: Reversing Federal Housing Failures and Unlocking Opportunity*, describes the history of the federal government's role in housing.

Blumenauer suggests solutions for our ever present housing policy challenges. It points out many little known facts about the federal role in housing and how it might be improved.

Read Congressman Blumenauer's entire report online at bit.ly/2Q5hGKG

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Treating Portland's Water: Filtration vs. UV and Ozone

By NANCY TANNER

On December 4, 2019 City Council Commissioners Amanda Fritz, Nick Fish and Mayor Ted Wheeler voted to proceed with Portland Water Bureau's (PWB) plans to construct a filtration plant on Carpenter Road in Gresham.

In opposition is a contingency of people that have presented a strong argument about why this isn't a good idea.

According to Jaymee Cuti, PWB Public Information Officer, the decision to build a filtration was made with the guidance from Portland Utility Board, public health partners at Multnomah County and public testimony from people who drink Bull Run water.

In 2005 the Environmental Protection Agency (EPA) issued the Long Term2 Enhanced Surface Water rule (LT2). Every public water system in America that uses surface water or ground water must comply with this regulation. The reason for this ruling was to prevent microbial pathogens such as Cryptosporidium from entering the water system. For many water systems, this makes sense.

To the dismay of The Friends of the Reservoir, Mt. Tabor NA and other citizens, this meant taking the functional, open-air reservoirs on Mt. Tabor and at Washington Park offline, building underground water tanks on Powell Butte and funneling water under the Willamette River.

(Note: Taking the Washington Park reservoir offline has resulted in a 300 percent increase in cost from the initial quote and the Willamette River funneling has doubled in cost.)

LT2 allows for three different treatments: 1. UV or ultraviolet light, which uses a disinfection technique to inactivate micro-organisms in water by attacking their genetic core. 2. Ozone treatment, using air or a dry process gas that attaches to a micro-organism and oxidizes. 3. Filtration, which removes all micro-organisms from the water.

Defenders of the reservoir tried to get a variance that would allow the city to continue using the reservoirs but the request was revoked in 2013 by the Oregon Health Authority after finding low levels of Cryptosporidium, which is in all fresh water systems at varying degrees.

Cuti said that no one has become sick but detections pose a risk, particularly to members of the public with a condition that compromises immune systems.

At this time, PWB's plan to comply with LT2 was to use UV radiation like other large unfiltered systems that meet the criteria for filtration avoidance, Seattle, Boston and San Francisco being three.

Seattle has a watershed similar to Portland's and, in 2004, they chose to build a UV, ozone treatment plant at the Lake Young Reservoirs costing rate payers \$101 million, equivalent to \$150 million now. New York recently applied to renew their filtration avoidance and were granted another 10 years.

In July, 2017, City Council approved a \$350-\$500 million dollar filtration plant project, then in September, 2019, PWB presented the City Council with newly updated costs that are now closer to \$1.25 billion.

Those in opposition to the filtration plant now feel they have even more reason to distrust a project they see as unnecessary and is considerably more expensive than initially estimated. In their opinion, the PWB obfuscated the real price right from the beginning

Cuti says this is not true, that the 2017 bid was a placeholder estimate for the project, which she said typically takes three to four years of studying to solidify.

"It was a ballpark estimate," she said, "and the best we could do at the time and with the information we had. Now we are refining that estimate."

Even with the time to provide a more accurate estimate, this continues to be a low-confidence estimate, according to the City of Portland's procurement practices. It will not until they are approximately 50 percent into the design phase that they will have a high-confidence cost estimate.

Jeff Knapp, a mechanical engineer who has worked for Boeing, Hewlett-Packard and Microsoft, feels there are facts about this project that need further investigation, one of which is the cost to ratepayers.

According to the initial Environmental Protection Agency (EPA) factsheet published in 2004, it should only cost ratepayers \$12/year for a treatment plant for Cryptosporidium. Knapp's numbers indicate the average rate for Portland's will climb to \$506/year.

The reason for the discrepancy, says Cuti, is due to many improvements to the water system (including the Washington Park and Willamette River Crossing projects), distribution improvements and the cost of the filtration plant.

The cost of the new improvements will be partially funded by an increase in rates for wholesale and retail customers and partially funded by a loan the PWB intends to apply for.

Lauren Courter, Ph.D.,

Toxicologist with Mount Hood Environmental, spoke with *The Southeast Examiner* about her understanding of the ratepayer costs.

She explained that the loan the PWB intends to apply for is from the Water Infrastructure Finance and Innovation Act (WIFIA) program through the EPA would provide a long-term, low-cost supplemental loan.

Courter says there are around 25 regions applying for this WIFIA loan and that Bull Run seems like the least likely to receive it since a clean-up of polluted waters is needed here like it is in other places.

Currently about a million residents and businesses are paying for water including several wholesale water customers, Gresham, Sandy and Tualatin Valley, who help mitigate half of the costs of the water.

Courter said that because the proposed filtration plant will increase rates, these customers are considering looking elsewhere for water.

In addition to the cost, Courter's investigation found no empirical data that concludes Portland's water system needs this treatment. There is no sediment, and no Cryptosporidium cases that are directly related to Bull Run.

PWB reasons that filtration is the best pathogen protection and provides security for the worst-case scenario (i.e. natural disasters or future contaminates).

Those in opposition think this is far reaching, unnecessary and costly, in addition to a lack of ability for filtration to remove pharmaceuticals from the water.

Floy Jones, founder of The Friends of the Reservoir, shared a report by CH2Mhill, a company hired by the City when the LT2 ruling was first being enforced, that stated there are public health impacts associated with filtration chemicals including cancer-causing acrylamide, aluminum sulfate and aluminum. Filtration plants are normally used for polluted watersheds, not pristine places like Bull Run.

When asked about the dangers of chemicals like aluminum sulfate, Cuti's response was that Bull Run water is being tested at a mini-filtration pilot plant

to determine what chemicals to use. The chemicals are those used in water treatment plants across the United States and certified by National Science Foundation as safe for use in drinking water. Aluminum sulfate, for example, is found in kitchen products like baking soda.

It is in the public's best interest to fully understand PWB and City Council's reasons for

moving ahead with an expensive filtration plant when there are compelling reasons to consider UV and Ozone.

Decisions being made about the Bull Run watershed are of critical importance to the region's future.

The Southeast Examiner will continue to investigate this in the February 2020 edition.

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Sunnyside School's Holiday Christmas Tree Recycling

K-8 Sunnyside Environmental School (SES) is holding their annual Holiday/Christmas Tree Recycling Event Saturday, January 4 and Sunday January 5, from 10 am-4 pm.

All donations benefit the SES "GO FUND", utilized throughout the school year to supplement out-of-pocket costs of school field trips for their students and families. Middle-schoolers (grades 6-8) earn community service credits by working at the event and neighbors are welcomed with complimentary coffee, hot cocoa and bonfire.

In alignment with the school's deep commitment to the study of ecosystems and environmental impacts, all trees are quickly converted into mulch chips, for use in the SES school garden as well as PDX community gardens and local farms.

Drop off trees at Sunnyside Environmental School, 3421 SE Salmon St., in the asphalt area at SE Taylor and 35th, behind the school building. Follow signs and instructions from the students. The \$5 requested donation can be in cash, check or Venmo.

Questions? Email: sunnysidetreerecycling@gmail.com.

A New Community Group: Inner Southeast Action

A new group called Inner Southeast Action has formed to work with community members and other organizations to embrace change around livability, inclusivity, stainability and climate protection. The group plans to work on their own projects and partner with organizations such as business districts, neighborhood associations and advocacy groups across inner SE Portland.

This fall Portland's Neighborhood Greenways greeted cyclists, pedestrians, drivers and nearby resident with homemade muffins and coffee for cyclists, pedestrians, drivers and nearby residents to promote the Greenways network. Hundreds of community members stopped to socialize and learn more about the network.

Inspired by the event, neighbors at SE Lincoln and 30th are working with Inner Southeast Action to beautify and plan improvements for the intersection.

A new project gathering momentum is Safer Hawthorne. The idea for this project is to maintain SE Hawthorne as a vibrant business district by improving the safety of local residents and visitors who walk along and cross this busy street. Inner Southeast Action is interested in hearing from residents with their ideas for making Hawthorne safer and more vibrant.

Those interested in participating in an existing project or proposing an idea for a new project are encouraged to visit InnerSoutheastAction.org or send an email to innersoutheastaction@gmail.com.

Have an event coming up the public needs to know about? Send your Community News announcements to: examiner@seportland.com. news by the 15th of the month

Buckman Fundraises a Makeover

BY MIDGE PIERCE

Thanks to some busy holiday elves, Buckman Elementary students may return from break to find long-anticipated playground improvements intended to spur creativity for all children, including those with special needs.

Build-out is underway for sensory-oriented, nature play spaces that will include climbing logs with net, a stage, a boulder amphitheater, rain garden, willow forts and shade trees on the upper playground. A labyrinth is already in place.

The project is needed to replace broken, unsafe play areas on blacktop that was once a parking lot and provide alternatives to an often rain-soaked lower field. Funding is needed to complete the project in spring.

See bit.ly/34MVJW5 to see go to the Buckman Elementary School Donately page.

Buckman is also attending to deferred maintenance issues now being addressed that have included security buzzer installation and mold mitigation.

BABA Annual Meeting

The annual member meeting for the Belmont Area Business Association will be held Thursday, February 20, 6-9 pm at TaborSpace, 5441 SE Belmont St.. The Association is seeking raffle prize donations. More at belmontdistrict.org.

Deconstruction Ordinance Updated

Proposed amendments to the existing deconstruction ordinance (Portland City Code Chapter 17.106) were approved by City Council in November.

The ordinance will now cover houses and duplexes built in or before 1940 (previously it was 1916). The expanded ordinance goes into effect January 20, 2020.

For more information see the webpage at bit.ly/391oEJo

Recycling Tips for January

BY BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

No Impact Man, The Adventures of a Guilty Liberal Who Attempts to Save the Planet by Collin Beavan seemed more like a work of fiction rather than an autobiographical account as I was browsing through the Multnomah County Public Library's catalogue.

Nonetheless, curiosity led me to place a hold on it with nothing more intended than to skim through it.

Turns out Beavan and his wife Michelle and toddler Isabella lived a comfortable life in a 9th floor Greenwich Village apartment in lower Manhattan

Comfortable that is, until Beavans' environmental concerns and lifestyle choices collided. He realized he needed to do more than just worry and talk about climate change, wasted resources and the health of the planet. It was time to just do something, starting with his own behavior.

Beavan and his family engaged in a yearlong project to live as near a zero impact lifestyle as possible, and of course, to write about it. Not a climate scientist or activist, he did his research along the way.

Focusing first on carbon from fossil fuels, he started with how he and the family moved around. Walking and biking on used bikes replaced cars and subways. No more elevators at home

Think about it... every time the dog needed to go out, it was nine flights down and nine back up. Eventually this expanded nixing the electric appliances including the washing machine, refrigerator, heat and air conditioning- in NYC!

Simultaneously, paper

products were removed from the household. No more chopping down trees for one-time-use paper bags, towels, plates, take out containers, wrappers, diapers, and even toilet paper.

Take-out food on paper plates were replaced with locally grown foods prepared at home. Frequent stops at the food coop and farmers market eased storage issues. The single household waste can was removed and the recycling bin remained empty. Board games, conversation and soup dinner parties replaced screens in the home.

It took a lot of ingenuity and research throughout the year as their lifestyle choices were evaluated and revamped and basically, everything changed. Establishing rules to guide them and asking advice from experts helped them navigate their journey into a lower impact household. The book's Appendix is impressive.

How did it all end? Was it too extreme? Actually, it hasn't ended. Some changes implemented were sustainable, some not, but happily, many of the changes the family made resulted in better overall health and quality of life.

Beavan believes the system needs to change and all of us are part of the system. It isn't just up to industry, government or technology to solve. It starts with doing something.

Why not try something new as we begin a new year? What a great time to get that recycling right, try out fresh food, home cooking, more trips by foot, bike or bus, or solar power, or whatever else you can imagine that would help reduce impact in your household. Who knows what might be possible?

SE Uplift Looks Ahead to 2020

SE Uplift is excited for what is to come in 2020. The new Board continues to engage and a new committee was created to focus on homelessness and continues to look for ways to bring people together and provide support.

SE Uplift is currently accepting applications for the Community and Civic Engagement Small Grants program, Community Collection Events (previously known as Clean ups) and Community Communications Grants.

Neighborhood Associations receive communications funds, but additional Communications Grants may be received by Neighborhood Associations or Community Groups. For more application information, including deadlines see seuplift.org.

SE Uplift gives big thanks to Molly Mayo for her 2+ years of work expanding outreach and creating a more inclusive organization. A new Executive Director will be announced in early 2020.

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CN Community News



Laurelhurst Park's Firwood Lake, Boomerang Island Restoration

BY PEGGY GLASCOCK
FRIENDS OF LAURELHURST PARK

Dale Vasnik, Horticulturist with Portland Parks and Recreation, South Parks describes the recent restoration: “What Parkie wouldn’t volunteer to help remove a huge stand of invasive bamboo in Laurelhurst Pond? Riding in a boat, wearing waders, chopping and dropping giant canes of bamboo, some up to forty feet tall... Floating the bamboo across a shallow channel, dragging it up on shore, stripping the branches and loading the canes on trucks – all on a 60-degree sunny day in October. It doesn’t get much better than that!” A fun day of hard work and camaraderie was had by all!

Some of the bamboo will be reused for bee colonies and plant stakes. The wildlife observed were raccoons, ducks, curious birds and rats. Hopefully the owls will help reduce the rat population.

Over the course of the next few years, crews will work to control bamboo and blackberry on the island. Native shrubs and trees will be planted to attract wildlife and increase the aesthetics of the pond.

The first plantings may be next fall. Crews hope to establish bird habitat and add taller shade trees to compete with the bamboo. They may install bird and bat boxes.

Thanks to organizer Dale Vasnik, and crew members: Pedro Aguilar-Zurita, Dominic Perez-Ruiz, Karen Ortegon, Mark Byram, Carlos McNair, Laura Van Fleet, Bill Alley, Tara Lampson, Andy Graham, Don Roberson and Doug Ludden. Crews from Heavy Equipment and City Nature were also brought in for their work and expertise. Supervisors were Heather McKillip and Michael Oliver.

We are looking forward to fun new things at Boomerang Island.

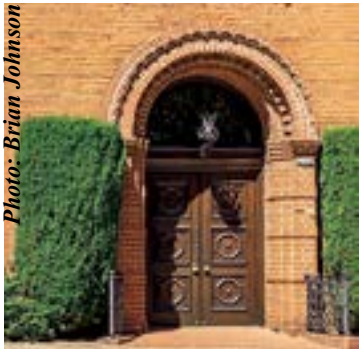
Better Housing by Design Adopts Historic Districts Protections

Efforts by the Archetectural Heritage Center’s (AHC) advocacy committee and other historic preservation advocates have resulted in additional protections for historic resources in Portland’s multi-dwelling zones.

Following almost two years of development, Portland City Council adopted the Better Housing by Design changes on Wednesday, December 18. These code changes become effective in March 2020.

The Better Housing by Design code applies to apartment zones in most of the city outside of the Central City.

The historic districts pri-



marily in those zones are the Alphabet and King’s Hill Historic Districts to the west of downtown, and parts of the Irvington and Ladd’s Addition Historic Districts on the near eastside.

Keep up with the latest zoning change information on AHCs website at bit.ly/2Mk5BJD

COMMUNITY & CIVIC ENGAGEMENT SMALL GRANTS – Grants ranging from \$300 - \$4,000 are available for community projects through SE Uplift’s Small Grant Program. The goals of the program are to increase the number and diversity of people who are involved and engaged in the broader community; strengthen community capacity to create change by building community leadership, identity, skills, relationships and partnerships; and increase community impact on public decisions and community life. The deadline to apply is February 6 and a grant workshop to prepare for applying is January 7 at the Woodstock Library, 6008 SE 49th Ave in the Community Room. More information at seuplift.org/neighborhood-small-grant-program.

MULTNOMAH MASTER GARDENERS SPEAKERS SERIES – *Adapting Your Yard And Garden For Climate Change* with Weston Miller, OSU Extension Service Community and Urban Horticulturist kicks off the 2020 Series Tuesday, January 14, 7 pm at TaborSpace, 5441 SE Belmont St. Northwest gardeners and landscapers are accustomed to our Mediterranean climate with mild, wet winters and warm, dry summers. However, with climate change, we can expect more variability in our weather with more frequent and intense weather events. Learn how these extreme events can affect your plants and what strategies can be employed to adapt your yard and garden to these new conditions. Information at multnomahmastergardeners.org.

2020 OLD HOUSE REVIVAL TOUR CALL FOR HOMES – The Architectural Heritage Center will be holding the 2020 Old House Revival Tour Saturday, April 11, 10 am - 4 pm. Each year the Old House Revival Tour demonstrates that older homes can retain original character, and even materials, while still being updated for 21st century living and environmental and community stainability. For this year’s tour, they are looking for six houses built from the late 19th century through the 1970s. They like to showcase a variety of approaches to renovation projects, from small budget DIY jobs to full house restorations. If you think your house might be a good fit for the tour, contact info@visitahc.org or call 503.231.7264.

MEMORY CAFE – This ongoing event is designed for those with Alzheimer’s and other types of dementia along with their caregivers, to share, socialize and provide/gain support. Sing along with members of the Hollywood Ukulele Group and enjoy delicious Thai food. Thursday, January 2 at Authentic Thai, 3829 SE Division St., from 4:30-6 pm. For information or to RSVP contact franzs2008@yahoo.com or cheath@northstarsl.com. Sponsored by Emerson House.

PORTLAND SINGS! – This community sing-along and casual, group-singing opportunity is for everyone wanting more music expression in their life. Sunday, January 19, 2-4 pm at Artichoke Music, 2007 SE Powell Blvd. Sliding scale \$8 - \$15. More at portlandsings.com.

FINAL CALL TO ARTISTS: 15TH MT. TABOR ART WALK–This event, May 16-17, showcases artists living in the Mt. Tabor neighborhood and a limited number of guest artists, and presents high-quality visual art in a variety of media. Details and online application at mttaborartwalk.com. Application, fee and images for jurying are due January 10.

Got a Spare Truck?

Portland Parks Foundation needs one, and preferably a box truck, up to 20-feet long. A large van will work, too: a Sprinter, Ford Transit, Dodge Ram Promaster, or other similar models.

What’s it for? The program is Portland Parks & Recreation’s Mobile Play + Lunch. The truck will bring learning activities and free lunches to hundreds of kids who don’t live near a park.

It reaches kids in free school lunch programs who,

when school is out in the summer, still need nutrition.

PPF received a generous, two-year grant from Bank of America’s Neighborhood Builder’s program to help PP&R expand this valuable and fun service to the community.

The only requirement is the vehicle needs to have ten years of useful life ahead of it and it’s needed now.

Unlike many vehicle donation programs, you can deduct the entire fair market

value from taxes with a gift of a vehicle to PPF for Mobile Play + Lunch.

For more information on vehicle donations, check out IRS publication 4303 or talk with your tax advisor.

Donate a truck and watch PPF transform it into a summer activity and a lifelong memory for kids to cherish. It will be like an ice cream truck or mobile library

Call 503.445.0994 or email info@portlandpf.org.

Bring Bags or Bring Nickels

Many Portlanders have gotten into the habit of bringing their own reusable bags to grocery stores. For them, the new law prohibiting single-use plastic bags in grocery stores that went into effect January 1 will have little impact. For others, the transition may take more getting used to.

House Bill 2509 puts the entire State of Oregon, not just

some of its cities, in alignment with California, Hawaii and New York instituting a ban on single-use plastic bags.

The bill was signed into law over the summer by Governor Kate Brown and exempts plastic bags used for produce, bulk foods and meat in grocery stores in addition to restaurants from the ban.

By law stores will be

required to charge customers five cents per bag that is needed.

To help those making the bringing of bags to the store a new habit, consider keeping a supply in your vehicle or bicycle. Typically walk or take public transportation? Try stashing one or two bags in whatever bag is usually used when going out to avoid paying for new bags in the New Year.



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Mt. Tabor Community Nature Playground

By JACK RUBINGER

The Mt. Tabor Community Nature Playground, a new nature-is-nurture interactive play space, is underway at the corner of SE 54th Ave. and Belmont St.

The 70'x42' playground has been created, built and fundraised by parents and volunteers led by Emily Shamrell, Celeste Larson, Autumn Bettinger, Klara Jolesz and Tara Sawyer.

The work began in August 2018 after the Mt. Tabor Presbyterian Church's insurance required the removal of the twenty year old outdated and unsafe play structure after many years.

The renovation project is a result of two organizations – Pea Pod Playschool and the Mt. Tabor Preschool. Both came together to build a better resource for their families and the community.

Tara Sawyer, Executive Director of Pea Pod, is a landscape planner specializing in parks and playground design. She volunteered her services to map and implement the construction.

Work parties from both organizations have built fences, finished sandboxes, dug and moved dirt and installed extensive plantings. Even the kids got involved, gladly helping to dig in the dirt.

Once sufficient funds are raised, the nature playground will have a new play structure in the center. The Mt. Tabor Presbyterian Church owns the property and the two schools and the public use the space.

Volunteers are hoping to be done by June 1 and host a formal opening at that time. They'd like to make it a community event, with the pastor blessing the space and a celebration with donuts.

Parents and volunteers have been focusing on community outreach, since this little playground is shared by Pea Pod, the Mt. Tabor Preschool and (outside of designated school times) the greater neighborhood.

"As a community of parents we've spent time raising money through donations and fundraising as well as reaching



Photo credit Tara Sawyer, The Pea Pod Family Resource Center

out to local businesses, such as Portland Nursery, for discounts and plant donations," Autumn Bettinger said.

"The playground is coming together and we're very proud of the progress we've made," she continued.

"We've included a little rain garden for the kiddos and are actively working on a kitchen garden. We've spent the bulk of our funds on grading, cement-laying and wood chips so far. We don't have a ton left over for plants, which is the biggest component for an interactive, environmentally educational space."

The neighborhood itself has contributed garden donations and more plants are needed to actively improve the Tabor neighborhood.

"We're hoping to spread the awareness of our project so perhaps more people might want to get involved and we can see our vision come to life," said Emily Shamrell, Vice-President

of Mt. Tabor Preschool.

The project is a work in progress with two phases.

Phase one includes grading, concrete work, wood chips and fencing and is complete. Phase two will include all the planting, the play structure, shade sails, a kitchen garden and rain garden which will emphasize the Pacific Northwest's natural environment with tons of plants to touch and interact like rattling in the winter wind, stones in spirals, plant tunnels and more.

"There was a period when a bunch of two to three-year olds were stuck inside during construction," said Bettinger.

"Other than that, it's been pretty smooth and a real learning experience for us as we learned how to present plans, apply for costly city permits and use other tools to make this playground a reality."

Donations to this project can be made at gofundme.com/Taborplay.

Oregon's Primary Coming Up in May

By DAVID KROGH

May 19, 2020 is the date for Oregon's primary election. Regarding the Portland City Commission, there are three positions up for grabs. The positions and candidates registered thus far (according to the City Auditor's Office) are as follows.

Candidates for Mayor (currently held by Ted Wheeler)

Sarah Iannarone
Teresa Raiford
Michael O'Callaghan
Bruce Broussard
Michael Burleson
Cash Blanco Carter
Ted Wheeler
Ozzie Gonzalez
Willie Banks

Candidates for Commissioner, Pos. No 1 (currently held by Amanda Fritz)

Carmen Rubio
Philip Wolfe
Timothy DuBois
Candace Avalos

Candidates for Commissioner, Pos. No 4 (currently held by Chloe Eudaly)

Jack Kerfoot
Mingus Mapps
Alyssa Vinsonhaler

Note: Chloe Eudaly has indicated she intends to run for re-election. However, at the time of this writing she is not as yet registered with the City Auditor. In addition, Amanda Fritz is retiring and not running for re-election.

Of interest for the City Commission election per the City

Auditor, "For each office on the Primary Election ballot, if no single candidate receives a majority of votes cast, the names of the two candidates with the highest number of votes will appear on the November 3, 2020 General Election ballot."

This means a candidate for one position who receives a majority of votes cast for that position will automatically win that position.

However, in the event of no majority winner the top two candidates for a given position would have a runoff on November 3.

The Southeast Examiner will be providing interviews and bio information on the candidates.

The first is an interview with Mingus Mapps and will be in our February edition.

Readers can look at Mapps' campaign website at mingus-mapps.com.

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PCC Reaches Agreements with Faculty and Academics

By Jack Rubinger

Portland Community College (PCC) reached tentative agreements with the Federation of Classified Employees and the Federation of Faculty and Academic Professionals December 13 for successor contracts covering a four-year term. Meetings between PCC and the Federations began in late

February of this year and most of the non-economic contract issues were resolved in August. Bargaining over economic and remaining non-economic issues began in early August. Although the parties’ initial proposals were far apart, they made progress toward closing the gap during several bargaining sessions held late summer

through the fall, finally reaching resolutions acceptable to both sides. At the center of bargaining was a desire to address employee concerns that wage increases keep pace with the increased cost of living in the Portland metro area, the College’s need to maintain a balanced budget, and the ability to invest in strategic initiatives to better serve PCCs students. “After 12 hours of bargaining, we reached a tentative agreement with a fair and acceptable proposal,” said Trina Hing, ESOL Instructor, PCC-SE Campus. “Now we just need to have members from both Federations vote for approval and the PCC Board of Members to add their stamp of approval.”

Voting was slated to take place in late December. Key components of the agreements include salary increases for most employees that total 4.5% each year when averaged over the four years of the agreement. Salary for part-time faculty will vary based on a new schedule that provides parity to the full-time faculty salary schedule. A new top step of 3% will be added to the full-time faculty salary schedule phased in over four years. Increases for the third and fourth years of the agreement will be contingent upon meeting specific levels of funding and student enrollment. Other issues include providing four weeks of paid parental leave. Contributions to health insurance premiums will be maintained at the current level with no additional increases over the term of the agreement. “The College is pleased to have reached this conclusion prior to the end of the calendar year,” said Kate Chester, Director of Public Relations and Community Engagement. “The outcome stems from the patience and dedication of negotiating members from both administration and the Federations, whose partnership has led to a fair and equitable result for the College overall.” According to the Federation, 76% of employees at PCC are part-time and well over half the courses are taught by part-time faculty. The main problems for part-time faculty has been job insecurity and unfair compensation. Federation representatives said that very few have “assignment rights” or “multi-year contracts.” They’re paid a fraction of what full-time faculty make and they’re overworked. Recent surveys revealed that many instructors qualify for government funded aid and use it to survive, even people with a masters degree and doctorates. Both Portland Community College Federation of Faculty and Academic Professionals and Classified Employee Federation had been working without a contract since last August 31, and June 30, respectively and both are four year contracts.



City Takes Trees and Climate Seriously

By Midge Pierce

As Fire Drill Friday climate protests swept the globe imploring action to save the planet, Portland took steps to curtail carbon emissions and protect the urban tree canopy. City Council unanimously voted for a five-year extension of the so-called “big tree amendment” levying significant fees for cutting down trees 36 inches or more in diameter on residential property. In the event the Council declares a climate emergency, stiffer assessments for smaller trees could be imposed. Tree advocate Dawn Smallman praised Portland’s “most politically powerful environmental groups and youth activists” for packing the chamber for the vote. Tree removal exemptions on commercial and industrial property will be considered by the Council this month and likely returned to Urban Forestry and the Planning Bureau for recommendations. The Council also indicated it would consider funding a comprehensive tree review.

Portland Audubon conservationist Bob Salinger welcomed the steps, but says they are not enough. “The Mayor talks about the need for bold action on climate change. Removing the exemption for tree protection on industrial and commercial lands is an easy and obvious step toward this goal.” For City Parks, the Council banned its 300 gas-powered leaf blowers in order to transition to battery-operated, hand-held tools. Commissioner Nick Fish hopes residents will follow suit by deep-sixing their own use of gas blowers which emit carbon monoxide and cancer-causing toxins. He says some blowers release pollution equivalent to a Ford pick-up driving 4,000 miles. The ban marks a victory for SE’s self-described Lorax, Albert Kaufman, who has been instrumental in circulating petitions to abolish what he considers “noxious equipment with noise levels equivalent to airplane take-offs.” In other environmental news last month, the Council made changes to its Clean Energy Fund to try to make it less onerous for Portland’s workforce. Meanwhile, Mayor Ted Wheeler and the Governor have joined the chorus calling for environmental review by ODOT of the controversial I-5 highway expansion plan through the Rose Quarter. Both the City of Portland and Multnomah County have vowed to transition to 100 percent clean energy by 2050. Insiders say the City is behind on its Climate Action Plan goals, largely because of difficulties getting more people to reduce car trips and use public transit. In late December, the City Council reapproved its ban on new fossil fuel facilities in the city.

“Recycle or Not?” Seeks to Reduce Confusion

Even seasoned recyclers may sometimes wonder if the item in hand is in fact recyclable or not. As the New Year dawns and clean up from the holidays ensues, individuals may be faced with items they typically don’t handle and are not sure which bin to put them in. Over the summer Metro created the Recycle or Not? online resource to help reduce confusion anytime of the year. The website recycleornot.org is clean and eye-catching, using pictures of items for clarity. There’s even a game where users are given an image and

short text and the option to click on “trash” or “recycle.” Get the answer right and digital confetti rains down on the screen. Going a step further, there is also a @recycleornot Instagram account that has featured regular posts since its inception, similar to the website. In addition to replies to comments by account administrators, there tends to be lively conversation in the comments by users of the social media platform. Both the website and Instagram have versions in Spanish, reciclarono.org and @reciclarono, respectively.

Portland Parks & Rec Event Applications Being Accepted

Summer Free For All is gearing up for the Summer 2020 season of free concerts, movies, and lunches in the parks. The mission of this Portland Parks & Rec program is to build community through free, inclusive and family-friendly activities celebrating Portland’s diverse cultures and local artists. All events are community-motivated, engaging and promote positive park activation. Applications for Concerts and Movies by community groups are currently being accepted. Apply to host a movie,

a concert, or a concert series in your neighborhood park. Due to high demand, one movie or concert event (single concert or concert series) per community group upon approval. Applications are due Friday, January 31, at 11:59 pm to be considered for the 2020 season. Acceptance notifications go out February 14. See portlandoregon.gov/parks/61921. Questions? Contact sffa@portlandoregon.gov or 503.823.5059.

New Business Tax January 1

The new Corporate Activity Tax (CAT) is the business tax that goes into effect January 1.

Created by the Legislature and signed by Governor Kate Brown in May 2019, it is a commercial activities tax on business transactions that take place in Oregon.

According to the State of Oregon, commercial activity is defined as “the total amount realized by a company from the transactions and activity in the regular course of their business in Oregon, without deduction for expenses incurred by the business.”

A small number of business receipts are excluded from the calculation of the amount of commercial activity.

Businesses that have less than \$750,000 in commercial activity are excluded from all CAT requirements, as are nonprofit organizations, farmers’ co-ops exempt from federal income tax, federal/state/local government entities like school districts and hospitals/long-term care facilities.

Businesses in the \$750,000 and above category must register for the CAT and businesses \$1 million and above must file.

The revenue from this tax is designed to be a funding source for Oregon pre-K-12 schools, establishing a “Fund for Student Success.” It’s broken into three parts: Early Learning Account (ELA), Student Investment Account (SIA) and Statewide Education Initiatives Account (SEIA), with each receiving a

percentage of funds.

The ELA focuses on early education, including Early Head Start, expanding relief nurseries, more slots for Preschool Promise and Oregon Prekindergarten Programs and fully funding Early Intervention Early Childhood Special Education (EI/ECSE). It will receive at least 20 percent of the funds and support parenting engagement and Healthy Families Oregon.

The SIA receives the largest percentage of funds, at least 50 percent, to meet students’ mental or behavioral health needs and increase academic achievement for students.

It works to reduce academic disparities for economically disadvantaged students, from racial or ethnic groups that have historically experience academic disparities, homeless students, students in foster care and students for whom English is not their first language.

The SEIA contains the greatest number of new programs. Nine of the fifteen programs are new and include school safety, youth re-engagement, summer school for Title 1 schools and more.

Existing programs are High School Success (M98); high cost disability fund; nutrition programs and student success plans for African American and American Indian/Alaska Native students; it will receive up to 30 percent of funds.

For more information visit bit.ly/2PL5Bvk

Social Equity Grant Applications Open

The Office of Community and Civic Life will award one-year grants to projects/programs that aid, strengthen and serve restorative justice, community reinvestment, and wealth creation in communities that have been disproportionately impacted by cannabis prohibition laws.

A \$550,179 restorative justice community reinvestment grant opportunity funded by the City of Portland’s 3% local tax on retail cannabis sales is the source of funding for the grants.

Applicants may request funding for projects and programs ranging from \$25,000 to \$150,000 per fiscal year in the following priority areas:

- Criminal justice reform projects and services
- Legal services and case management support
- Workforce development
- Re-entry housing support and services

An information session with takes place Tuesday, January 2, 3-4 pm at St. Johns Community Center, 8427 N. Central St..

Applications are due by Wednesday, January 22, 5 pm. More information and applications at bit.ly/2Q7NtKY

OCCL Seeks Advisory Body Members

The Office of Community & Civic Life’s Advisory Bodies Program is currently recruiting new members for the following seven committees:

Pedestrian Advisory Committee, Portland Bicycle Advisory Committee, Noise Review Board, Portland Parks

& Recreation Budget Advisory Committee, Central Eastside Transportation and Parking Committee, Portland Children’s Levy Allocation Committee, and the Development Services Adjustment Committee.

Learn more and apply online at bit.ly/2PN4z202



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Go Going Out

Huinca at Milagro



Huinca photo by Liana Rose

Written by Canadian-Chilean playwright Marilo Nuñez and inspired by true events, Milagro Theatre's **Huinca** tells the tale of Manuel Huillpan of the Chilean community of Lof Rankilko. Wrongfully jailed, and accused of setting fire to land illegally purchased by the Arauco logging company, Milaray Cayancura, the community healer makes prayers and offerings to her spirit guides to help.

Then a young woman working for a logging company is sent to Chile to attempt to negotiate away the Mapuche people sacred lands. Her encounters with the elders and dreams of a sacred Araucania tree spirit test her dedication to her job.

Milagro's original bilingual production shows audiences the history of the indigenous Chilean people, the Mapuche, and their unique relationship to their land. Framing their struggle in a larger global context, the story points to other indigenous efforts to protect a native land against global industrialization and colonialism. The play will tour nationally until November of 2020. See it here first January 9-18.

Performances are Thursdays-Saturdays at 7:30 pm, Sundays at 2 pm. Tickets \$29 in advance, \$32 at the door; seniors \$25/\$30; student/veterans tickets \$20/\$25. Preview tickets for January 9 are \$18/\$22 at the door. Arts for All available. The boxoffice phone is 503.236.7253 or see milagro.org.

The Closing of Winterland

Music Millennium hosts a book signing and reading for *This Old Building: The Closing Of Winterland*, a photo book By Jarid Scott Johnson Saturday, January 11.

Thousands of Deadheads gathered on December 31, 1978, to bid farewell to the beloved Bay Area music hall, Bill Graham's Winterland Arena and Johnson captured many moments.

The book is filled with never-before-seen black and white photos as it unfolded with the Blues Brothers, the New Riders of the Purple Sage, the Grateful Dead and of course, the Deadheads.

Saturday, January 11, 3 pm at Music Millennium, 3158 E Burnside St.

arts & performance



Tom May

A full time folk artist for almost fifty years, **Tom May** has shared stages with Gordon Lightfoot, Joni Mitchell, Alabama, Willie Nelson and many others.

With story-songs about folks he's met, tales of history and humor, wine and romance, he continues to boom with his resonant baritone voice and deft and delicate fingerpicking.

This year May celebrates his 67th birthday with a special concert at Artichoke Music Saturday January 11 accompanied by Doug Smith.

The two musicians met in Omaha in 1991 and have done many shows together. Their duo concert is a Portland winter tradition.

May has fourteen albums. His latest is Blue Roads, Red Wine. He began his River City Folk radio program in 1985 and it's still heard on over fifty stations each week including XM satellite radio.

Somewhere along the way he founded and still produces Portland's annual Winterfolk concert too (in this month's Short Takes). See tommyfolk.com.

Saturday January 11 at 8 pm at Artichoke Music, 2007 SE Powell Blvd. Tickets \$15 in advance at bit.ly/2MeNnQz.



The Mount Tabor Park 2020 Calendar with photographs by Andrew Haliburton, celebrates the beauty of this beloved park and its historic structures. For more than a century, they were the heart of the city's watersource. Twenty-five photos in and around the park along and printed and bound here in Portland, it is available at the Information Kiosk in Mt. Tabor Park or by emailing info@andrewhaliburton.com for \$22 each. A percentage of sales is donated to Friends of Mt. Tabor Park. See andrewhaliburton.com.

Zines with Sarah Mirk

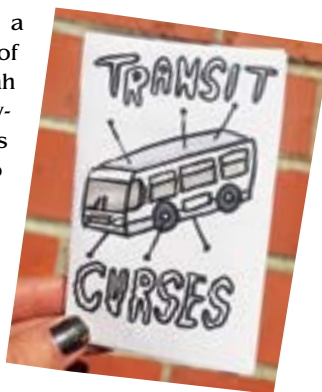
What is a Zine anyway? Why, it's a small-circulation self-published work of original texts and images. Writer Sarah Mirk is in the midst of making a zine every day for a year and this month she's leading a new year mini-zine workshop to help you face everyday demons.

Conquer your writing and drawing anxieties with Mirk's low-pressure exercises. Learn how to make a simple one-page zine for yourself, and create collaborative zines to share.

A SE Portland artist and journalist, Mink is finishing up a year of daily zine making and publishing a book of 100 of her favorites. "I'm somewhat obsessed with making zines," Says Mirk, "because they're both a way to express myself, and it's nice working with pen and paper after staring at a screen all day... and create a physical object that can be photocopied and shared with others."

Participants leave with new tools to document their lives and publish their own work. The workshop is free.

Mirk's workshop is Saturday, January 11, 2-4 pm at Outlet PDX, 2500 NE Sandy Blvd., Ste E. It is limited to fifteen people so register now for a space. See outletpdx.com.



LEAP INTO THE NEW

It's the theme of the January **Portland Storytellers Guild** show, affirming the challenge of trying something new, even if it means a perilous chance into the unknown or a misstep becoming a wild, new career.

Risk-taker-storytellers Mike Devenney, Kitty and Kriya Kaping and Anne Penfound share their personal true tales of how a jump, a leap, a dive or a bounce can be a passport to a different world and lead to life-altering experiences.

PSG's show is Saturday, January 4 at the Clinton Street Theater at 7:30 pm, doors at 7. Tickets are \$15 online at bit.ly/2S1Lria. \$20 night of show. portlandstorytellers.org



New nature studies by Jolyn Fry and Lunar Molar are shown at the Radius Annex Gallery this month. Fry is a painter. Molar is a ceramicist. The picture above is "Oaks Bottom" by Jolyn Fry.

"Surrendering to my artistic process grants me the kindest perspective of myself and the life that moves around me," Fry said. "I have no beginning or start when I paint. Each stroke is an opportunity for me to let go. My small ideas of the world dissipate and I open up to a more compassionate wisdom. Painting gives me perspective and an understanding of a world that at times can seem unbearable."

Fry teaches *Open to Your Creative Nature*, a month-long class from January 16-February 13, Thursday nights at 6:30 pm at Radius Community Art Studio address below. It's an ongoing workshop offered for students to explore their relationship to art and a relaxed and informative setting and beginner and experienced students are welcome. Painting, drawing, collaging, journaling and mixed media are all encouraged.

Sign up at radiusstudio.org Radius is at 3022 E Burnside St. First Friday, is January 3 from 6-9 pm.

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10	BRUCE MCCULLOCH (OF KIDS IN THE HALL) TALES OF BRAVERY AND STUPIDITY	21	SUPERGO PODCAST LIVE!
11	THE JIMMY DORE SHOW	22	OREGON HUMANITIES PRESENTS THINK & DRINK ON DEMOCRACY AND THE COURTS
16	DEVOTCHKA PRESENTS LITTLE MISS SUNSHINE WITH LIVE SOUNDTRACK	24	THE MOTHER HIPS
17	DEVOTCHKA IN CONCERT	25	COVERS & BLANKETS OPEN-MIC/BLANKET & CLOTHING DRIVE
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Rose and Swing go 'Deep Down'



"Inner Infinitum Corpus Cathedral" by Ila Rose

treasures led to an obsession with vintage windows, which she now uses as the primary canvas for her work. Because each piece is made from found objects, imperfections are considered to be a part of their unique beauty. (honeysandass.com)

At the opening, tea will be served by teapot crafter Jonathan Steele of Steele Tea Studios. The public is invited to attend as an alter-ego or come as you are and to take the dive deep down.

Deep Down opens January 25 in the Ford building at 2525 SE 11th Ave. at 6 pm. It will be on the walls through February

The Ford Gallery's new show, *Deep Down*, invites viewers to dip into the playful exploration of the emotional, mythical, morbid and psychedelic waters of the subconscious. The show features works from **Ila Rose** and **Lindsay Swing** (aka Honey and Sass).

Rose's work is colorful, dark, complex, layered, luscious and surreal. She plays with symbols which emerge from research and subconscious exploration and strives to use her privilege, to be a voice for social injustices as well as an advocate for the value of art in our lives and uplifting the value of the working artist.

"Often we attach a negative morality with the concept of being 'down,'" Rose says. "This exhibit honors and embraces all that dwells in the dark, under the surface, and under the flesh. With this body of work, we've chosen to dive deep down into a kaleidoscope of simultaneity, where the doors of perception become unhinged."

Rose's paintings have made her an in-demand large scale muralist too. She has designed three Oregon Country Fair posters, countless album covers, cards, books and life-sized paintings. Her images are fantastic and scientific, revealing an expanded imagination unbound. (ilarose.com)

Swing's work is influenced by her scientific training, focusing on illustration and sculptural pieces incorporating found biological oddities, such as bones and insects, and often involve growing crystals directly onto an object. A love of abandoned

Short takes

...arts news of note

WINTERFOLK 32, Portland's annual folk music fundraiser is Saturday, Feb. 1 at Alberta Rose Theatre, 3000 NE Alberta St., 7 pm. The show benefits JOIN, an organization helping transition people out of homelessness into stable housing (joinpdx.org). Performers are Tracy Grammer, Kate Power and Steve Einhorn, Jim Page and Billy Oskay, Beth Wood, Oregon's Poet Laureate Kim Stafford, Brooks Hill with Cindy Lou Banks, and perennial host and founder, Tom May. Every dollar raised at the door goes to the folks it's intended to help. Guitar raffle tickets are \$10 (at Artichoke and Alberta Rose) and offers up a Martin 000-18 plus eight hours of studio time at Oskay's Big Red Studio in Corbett. Winterfolk tickets are \$30 advance (at bit.ly/2tttYi) and \$32 day of show. Doors at 6 pm and all ages are welcome.



Buck Meek

BUCK MEEK, Big Thief's remarkable and idiosyncratic guitarist, plays Doug Fir Lounge, 830 E. Burnside St. Thursday, Jan. 16. Meek's songs are peculiar short stories for the lost dogs of honest mechanics, good guys and gals born into a life of crime, the ghosts of Central Park, unsung diving-board stars, affection shared through gambling, and so on. A 16th generation Texan, Meek spins outlaw ballads and quotidian fairy tales into yarn for many fine hats with melodic turns of phrase and stellar wit. Twain, another singular songwriter opens the show and will sit in with Meek as well. Doors at 8 pm, show at 9 pm. Tickets at bit.ly/2t0ILru, \$12. 21+ over.

SONGWRITING AS TRUTH-TELLING, a seven week workshop, Wednesdays Jan 8-Feb 19 in N. Portland and Tuesdays Jan 7-Feb 18 at Artichoke Music in SE. Write songs and explore ways of listening to help draw out intention rather than impose the listener's. Enrollment limited to ten at Artichoke; eight in North Portland. **SONG FORMS FOR SONGWRITERS** is seven weeks, Tuesdays Jan. 7-Feb 18 at Artichoke. Increase the variety of songs you write and experiment with song forms in folk, blues, country and pop music; look at verse, chorus, bridge, refrain, and experiment using new forms. Discount for taking both workshops facilitated by songwriter Matt Meighan. Registration open now. Contact matt@mattmeighan.com.

CREATIVE MUSIC GUILD'S EXTRADITION SERIES hosts a music night devoted to guitarist Keith Rowe's 1981-82 graphic score "Pollock #82." Duos will present their own different takes on the piece, while visual artists create works inspired by the music. Wednesday, Jan. 15 at Turn! Turn! Turn!, 8 NE Killingsworth at 8 pm, \$5-\$15 sliding. Musicians are Matt Carlson and Jonathan Sielaff; Reed Wallsmith and Caspar Sonnet; Juniana Lanning and Matt Hannafin and visual artists Amy Subach, Jason Morales, Joni Renee Whitworth. creative-musicguild.org.

DRAGONS LOVE TACOS presented by Oregon Children's Theatre by Ernie Nolan and directed by Jessica Wallenfels. The tale of a young boy and his dog who encounter a quartet of dancing dragons. Each one has its own unique style and personality, but they are all hungry. A dance-filled journey into the field of Dragonology; equal parts ridiculous and delicious, Jan. 18-Feb. 16, Saturdays at 2 pm and 5 pm, Sundays at 11 am and 2 pm at Newmark Theatre, 1111 SW Broadway. Tickets are \$20-\$32 for adults and \$15-\$28 for children. octc.org

YOUNG PROFESSIONALS COMPANY PRESENT IMPULSE -The teen improv comedy troupe is back for another round of spontaneous performances. Directed by Blake Wales, a member of the group as a teen. He's now Acting Academy Associate at Oregon Children's Theatre. A one-time, late-night show is added, for teens and adults. Fridays and Saturdays, Jan. 17-Feb. 2, at 7:30 pm, Sundays at 2 pm (Thursday, Jan. 30 at 7:30 pm) and an After Hours show Saturday, Jan. 25 at 9:30 pm at the Young Professionals Studio Theater, 1939 NE Sandy Blvd. Advance tickets are \$12, \$15 at the door. \$8 for groups of 8+ with code. See bit.ly/2S9QNRJ or 503.228.9571.

Do you remember when life was just simpler and you just laughed? Well...now you can again....



According to Morty and Ruth



Jay Randall Horenstein
As Morty



Wendy Westerwelle
As Ruth



Alex Fox
As Actor

January 30 - February 15

triangle productions! www.trianglepro.org

Life According to Morty and Ruth

triangle productions! opens 2020 with the lighthearted *Life According to Morty and Ruth*. The comedy stars Wendy Westerwelle, Jay Randall Horenstein and Alex Fox.

In the story, Ruth is late, as always, but tonight the show has already begun as she rushes into the theatre. Morty went to find parking and he too will be entering the theatre late. Ruth can't find her seat, and apologetically interrupts the actor on stage. Within minutes, she takes over the show, and that's where Morty finds her. The dialogue is Borsch Belt style humor and is a rollicking way to spend an evening.

Presented at The Sandy Plaza, 1785 NE Sandy Blvd. MB # 2, Thursdays-Saturdays, January 30-February 15, at 7:30 pm. Tickets are from \$15 to \$35 and all seats are reserved. For tickets/information call 503.239.5919 or see trianglepro.org.



"Hemlock, Redwood, Ponderosa" by Kelli McConnell

Sidestreet Arts celebrates January Print Month with a group show of Pacific Northwest Printmakers, curated by Gail Owen. Diverse print mediums including intaglio, mezzotint, linoleum relief, woodblock, strappo, linoleum relief on clay and monotype are all featured.

Works by Jonathan Barcan, Chris Darr, Poppy Dully, Kristin Elmund, Jessica Hartman, Daniel Jasa, Beth Kerschen, Kristin Kohl, Kristy Lombard, Kelli MacConnell, Katherine MacDowell, Jane Pagliarulo, Erik Sandgren, David TeSelle, and Steve Wenshi Chan are included.

First Friday opening is Friday, January 3, 6-9 pm and the monthly Brunch with Artists (usually on Sundays) is Saturday, January 18, 12-2 pm.

Sidestreet is at 140 SE 28th Ave. sidestreetarts.com.



O'Connor Lee Music

Tennessee-based O'Connor Lee, the Americana duo of Forrest O'Connor and Kate Lee, open the 2019 PFS concert season.

The duo have earned national recognition as singers, instrumentalists and songwriter/arrangers for the O'Connor Band with CMA winning violinist, Mark O'Connor, Forrest's father. They've performed at the Grand Ole Opry and Fenway Park, and collaborated with Paul Simon, Kenny Loggins, Clint Black, Bela Fleck and many others.

Introduced in 2014 by Nashville-based arranger Kris Wilkinson the two began performing together. They are releasing their debut album on Compass Records in the first part of 2020.

See oconnorlee.com for more.

O'Connor Lee, Friday, January 17, 7:30 pm (doors at 7) at Reedwood Friends Church, 2901 SE Steele St. Advance tickets: \$21/\$18 PFS members \$10.50 ages 12-18; at the door: \$25 GA/\$22 PFS Members/\$12 ages 12-18. Under 12 is free. 503.860.8863. See portlandfolklore.org.

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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.

Pain Relief Through Clinical Somatic Education

Clinical Somatics is “neuromuscular reeducation, to help people get rid of pain.” Let’s dive a little deeper into what that means.

Everything your body does is controlled by your brain and nervous system. More specifically, your somatic nervous system (SNS) controls your conscious movements and what

you feel as you make them. It’s the SNS at the heart of Clinical Somatic Education.

Something as simple as standing upright is learned. No one taught you how to do it. Rather, you educated yourself by doing and sensing.

When you learn to stand, walk, swing a golf club, knit, etc., neural pathways form between the brain and body to make those actions happen.

attempt to “fix” bodies. Instead of using force or manipulation, educators help humans re-claim their innate ability to sense and learn from themselves. Somatic Education incorporates simple, safe, enjoyable movements called pandiculations.

When your pet gets up from sleeping and looks like it’s stretching, it’s actually pandiculating.

Pandiculation is instinctive, and all healthy vertebrates (animals, babies, young children) pandiculate thirty to forty times a day.

Westernized adults not so much. When practiced regularly, pandiculations can “overwrite” faulty patterns.

The result is freer mobility and ease in one’s body. Decrepitude is often attributed to age, but in reality is just about how the brain and body are currently functioning.

In this 24/7 world of external stimuli, we all experience stress, and pain from time to time, but how we sense and react to both can be brought back under our voluntary control through Somatic Education.

The brain is “plastic,” meaning it can learn new ways of being, at any age.

When practiced regularly, Somatic Education can help reestablished movement patterns of freedom and ease, making chronic pain a thing of the past.

*Kristin Jackson, CCSE, CPT
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Neighborhood Notes

HAND

By Jill Riebesehl

It should be an exciting year for our neighborhood with OMSI finalizing its development plans and the SE 13th Place/14th Ave. pedestrian and bicycle bridge over the tracks being readied for use, among other projects. We on the Hosford-Abernethy Neighborhood Association board are looking forward to guiding, advising and helping with the changes we all see coming in this busy, growing city in as many ways as we can and with the help of all our friends and neighbors.

The HAND Board has been busy rewriting its by-laws and, more urgently, keeping an eye on the city's efforts under the auspices of the Office of Community and Civic Life to rework its relationship with neighborhood associations.

After receiving a November update by a TriMet representative on advancing Division Transit Project plans, we became seriously concerned about traffic rerouting in the lower Division/Clinton corridor. The HAND board agreed to share with TriMet a detailed explanation of the ways, from our residents' points of view, how the proposed street restrictions and rerouting changes will cause serious traffic disruptions.

We have long had a major role in looking after a small property owned by PBOT, called Avalon Park, off Division at SE 19th. For a few years campers have moved into a portion of the garden-like property. New Day School, bordering the park to the south, reports that unsightly and unsafe practices are again spilling over. We have learned there is interest by Portland Community Gardens to absorb the property, which is adjacent to Clinton Community Garden. It has been recommended that the HAND board reassess its role and responsibility for the area.

After a previous collaborative effort, some of our board members have again joined together, at the request of residents who live on Clay St., behind Hawthorne Safeway, to try to work out a solution, that includes Portland police, to unacceptable and deteriorating conditions from campers using the street.

Our board meets the third Tuesday of every month (except December and August) at 7 pm in Carvlin Hall on the St.. Philip Neri Campus. All neighbors, business owners and friends are welcome.

Montavilla Neighborhood Association

By Louise Hoff

During the Montavilla Neighborhood Association (MNA) meeting in December we asked those present what they liked about living in Montavilla and the answers ranged from "friendly," "sense of community," "nice place to raise kids," "cute little town," to "potential," "convenient shopping," and "coffee shops."

Neil Mattson, Organizer of the annual Montavilla Jazz Festival, is our featured speaker at the January 12 meeting. His talk will center on Music in Montavilla, the work Montavilla jazz is doing in the community at Vestal School, the MV Jazz Festival and two big projects to be launched in the future.

Residents are eager to hear from Lieutenant Hays of East Precinct, from Molly Indrelie about Reimagining Recovery and from Danielle Rosenscruggs, a PSU Psychology student who will report on a survey she did about Downtown Montavilla. PBOT will introduce a future project on Glisan between 82nd Ave. and I-205.

MNA is hoping to fill several board positions this month. We have so much planning to do for the 82nd Ave. Parade of Roses and our annual Clean-up Fundraiser around Mother's Day. Our Board still needs a Land Use & Transportation Chair, a Board Secretary and a Public Safety Chair. We hope to meet candidates at the January meeting.

Mt. Tabor Neighborhood Association

By Laura Smith

At the November meeting of the Mt. Tabor Neighborhood Association (MTNA), a representative from the Portland Bureau of Emergency Management gave an informative presentation about Emergency Preparedness related to water and sanitation. This included helpful tips about what to put into your emergency box and what you need to set up toilet facilities for your family during an emergency event when our city's water and sewers are offline.

More speakers are scheduled in the coming months at MTNA meetings. In January, come and meet your police commander, Tashia Hager. Find out if Mt. Hood will blow and other backyard hazards at our February meeting. The hot topic in March will be climate change curriculum for Portland Public Schools.

MTNA invites you to attend our monthly meetings to find out what is happening in our neighborhood. Your volunteer time is needed for land use, traffic safety, fundraising, public testimony and other activities that help to improve our neighborhood. Come to one of our monthly meetings (third Wednesday evening of every month except December) to find out how you can get involved.

The next MTNA meeting will be on Wednesday, January 15, 7 pm at Mt Tabor Presbyterian Church, SE 54th and Belmont, downstairs in the dining hall, with social time starting at 6:50 pm.

South Tabor Neighborhood Association

By Pete Forsyth

In South Tabor we had a great 2019, and we're looking forward to an exciting 2020. Last year we hosted a Pancake Breakfast and our 10th annual Harvest Festival, which brought lots of people together and helped us firm up financials. As the neighborhood association's recently-elected President, I'm honored to serve with a great mix of long-term and newly-engaged Board members and neighbors. It's been a pleasure to work with this team as we work on expanding and improving our efforts to keep neighbors engaged and informed.

We hope you'll join us for our second Pancake Breakfast next month. (See the February Examiner for the exact date, or check southtabor.org. If you'd like to help out, contact me at president@southtabor.org). Our May meeting will feature elections for all positions except President as well as changes to our bylaws. We will likely hold committee meetings on bylaws, communications, events, as well as our monthly Land Use Committee meetings. I hope to continue to bring interesting presenters to our meetings, so keep an eye out as we post agendas on our website and email list.

Board members and engaged neighbors have been moving several important initiatives forward and I expect much of it to pay off in the coming year. Vice President Ben Chatterton chairs our Bylaws Committee, which will propose changes shortly. We hope to hold fewer General Meetings, in favor of events that can be more fun and informative without getting non-board members bogged down in day-to-day business. Board Meetings remain open for those who do want to engage with business stuff.

We created a Diversity, Equity and Inclusion Committee. We have not yet appointed a chair or members, but we hope this committee will help us craft policy and take other steps to help us connect with a full range of neighbors. Southeast Uplift (SEUL) Representative Tina Kimmey, who headed up our blockbuster 10th annual Harvest Festival last September, is at it again; you'll hear more from her about it in the spring and summer. She was also recently elected Chair of SEUL, which supports South Tabor in

continued to the right

South Tabor Neighborhood Association

(continued)

numerous ways.

Land Use Chair John Carr and SEUL Land Use & Transportation Representative Nate Canfield delivered a steady diet of worthy topics for the Land Use Committee's consideration, and will likely be shepherding an informed recommendation about a troublesome block of SE Woodward and monitoring plans for the "sixties" bicycle route in the coming year.

Keep an eye on our website's Land Use resources page too, which has been steadily improving. Treasurer Ute Munger has been guiding our finances through a fiscal year that promises to be our first "in the black" in some time, and is a reliable contributor to our various projects and events. Events Chair Wren Shiffler leads efforts to plan a wide range of events this coming year.

Secretary Juan Cummings has been getting our formal documents in order. If you haven't noticed, minutes are getting posted to our website more promptly. Stay on top of our activities even if you can't make it to our meetings.

I'd like to thank neighbors George Kepnick, Janine Shockley, Duane Hanson, Steve Reinemer and many others for significant efforts in the past year, helping us breathe new life into our organization and neighborhood. Many local organizations sponsored, or otherwise supported, our 10th annual Harvest Festival, helping make it a great success. Trinity Fellowship Church has been a great partner for us over the years and recently St.. Marks has also stepped forward to host several meetings.

Many of you have been following efforts to change the City Code that defines the City of Portland's relationships with neighborhood associations. South Tabor was among many neighborhood associations to formally oppose the change recommended in 2019. The change has not been adopted, but next steps remain a bit hazy. In 2020, we hope to continue keeping our neighbors informed and engaged on this issue.

We are looking to fill Communications and Diversity committee vacancies. All are welcome to our General Meetings (7 pm, third Thursday of every month except December; next meeting January 16), Land Use Meetings (7 pm Tuesday preceding General Meetings; next meeting January 14). These meetings are at Trinity Fellowship Church, 2700 SE 67th Ave. Reach out by email at info@southtabor.org or me directly at president@southtabor.org. Watch our website for updates, or join our (newly-relocated) email list at southtabor.groups.io.

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Make Emergency Prep a New Year's Resolution

By MIDGE PIERCE

Rising from the center of SE Portland is a reminder of nature's unpredictability: the only volcano in a major American city, according to signage on the Mt. Tabor Caldera. While the vent has been quiet for 300,000 years, headlines about new found Cascadia Subduction Zone fault lines and fickle Pacific Ring volcanic eruptions cause jitters.

Taborvilla, a newly- formed cooperative of four neighborhoods surrounding Mt. Tabor, urges residents to make emergency prep a New Year's resolution. Sharing training and resources, the group joins Neighborhood Emergency Teams (NET) in readying Portland for the "it's not-if-but-when" Big One.

Key things to keep in mind according to Taborvilla's Vicky Towery: First, water is a major priority and second, no one is coming to your rescue, especially if a magnitude 9.0 earthquake hits with nine minutes of strong shaking that downs power lines and trees, blocking streets for months.

Readying for the worst means recognizing that drinking water, sewers and highways could be lost for up to a year. Healthcare facilities could be impaired for up to 18 months. Bridges may be down, gas reserves gone and communications incapacitated.

The good news is residents can do a lot to lessen distress. Start with stocking water, more water than you think you need. One gallon per person per day for 14 days is a rule of thumb, along with sanitation supplies, stockpiles of nonperishables and

camping gear. Many items can be found on Amazon and disaster readiness sites.

Implementing a family reunification plan is crucial. Developing a neighborhood list of resources helps identify who has generators, ladders, training as doctors or electricians as well as those most likely to need assistance. Keeping books and toys at the ready can help calm nerves and distract young and old.

Portlanders know to be prepared but most of us are not. Scare tactics overwhelm, but adding a few safety items weekly can make the task less daunting.

Sunnyside NET leader Jan Molinaro says, "Having enough food and water for you and your family is the most important thing you can do."

To volunteer with neighborhood teams, submit applications at bit.ly/2rig4EX. Training classes are offered by Portland Emergency Management three or four times a year and include light search and rescue, radio communication and first aid.

Lest disaster prospects seem bleak, the Oregon Office of Emergency Management reassures that neighboring volcanoes like Hood, St. Helens (and yes, the defunct Mt. Tabor caldera) are not imminent threats. Still, experts say be ready, be resilient and have a plan.

Find more information on Portland NET portlandoregon.gov/pbem/31667 and TaborVilla NET at Portland Prepares: bit.ly/2s3uXeW

OLCC Bans CBD + Alcohol

In late December, the Oregon Liquor Control Commission (OLCC) adopted a rules amendment to ban the inclusion of CBD in manufactured products. They will be taking a closer look into banning bars and restaurants from using CBD in alcoholic drinks made on-site in the coming year.

The ban officially begins January 1, but OLCC has said it will educate license holders and wait until February, being sensitive to the fact that some businesses may not be aware they are in violation of the recent change.

CBD, the common name for cannabidiol, is derived from cannabis, but can also be derived from other plants. Cannabis plants produce a wide range of chemical compounds including THC, and CBD, a non-intoxicating component.

While CBD is legal, the US Food and Drug Administration's (FDA) classification of it as a drug subjects it to formal approval by the US Alcohol and Tobacco Tax and Trade Bureau (TTB) when it is combined with foods or beverages.

OLCC's purview is limited to alcoholic beverages, leaving the rules for non-alcoholic CBD-containing products to other governing bodies.

Proponents of CBD cite its use in the reduction of anxiety and depression, alleviation of pain and promotion of better sleep.

Opponents argue that there has not been enough investigation into the effects of CBD to determine its safety or effectiveness.

Letter to the Editor

PBOT's Deceitful Actions

Dear Editor:

Portland Bureau of Transportation (PBOT) wants to ignore basic traffic engineering principles and install traffic diverters on SE Woodward St., just west of SE 62nd Ave., which would disrupt traffic throughout South Tabor because there are no viable alternative routes.

Every reason that PBOT has given the South Tabor Neighborhood Association (STNA) to justify the use of diverters to reduce traffic counts has either been misleading or false.

SE Woodward St. is a Neighborhood Greenway, and PBOT's safety guidelines require greenways to have an average daily traffic (ADT) count of less than 2,000 motorized vehicles (SE Woodward's ADT is 1,572), with 85 percent of all motorized vehicles traveling at or below the posted speed limit of 20 mph (SE Woodward's average is 92.5 percent).

So, diverters clearly aren't required, but despite the fact that SE Woodward meets PBOT's safety guidelines, [they] want to arbitrarily impose its "Alternate Guideline," which states that traffic counts in any one direction during any AM or PM peak hour

should not exceed 100 motorized vehicles (SE Woodward's average is 102).

However, the Alternate Guideline is completely subjective, and not based on any engineering principles related to traffic safety.

Its stated purpose is to address the "comfort level" of inexperienced cyclists whom PBOT assumes aren't currently using SE Woodward because 100 vehicles per hour (one vehicle every 36 seconds, averaging 1,080 feet apart at 20 MPH) during just a couple of peak hours each day supposedly makes it a "high-stress environment."

There would be no way for PBOT to determine how many inexperienced cyclists, if any, subsequently decide to use SE Woodward no matter how much traffic counts are reduced.

There's no way PBOT can justify disrupting the lives of thousands of people for 24 hours each day, 365 days each year.

Even though the STNA board of directors has no official authority to veto PBOT's plans, it still has a duty to exercise due diligence and provide South Tabor homeowners and residents with accurate information.

Peter Apanel

Home, Money and Age-Related Changes: Your Home and Your Memories

By RACHEL HEMMINGSON, CONSULTANT

The Holiday Season is an evocative time. It is a marker of both continuity and change and it is the gateway to cold winter and a new year beyond.

For older homeowners, this season may also bring up sentimental attachments to house and home. This is especially true if it's been home for a very long time.

Still, it is the same house and home which has maintenance needs, property taxes and may be poorly designed for age-related physical and social changes.

Frequently this season is a time when gathered loved ones bring up the need to consider modifying the house or selling it to finance a new option.

If you're considering making a move in the coming year, it may be a time of conflicted feelings. Your feelings, combined with sentiments from loved ones,

can be a dampening on a festive mood.

Consider these heightened feelings an opportunity. Some simple actions can ease the conflict and help with your eventual choices.

As you notice sweet and favorite times or places in your home, take pictures and notes. Record little stories, "This teacup, in this lighting by this chair...I love this."

Capturing these vignettes makes them portable for re-creation in your next home.

Start a list of every question, worry and consideration that enters your mind regarding making a change – or changing your house to make it work for you.

Putting your concerns on paper lets you put them aside to enjoy the moment, knowing you won't forget them.

Consider adding the feelings and thoughts of your loved ones – but keep it as your list as it

is your life. Let yourself and your loved ones enjoy the season and the time in your home right now.

Understand that there are many professional helpers for virtually every need you have. Learning about these service providers and how they can help can come second – after you've made your list and definitely after the holidays.

Rachel Hemmingson facilitates age-related housing choices and changes for older adults. 971-207-2806 rachelhemmingson@gmail.com



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Homeless Issues Updates

By David Krogh

Homelessness is a topic with many diverse, yet interconnected aspects. During the winter and holiday season, the issue becomes all the more critical.

The following are a number of informational snippets about homelessness and sheltering especially relevant at this time.

As of Thanksgiving, there were already about 1,600 shelter beds available at year-round and winter shelters in the area.

According to Denis Theriault of Multnomah County, the Joint Office of Homeless Services plans to open up additional cold weather emergency shelters which could add an extra 350 beds.

These emergency shelters are at Bud Clark Commons, 650 NW Irving St.. and Imago Dei, 1302 SE Ankeny St. and Sunrise Center, 18901 E. Burnside St.. in Gresham.

• The Joint Office has established a 211 information

line which will tell a caller where shelters are located, their hours of operation and provide a means for requesting a ride to the shelter.

“If you see someone who looks like they could use some help,” Theriault reminds us, “ask if you can call 211 for them and then stay with them for a few minutes while 211 calls them a taxi.”

On a similar note, Portland Mayor Ted Wheeler recently posted the following:

“No matter how many days of severe weather we might see, the Joint Office of Homeless Services (JOHS) and emergency management officials in Multnomah County all share a rapid-response plan that can scale up to provide the needed response.

“The plan is centered on a basic commitment: anyone who needs a warm, dry place will have a warm, dry place to stay.”

Wheeler asks the public to help by calling the police non-emergency number 503.823.3333 if you see someone with no

shelter who needs assistance.

For those without shelter experiencing a mental health crisis, call Multnomah County’s 24 hour crisis line at 503.988.4888. When a severe weather emergency has been declared, call 211 to put those in need of shelter with shelter.

• The Oregon Harbor of Hope River District Navigation Center is open for business and has added 100 transitional housing beds for homeless men just off the Broadway Bridge.

Using fabric and plastic construction, the facility has won numerous awards for its architecture and functionality and is working to alleviate the homeless situation.

Operated by Central City Concern, this group is one of many non-profits serving the homeless community.

OPN (Oregon Planners Network) recently discussed HB2916, adopted by the Oregon State Legislature in June 2019 at the request of the League of Oregon Cities.

This bill allows jurisdictions to establish temporary and transitional housing locations, including the use of campgrounds, for housing assistance to the homeless.

At this time, City of Salem appears to be considering its use in an attempt to deal with uncontrolled homeless camping in city parks due to its own lack of shelter facilities.

While other jurisdictions are starting to look at HB2916’s ramifications, it appears doubtful other cities in Oregon will step up to provide for such a facility except as part of a public/private partnership.

• Free Hot Soup, a nonprofit volunteer group that provides free food to those in need in the Director Park area of downtown has been informed by Portland Parks and Recreation it can no

longer provide food without first obtaining a City Social Service Permit.

Subsequently, the Oregon Justice Resource Center has filed a suit against Portland Parks citing the permit requirement as “unconstitutional.”

One homeless individual indicated that the nearest other homeless food source is the Portland Rescue Mission which tends to get cramped and crowded.

Wapato, Multnomah County’s multi-million dollar jail facility is even closer to heading towards demolition. On Monday, December 2, new owner Gordon Schnitzer hosted Jeffrey McMorris, HUD’s Region 10 administrator for Oregon, Alaska, Idaho and Washington, along with approximately 150 other supporters of Schnitzer’s vision to convert the long-vacant jail into a homeless shelter/transition facility.

It appears HUD support of a facility so far from downtown Portland is not anticipated. Multnomah County officials have long argued against locating a homeless facility in Wapato since it was intended as a jail, not a shelter or transitional housing.

The County sold the facility to Schnitzer at a substantial loss of public funds. McMorris stated that HUD would be making no next steps toward converting Wapato unless the will is there at the local level.

“If the local community sees the vision, I think that’s fine,” he said. “But it’s really not our place to make that call.” With the County in opposition to such a move, it is likely Wapato will just disappear.

County Commissioners have adjusted their homeless services support agreement with Metro and the City of Portland to allow a percentage of tourist dollars to be directed towards

homeless services.

Up until now, the funds have been used to renovate, expand or develop the Oregon Convention Center, Portland’s Center for the Arts, the Hyatt Oregon Convention Center Hotel and what is now Providence Park. However, based on the modified agreement, \$2.5 million per year will be earmarked towards homeless services.

On November 15, Portland City Commissioner Jo Ann Hardesty announced details about Portland Street Response, a new approach to how the City will be addressing calls for service involving homeless people or others experiencing non-emergency mental-health crises.

Previously, calls were directed to the police. Under this new program, though, two-person response teams will be directed by the Fire Bureau. These teams will generally consist of a medic and a crisis intervention worker and will be rolled out initially in the Lents area of East Portland.

Modeled after a similar program in Eugene, this program replaces police officers, who might not have adequate training to deal with homeless or crisis situations, with skilled medical and social services staff who can better address the service needs of those involved.

Commissioner Hardesty indicated one vehicle will be earmarked towards this program initially in the spring of 2020 and that additional resources can be allocated depending on the success of the program.

Hardesty added that since 2017, more than half of the arrests in Portland have been of homeless people.

It is hoped that helping people get the services they need can save the City a great deal of money in emergency response efforts and better serve those in need.



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New Seasons' New Owners

By MIDGE PIERCE

Since New Seasons announced its sale under Good Food Holdings to South Korean E-mart, reactions at both the Hawthorne and Sellwood stores ranged from shrugs, to chagrins to “It will be business as usual.”

Employees, informed just hours before the news went viral, were assured jobs were secure, or, as one indicated, at least for the

short-term. Management issued statements that it will continue as “your friendly neighborhood grocer” independently operated with 10% of proceeds going to local nonprofits to maintain its B corporation status.

SE Portlanders, who have seen many groceries come and go in recent years, will soon count Green Zebra on Division at 50th

as another option, like H-Mart on Belmont.

Green Zebra, with 7,000 square feet on the first floor of a newly-built 126-unit apartment building, will feature fresh foods, a salad bar, grab ‘n go options and deliveries – a service currently dominated by Amazon’s Whole Foods. Opening is slated for early this year.

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Representatively Speaking



BY STATE REPRESENTATIVE ROB NOSSE

Happy new year to all my constituents. As the new year begins, I have taken time to reflect on my involvement as a member of the Oregon Legislature and what remains to get done as my term comes to an end and I start running for re-election.

Looking back, I am proud to have voted for changes that have moved our state forward and have had a personal hand in getting many pieces of progressive legislation passed.

Over three terms, that includes passing laws requiring fair pay for women, fair workplace scheduling, one of the highest statewide minimum wages in the country, workplace harassment reforms, wage theft protections, protections for nursing mothers, access to paid sick leave, better health benefits for public workers, and the strongest paid family and medical leave law anywhere in the United States.

We have passed protections for LGBTQ Oregonians, provided funding for refugee services cut by the Trump Administration, and extended driver's licenses for undocumented people.

Additionally, we have funded mass transit projects all over the state, expanded access to voting, and passed legislation to have the national popular vote count in presidential elections.

This year, we passed the Student Success Act to raise \$1 billion per year in new corporate taxes to fund our schools, something I have been working

on since 1992 when I first moved to Oregon to head up the Oregon Student Association.

Among our healthcare achievements, we have expanded Medicaid to cover over one quarter of Oregonians and every child in the state, moved us closer to a "single payer" system, protected the right to an abortion if Roe v Wade is overturned, and brought greater transparency to prescription drug pricing.

We have prohibited dredging in salmon habitat, outlawed fracking and offshore oil drilling, banned single-use plastic grocery bags, and finally started regulating diesel pollution.

There is one area of environmental stewardship where Oregon has repeatedly come up short: we have not enacted significant legislation to regulate greenhouse gases.

This year, we came closer than ever to passing a bill that would finally do something about carbon pollution. HB 2020 was one of the most aggressive pieces of climate legislation in history. It passed in the Oregon House but fell one vote shy in the Senate.

I am honestly torn between wanting a "perfect" bill and realizing that we may come up empty-handed again if we can't get a bill through our State Senate.

I want the strongest bill possible. We need the strongest bill possible and so I want us to pass something that can serve as a framework we can add to in the future. Passing something like HB 2020 will get us started and moving down the road to

controlling our state's carbon output and pivoting to a "green," carbon-neutral economy.

Detractors say that Oregon has such a small population relative to that of the world that our efforts will amount to very little in the grand scheme of things.

I wholeheartedly disagree and believe that is just another excuse to cause delay. What we do in Oregon can show the world that responsible stewardship of our air, soil, and water does not lead to economic decline. In fact, investing in our future with an Oregon version of the Green New Deal will revitalize communities all over our state.

Today's children are part of a generation that will face daily hardships due to climate devastation we cannot even imagine. With that in mind, I return to Salem in February with a renewed sense of purpose: to pass legislation that helps us avoid the worst projections of what climate change may bring.

This is too big of a project to be left to elected officials. Climate change will affect all of us. We all need to be involved in fighting it.

The most helpful thing you can do is call your friends and family in other parts of Oregon and urge them to reach out to their State Senator to demand they take climate action now.

In the new year, let's work together to bring this across the finish line. Our children are counting on us.

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Resolution (noun) res-o-lu-tion

BY KRIS McDOWELL, EDITOR

This time of year, the use of the word "resolutions" is often in the context of changes for the New Year.

Some resolutions will take root and become part of their maker's life. Some will be dropped and blow away like Fall leaves.

In *The Southeast Examiner*, "resolutions" are frequently referencing government's plans to define an answer or plan of action on a particular topic.

Some of the proposed resolutions will be passed, to our pleasure or displeasure, depending on our point of view.

In the world of graphic design, "resolution" is a way of defining how sharp an image is – be it online, printed or on our television screens.

Low resolution, in relative terms, is largely a thing of the past and while the ability to see great detail can make a stunning

impression on the viewer, it may also be distracting.

Remember when HD TVs came out and you realized you didn't want to see that much detail on your news or sports broadcaster's made-up face?

There are still further meanings of "resolution(s)" we may encounter in a variety of settings.

To one, the low resolution of a favorite old movie may add to its charm and nostalgia.

To another, it may detract from the pleasure one once took in viewing it. Like many things in life, the difference is determined by viewpoint.

As we put 2019 behind us and look ahead to what 2020 will bring, I will be working to remember that sentiment.

The Southeast Examiner wishes you a happy New Year!

Bella Sez...



I'm Retiring!

And passing the wrench to David!

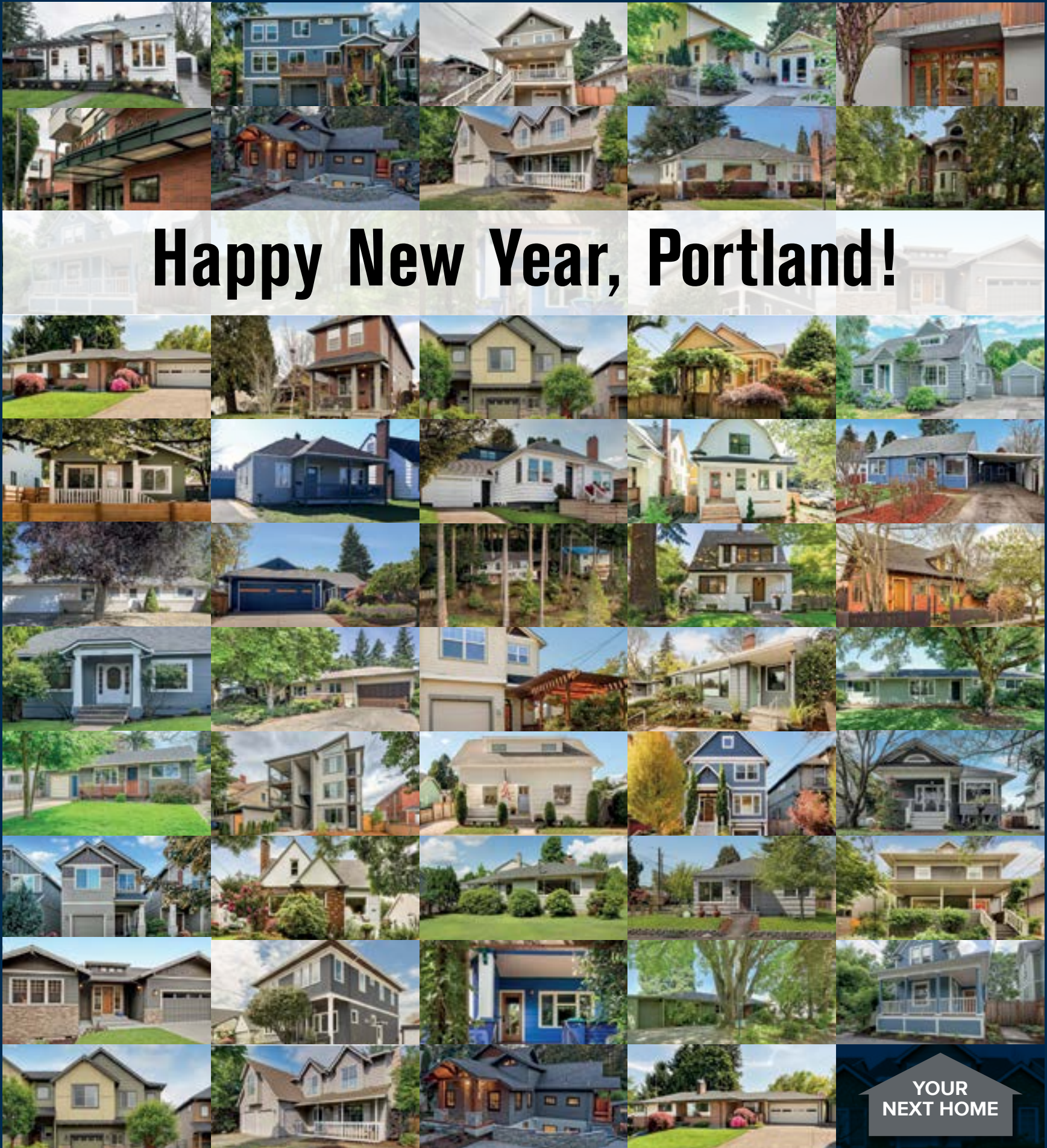
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LEFT TO RIGHT: Jamie Marion, Kevin Caplener, and Jan Caplener



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