

Climate Crisis in the Age of COVID-19

By MIDGE PIERCE

Before the world ground to a corona virus-induced halt, climate seemed the Earth’s most pressing problem. Yet, long after this virus crisis passes, the Earth will still need healing.

Despite the shutdown of events, grassroots organizations at the forefront of climate action are scrambling to mobilize remotely through online meetings, chats, Zoom calls and virtual marches.

Activists in groups like Portland’s 350PDX are encouraging artists to design visually stunning Protest Posters that can hang in windows. They are planning mass emails aimed at banks that lend to fossil fuel producer/distributors, demanding greenhouse gas reductions at levels far more aggressive than anything governments proposed prior to the pandemic.

From Salem, in the wake of the failed cap-and-trade legislation, Gov. Kate Brown issued an executive order that could alter building codes and gasoline carbon levels by requiring that state agencies implement reductions of carbon emissions of at least 25 percent by 2035 and 80 percent reductions below 1990 levels by 2050.

Despite lacking the teeth of the failed legislation and facing likely legal challenges, the Governor’s requirement has been called the most ambitious in the nation.

The US Congress has been considering bills such as an innovative energy dividend to incentivize pollution controls. Before the COVID-19 hit hard, it was winding its way through the House with bipartisan support.

In Portland, Mayor Ted Wheeler’s staff was soliciting input on the draft of his Climate Emergency Declaration to achieve net zero emissions by 2050. Portland, the first city to enact a climate act 25 years ago, reduced emissions that have now plateaued 15 percent below 1990 levels.

The Declaration calls for at least a 50 percent carbon emission reduction below 1990 levels by 2030.



Photo by Midge Pierce

The Mayor’s resolutions, due for release on April 22 (Earth Day), have been described as utilizing a social justice focus that prioritizes leadership from “frontline” communities disproportionately hit by the climate emergency.

At a 350PDX conference in earlier this year, Portland Climate Action Manager Alisa Kane described the plan as a people-centered approach that engages indigenous and peoples of color most burdened by warming and pollution.

Despite inviting new voices, perspectives and “lived experiences” to the table, specific actions have not been announced and may take several years to implement.

“We don’t have years to fix the climate,” said a teenage member of Sunrise Movement PDX, a youth-based group that strives to empower generations to become active and take leadership in Portland’s climate justice movement.

Another Sunrise member charged that the Declaration draft is surrendering to catastrophe.

The Mayor’s Climate Declaration acknowledges that construction and transportation play an outsize role in global warming, contributing upwards of 50 percent of greenhouse gases.

Asked if the City’s Residential Infill and rezoning for more housing construction flies in the face of the Mayor’s Declaration, Senior Mayoral Advisor Amanda Watkins called the issue a “collective problem” that requires agencies to get out of their silos and for the building industry to find sustainable workarounds and replacements for materials like asphalt and cement.

Environmentalists insist aggressive reductions must occur within the next five to 10 years. The global grassroots movement Extinction Rebellion seeks 10 percent annual decarbonization and legally binding policies for net zero emissions by 2025. The group has also demanded the City stop Zenith Energy’s expansion of tar soil oil exports.

Activists say reversing warming will take commitment, cooperation and creativity.

Record Number of City Council Candidates on May Ballot

By DAVID KROGH

Portland has set a new record for the number of candidates on a single ballot for City Council positions. According to Deborah Scroggin, Elections Officer with the City Auditor’s Office, the previous record was 41 in 2004.

The last day to file for a position was March 10 and there were 54 candidates for the May 19 primary ballot: 19 for Mayor (Wheeler), nine for Position #1 (Fritz), eight for Position #4 (Eudaly) and 18 for the remainder of the term for Position #2 (Fish).

Why so many? *The Southeast Examiner* recently asked citizens along Hawthorne Blvd that question. The common thread among those responding was that they wanted to see change in what they perceive is a problem-filled city government lacking responsiveness to public concerns.

The Southeast Examiner has discussed five candidates in previous issues and the entire list of candidates is provided here.

Much of this information is provided at the City Auditor’s Office website, portlandoregon.gov/auditor/26642.

The Multnomah County Voters Pam-

phlet for the May 19 primary, including candidate descriptions and statements, is scheduled to be mailed to voters April 22. Ballot mailing is scheduled for April 29.

Many candidates do not have campaign websites at presstime. These are marked with *.

Candidates for Portland City Mayor

Sarah Iannarone: educator and activist and former city council candidate - Sarah2020.com

Teresa Raiford: self-employed nonprofit - raiford2020.com

Michael O’Callaghan (Mike O’C): homeless advocate and house designer*

Bruce Broussard: No Veterans Left Behind and former vet*

Michael Burleson: former law clerk and current State Democrats Committee member - burleson2020.com

Cash Blanco Carter: warehouse worker and speaker/entertainer - cashcart2020.com

Ted Wheeler: current Mayor of Portland - tedwheeler.com

Ozzie Gonzalez: owner of P3 Consulting and policy advisor to several organizations - ozzie4pdx.org

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Affordable Housing, Part Two

By GABE FRAYNE

The City of Portland continues to make measured progress in its mission to provide affordable housing to low and moderate income residents frozen out of the booming housing market during the past decade.

Nonetheless, the yawning gap between available and affordable housing and the number of residents in need speaks to a basic dilemma of housing equity: space is a finite commodity.

In 2018, Metro estimated the greater Portland area lacked 48,000 homes for very low-income residents (those making half or less of median family income).

Since then, the city has surpassed its goal of building 1,300 affordable units with funds from the Portland housing bond approved by voters in 2016, but the high cost of acquiring housing or building new housing continues to pose an obstacle to more rapid progress.

To cite one example, the city paid \$47 million to acquire the 263-unit Ellington apartments at 1610 NE 66th Ave., or about \$178,000 per unit, not including refurbishing.

Meanwhile, the city has pursued a policy of increasing densification by encouraging the demolition of older, cheaper homes to make way for newer, more expensive ones, a strategy that appears to be limiting the availability of affordable housing for residents at or near the median family income.

In a scene now familiar to many residents of inner NE and SE, a modest home

with a duplex rental out back on NE 58th was demolished three years ago to make space for six new condos that have sold for nearly \$600,000 each.

Home ownership itself is theoretically part of the city’s affordable housing vision. As noted in a paper published by Metro Housing Bond, one of Portland’s local implementation strategies calls for “allow[ing] funds to be used for home-ownership, with a focus on serving African American, Latinx and Native American households to address historic and current discrimination and inequities in home-ownership opportunities.”

However, at a February meeting of the Metro Bond Oversight Committee, Portland Housing director Shannon Callahan admitted that “we are not prioritizing home-ownership at this time.”

The passage of Measure 102 in 2018 clearly boosted the prospects of the Housing Bureau in its efforts to stretch its bond dollars as much as possible.

As a bureau spokesperson explains, “Measure 102 allowed more flexibility in the way bond funds can be used,” by giving public entities “new authority to seek out public-private partnerships and leverage other sources of financing to develop bond projects.”

Though non-profits make up the majority of these new investment partners, the measure does raise a few prickly questions: Who will be the actual owners of these new partnership projects? How will more conventional investors realize a profit from these investments and how will the city guarantee long-term affordability?

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A photograph of the Arheads Frame Co. storefront, a two-story building with large windows and a red diamond-shaped sign that says 'ART HEADS FRAME CO. est. 1996'.

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A logo for 'Mr Plywood' featuring a cartoon character of a man in a blue suit and red hat, holding a saw.

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An advertisement for 'Rock Soft Futon' showing a woman sitting on a futon in a living room setting. The futon is brown and has a wooden frame. There is a coffee table in front of it with some fruit on it.

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CORRECTION: In *Police Bureau Pledges Ongoing Reforms* in our March issue it was incorrectly reported that Danielle Outlaw was Portland’s first African American police chief. That distinction goes to Charles Moose; Chief Outlaw was Portland’s first African American woman police chief.

Hawthorne Pave and Paint Project

By DAVID KROGH

The Portland Bureau of Transportation (PBOT) is undertaking a project which will impact SE Hawthorne Blvd from SE 24th Ave to SE 50th Ave.

The SE Hawthorne Blvd Pave and Paint Project will involve repaving, restriping and curb reconstructions to comply with ADA standards.

PBOT staff have indicated the Project will likely involve lane reductions to Hawthorne Blvd. west of Cesar E. Chavez Blvd. (SE 39th) to the extent that it would have the same configuration as Hawthorne does east of Cesar Chavez (two travel lanes with a center turning lane).

The Project is expected to add new crosswalks in gap areas as with other streets involved with Vision Zero upgrades.

Southeast Hawthorne Blvd. was identified as one of 30 “high crash corridors” within Portland by PBOT’s Vision Zero program. It is also one of the streets under consideration as part of the Rose Lane Project (see our January issue, *Painting the Streets Red*).

The Pave and Paint Project commenced in the fall of 2019 with PBOT identifying existing conditions within this corridor.

Potential improvements with alternatives are being identified through September 2020. Engineering will begin then continue through the end of 2020 with actual road work scheduled for Spring and Summer of 2021, coinciding with sewer repair work along a portion of Hawthorne prior to the paving.

Three public workshops have occurred thus far: a business oriented workshop and two citizen workshops. No further workshops are scheduled at this time, however, PDOT staff told *The Southeast Examiner* that additional public meetings will be held once alternative plans have been established.

The Southeast Examiner attended two of the three workshops and talked with PBOT staff about several issues. A list of questions was provided to project staff and was responded to by PBOT communications coordinator Hannah Schafer.

The Hawthorne Boulevard

Business Association (HBBA) was approached with questions and responses were received from William Levesque, HBBA president, and Roger Jones, HBBA treasurer.

Hawthorne went through a design process in 1997 which resulted in a multi-alternative design plan. That plan was never fully implemented, although PBOT now favors the alternative which reduces Hawthorne from four travel lanes to two travel lanes with a center turning lane.

Besides showcasing that alternative, the workshops asked attendees to comment on several other potential improvements including bike corrals, wider sidewalks for both pedestrian ease and sidewalk restaurant use, new crosswalks for gap areas, bicycle lanes and additional greenery.

According to PBOT staff, nothing has been set in stone yet and citizen comments are currently posted on the project website for public viewing.

William Levesque commented that HBBA is cooperating with PBOT in order to make this project work for both the public and business community.

He stated, “Pedestrian safety is a priority concern. Hawthorne is a busy street with many visitors walking and enjoying our restaurants and shops. There has been feedback to make crossings safer and enhance Hawthorne as a pedestrian neighborhood.”

Roger Jones added that HBBA has a “no net loss of parking” policy that has been in place since the 1997 street plan was developed.

They are encouraging PBOT to follow that policy as part of this project. Jones added, “It could probably go unsaid, but removing customer access to a vibrant business community, even for several months often has unintended consequences. Constraining customer access should be avoided at all times.”

Public comments at the workshops were varied. There were those who wanted traffic congestion reduced, parking protected and bus access improved. Others wanted to see bicycles banned from Hawthorne completely because of the need to maintain traffic flows both into

and out of downtown via the Hawthorne Bridge.

Clear vision problems at intersections were also identified as a major problem due to how busy Hawthorne is when cars and bicycles attempt to access from side streets.

A suggestion was offered, which PBOT staff said they would look into, for striping of parking spaces both along Hawthorne and at clear vision areas for more efficient parking and to maintain visible separations at corners.

According to Hannah Schafer with PBOT, “Our next step in the process will be to take the ideas and needs we’ve heard from people in the community, and from them, develop a set of design alternatives that could feasibly be implemented through the repaving project.

“We will then do a technical evaluation of the options and report on the effects we would expect to see with each alternative.”

PBOT intends to hold another series of public meetings regarding specific design alternatives, possibly in May, depending on how the COVID-19 situation evolves.

Schafer added, “Following round two of meetings/workshops, we will share the results. PBOT will then develop a recommended design to be implemented through the SE Hawthorne Pave and Paint Project. We will also document ideas/investments that come out of this process but which are outside the scope of the repaving project.”

The Southeast Examiner questioned PBOT on potential project impacts to Hawthorne and adjacent streets such as an increase in traffic congestion via lane reductions.

The response was that PBOT will be looking at this through modeling as part of their analysis of alternatives.

Schafer concluded, “Our team is putting together a report of the results from the workshops, other meetings and the online survey. We will make an announcement when the results are posted via our project email list.”

The public can sign up for updates at portlandoregon.gov/transportation/article/751359.

SE THE SOUTHEAST EXAMINER

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Earth Day

By Don MacGillivray

Earth Day is now a major worldwide event that will be celebrated by over one billion people in at least 193 countries making it the largest secular civic event in the world.

The United Nations re-named Earth Day, “International Mother Earth Day,” in 2009 and its flag is the “blue ball” of earth as it appeared when photographed from space.

The Earth Day Network collaborates with 17,000 partners and organizations worldwide and is officially on Wednesday, April 22 but with events extending to the weekends before and after. The theme for this year’s celebration is Climate Action.

Perhaps the largest and most ambitious effort for this year’s Earth Day is with a group called US Climate Strike. The group is part of a worldwide movement that is directed toward Generation Z and inspired by the environmental spokesperson, Greta Thunberg.

A few of the supporting youth activist organizations include Sunrise Movement, Future Coalition, Earth Uprising and Earth Guardians. Establishment supporters include 350.org, Inter-faith Power & Light, Sierra Club, SEIU and the Center for Popular Democracy as well as other organizations and education institutions.

The current situation with the earth’s changing climate is stimulating a broad range of participation and involvement.

It was hoped that a very large, dramatic and vigorous Earth Day effort would materialize similar to that of first Earth Day 50 years ago. Unfortunately, it seems that the COVID-19 pandemic will make this difficult.

However, today there is social media, improved technology, journalism and computers that can be utilized to inform and help everyone to actively participate in Earth Day’s jubilee from wherever they are.

Creation Justice Ministries, begun by The National Council of the Churches USA, is organizing under Earth Day 2020 with a theme titled, The Fierce Urgency of Now.

It provides stories of congregations participating in climate action, liturgical resources and faith-rooted interpretations of recently released reports from the Intergovernmental Panel on Cli-



Image courtesy of Earth Day Oregon

mate Change. They foster eco-justice transformations that respond to Christ’s call to help our communities to protect, restore and share God’s creation for the benefit of mankind.

In 1970 the first Earth Day was celebrated by 20 million Americans (10 percent of the US population then) with massive coast-to-coast rallies that brought awareness to making a more healthful, sustainable environment. Thousands were organized at colleges and universities to protest the causes of the deteriorating environment.

Earth Day 1970 achieved a rare political realignment with people participating from all walks of life.

A few of the most important accomplishments of the first Earth Day were the creation of the Environmental Protection Agency, the Clean Air Act, the Water Quality Act, the Endangered Species Act, the Toxic Substances Act, the Surface Mining Reclamation Act and more.

The idea of Earth Day began with John McConnell, a minister and peace activist from San Francisco and Senator Gaylord Nelson, a Wisconsin Democrat and early environmental leader.

Earth Day was announced in the fall of 1969 with a proclamation at the San Francisco UNESCO Conference where it was signed by 36 world leaders.

The idea had its beginnings in the turbulence and advocacy of the 1960s, because it had become so obvious that the condition of the earth was being ignored, exploited and damaged.

Up until 1970, the government had not seriously considered the environment important enough to protect. Senator Gaylord Nelson had been thinking along these lines for years and he worked towards the popularization of environmentalism.

The idea of Earth Day drew a spontaneous response with many grassroots communities and environmental organizations. It almost organized itself with immediate help from many resources, both public and private.

The student president at Stanford University, Dennis Hayes, became Earth Day’s national coordinator who organized students all across the county. Major rallies and marches were held in many American cities including New York, Chicago, Los Angeles and Philadelphia. Leaders and celebrities informed the public and provided entertainment to bring attention the world’s worsening environmental situation.

The purposes of the commemoration were many, but most importantly it was about raising public awareness and bringing environmental causes into the national spotlight. These included industrial pollution, the misuse of pesticides and chemicals, gas-guzzling cars and an interest in protecting the planet’s natural resources and millions of biological species from extinction.

Earth Day became a large scale, grassroots environmental movement to shake up the political establishment with a global holiday and celebration.

Before these latest pandemic developments, there were many Earth Day events planned for this year sponsored by churches, schools, agencies, businesses and social organizations. Portland State University, SOLVE Oregon, Washington Park, the Forest Park Conservancy and Tryon Creek State Natural Area are just a few and some of them will likely take place online now.

Reducing the carbon content of the atmosphere warming the oceans, is a priority as this in turn, melts the polar ice caps, thereby raising sea level and potentially flooding one third of the coastal ports and population centers of the earth.

There are reasonable ways to control carbon emissions being promoted by the Climate Leadership Council, but political leaders will need to act.

It is hoped that Earth Day 2020 will do for our generation what the first Earth Day did for our its founders a half century ago.

to make access, known as “visability,” easier for disabled individuals.

The City and its proponents, many from the construction industry, see the Bonus Amendment as a way to increase per unit affordability, allow more housing choices and encourage more income mix in buildings.

RIP’s widespread implementation in virtually all residential neighborhoods would add diversity and provide a social justice solution that remedies a history of racist housing practices, according to renter rights and special interest groups. Pro-

Incentives were included

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RIP Decision Delayed

By Midge Pierce

Public testimony on the controversial Residential Infill Project (RIP) that split the City into divisive camps is yet another casualty, at least temporarily, of the COVID-19 crisis.

Mere hours before consideration and likely passage, a final RIP hearing was cancelled as the virus’ grip on the world grew tighter and Governor Kate Brown shut down large gatherings.

The RIP hearing had been considered the final chance to speak out for or against the proj-

ect that has been five years in the making.

The original plan allowed duplexes and quadplexes in formerly single family neighborhoods. During various iterations, denser options emerged.

Before the postponed hearing, planners had readied a Deep Affordability Bonus Amendment to potentially allow six or more units when at least half are deemed affordable. To accommodate the added density, greater height and square footage would be allowed.

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Coping with COVID-19

Editor's note: Our special coverage of ways to help our community cope with the new reality COVID-19 has created is not meant to replace government or healthcare professionals' advice and mandates.

Learning Resources for the Extended School Closure

The first two weeks of Portland Public Schools' (PPS) closure was considered an "extended spring break." After the closure was extended to April 28, PPS created a computer request form to ensure access for all students needing to borrow a computer or tablet. A survey to gauge families' access to the internet followed.

As of this writing, it appears that schools will not be replacing traditional classroom instruction with online classes, but will offer suggestions for optional learning activities.

While resources from PPS via PPS Student Portal (sites.google.com/apps4pps.net/portal/pps-student-portal), are being created.

Here are other resources to keep kids learning and engaged.

PBS Kids for Parents offers a daily newsletter "to keep your kids playing and learning at home while school is closed."

In one day's email, the plan was to "explore creativity and problem-solving through art, watching *Pinkalicious & Peter-rific* and a new online game called *Scribbles & Ink*" as jumping-off points to spark more creativity and conversation off-screen.

There were ideas for creating your own board game and a printable worksheet to create a story. Visit public.pbs.org/PBSKIDSDaily?source=pbskids.org to sign up.

Scholastic Learn at Home provides "day-by-day projects to keep kids reading, thinking and growing." Divided by grade level, you will need to create a free

account with the site-provided user name and password. Visit classroommagazines.scholastic.com/support/learnathome.html.

Locally, **The Attic Institute** has started sending out daily writing prompts to those on their mailing list, appropriate for older kids (and adults).

One instructed, "Write 500 words about the difficulties troubling you and put the energy of the demon inside household object, especially things that are inside your junk drawer.

Extras: 1)Frame this like a dialogue between you and the demon. 2) Add something "knocking" in the background. 3)Describe some feeling as "eyes right behind the door." Visit atticinstitute.com and see Join Our Mailing List in the right hand column.

Free School Meals and Food Pantries

After the initial two-week school closure and now the subsequent extension to close all public schools in Oregon by Gov. Kate Brown through April 28, Portland Public Schools (PPS) has established 15 locations across the city to provide meals to students.

Grab-n-go meals will be available to any child or youth ages 1-18. Locations and times

are listed at pps.net/coronavirus.

Food pantries for families are also set up at PPS campuses. As of this writing, eight food pantries have been established. Find a link to locations and times for pick up at pps.net/coronavirus.

Additional information for families accessing food can be found at oregonfoodfinder.org or by calling 211.

Financial Assistance Resources

On St. Patrick's Day, Mayor Ted Wheeler announced that an emergency order to ban eviction of tenants who fall behind on rent due to corona-virus-related challenges has been signed.

Under the order, tenants will have until late September to pay the rent owed. Letters of proof will be required (from an employer, school, doctor or other source) to verify hardship.

Under the city's State of Emergency, Portland-area utility providers are suspending automatic service shutoffs in the event of nonpayment.

Portland Water Bureau is offering financial assistance in the form of payment arrangements, bill discounts, crisis vouchers and The Utility Safety Net program.

More details at portlandoregon.gov/water/69504 or contact Customer Service at PWBCustomerService@portlandoregon.gov or 503.823.7770.

The City of Portland will convene a COVID-19 Economic Impact Task Force to generate ideas for a stimulus package to help small and large businesses. Steps may include asking lending institutions to consider extending loan repayment terms based on circumstances.

Prosper Portland is making \$150,000 available in the form of grants to help vulnerable businesses. Visit prosperportland.us/covid-19-business-resources or contact the City at cityinfo@portlandoregon.gov or 503.823.4000 M-F, 8 am-5 pm.

What Not to Do...And What to Do Instead

First of all, don't panic. This may be the first incidence of such a dramatic nationwide issue some of us have dealt with. Older members of our community may have gone through things as serious in their past and they survived it. We can too.

Next, buy what you need to stock up as recommended but don't hoard supplies. Also, keep in mind that grocery stores have started to limit their hours, so if you tend to be an early bird or late-night shopper regularly, make sure to check their hours.

Finally, resist the urge to make impulsive financial decisions. As tensions rise with the uncertainty, resist the urge to withdraw money from your financial institution. It is a good idea to have a certain amount of cash (as part of your emergency kit) but a mass withdrawal isn't necessary.

Managing emotions and stress as we make changes to our daily routines is one of the best ways to keep perspective.

Here are some ideas.

- A movement using the hashtag #OutsideAt5 is one way people are walking the line between maintaining social distance and maintaining connections, especially on a neighborhood basis.

The idea is that at 5 pm,

people will come out from their homes (perhaps with a beverage in hand) to connect, from the recommended six foot distance.

Six feet apart conversations may required speaking louder but there is still the important personal connection many desire and the ability to observe non-verbal cues that can help us understand how our neighbors are doing.

- Besides getting out of the house, science has shown that there are physiological benefits of watching fish, which may be the reason dentist and doctor's waiting rooms often incorporate tanks.

The Monterey Bay Aquarium in CA is known for its focus on marine habitats and is now offering a selection of 10 live web cams on its website. Bliss out to the hypnotic movements of jellyfish, follow the busy tropical fish in the coral reef or delight at the sea otters as they frolic and more.

Live cams stream 7 am-7 pm with recorded loops playing during off hours. montereybay-aquarium.org/animals.

Here are more suggestions, adapted from the American Foundation for Suicide Prevention for maintaining mental health:

- Separate what is in your

control and what is not. Wash your hands, take your vitamins. Limit your consumption of news, especially news that isn't local.

- Do what helps you feel a sense of safety. This is different for everyone and it's important not to compare yourself to others.

- Get outside in nature even if you are avoiding crowds. There is no denying how good sunshine and fresh air feels. Exercise is an important part of maintaining both physical and mental health.

- Challenge yourself to stay in the present. Worry is understandable but worrying about something in the future can be compounding. If you find yourself worrying about the future, bring yourself back to the present by engaging in mindfulness activities.

Stay connected and reach out if you need more support. You don't have to be alone with your worry. Reach out to trusted friends and family. Pick up the phone, send a text or email, use a video application like Google Hangouts, Skype or Zoom.

Lastly, it's okay to reach out to mental health professionals. Reach the National Suicide Prevention Lifeline: text TALK to 741741 or call 800.273.TALK.

Supporting Small Business

Small businesses and their employees will potentially take the greatest hit from the voluntary and mandated closures. We all have our favorite neighborhood places that we want to support, even if we can't visit them. Many are now offering gift certificates for purchase over the phone or online.

Some restaurants and bars are working to stay open in a reduced capacity while complying with restrictions by staying open for delivery and take out, including offering curbside pickup of food and beverage.

The rule remains "no onsite consumption" but these businesses are making the effort and you

can support them by patronizing them. Many are posting their hours (often reduced) and menus on social media, and orders are usually accepted either online or by calling.

PDX SOS, pdxsos.com, was started when a group of businesses joined forces. Their goal is to "support each other and keep Portland's soul strong," recognizing that small business not is not only "inspiring and amazing" but also "the economic engine for the city."

Their site offers a round up of businesses with specials and discounts, and details that include donation info, and online shopping to keep money flowing.



Coping with COVID-19

Editor’s note: Our special coverage of ways to help our community cope with the new reality COVID-19 has created is not meant to replace government or healthcare professionals’ advice and mandates.

Community Comes Together During Tough Times

Schools, businesses, restaurants and more are closing their doors. The CDC is recommending social distancing, perhaps even isolation by the time this is published, yet we still have needs. Out of this unprecedented situation, there are rays of light showing how our community is finding ways to support one another.

NextDoor, a sort of neighborhood version of Facebook, is seeing posts from people willing to help their neighbors out.

Of greatest concern are senior neighbors. Checking in to make sure they have basic provisions – groceries, prescriptions, pet food, prescriptions, essentials like toilet paper, laundry and body soap, as well as offering to help with yard work or other tasks that can be done while maintaining the recommended six foot distance may help ease the situation for them.

Neighborhood Associations

are also working to bring neighbors together. Laurelhurst has created Laurelhurst Neighbor To Neighbor (LN2N) “to organize neighbors to help each other, starting with our neighbors who must shelter in place due to age or medical conditions.” (See more in LNA’s Neighborhood Notes).

PDX Covid-19 Mutual Aid Network has been established and those in need or those that can provide help can visit their website, linktr.ee/pdxmutualaid, or call 503.893.4833.

Those who need support can fill out the form to have food or other supplies delivered to them, keeping in mind that requests will be prioritized for people who are sick, unhoused, disabled, quarantined without pay, elderly, undocumented, queer, trans, people of color, refugees and immigrants.

Those who are able to help out can fill out their “offer support” volunteer form to make deliveries or other help. The option to donate money to the cause is also given for those that want to help out but cannot offer other forms of support.

Vulnerable and elderly populations still able to get out to pick up their own supplies are starting to see grocery stores setting aside certain hours or days for them. Often it is the first hour or two after opening. Check with your local store for more details.

Some restaurants, at least as long as they are allowed to be open, are offering free meals.

Laughing Planet Café was one of the first and they are offering a free kids meal to children who qualify for food assistance.

With their dining rooms closed, to-go orders can be placed in person, over the phone or through delivery service DoorDash. Locations and phone numbers can be found at laughingplanet.com/locations.

Do I Have a Common Cold or Something Else?

Even in a normal year we might wonder if the runny nose and sneezing we’re experiencing are due to a common cold taking up residence in our bodies or if it’s the unfortunate result of the beautiful blooms that signal Spring has sprung.

This year the COVID-19 virus has come during our traditional flu season. It is important to understand that this virus is not the flu. It has different symptoms and as we are learning, spreads more readily.

The list below shows the most common symptoms for each malady. Other symptoms may occur and there may be crossover between maladies.

Allergies

Shortness of breath, itchy eyes, runny nose, sneezing

Common Cold

Runny nose, sneezing, sore throat, body aches

Flu

Fever, dry cough, headaches, sore throat, body aches, fatigue

COVID-19

Shortness of breath or difficulty of breathing is the biggest difference between this and the “regular” flu, which is commonly accompanied by a fever and dry cough.

Remember, even if you are experiencing these symptoms, 80 percent of people that test positive will have mild symptoms. Seek medical assistance if you experience severe difficulty breathing.

Information sourced from CDC, WHO and American College of Allergy, Asthma and Immunology.

All Work and No Play Makes Jack a Dull Boy, Adapted for Today

Whether or not we have children or grandchildren, the benefits of adding a bit of play and lightheartedness into our day can’t be denied.

Getting outside is great, but when we’re staying indoors, here are a couple of ideas.

Make play-dough – This No-Bake Play-dough Recipe comes from Caroline Gravino via PBS for Parents.

Materials:

- Large mixing bowl
- 1 cup water
- 4 cups flour
- 2-4 tablespoons cooking oil
- 1.5 cups salt
- Food coloring
- Glitter (optional)

Directions: Place water in mixing bowl. Add food coloring (blue + red = purple or follow any other color combination on the food coloring package) and stir well.

Add flour, stirring, and then salt, stirring well to combine.

Add oil, starting with 2 tablespoons and increasing to 4 if needed (additional can be added later, too, if the mix is too dry and crumbly).

Add generous amounts of glitter, if using, and mix well. Knead with hands until a soft dough is formed.

To store the dough, roll into small balls and keep in a plastic bag or container.

Make puffy sidewalk chalk – Bring some color to your neighborhood.

Materials:

- Large mixing bowl
- 1 cup water
- 1 cup flour
- 1 tablespoon dish soap
- 5 to 10 drops food coloring or washable paint

Directions: Place water and flour in mixing bowl, stirring well until there are no lumps. Stir in the dish soap. Add food coloring (yellow + red = orange or follow any other color combination on the food coloring package) until the color of your choice is achieved and stir well.

Pour mixture into a squeeze bottle and start creating sidewalk art.



Stocking Up: What You Actually Need

Grocery stores are seeing shortages of some items, which can be alarming, but voices of moderation encourage people not to panic. Supplies are being restocked and grocery stores will remain open.

The following is a list of suggested items to stock up on, compiled from the CDC, Homeland Security and Red Cross.

- Two weeks of food for each person – similar as to what would be found in a disaster kit including nonperishable, east-to-prepare foods like rice, pasta, beans, oats, foods with liquids (tomatoes, tuna), soups, fruits and vegetables. Frozen foods and not unimportantly, comfort foods (coffee, chocolate), could be added as well.
- A 30-day supply of all prescriptions
- First aid supplies: pain relievers, aspirin, antibiotic ointment, a thermometer, antacids
- Hearing aid batteries
- Contact solution
- Soap, laundry detergent
- Diapers
- Humidifier
- Bottled water for 14 days

is only recommended if you are in an area that has limited access to supplies

Reminder: Complete Your Census Form

The US Census 2020 forms were mailed out in March and should have made it to your mailbox by now. While completing it might seem to be a low priority as we deal with more immediate needs, it remains important.

The Census will provide a snapshot of our nation, will determine congressional representation, inform hundreds of billions in federal funding annually and will impact decisions made about our community for the next decade.

Respond by completing the paper questionnaire by mail, online at 2020census.gov or calling your answers in to 844.3300.3030 4 am-11 pm Pacific Time daily.

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Bw Business Walkabout

USA Camper Van

BY NINA SILBERSTEIN

When you want to avoid crowds and busy airports, many people find nothing better than exploring the outdoors in a fully-stocked camper van.

For Christian Jurinka, his wife, Lisa, and their kids, Isabelle and Jesse, stopping to enjoy a place and then easily picking up and traveling to another has been a great experience for them.

The first time they cooked dinner inside a camper van, in the heart of a national park with the waves crashing a few feet from the van, they were hooked.

"We have always been big campers," Jurinka explained.

"Once we discovered camper vans, we realized we could have the same joy and connectedness with the outdoors as camping, but with greater ease and comfort."

Now that they've embraced the idea of *glamping* (glamorous camping) they're offering others the same opportunity for an unforgettable experience.

The Jurinkas started USA CamperVan about a year ago after they rented out their van on another rental platform.

They learned that, while it's easy to put your van up for rent online, there are many conversations with prospective renters that have to happen first before someone actually makes a reservation.

"That aspect of renting your van out can be exhausting," he said. "We thought there should be a better and easier way."

USA CamperVan takes away the headache for camper van owners, handling all the marketing, renter communication, etc.

They assist owners in crafting their listings to attract as many renters as possible, as well as connecting owners with photographers to have their vans professionally shot for maximum affect.



Owners are responsible for keeping their calendars up to date. USA CamperVan connects owners with renters via its website and owners can list their vans on the site for free.

Each vehicle is required to be well-maintained mechanically and stocked for cooking, sleeping and lounging. Amenities cover everything including camping chairs, bedding, cookware, kitchen essentials, coffee, sunscreen, bug spray, travel books, games and more.

All owners are screened to ensure their vehicles are road-and comfort-ready. "All renters must pass DMV background checks, be over 25, and in either case, both owners and renters are screened for maximum fit," Jurinka said.

While most renters hail from within the community, van renters have come from as far away as Europe, the East and West Coasts, Austin, Texas, and Miami, Florida, to fulfill a desire to explore the Pacific Northwest.

Camper vans available include Sprinter Vans, VW Camper Vans and other similar vehicles. The average nightly rate is \$140-\$160 in the off-season; \$175-\$250 during high season.

"Business has been very good," Jurinka said. "Many of our vehicles are already booked solid for the season and we keep adding new vehicles to account for demand. We are on the hunt for more owners. Know anyone?"

The Jurinkas have lived in Colonial Heights for the past four years and had traveled extensive-

ly up to Portland over the last 15.

Christian and his wife first visited on their honeymoon as part of a 16-day road trip. "We loved it and vowed to move back within a year," Jurinka said. "It took about 10 years to finally move up."

During that time, his mom moved to Portland from Florida and his brother arrived from California.

USA CamperVan is dedicated to the environment and protecting the great outdoors. It continues to seek out partnerships with organizations that promote these values such as Leave No Trace, currently a partner.

"We hope to announce in the summer/fall time period fundraising efforts to support these organizations more directly," he said.

Additionally, USA Campervan's commitment to our neighborhoods and the communities it serves continues to evolve and grow. "We have contributed to local school fundraisers and want to do this moving forward, including #vanlife free/community events, talks, walks and other partnerships," Christian says. "For the future, we will continue to deepen our roots in Portland and throughout Oregon, while testing the waters to support community development in other parts of the country, too."

USA CamperVan
415.777.5236
usacampervan.com

RIP Decision Delayed

from page 3

ponents say building more units means less cost per unit.

Critics claim RIP is an untested, unproven policy that has not solved the housing crisis elsewhere, encourages speculative development and contains no guarantees of affordability, even with the Bonus Amendment.

They also claim it will cause environmental degradation and goes far beyond density allocations in the City Comprehensive Plan.

Based on a majority of Commissioner comments, the bonus amendments were virtually guaranteed, but how an era of social turmoil with an uncontained virus on the loose will impact construction and density is unknown. A project that started out to address population growth landed in the midst of multiple crises—housing,

health and climate.

Environmentalist Paul Majkut warned that RIP will increase global warming, not just through the loss of mature, CO2 absorbing trees, but in the loss of embodied energy that will take 50 years to recover from climate change impact of demolition.

Majkut cited data to reinforce the familiar refrain that the greenest house is an existing house. He claims that demolition and construction emit thousands more pounds of CO2 than repurposing older buildings for multi-units, with the cost of rehabbing and adding ADUs to existing homes just 15 percent of a new build.

The City's position is that densification keeps people, jobs and services close to the City center, thereby reducing pollution.

RIP supporters cite the Mayor's Climate Change Decla-

ration draft that states "...compact development can have the greatest impact on carbon reduction..."

Confusingly, the Declaration also states that carbon emissions from the building and transportation sectors are the "largest contributors to local carbon emissions."

Disillusioned RIP stakeholder advisor member and architect Rod Merrick says, "Clearly RIP is in conflict with the Climate Emergency Declaration. RIP is a handout to developers that increase underlying land and taxes.

"Imagine that the corner houses of your block are demolished. Instead of four, single family houses (as RIP originally proposed) with five to eight cars and 10-12 residents, they are replaced with three, four-plexes and an eight-plex. Now there are 40 residents and likely 30-40 cars."

The cancelled RIP hearing has yet to be rescheduled. To testify online go to www.portland-maps.com/bps/testify/#/rip.

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Will Mt. Hood Blow?

By MIDGE PIERCE

Portland loves its volcanoes. On a clear day, a lucky few may catch a 10-peak view along the storied stretch from Washington to southern Oregon. The city even has the extinct Mt. Tabor in a city park.

At the top of the list here is Mt. Hood. Pilots tip their wings to it. The fit climb it. Residents revere it. Few realize that this deceptive beauty is among the nation's most dangerous: Mt. Hood is an active volcano. It is not a question of if it will blow, but when.

Mt. Hood is one of eight very high threat volcanoes in the Pacific NW, according to Cascade Volcano Observatory seismologist Seth Moran.

"Hood has been less frequently active and less explosive than St. Helens," he indicates. "However, people live, work and recreate much closer to Hood so even a small eruption could have a large impact."

Hood's most recent explosion in the 1780s lasted a decade. While considered a relatively minor event compared to blast activity dating back 30,000 years, it was enough to alter river flows and landscapes all the way to the Columbia.

When Lewis and Clark travelled along the river, they saw results of lava streams that created the Sandy River delta, which they described as full of quicksand and dead trees.

Today one is likely to see more dogs than ghost stumps in



Photo by Midge Pierce

the area. Yet danger still lurks upstream where Hood occasionally billows smoke, releases gases and experiences barely detectable eruptions, loosening rocks that can cause slides and avalanches.

In addition to devastating nearby towns, Moran says a flare-up would close major east-west Highway 26 and the north-south byway 35.

The biggest worry is that eruption could come with little warning. Experts have no idea when this sleepy, though not sleeping, giant will awaken.

"No one knows exactly what to expect. Hood is not a one and done," according to Moran.

In 1980, when remote Mt. St. Helens blew, falling ash was Portland's major problem, but an eruption on Mt. Hood, with its semi-circle of transit routes, would cause impactful transportation and economic disruptions.

Detailing the risks, Moran told the Mt. Tabor Neighborhood Association that Hood will likely spew pyroclastic lava, melting its snowcap and glaciers, producing floods and devastating flows called lahars.

Mud and cement-like debris dense with rocks and trees could reach Government Camp, then Welches, within 30 minutes or so,

gathering houses, cars and other wreckage to dump into the Columbia River.

Skiers, hikers and people living on Mt. Hood's flanks would have little time to escape and recovery could take years.

It's equally possible that Hood could wake-up, provide some alarming bursts and go quiet again. Even today, lava domes like Crater Rock continue to build up, break down and emit gases.

Moran says monitors are working round the clock from Portland to Hood's Crater Rock formation to try to provide early warning.

Since a *New York Times* article last year indicated there were too few monitors, several more have been added for a total of 11 stations.

The moderating news is that Hood is generally not considered the Pacific NW's greatest hazard. That honor goes to Mt. St. Helens followed by Mt. Rainier, which has far more monitoring stations than Hood.

Moran says Portland is the only major city that sits atop an active lava field that, in theory, could erupt at any time. Cinder cones could pop up anywhere – even the airport.

Recycling Tips for April

By BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

Can anything compare to spring in our slice of Portland? Oregon weather brings us everything from sunbreaks, late snows and stormy rains resulting in unbelievable blooms.

Set to usher in spring, and celebrate Earth Day 2020 on April 22, we now find ourselves curtailing activities and distancing ourselves socially as a precaution from spreading the COVID-19 virus.

Celebrating will be different this year. Some events have been rescheduled but there is still a lot we can do, even if it doesn't involve large gatherings.

For starters, why not enjoy our natural world? Go out for bike rides, hike or walk through our neighborhoods to get exercise and fresh air. It helps to remember what we are fighting for.

Put this time to good use by reviewing RecycleOrNo.org with your housemates and get your recycling on track, or how about using this time to plan for a compost bin or plot out garden or patio planters?

If you are staying in, what a great time to take a hard look at the excess clothes, shoes, appliances, toys and even food waste that have accumulated.

Start with clearing out, then

strategize how to change up what is being brought home. Take aim at toxic home and garden products, then choose less toxic replacements.

In her inspiring book, *The Parent's Guide to Climate Revolution, 2018*, a Eugene soccer mom and climate activist gives readers pages of ideas to involve any household in year-round activism.

Still focused on recycling alone as a strategy? Get inside the recycling process and learn why reusing and reducing might yield a higher impact by reading Adam Minter's *Junkyard Planet, Travels in the Billion Dollar Trash Trade, 2013*.

Both of these books are available in eBook format through the Multnomah County Library.

This could turn out to be a very valuable time to reassess lifestyle habits and make changes that really have an impact.

Find great ideas for composting, gardening, natural pest control, natural cleaners and more at oregonmetro.gov/tools-for-living.

Park or greenspace information can be found at portland-oregon.gov/find-a-park.

You'll find thousands of acres of greenspace opportunities at oregonmetro.gov/metro-parks-and-natural-areas.

Affordable Housing

from page 1

Molly Rogers, the Deputy Director of the Housing Bureau, declined to answer these and other questions for this article.

One ominous detour in Portland's push to provide more affordable housing would be the Trump Administration's proposed 2021 housing budget, if enacted.

According to The Hill, the budget calls for slashing \$8.6 billion in overall funding and would cut 43 percent of public housing funds.

In a statement to the Congressional Progressive Caucus, Rep. Earl Blumenauer said, "The Administration's proposal would require some low-income program participants to pay a higher percentage of their income toward rent while also calling for work requirements and other restrictions for certain housing assistance."

In light of diminishing federal support – and given the severe strain that the current national health crisis will bring to bear on public budgets – the city will almost certainly be looking to other means of adding to its affordable housing stock.

A potentially promising avenue that has come to the fore over the past 18 months is working with faith communities to build affordable housing on under-utilized faith-based properties

[see *The Southeast Examiner's* "Exploratory Affordable Housing Program," May 2019].

One congregation that has heard the call is Saint Philip Neri Catholic Church on SE Division. The main church is located on a block-long property that includes an older church, a rectory, a school and a sizeable parking lot.

Working with Catholic Charities, and with guidance from the Bureau of Planning and Sustainability (BPS), the church recently held an open house to share preliminary concepts and get feedback from parishioners and neighbors. Though there are significant differences between the two preliminary proposals, they both call for a new residential building with approximately 57 units.

All of which is not to say that faith communities will have an easier time securing funding than city government.

"That's the biggest hurdle," says Nan Stark, a city planner with BPS who has worked with Saint Philip Neri. "It can take years to raise the money and it's also important for the organization to know how much they are willing to borrow."

"Mission-based organizations don't have a lot of rich people who can pay for that," Stark concludes.

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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.

Do You Need Multivitamins?

Although most people get the vitamins they need from the foods they eat, millions of people in America take supplemental vitamins as part of their health regimen.

Multivitamins are the most common dietary supplement taken regularly by at least one-third of American adults. The traditional role of a daily multivitamin is to prevent nutritional deficiency and there are good reasons to consider taking vitamin supplements.

The American Academy of Family Physicians recommends taking them for certain health problems, if you eat a vegetarian or vegan diet and if you are pregnant or breastfeeding.

Besides those scenarios, there may be no good reason for taking daily multivitamins.

Randomized studies have now essentially debunked the naïve belief that all vitamin and mineral supplements are good for health, regardless of the dose.

The first shock came from the discovery that high doses of betacarotene, compared to placebo, increased lung cancer risk among smokers. Then came the evidence that vitamin E was ineffective for preventing cardiovascular diseases or cancer, and at high doses could even be life-threatening.

Finally, there are the continuing, sobering, negative results for high doses of multivitamins and multi-mineral supplements for all types of indications.

In a large clinical trial, medical scientists investigated the benefits of multivitamin supplementation and the risk of cancer events.

The results, published in the Journal of the American Medical Association, found that, while daily multivitamin supplementation had no effect on the risk of cancer for healthy participants, daily multivitamin use was associated with a reduction in cancer among men with a baseline history of cancer (27 percent fewer new cancers).

The same trial reported that daily multivitamins had no effect on the risk of cardiovascular disease, including no reduction in heart attack, stroke or death from cardiovascular disease among men taking multivitamins, compared to placebo.

The majority of previous research has found no benefit for the routine use of multivitamin supplementation. A quality study examined the effects of dietary supplements to prevent chronic disease in over 38,000 women.

This study found that dietary vitamin and mineral supple-

ments were associated with increased total mortality risk. Other reports from the Cancer Prevention Study-II suggest that multivitamin use is associated with a higher risk of fatal prostate cancer in men.

Dietary supplements are broadly used and are generally considered safe. But they are not always risk-free, especially taken in large quantities. More is not always better.

Check with your doctor, pharmacist, registered dietitian or healthcare provider before using a supplement. Caution is especially important for those who are pregnant, nursing a baby, diabetic, prone to hypertension or heart disease, or under 18 years of age.

The theory behind the use of multivitamins is good. However, the evidence does not support vitamin use for primary prevention. The most sensible approach is to maintain a balanced diet that includes reasonable amounts of fruits and vegetables.

We know that diets high in fruits and vegetables are associated with decreased risks of many chronic diseases and are without adverse effects.

Dr. Hari Dass Khalsa is a chiropractor with offices located in the Hawthorne District. Call 503.238.1032 for more information.

Green Zebra Opens on SE Division

By Jack Rubinger

The Division Green Zebra grocery store at the corner of Division and 52nd Ave., opened on February 12. The store includes healthy food options including fresh produce, dairy items, bread, canned goods and cereal for nearby residents.

A small bulk section features bulk coffee, local pastries drip coffee, meat, cheese, frozen goods, hot soup, a salad bar and other grab-and-go items.

At 8,000 square feet, the Division Green Zebra grocery store is about twice as large as an average 7-11 store.

“Our mission is to increase access to healthy food,” said store manager Jillian Rosen. “We chose this location because we open stores in areas that are either food deserts or in neighborhoods that are lacking healthy grocery options.”

On a recent Saturday afternoon visit, several customers were stocking up. One customer mentioned liking the vegan nacho bar while another expressed delight in the wide assortment of coffee creamers and breakfast sandwiches.

The store offers many items typically found in a traditional grocery store in a smaller format.

Green Zebra includes an extensive collection of local beer and wine. Product selection is 30 percent local.

Other neighborhood Green Zebra stores are located on NE Multnomah St., SW Broadway and N. Lombard St.

The new Division store was originally intended to be the Portland area’s first location, but the demolition of the previous structure was required before the construction of a new building could begin, delaying its opening. The NE Multnomah location in the Lloyd area went into an existing building.

Green Zebra employs 30 people. Other managers include Katie Gillham (Grocery), Emily Clark (Front End) and Cassidy Coopridger (Deli).

“We’re focusing on food, fun and community,” said Rosen. “That means serving healthy, delicious, safe food, having fun while we do it and providing great service.”

The community reaction to the new store has been positive and Division Clinton Business Association said, “A lot of folks are happy that Green Zebra has opened and they now have a convenient place to get groceries in that part of the neighborhood. The management team has been eager to connect with the community, and they’ve been great to engage with.”

Green Zebra store hours are 7 am-10 pm.

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City Council Candidates

from page 1

Willie Banks: Rosa Parks Foundation NW, former federal government employee*

Lew Humble: retired Ferrarri mechanic*

Floyd La Bar: PCC yoga instructor, formerly in theater arts*

Mark White: former program manager and neighborhood board member*

Michael Jenkins: cannabis/mushroom/hemp grower*

Beryl McNair: retired Federal government employee*

Piper Crowell: digital and innovation policy expert, Oregon Innovation Council participation, - pipercrowell.com

Sharon Joy: retired*

Jarred Bepristis: self employed/bartender, former construction work*

Daniel Hoffman: homeless rights activist - deletepoverty.yolasite.com

Randy Rapaport: board member of Sequential Biofuels, prior work in psychology*

Candidates for Commissioner; Position #1

Carmen Rubio: executive director for Latino Network, prior experience in policy advising - carmenforportland.com

Philip Wolfe: board member of Portland Commission on Disability, prior council candidate*

Timothy DuBois: carpenter, prior business league member - timforportland.com

Candace Avalos: advisor and administrator at PSU, prior citizen advisory committee work - candaceforportland.com

Isham Harris: bus driver, former postal worker*

Cullis (James) Autry: self employed*

Alicia McCarthy: naturopathic physician, emergency services background*

Corinne Patel: strategic business and artistic consultant, prior nonprofit and performing arts*

Mary Ann Schwab: retired high school secretary, long term neighborhood activist and multiple community awards winner, prior city council candidate in 2004*

Candidates for Commissioner; Position #4

Mingus Mapps: former program coordinator and educator - mingusmapps.com

Robert MacKay: transportation network driver and licensed attorney - mackaypdx.com

Keith Wilson: president of Titan Freight Systems, former assistant account executive at NBC - keithforportland.com

Kevin McKay: senior relationship banker - kevinmackay-forportland.com

Chloe Eudaly: current Position #4 Commissioner and former book seller/small business owner - votechloe.com

Seth Woolley: software developer, prior involvement with

Pacific Green state committee and campaign finance reform task force*

Aaron Fancher: custodian*

Sam Adams: currently a public policy consultant and commentator, former City Commissioner 2005-2009 and Mayor 2009-2012 - friendsofsamadams.com

Candidates for Commissioner; Position #2 (remainder of Commissioner Fish's term)

Jack Kerfoot: author and former geotechnical consultant - jackkerfoot2020.com

Alicea Maurseth: civil engineer - maurseth4pdx.com

Walter Wesley: transportation services, formerly a water filtration/ionization specialist*

Diana Gutman: Disabled veteran and human rights activist*

Loretta Smith: consultant, former Multnomah County Commissioner (2011-2018) and prior city council candidate in 2018 - voteloretasmith.com

Margot Black: community organizer, former math instructor and committee work*

Terry Parker: formerly worked in account services and active in neighborhood involvement*

Julia DeGraw: nonprofit and political consultant, former city council candidate in 2018 - julia4pdx.com

Cynthia Castro: senior policy advisor for City Commissioner Fritz - cynthiacastro.com

Dan Ryan: executive coaching, former advisory and PPS board work - danforportland.com

Tera Hurst: executive director for Renew Oregon, former chief of staff for Mayor Charlie Hales - teraforpdx.com

Sam Chase: Metro Councilor, District 5, former chief of staff for Commissioner Nick Fish*

Ronault (Polo) Catalani: public policy consultant and trainer/writer, attorney and Portland City employee*

Rachelle Dixon: public advocate and author, former VC of Multnomah County Democrats*

Jeff Lang: risk and insurance consultant, former neighborhood and advisory commission participation*

James (Jas) Davis: wellness center owner, former consultant and citizen involvement member - portland2020vision.com

Aquiles Montas: family resource coordinator, business owner hospitality services - vote4montas.com

Ryan Farmer: attorney, formerly programmer/developer - farmerforportland.com

Several other items will also be on the May 19 ballot, including Measure 26-209, to allow renewal of a City Gas Tax for purposes of street maintenance.

Please don't forget to vote.

You Can Foster A Child

from page 6

Recently, Magda Bejarano, Foster Parent Retention and Recruitment at DHS, reached out to *The Southeast Examiner* for a platform to explain the current needs of foster care in our community and to break some of the myths about being a provider.

She also wanted to express a broad thank you to the local donors who made their recent holiday celebrations such a success.

The celebration in SE was held at The Gathering Church on SE 88th where they served over 200 foster children and their families. The church donated the space and along with 25 businesses, non-profits and faith communities, they provided food, gifts and entertainment to make a special evening for these families.

Bejarano said that, in the Oregon legislature this past year, 16 petitions were dedicated statewide for the enhancement and improvement of the foster care system. Multnomah County received two of the petitions.

"This gives the department a new focus and lots of hope," Bejarano said, "and they will enable us to revamp our local efforts to recruit new foster families and provide the support they need on their foster care journey."

In the Portland Metropolitan area there are 697 families who participate in foster care, yet the need is about twice that number she said.

The average time a child

stays in foster care is around 570 days. On average, 60 percent return to their biological family. Foster parents may choose the type of placements they can manage whether it lasts a few weeks, months or even years.

These are regular kids ranging in age from infants to teenagers and they come to the attention of DHS for different reasons.

"We don't try to sugar coat the challenges of being a foster family," Bejarano said.

Children enter foster homes because of abuse or neglect that made their home unsafe. These children may have higher needs related to their experiences, including the grief and loss of being taken from their families.

Thanks to services provided by DHS, a multi-tiered approach to help these families begins once a child is brought to their attention.

The most important first step is to find a safe, secure place for a child or children to go to. "Because of the shortage of foster care, these children sometimes are lodged in temporary places like motels; not the best environment for them," Bejarano said.

While DHS works to find a semi-permanent location for a child/children to stay, they also begin to work with the parents to help them with the issues that lead to the dissolution of their family unit.

"We begin to talk about the crisis and get all the services in place. This includes treatment

for substance abuse and mental health, food insecurity and housing," she said. The goal is to prepare them to parent again.

They institutionalize high needs children so foster family's are not expected to deal with anyone that needs more than loving kindness. In some instances, adoption is also a solution.

The definition of a foster care family is fairly loose. The main criteria is the ability to exercise sound judgment and demonstrate a responsible, stable and emotionally mature lifestyle. This can include older adults, single people or couples with or without children.

Some of the highest needs right now are foster families willing to care for siblings and Native American, African American and Latino foster families. The outreach to the SE community is in keeping with the desire to keep children close to where they are used to living.

Each foster parent is required to have 30 hours of training which will qualify them for two years. A monthly check, which may vary in amount, is issued for each child's care expenses.

There are many different ways to serve with DHS and the need is great.

Visit the DHS website for answers to many common questions at oregon.gov/DHS/Children/fostercare/Pages/index.aspx, or email Bejarano at magda.y.bejarano@dhs.state.or.us.



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Neighborhood Notes

Laurelhurst Neighborhood Association

By John Liu

The Laurelhurst Neighborhood Association (LNA) is supporting a newly formed effort called “Laurelhurst Neighbor To Neighbor” (LN2N), a neighborhood response to the coronavirus emergency.

LN2N will match older and medically vulnerable residents who must “shelter in place” to avoid exposure to the virus with neighbors who are willing to pick up groceries, prescriptions, etc and drop them on their neighbors’ doorsteps. The goal is to organize the neighborhood so that neighbors take care of each other and no one is overlooked.

For information follow the LNA Facebook page or email LN2N.lead@gmail.com. LN2N would be happy to consult with other neighborhoods and communities looking to set up similar efforts and would be grateful for advice and assistance from any who have already done so.

In non-virus news, the LNA Elections are May 12, the Laurelhurst neighborhood cleanup is May 16 and the Laurelhurst Garage Sale is June 27. Looking out a bit further, the next Laurelhurst Historic Home Tour will be on September 13. Check the LNA website, laurelhurstpdx.org for information.

Montavilla Neighborhood Association

By Louise Hoff

Montavilla Neighborhood Association was just getting into gear for spring meetings around bees, bicycles, mushrooms, markets, parades, classic cars, our local Montavilla Jazz Festival, Montavilla writer Michael Sonnleitner’s new book about Gandhi and our annual cleanup. All that has come to a skidding halt with precautions we are taking to keep our neighbors as safe as possible from COVID-19 virus contamination.

Our wonderful neighborhood went into action almost immediately. One neighbor started an email list for one street so that people could still plan the outdoors, safe-distance block party in August, while giving each other an opportunity to offer or request something be dropped off to one of the neighbors who is staying home to stay safe or staying home under the weather.

Our Montavilla Community immediately began asking about school breakfasts and lunches for many of the children if the schools were to close. There were many ideas and individuals who stepped forward. Ultimately the school district made a plan and published a map of the many locations throughout the school district.

Our local PCC SE here in Montavilla is trying to do as much as possible online.

One neighbor talented in web design offered to help some local businesses get online. Another neighbor thought up an interesting way to get us outside, get that vitamin D and walk around and see how many homes had shamrocks in the window. Others are out gardening and offering plants and seeds to neighbors, encouraging children to start gardens.

We are all stunned and many are frightened by the fear of the virus and the unknowns around income and health or the worry about family who are not nearby at this time, but we are getting through this together.

Our Board will continue publishing information and videos to our website as well as to our Facebook page. One of our members is initiating a resource list for neighbors. We will resume our meetings when it is once again safe to gather together.

Richmond Neighborhood Association

By Brian Hochhalter

Due to the coronavirus crisis, the RNA has cancelled all meetings until further notice. Please check the RNA’s website for information on meetings. To be added to the RNA’s Announce listserve, email richmondnasecretary@gmail.com.

The Richmond Neighborhood Association met Monday, March 9, 6:30–8:30 pm in the Waverly United Church of Christ basement, SE 33rd and Woodward. The RNA meets the 2nd Monday of the Month. Everyone is welcome. Agendas are posted the week before on richmondpx.org.

There were several very informative guests who presented and answered questions from those in attendance.

Sara Berkemeier and Steve Wytcherley, Community Safety Coordinators with the Office of Community Civic Life described the Neighbors Together program, formerly the Crime Prevention program. They outlined training and support they offer to deal with Safety, Crime Prevention, Crisis Preparedness and Public Nuisances within the community. Most of their calls from the public deal with crime prevention issues. Sara covers the area west of Cesar E. Chavez Blvd, sara.berkemeier@portlandoregon.gov, 503.823.4098, and Steve covers the area east of Cesar E. Chavez Blvd, steve.wytcherley@portlandoregon.gov, 503.823.4094.

Erica Dunn with Green Hammer and Jordan Jordan with Earth Advantage presented on Safe and Sustainable Design and Certification in connection to a new structure at 3275 SE Grant. They discussed the high standards and best practices that the contractors will adhere to at this site including the deconstruction and preconstruction phase of the project.

Mary Peveto with Neighbors for Clean Air (whatsinourair.org) introduced a petition to regulate diesel particulate emissions as Portland has an air quality problem. We learned that 65 percent of diesel emissions come from off-road sources such as construction sites, marine vessels, rail yards, distribution centers and parking lots. Neighbors for Clean Air submitted a petition to Oregon state policymakers to establish a cap on toxic diesel emissions from non-road sources such as construction sites, distribution centers and railyards and incorporate the changes in the Indirect Source Rule.

Under the RNA Bylaws, the annual General Meeting and Board of Directors Election is in May. The RNA will likely postpone the election to June or even later. There are eight seats up for election, with two-year terms. Under the RNA Election Standing Rules, candidates must declare their candidacy by the meeting before the election, either in person at the meeting or by an email to the Chair, richmond.pdx.chair@gmail.com. Check the website for updates on the election schedule.

Montavilla Community Center Upgrades

By JACK RUBINGER

Portland Parks & Recreation (PP&R) has begun new energy and water efficiency upgrades at nine city parks and community centers, including Montavilla Community Center (MCC).

Montavilla will receive a new boiler, new variable frequency drive pool pump for the outdoor pool, LED lighting on pathways and building interiors and exteriors, improvements to the output of irrigation systems and their control systems, retrofitted water fixtures and other enhancements.

MCC’s total estimated attendance in the last fiscal year (ending 6/30/2019) was 22,735. Pool attendance is estimated to have easily exceeded 10,000 visits.

Youth basketball referees and athletes have complained about the poor quality of lighting at several community centers and local schools.

Work at MCC is scheduled to start the week of April 20 and

will continue in phases over the next several months. The upgrades may not be very obvious to the center’s users, but the outcome will be conspicuous by increased reliability.

“Every savings and efficiency helps us reduce costs, increase reliability and honor the city’s sustainability goals,” said PP&R spokesperson Mark Ross.

In addition to advancing the city and PP&R’s shared environmental goals, these improvements will save PP&R an estimated \$45,000 per year in utility costs and reduce the maintenance liability by over \$100,000 annually.

Portland Parks & Recreation is making a significant contribution towards the city’s commitment to using 100% renewable energy by 2050. This mark was established by a unanimous City Council vote in 2017, and Portland’s elected officials continue to recognize the importance energy efficiency plays in reaching that achievement.

Contractor McKinstry will be making the upgrades.

Climate Crisis in the Age of COVID-19

from page 1

Thinking Outside the Box

Portlander Brian Ettling, a Citizens Climate Lobby member and the nation’s first official Climate Comedian, has appeared on Comedy Central and podcasts with his renditions of Chad, a bird befuddled by human’s fowling their nest.

Ettling, however, sees nothing funny about what is happening to the Earth. A self-described climate nerd and former park ranger at Crater Lake, he has witnessed how algae blooms and fires can muddy the clarity of one of the world’s most pristine lakes and destroy ecosystems.

At a recent SE Uplift meeting, he said pollution is responsible for 114,000 US deaths a year. He warned that future viruses – not COVID-19, but tropical ones like Zika – will become more prevalent with warming and deforestation that puts humans in contact with more disease carrying animals.

Disengaged Americans and those considering climate change a hoax are costing lives, he said, urging the public to call their representatives repeatedly and unrelentingly. “Congress does not hear enough from constituents on global warming.”

Ettling is a fervid supporter of a Congressional bill called the *Energy Innovations & Carbon Dividend Act*. He said the bill would levy a \$15 per ton tax on coal, oil and fossil fuels to incentivize greenhouse gas reductions.

To offset any cost increases passed along by utilities, the monies raised would be returned to taxpayers in the form of a monthly check. He claimed the act could spur job creation and

stimulate the down-turning economy.

While COVID-19 responses like telecommuting, social distancing and even an epic online choir sing-along on St. Patrick’s Day may have slowed the release of climate-altering carbons for the short-term, Ettling reflects words from the nonprofit Inside Climate News: “Coronavirus is not the way we want to decrease emissions.”

Harnessing the Wind

Calling it “roll up your sleeves time,” City planner Alisa Kane said all facets of government are being pressed for climate solutions. Transportation agencies like Trimet are key components in reducing greenhouse gases.

Trimet has been blasted for its recent purchase of 159 diesel buses, due to an apparent dearth of electric vehicles, it says.

Conversely, it is currently instrumental in city Innovation Quadrant initiatives.

A novel experiment the group has undertaken on the Tilikum Crossing explores how small, vertical axis wind turbines could generate clean energy and store it for later use. In the test, electricity is captured in batteries that power LED lights shining on the turbines.

The purpose of the project is to determine whether the technology could be incorporated into future transit initiatives, according to spokesperson Tia York. The turbines are part of the MAX Orange Line project, which was constructed with a focus on sustainability.

Results of the project were expected to be ready for release in March have been delayed.



Letter to the Editor

Editor’s note: Letters to the Editor should be less than 300 words and The SE Examiner reserves the right to edit them for length or content.

To the Editor:

When Commissioner Jo Ann Hardesty announced she had located public land to construct affordable housing on half of the Rose City Golf Course, that was the straw that broke this camel’s back.

Publicly owned school, parks and water property must be held in common for the generations that follow. In the past, some of these lands have been sold to a developer without ad-

equate public notice in the Daily Journal of Commerce.

I’m running for City Commissioner Position #1 because I believe in tearing down the curtain of secrecy that cloaks shenanigans like this.

I am an unrelenting, conventionally tenacious community advocate in a quest for justice. Based on my 40-plus years serving the community, I ask for your vote on May 19.

Mary Ann Schwab

Go Staying In

Milagro: Con todo Corazón



The cast of *The Corrido*, photo by Liana Rose

Con todo Corazón, the title of Milagro's current season, means "with all our heart." That's the spirit and dedication with which we create live performances and community events.

Milagro has provided extraordinary Latino theatre, culture, and arts education for the enrichment of all communities since 1985. On the MainStage, we produce an annual season of

premieres that includes one Spanish-language play and a Día de Muertos devised piece. Teatro Milagro, our touring education program, presents original bilingual plays to underserved communities across the nation.

This February and March, our production team for *The Corrido of the San Patricios* rehearsed, sang, and danced with more energy and dedication than we could have hoped for. Many arts organizations were canceling performances, but we forged ahead in a spirit of "the show must go on." Then came an Executive Order banning events, and we had no choice but to cancel *Corrido* four days before the world premiere was set to open.

Canceling a show this late into the production process carries a heavy financial burden. To ensure the livelihood of our artists and staff, we're asking audiences to support us through individual donations. In this time of uncertainty, we count on our community to take action and show up for the organizations and people who need it the most.

For the immediate future, we're exploring the potential of digital programming, asking "what could Milagro be without borders?" Stay tuned to milagro.org and our social media to see what we create.

Portland Storytellers Guild's decision to move their monthly showcase to the Clinton Street Theater in 2017 proved fortuitous, connecting the area's oldest storytelling group with the city's oldest performance venue in a manner that has attracted record attendance.

"We are especially grateful to the support we have received from our SE Portland neighbors as well as our community organ, *The Southeast Examiner*," says PSG's Edward Hershey.

"While our April and May performances have been cancelled for obvious reasons, we have postponed the Guild's annual Sarah Hauser Festival of Stories scheduled for June 5 until Saturday, Sept. 5. It will be the first show of our 2020-21 season at Clinton Street.

"As we await a return to normalcy, we sense that our mission - to 'support the community of storytellers by advocating for their recognition, encouraging their development and passing on our cultural traditions, roots and identities through the timelessness of stories,' takes on added significance in such trying times."

The group offers their 30th anniversary collection as a double CD or as a download at portlandstorytellers.org

arts & performance

A NOTE FROM THE SOUTHEAST EXAMINER'S A&E EDITOR:

For our community of touring musicians, theatre performers, authors, painters, sculptors and so many others, the indefinite cancellation of public events means a complete loss of income and the anxiety of no clear end in sight. As it has everywhere, the Oregon gathering ban has hit the arts world hard here. This, in addition to the large sums of money fronted out of pocket for logistical costs which won't be recouped has stunned and frightened us all. It is something no one could prepare for.

The Southeast Examiner has decided, in lieu of events to cover, to feature stories and updates from the many organizations that grace our pages making our cultural mecca so rich here. These are peeks into the lives of creative humans that live colorfully among us. If you are an artist and looking for help, here are links to national organizations helping artists now: bit.ly/2Uq4EJP, and MusicCares bit.ly/2QG0j70

We have never all been stopped in our tracks so thoroughly before and what comes next is uncertain. Please take care of each other and if you can, support your local businesses even if they are closed. It also goes without saying to please remember to check in on all the ones you care about over the next few months. Stay safe and be kind to one other. *bq*



Photo of Linda Austin by Chelsea Petrakis

Performance Works NorthWest

From PWNW founding director Linda Austin: For close to 20 years now, Performance Works NorthWest (PWNW) has thrived as a site for transformative experimentation.

Programs and initiatives such as Linda Austin Dance, the Alembic Resident Artist Program and Alembic Co-Productions, plus our subsidized space rental, have evolved as responses to this question: "How can we best foster the process of contemporary dance, media, music, and performance-based artists and the meeting of artists with audience?"

This year we had planned a series of 20 small fundraising events to celebrate our 20th Anniversary launching them into the next two decades. These events include a roller skating party, a karaoke night, dance classes, summer garden parties and bingo, just to name a few.

We've already had to postpone the first few events, but hope to pick up again later in the year if and when we emerge from all this uncertainty.

Something else to look forward to this year is the premiere of a collaborative piece by Austin and the immensely talented Allie Hankins.

Titled *la 'singal pink klaadl*, and inspired in part by surrealist artists Gertrude Abercrombie and Leonora Carrington, as well as the "uncanny fictive spaces" of writers such as Jen George and Renee Gladman, Austin and Hankins juxtapose movement, object, words, and song to celebrate and/or bemoan the unstable and precarious grounds of existence.

Visit PWNW-PDX.org



News from Michael Hurley

This message came in from the one and only Michael Hurley, the grandfather of Freak-Folk music. Like everything else these days, his monthly shows at the Laurelthirst Pub are on hold. He is working on a new book.

"Hi Folks - Now I get to putter around the house big time. Weather's good and I feel good.

I get to really work on this book, crank out graphics 24/7, cook delicious meals, listen to the grieving news, practice playing the blues.

Where I live, not too many people ever darken my door anyway, but I'd love to get back in some of these venues and do the boogie, etc. - Mike Hurley, Brownsmead, OR, USA"



Oregon Koto-Kai, the Japanese harp society of Oregon, meets together regularly in SE Portland and performs live. They made a tough decision cancelling their annual So-Shun (Early Spring) Concert March 15.

Koto is one of Japan's traditional musical instruments and has over a 1000 year history. The beautiful yet powerful sounds have been connecting hearts and souls of composers, players and audience for such a long time.

Mitsuki Dazai, founder of Oregon Koto-Kai says, "We are so happy and proud of introducing this treasure in the US and are hoping to restart our musical activities again. Stay safe & healthy!"

The Portland Music Stream

Alberta Rose Theatre and Portland musicians are bringing live entertainment to your living rooms in this time of isolation and distancing via the new Portland Music Stream. "Since you can't come to the theater, we are bringing concerts to you."

For now, shows are planned through April 16. Your subscription will help keep a vital venue alive, sound engineers at work, musicians able to perform, and foster community in this strangest of times.

It's a different way to see and hear the bands and artists you love, and support them and the theater through this gig-less time. The Music Stream is a subscription service and you get 20 concerts sent to you for \$100, with new shows five nights a week, all available on demand.

April's featured bands include Jerry Joseph, Garcia Birthday Band, Tony Furtado & Stephanie Schneiderman, Gerle Haggard, Jeffrey Martin & Anna Tivel, Kevin Burke, Floater and more.

To find out the details and subscribe, see bit.ly/3a8Ien2

Sidestreet Arts

140 SE 28th Ave., is a little gallery with a whole lot of heart in the ivy-covered building with a Gary Hirsch BotJoy mural. Formerly Sidestreet Gallery was owned by Reta Larson and Michael Pratt. It's now an artist collective.



Sidestreet Arts members

There are 10 regular members who own and operate the gallery and their artworks line the walls. Sidestreet represents over 40 artists from around the Northwest. One can find artfully crafted ceramic mugs, abstract acrylic paintings, fresh water pearl and silver earrings, and all in an affordable price range.

In addition to a regular melange of artwork, the gallery has a monthly featured artist or group show. First Fridays are opening nights with a reception, and the Sunday Sidestreet brunch event is a highlight. Hands-on workshops are coming soon too.

Members include ceramicists Denise Krueger and Dawn Panttaja, metal jeweler Kathleen Mistry, crafter Alicia Justus, printmaker Gail Owen, cartoonist/artist Bridgett Spicer, encaustic artist Michele Sabatier, mixed media artist Reta Larson, painter Michael Pratt, and their newest member, bookcrafter Melody Bush. See sidestreetarts.com

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14	The Waifs	23	The NowHere Band performs ABBEY ROAD
16	LIVE WIRE RADIO WITH LUKE BURBANK BARRY SONNENFELD DANIEL MALLORY ORTBERG RUTHIE FOSTER	28	BEATLORIC! SCREENING "A PORTLAND STORY" A FILM CELEBRATING DEREK RIETH WITH THOMAS LAUDERDALE CHINA FORBES + MORE PERFORMING LIVE
17	RUTHIE FOSTER + MARY FLOWER	30	LIVE WIRE RADIO WITH LUKE BURBANK VERONICA ROTH BONNIE TSUI
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Staying In

Clinton Street Theatre

We hope this message finds you safe and well. We at the Clinton Street Theater have come to the difficult conclusion that we must close our doors at this time. We do not know how long this will last. We do not know what this means for our future.

The current pandemic has caught all of us by surprise, and this event, though “unprecedented,” is not exactly unprecedented for the Clinton Street Theater. In operation since 1915, CST started in the shadow of a world at war and faced the Spanish Flu epidemic a few years later in 1918. (Note: Wikipedia link on 1918 flu in Portland bit.ly/399PwWr)

The service industry, the gig economy, and the arts, are the backbone of a local economy – in many cases it is these folks who provide the daily function and color in our life. It's your favorite food cart, bakery or corner restaurant. It's performers, artists, masseuses, hair cutters, local mechanic shops and ride-share drivers. It's all those local businesses of 1-20 employees.

We will continue to support our staff and try to keep our monthly bills paid by running up our personal debt and/or taking money from our retirement savings, but we know that we cannot continue this indefinitely. We ask you to consider the following actions:

Keep pressing your elected officials for concrete answers and real-world solutions. Public health mandates should be followed, but there is no reason to be compliant without making your voice heard.

Allow others to voice their experiences and issues without dismissive statements based on your personal view of what should be the norm in this abnormal time. We are all affected, but do not all travel the same road through this experience.

For your own mental health, do not obsessively follow the news all day long. Stay informed, but give your mind and body ample relaxation and nourishment time appreciating art, literature or the lovely spring weather.

Finally, social distancing does not mean that we should become insular. Reach out to those who are navigating this alone or excessively burdened by these restrictions. There will be many that require financial assistance to be sure, but all of us need to fill the emotional chasm left by this sudden ban of community assembly and involvement.

Be kind and stay healthy, Roger Leigh

A Story from 3 Leg Torso



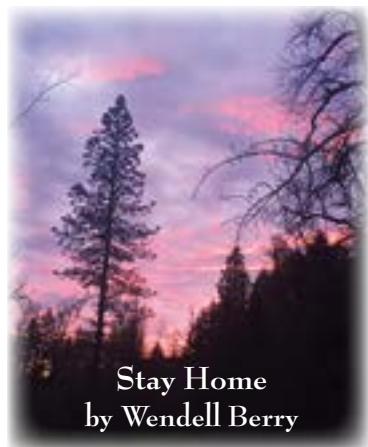
3 Leg Torso running on eight legs

The band began on a Friday evening in August, 1996 at Tony DeMicola's Key Largo Club in Old Town. We were filling in for our friends, Duo Glide, who were off on a European tour. We were a violin, accordion and cello trio, and due to the collective sustaining nature of our instruments and the blending of timbres, our collective sounds formed a whole new voice. Hence our name: 3 Leg Torso.

We've collaborated with many filmmakers and in commercials, released six CDs, and our band ranges from a quartet (percussion, bass, violin and accordion) to including a full symphony performing orchestrations to our songs. Recently, violinist Béla has ventured into making films with the band.

In these changing times, adapting to what's at hand is so important. While performing with the North Coast Symphonic Band in Astoria, in the middle of the concert there was a city-wide power failure. All the lights went out in the theater as we were about to begin to play. With the thought that the show must go on, the audience held up their cellphones and illuminated the band and music was made. It was sweet moment and an indelible memory made for all of us there.

In the same manner, let's work together, now, to sustain us all. We look forward to seeing you at concerts soon. In the meantime watch a few of Béla's films online for a chuckle. His latest, *The Accordion Thief*, is a delight - at bit.ly/2wtoP1C. Visit 3legtorso.com too.



Stay Home
by Wendell Berry

I will wait here in the fields
to see how well the rain
brings on the grass.
In the labor of the fields
longer than a man's life
I am at home. Don't come with me.
You stay home too.

I will be standing in the woods
where the old trees
move only with the wind
and then with gravity.
In the stillness of the trees
I am at home. Don't come with me.
You stay home too.

from A Part, © 1980

ARTSLANDIA

Artslandia is launching a series of programs across their online platforms to offer arts-centered content to elevate artistry, lift spirits, and promote connection and bringing art and performance into people's homes.

“Though our performances are on hiatus, Artslandia's mission to elevate and celebrate the arts remains steadfast,” said founder Misty Tompoles.

• **Good News** is a daily showcase of artists and conversation broadcasting live to Facebook, Instagram, Twitter and on their website.

• **The Happy Hour** series streams Monday-Friday at 5 pm on the Artslandia Facebook page and feature live performances, interviews and conversations on arts-related topics. The host is Ashley Coates.

• **Adventures in Artslandia**, a podcast hosted by Susannah Mars engages in intimate conversations with creatives while taking into account the latest guidelines on in-person interactions and state of the arts. For more, see artslandia.com.

arts & performance



Music Millennium at 51

It's been quite a roller coaster ride for the past 51 years, but thanks to the music fans in Portland, Music Millennium is still here.

In 1989, as the store was figuring out how to celebrate its milestone of 20 years, Terry Currier said to Millennium's original owner Don MacLeod, “How about 20 straight days of live performances?” “Where you going to do that?”, MacLeod responded. Terry pointed to the mezzanine, formerly known as the Upper, and a new tradition was born.

Now Music Millennium is known as the pioneer of live music in a record store. Since those 20 days, the store has hosted 4,500+ live performances.

Soundgarden, Lucinda Williams, Little Feat, Weezer, Richard Thompson, Sheryl Crow and Randy Newman have played the store and Steve Earle has flown to play for his last five releases.

Local musicians have always had a home there as well and Elliott Smith, Little Sue, Everclear, Portugal, The Man, Minus 5, Fernando and Yob are only a few of the names.

At presstime, Millennium is taking phone orders and bringing records to you curbside Mon-Sat, 10 am-7 pm, Sun 11 am-7 pm. Check their website for the latest at music-millennium.com

Enso Theatre Ensemble



After years of performer training that taught how to get *in* to character, but not how to get *out*, Caitlin Lushington and Jordan Mackey (above) founded Enso Theatre Ensemble, a nonprofit dedicated to creating and teaching theatre with mindfulness.

Lushington has spent the last several years developing a mindfulness-based rehearsal process to teach actors how to create boundaries for themselves and increase self-awareness, to facilitate a better understanding of how their work affects them.

Their debut production in 2016 was an adaptation of Jane Austen's classic, *Pride & Prejudice*. Since then they've become known for ensemble-based, movement-driven work.

They launched two educational programs: their **Word Elf Theater Classes** for children ages 2-6, and their **Student Director Mentorship Program** for high school and college students. This June, pending the developments related to this quarantine, they will produce an adaptation of the fairy tale *East of the Sun and West of the Moon*, suitable for kids ages 8+.

Enso offers free, daily mindfulness practices each morning at 9 am anyone can follow on the Enso Theatre Facebook page. There are online theater classes for kids, by suggested donation, recommended for ages 2-6. The event links are on Facebook and at ensotheatre.com.

PDX ARTIST RELIEF

Portland Creative Laureate Subashini Ganesan, has teamed up with Oregon's Poet Laureate Kim Stafford, to create an emergency relief fund to for local freelance and independent artists impacted by COVID-19.

Supporting them are a growing consortium of organizations including New Expressive Works (Fiscal Sponsor), The Circus Project, CoHo Productions, Dance Wire, FLOCK, Future Prairie Artist Collective, Independent Publishing Resource Center, Ori Gallery, Performance Works NW, PHAME, Portland Art Museum, PICA, Risk/Reward, Shaking the Tree Theatre, Third Angle New Music, Water in the Desert, The Headwaters and Young Audiences of OR & Washington.

These organizations are providing critical IN-KIND administrative, advocacy and publicity resources to meet the needs of diverse independent artists in our region. The fund has received gifts, grants and donations from many community members and the goal is to make disbursements once a week depending on funds received beginning the week of March 30.

Visit pdxartistrelief.com to apply or to make a donation.

Radius Gallery and Annex

Radius is a creative community offering workshops, studios, a gallery and a retail shop. We are artists, makers, friends and weirdos who welcome the contributions and perspectives of all people. We strive to offer space and accessible education for all skill levels in a fun and supportive environment.

Support Radius during the quarantine by joining the Quarantine Clay Club. We have take home clay kits – a fun way to keep yourself or kids entertained during these times. The kit includes 10 lbs of clay, a set of tools, two firing credits (bisque only), and simple project prompts. They can be purchased through the registration page on our website.

Subscribe to our weekly online mailer, and be the first to find out about our virtual classroom and online shop, both coming soon. You'll hear about First Friday openings at the Radius Annex Gallery, monthly Sunday Socials, critique nights, and workshops with talented instructors. Workshops range from one day “make and take” crafts to 12 week skill building courses.

Radius Art Studio: 322 SE Morrison St. Radius Annex Gallery & Retail: 3022 E Burnside St. See radiusstudio.org.



Artist and Craftsman Supply, 3393 SE 21st Ave., is more than a place to pick up paint. They are a community resource for artists and can talk you through potential challenges and help you find what you need. Their eye-popping mural outside is by local artist Dominic Sigari.

Mareika Glenn, A&C Outreach Coordinator, wrote: “My two favorite descriptions for our store are: ‘This store is a sacred space,’ and ‘This is the least pretentious art store I have ever been to.’ My sincerest gratitude to the customers who told me this. Your words are cherished.

“In these ever-changing circumstances, A&C is trying to stay adaptable. For the time being, all store events have been postponed. We will offer shipping and delivery options while the store is open. Check out our social media or contact the store for current hours. You can shop at artistcraftsman.com 24/7 even if the store is closed. We sincerely hope you can stay safe, healthy, and creative!” See artistcraftsman.com.

Confident Voice Studio and Portland Musical Theater Company have joined forces to offer online classes, workshops and private lessons for kids and adults in voice, piano, ukulele, musical theater, preschool music and more. Founded in 2016, PMTC is dedicated to furthering the appreciation of musical theatre in the Portland metro community through performances and educational programs. See portlandmusicaltheater.org.

Confident Studio believes music education provides skills for a lifetime including confidence, self-esteem and musical training. Their clients range from beginners to professionals ages 4 and up. They've offered online lessons for 10+ years to clients all around the world. Online lessons are a easy, fun way to learn at home. No special equipment is required; just a smartphone, tablet or computer and a free app. confidentvoicestudio.com.

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Community Events Bulletin

A Note From The Caplener Group:

In light of current circumstances, we are deviating from our normal monthly event page to address you all as COVID-19 continues to be a major topic not only locally, but globally. We wanted to assure you that The Caplener Group is still up and operating.

The market is bustling and home sales are on the rise. Mortgage rates are at an all time low right now, and we anticipate growth in lower priced housing. The market still favors sellers as of right now, but we are looking towards balance in the coming year. As always, we are happy to hear from you and take care of any of your real estate needs. Rest assured, we are being prudent with our interactions, working remotely, practicing social distancing and making sure everyone is feeling safe.

While our business is still up and running many other local businesses have been hit hard by this phenomena. Please consider opting for delivery with restaurants in your area, or buying gift certificates to your favorite local boutiques. We all need to make sure we are doing our best to check in with each other and support each other in the ways we are able.

Our motto at Windermere Realty Trust is “All In, For You.” This means we are committed to being “all in” for our community, making sure we come through this stronger than ever.

Be Well,
Jan, Kevin, Jamie and Gina



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

The Caplener Group is a dynamic real estate team that is part of the Windermere Realty Trust family of brokers.

We specialize in homes for sale in Southeast Portland, and have been representing buyers and sellers here for over 35 years. We have the kind of knowledge and insight that can only be gained through experience.

But we aren't old school; we work with the latest and best in real estate technology. That means you can sell your home faster and for more money, or find your dream house or next investment in the most efficient way possible.

We never stop learning, improving, or working hard to earn your business.



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To schedule an appointment,
call us at (503) 232-4763
or visit us online at www.thecaplenergroup.com

