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What’s Happening at Wapato?

By Don MacGillivray

Portland is in the process of transforming its greatest white elephant into what could be an answer to the long-standing plight of the homeless in the region. It is being done without any significant financial resources from local governments.

The Wapato Correctional Facility, a 155,400 square foot minimum security detention center on a 15-acre site in North Portland, was finally built in 2003. Its construction was the culmination of a plan that began in the 1990s when there was an increase of crime and drug arrests amid Portland’s growing population.

A larger and more modern jail facility was thought to be needed, and funding, in the form of \$46 million bond, was approved in 1996 for its construction.

Another \$12 billion contribution came from the state of Oregon, although obtaining funding for the project didn’t ensure smooth sailing.

It was controversial every step of the way from its justification, its size, its cost, its location and almost everything else about it. The new county leadership found that maintenance and upkeep would be over \$1 million a year for the new Wapato jail.

Then a decline in crime and new state property tax limitation measures made the costly operation of the new jail impossible. Even so, the county was required to maintain the unused building at a cost of about \$400,000 annually.

It could not be sold because of regulatory restrictions on the property and the financing did not allow any other uses. Some of these restrictions expired in 2016, allowing the sale of the facility to become a possibility.

Strong interest to use it as a facility to house and rehabilitate Portland’s homeless had materialized. For the past 30 years, there have been homeless people living on private and public land in unsightly, unsanitary, unsafe and illegal conditions caus-

ing businesses and homeowners excessive grief and expense. Blocking this site’s use has been its zoning as Heavy Industrial.

Wapato was purchased in the spring of 2018 by developer Marty Kehoe and was quickly sold to real estate financier, Jordan Schnitzer for \$5 million, with the intent that it be developed as a homeless facility similar to the Haven of Hope located in San Antonio, TX.

The City of Portland and Multnomah County made it clear that the facility must be funded entirely with private donations to prevent any duplication of services for the homeless. Another major objection was that Wapato is nine miles from downtown, where many social services and employment opportunities are located.

Helping Hands Reentry Outreach Centers came into the picture in late 2019 and they are the 15-year-old program that operates 11 facilities for the homeless on the Oregon coast.

Working with Jordan Schnitzer they made plans to turn Wapato into a facility named Bybee Lakes Hope Center. In the first two months of 2020 Helping Hands has been very successful in raising several millions of dollars toward this new facility.



DAY-Construction Project Management is organizing the project and an architect and contractor will be hired soon.

All the homeless clients that enter the Bybee Lakes Hope Center will be expected to work toward their successful transition to a normal, independent lifestyle. It will be done with love and respect in a facility that will honor every individual.

There will be rules to follow, drug screenings and alcohol checks. Data will help to determine the population’s needs, track progress and indicate the future direction.

The first four days will be an evaluation period to determine individual needs. Clients will attend self-improvement and skill-building programs.

Plans for the facility include medical care, mental health and addiction services, referral services, an industrial kitchen, vegetable garden, an area for camping and a variety of training programs.

Clients will be asked to do community service each week and pay a nominal monthly fee for their care. If a person is unable to pay the monthly fees, scholarships will be available.

Excellent support for the facility has been expressed by a number of state political leaders and other leaders in the business community. The attention continues to grow, but the annual operation of the facility is expected to be about \$1.5 million.

Local government support and funding is expected to be minimal unless it is for program coordination. What is needed now is the goodwill and positive reinforcement of the larger Portland community. Tours of the facility and volunteer workdays are planned when this becomes prac-

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Photo by Midge Pierce

Climate Collides with Coronavirus

By Midge Pierce

Given environmentalists’ 10-years-to-apocalypse countdown, Earth Day would have been extraordinary under any circumstance. On the celebration’s 50th anniversary last month, Portland’s string of azure sky days gave glimpses of what life with less pollution could be like and glimmers of hope that climate change can be slowed, if not completely reversed.

With factories shuttered, roads emptied and people around the world sheltered in place, Earth Day activities went virtual with rallies, marches, concerts, fundraisers and an online bank takeover to thwart fos-

sil fuel industry funding.

Climate change seminars were conducted on Facebook by organizations like OMSI about everything from green buildings to climate-friendly trees.

SE Uplift offered online conversations with endorsements of groups like Ground Score Association that gives homeless a fair wage in exchange for environmental clean-up work.

Volunteer groups like SOLVE urged simple actions like pulling up invasive species in yards. The group Community Energy Project launched a new Community Solar initiative.

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Where Have All the Scooters Gone?

By David Krogh

Portland is in the midst of a pilot program for E-scooters until the end of December of this year and since mid-March there has been a noticeable disappearance of them within the area.

E-scooters have often been referred to as a nuisance, a fad, a danger and conversely, as a viable alternative form of transportation, but they are not for everybody, especially during a pandemic.

The COVID-19 crisis has caused the use of E-scooters to “crater” according to a recent article in *The Oregonian*.

Bird and Lime, two of the major providers, have suspended their operations in Portland. Razor, which operates seated E-scooters, has reduced its available fleet, citing Governor Brown’s stay at home pronouncement as a primary incentive of reduced scooter use.

The most recent high point of use was the week of February 24 (the week the first COVID-19 case was announced in Oregon) at 12,300 trips per day according to Portland Bureau of Transportation (PBOT) records.

Subsequently, E-scooter use dropped to 4,029 trips the week of March 16 and, during the last week of March, to a mere 197.

Spin, another provider in Portland, and Biketown, which rents the orange bicycles seen around town, are still operating. However, they also report dramatic ridership declines.

Declines in trips have been noted for buses and cars as well. Oregon Department of Transportation (ODOT) staff have reported as much as a 40 percent drop in vehicle traffic in the metro area during the last two weeks of March.

The Governor’s office is directing people to traveloregon.com/travel-alerts regarding the effects of COVID-19 and vehicle travel.

TriMet’s reduced demand from riders is in addition to bus safety issues raised by its employees’ union, the Amalgamated Transit Union Local 757. Lack of adequate driver protection materials and cleaning supplies had been cited for a rash of driver sick calls during the last week of March.

With that issue under control, TriMet announced a 21 percent cut-back of schedules for 58 of its routes, while maintaining current schedules on 27 other routes, TriMet spokeswoman Roberta Altstadt said.

They are taking the unprecedented step of limiting the number of riders per bus to no more than 15 for purposes of maintaining social distancing. This and other pandemic related information for riders is available at trimet.org.

“To the extent that this is an indication that people are following social distancing advice, and also the order to avoid all but essential travel, this is positive,” City transportation spokesman John Brady stated.

Once the pandemic has released its grip and the Governor’s order is rescinded, transportation is anticipated to return to near normal again.

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PBOT

RIP and Builders in Limbo

By MIDGE PIERCE

The final vote on the Residential Infill Project (RIP), five years in the making and re-making, has been postponed in recent weeks as City Hall has been working on technology to run an effective virtual public hearing.

At the end of April, the City announced they are close to setting up a remote system for public hearings with tentative plans for Portland residents to testify sometime in June.

In the meantime, written testimony on RIP remains open at portlandmaps.com/bps/mapapp/maps.html#mapTheme=rip.

To submit testimony, interested parties will be asked to select a parcel on the map to comment on.

Construction in Oregon has been deemed an essential industry and no serious impacts on local commercial construction have been reported so far, according to Executive Director of Associated General Contractors Oregon-Columbia Chapter, Mike Salsgiver.

At some point, the economic downturn is bound to hit, he adds, with consequences that are as yet unforeseen.

During the limbo, questions have come up about whether increased densification makes sense in an era of social distancing. For now, positions for and against RIP remain unchanged.

Proponents of Deeper Affordability Bonus (DAB) amendments (allowing six-eight units in formerly single dwelling residential zones) are adamant that

more housing equals economical housing. Those against RIP question cost assumptions and site destabilization of neighborhoods caused by demolition of existing affordable homes.

RIP supporters say the economic downturn will make the need for housing even more acute and that the City's position of expanding housing types will encourage income equity and diversity. Fourplex advocate and developer Mary Vogel has submitted testimony debunking claims that density is dangerous.

Opponents say the crisis will enable speculators to take advantage of those who have lost their livelihoods, encourage tear-downs and further erode greenspaces that can help keep us physically distant and healthy.

Critic Paul Majkut says Portlanders do not need the "housing of all types" that the City proposes and instead need affordable, sustainable housing. The City's first priority, he says, should be to preserve existing neighborhoods, homes and vegetation.

The DAB proposal would add densification beyond what the state requires, contribute construction pollution, create additional heat islands and benefit opportunity zone developers who exploit federal funds for their own gain.

Architect Rod Merrick calls RIP "unplanned random density" that fails to retain access to gardens, parks and open space.

Critics fear that in response

to COVID-19, permit and material shortcuts could be allowed that could lead to subpar construction.

What kind of growth and whether it will be affordable when business resumes a normal rhythm is yet to be seen.

RIP Project Manager Morgan Tracy points to a Square Root Recovery scenario the state is reviewing which indicates a big economic dip, followed by a fairly shallow rise.

The study shows that growth depends on pent-up demand, the amount of damage the state has sustained and the policies that are implemented.

For City workers, delays are not just discouraging. As projects like RIP languish, real jobs are at stake in the downturn.

Builders Have Their Say

A month ago, construction in Oregon was still going at a "blazing" rate, according to Associated General Contractors Oregon-Columbia Chapter. That could change quickly in the event of an economic dip with finances getting tighter and materials becoming scarcer.

"In a high volume/low margin industry such as ours, it is likely we will see some businesses seriously damaged," says Executive Director Mike Salsgiver.

Salsgiver's primary concern is what happens to the 83 percent of builders in Oregon that are small businesses and will potentially be hurt by new and proposed legislation.

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Letters to the Editor

Editor’s note: Letters to the Editor should be less than 300 words. The Southeast Examiner reserves the right to edit letters for length or content. Submissions are not guaranteed to be published.

To the Editor:

With far fewer cars using our streets, I’ve been excited about how neighbors in SE Portland have taken over this public space and switched it from “car use” to “people use.”

Not just using the streets to walk or jog (our sidewalks being too narrow to pass and maintain social distancing), but more fun, quirky and socially-connected uses, too.

My own street, Mill St., is having weekly, socially-distant happy hours (10+ ft apart) in the street. Harrison has seen hula hooping in the street. The Unipiper has been spotted on the Clinton Neighborhood Greenway.

Some neighbors have been turning the Lincoln Greenway into a block party where kids can

get their energy out in the street.

All of these have coexisted with car, delivery and bike traffic, which are moving at a respectable and safe speeds.

As things move back to the new normal, I hope that our streets don’t go back to the “old normal” with speeding cars and cut-through traffic but stay more of a community asset for our neighbors to share with cars.

Brighton West, Inner
Southeast Action

To the Editor:

In the midst of this public health emergency, I am writing to call attention to the ongoing use of gas-powered leaf blowers on our neighborhood streets. The COVID-19 virus can result in severe respiratory problems.

Leaf blowers pollute our air with gasoline, oil, carbon monoxide, pesticides, fungicides and dried fecal matter (see quiet-cleanpdx.org). We should not be having to breathe this airborne pollution in the best of times, but certainly not during a respiratory-affecting pandemic.

The egregious noise emitted by these machines also interferes with communication, sleep, peace of mind, and work. Many of us are now working from home. Recognizing your generous thought to keep small lawn care companies afloat, please consider asking them to refrain from leaf blowing for the sake of public health and well-being.

Jerry Deckelbaum

To the Editor:

If you’ve been in town for a while have you thought that Portland isn’t working very well for you anymore?

In the last decade the cost of living has nearly doubled—rents, fees, utilities bills and property taxes have become unsustainable for more residents every year while Portland’s livability has rapidly deteriorated.

After three and a half-years of Mayor Ted Wheeler, it’s worse than ever. Ted’s decisions to increase taxes and fees makes it more expensive to live

in Portland every year—ironically increasing homelessness and increasing Portland’s affordable housing deficit to 48,000 units which is opposite his stated goal.

It’s time for radical and new leadership. As an independent thinker with 27 years of business and civic experience in Portland, I am in a position and motivated to find solutions to improve livability.

I have worked as a School Psychologist, a SE Portland coffee-shop owner/operator, a developer of multi-family housing, a board member of Sequential Bio-fuels of Oregon, a Trustee of Pioneer Courthouse Square and as a supporter of the arts.

Please consider voting for me in the Primary and not hand Ted a free pass to another four years.

Randy Rapaport, Candidate
for Portland Mayor

To the Editor:

I keep hearing people talking about “non-essential” workers and “non-essential” jobs. I’m curious, as a small business owner for 18 years and dying a slow and steady death, what makes a business “essential?”

Front line workers are obviously important, even critical, but isn’t the income of a father or mother who has a family (or

not) whose livelihoods depend on these incomes critical? Are their incomes not essential, critical?

If we cannot pay our bills, we won’t survive and die an economic death. At what point do we say enough is enough? Is this the death of “Liberty and justice for all?”

What is the ultimate price of an economic death? I believe we can reopen our businesses smartly and safely. Governor Brown said, “We have to be careful, but we cannot stand still.” Yet, our politicians (who are being paid) are standing still and watching a slow but certain economic death to many more Oregonians than those affected by the coronavirus.

Let’s all be on the same playing field. No one earns an income until we are past this virus. I bet many “essential” workers would disagree. So, in the meantime, the non-essential people and businesses perish.

We are on the Titanic. While first class passengers float safely in life rafts, I watch many passengers fall to the icy waters to a certain death while I wait my turn!

I’m very curious as a business owner to know, “What is an “essential worker?” and an “essential business?” and who has the authority to decide?

Kim Beeler



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Golfing: Entertainment + Reflection

By Jack Rubinger

Spring is here and that means it's time to bust out your golf clubs. Local golf courses, putting greens and driving ranges are open during our current health crisis with some restrictions including keeping a six-foot distance between players, paying in advance by phone and not touching the pin. Otherwise, it's golf as usual.

While there were rumblings in the local press about the financial health of local golf courses, Portland Parks & Recreation (PP&R) and the Mayor's Office are not actively considering selling courses.

"We are proud to continue our robust efforts to engage more people of color, women and young people with the lifelong sport.

"Portland Parks Golf is an enterprise fund that relies on user fees rather than the City's general fund, with only one exception for emergency general fund support since its establishment in 1918," said Mark Ross, Media Relations/Community Relations, PP&R.

My local course is Eastmoreland on SE Bybee; a lovely setting with geese, lots of water hazards, bridges and wide-open fairways and some long, challenging holes. The course is spring-typical mushy right now, the creeks are full and the grass off the fairway is high.

Eastmoreland Public Golf

Course began back in 1916, the brainchild of Superintendent of Parks, James O. Conville and T. Morris Dunne of the Multnomah Athletic Club. Both men felt strongly that Portland needed a public golf course.

In an effort to drum up seed money, a committee solicited popular subscriptions (\$100 for a lifetime membership). They quickly raised \$3,000 and with the tax-free use of 160 acres, granted by the Ladd Estate Company, Eastmoreland Public Golf Course was on track to become a reality.

The course was laid out by National Amateur Champion, H. Chandler Egan in 1917. Today, Eastmoreland is ranked by *Golf Digest* among the top public courses in the country to play. The course is as beautiful as it is challenging, bordered in part by Portland's Rhododendron Gardens and Crystal Springs Lake.

The environment provides a home for thousands of birds including great blue herons, mallards, wood ducks and more. The tree-lined fairways are beautiful year-round and the natural hazards such as ravines, streams and lakes require the best from any golfer.

In the early days of golf in Portland there were basically three clubs: Tualatin Country Club, Waverly Country Club and the Portland Golf Club. Waverly, based in SE Portland, started holding tournaments in 1904.

Currently I'm getting to know my 17-year-old son through golf. On a recent outing, because we weren't paired with two other golfers and weren't so self-conscious, my son and I talked more openly about golf and about life.

While I'm happy when I connect solidly with the ball, my son can actually hit par, which means that he can sink the ball in the hole in a minimal number of strokes.

He took the time to watch my swing and make some suggestions which I followed and were successful. We still cursed bad shots and bad form, but we hung out together the whole afternoon and got into the game.

We talked about the quality of the early evening light, which clubs we liked and having another outing. Together we took a break from life during COVID-19.

Two memorable events happened the last time. First, a guy hit a long drive and wound up hitting a goose. Unfortunately, the goose didn't make it. The guy approached the goose, took off his shirt, wrapped the goose in the shirt and gently carried the deceased goose off the course to a quiet spot off the fairway.

The second occurred when I found someone's phone. Toward the end of our round, two guys came cruising by on a cart asking if someone had found a phone, and so it was returned.

For those who are just starting out or are rusty from not playing often, experts recommend taking lessons, practicing on putting greens and driving ranges and finding a role model to study and admire.



Photo by Jack Rubinger

Jason Latula, a SE Portland golfer who has been playing golf since 1994, raved to me about a Canadian pro named Moe Norman.

Latula, who plays three to four times a week, enjoys organizing competitions and golfing at night, shared a YouTube video about Norman and I found myself admiring the guy, too, for several reasons.


He didn't look like a typical pro golfer. He was kind of overweight, wore loud and obnoxious pants, had bad teeth and a colorful personality. Norman used to recite golf poetry and hit the ball off soda cans, but he had a consistent game. He hit it long and hard and straight down the fairway every

time. Professional players like Tiger Woods still talk about him today.

"He hit the ball really straight. He played through the course and simplified the game," said Latula.

He was a legend in Canada and Latula continued: "I wish when I was just starting golf that somebody would have showed me this man. That's who I would have modeled myself after."

The cool thing about golf is that it offers both reflection and interaction, socialization and contemplation. You're always a student of the game and these days, my weekly golf outings with my son are the highlight of my week.



Jack Kerfoot

Portland City Commission


I hope you will join community leaders and activists like Bruce Broussard in supporting me, Jack Kerfoot for Portland City Commissioner #2 in the May 2020 Primary Election.

"Jack and I have connected about the problems facing Portland, from homelessness and affordable housing to safer streets and fiscally responsible government. He's a veteran, a successful businessman. Frankly Jack Kerfoot is the leader we need on Portland City Council."

-- Bruce Broussard, U.S. Marine, Vietnam Veteran, small business owner, talk show host of Oregon Voter Digest, administrator of non-profit No Veteran Left Behind Oregon Inc., community leader in North Portland, and qualified candidate for Portland Mayor.

www.JackKerfoot2020.com JackKerfoot2020@yahoo.com 971-209-2802

Paid for by Jack Kerfoot for Portland City Commissioner.
(Primary Contributor, Jack Kerfoot with the majority of income over the last five years obtained from "Other Scientific and Technical Consulting Services." No other contributor has contributed more than \$250.)



Cc

COVID-19 + Community

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.

Be Counted - Census & Voting Reminders

2020 Census

You’ve likely received one (or more) reminders in the mail to complete the 2020 Census. The Census occurs just once each decade and the information gathered will determine congressional representation, inform federal funding and provide data that will impact communities for the next decade.

You are encouraged to re-

spond as soon as you can online, by phone or by email. Additional information about the Census available at 2020census.gov.

May Primary

Oregon is one of three states that conduct elections completely by mail. Voter pamphlets for the upcoming May 19 Primary Election should have arrived in your mailbox already.

The League of Women Voters is also offering an online voters’ guide and a video voter’s guide on their website, vote411.org.

The ballots with prepaid postage, were mailed out the last week of April. Ensure your voice is heard by completing the ballot as soon as possible, noting that May 14 is the last day to safely return your ballot by mail.

Recycling Tips for May

By BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

“Business is not as usual” is becoming a familiar phrase as we all try to figure out how to best to serve the community and stay safe and solvent during the pandemic. Normally, in this space, the focus is on how to best manage material. This month, the focus shifts to resource sharing – in particular, sharing food.

Volunteer Neighborhood Coordinators pick up filled bags from participating homes and they are then distributed to local food pantries. A new empty bag is left for the next collection cycle.

PFP started in 2009 with 12 donors contributing 234 pounds of food to two local pantries. Today there are over 1,300 donors contributing 14-18,000 pounds of food to 20 local pantries (eight in SE) every two months.

Public Input on Tree Code Amendments

The City of Portland is currently seeking public input on developing proposals to strengthen tree preservation during development activities.

The first unified Tree Code was adopted in 2011 and went into effect in 2015. In 2019, public concern about the removal of large trees led to recommendations by the Planning and Sus-

tainability Commission and the Urban Forestry Commission to further strengthen tree preservation.

Public input is needed on the recommendation for the removal of the industrial and commercial zone exemptions for private trees and trees on city-owned sites.

In addition, the Urban For-

estry Commission recommends decreasing the key threshold for removal of larger trees on private property from 36 inches to 20 inches.

Feedback is being accepted now through May 15. See portlandoregon.gov/bds/80501 for additional details and a link to the survey to provide feedback.

On the street where I reside in SE Portland, hardly a household has been spared some economic impact from the virus. Mandatory time off, furloughs and job loss are a new reality for many.

Lacking a paycheck, Portland residents are turning to food pantries for a reliable source for food and other basic necessities; a situation that will likely need to continue for months to come.

Jim Valluzzi, SE neighbor and President of the Portland Food Project (PFP), shared that 209,900 Oregonians have filed unemployment claims in the past three weeks.

The system of collecting filled green bags of items from subscribed donors has been temporarily suspended in order to reduce the risk of harm by handling supplies.

As an alternative for those are able, consider giving whatever monetary donation is comfortable for you to a local food pantry. PFP’s website, portland-foodproject.org, can help you find the closest pantry and has information about how to volunteer, donate or pickup food.

Comment Period Open for MTIP

The 2021-24 Metropolitan Transportation Improvement Program (MTIP) is a federally-required document that helps track and manage regionally-significant transportation investments. Cities, counties and transit agencies in greater Portland have reported how they will invest fed-

eral transportation money in the next four years.

The planned transportation projects and programs are available for review and comment from the public through 5 pm on May 18.

Read the full document at oregonmetro.gov/mtip2021-24

and find instructions for submitting comments by phone, mail, email, online or at the April 23 Metro Council public hearing.

A subsequent July 23 meeting has been also been scheduled to take action and hear public comment on the MTIP.

While the need in our community is sharply increasing, our area food pantries report receiving less food from grocery stores, normally a large source of products.

PFP is an all-volunteer organization that typically sponsors food drives six times per year with their Green Bag program. Donors fill a green bag over a two-month period with non-perishable, high quality foods such as tuna, nut butters, rice, beans, soups and more on the second Saturday of February, April, June, August, October and December.

Helping others, along with a daily structure, being outdoors and exercise are fine ways to help us cope with prolonged social distancing. Portland Food Project is a great organization to consider.

A materials management tip/reminder: sanitizing wipes, baby wipes and pre-moistened toilet tissues belong in the garbage. Even if a package labels them as “flushable,” the material may (or may not) clear your home system.

Those items can result in huge clogs, overflows and equipment repairs in the city’s wastewater treatment system. Only regular toilet paper should ever be flushed.

Pointers for Protecting Your Finances

OnPoint Community Credit Union was started in 1932 by 16 schoolteachers under the name Portland Teachers Credit Union. They offer the following suggestions to protect one’s finances during this particularly challenging time.

Prioritize expenses and review your budget. Unplanned expenses or a loss of income may necessitate prioritizing which expenses need to be covered first. Once prioritized, update your budget.

Deal with creditors proactively. If you are having difficulty paying your monthly expenses,

contact your creditors early for your best chance of working out an agreeable payment plan.

Secure access to digital banking. The ability to physically visit your financial institution may be impaired and wait times to speak to someone on the phone may be longer than expected. Downloading and testing your ability to log into your financial institution’s digital banking app can provide you with another route to handle your banking.

Know your options. See what options are available to you for any loans you have, explore the opportunity to delay mortgage

payments, look into home equity lines of credit, find out if \$0 minimum payments on credit cards is offered and more.

Protect yourself from scams. Stay up to date on current scams and how to take action if you think you’ve been a victim. Scrutinize emails, texts, calls and social media posts that offer financial relief or promote the sale of cure-all products or limited-time special offers.

Never disclose your online banking credentials or PINs. Beware of “sweetheart scammers” that strike up online relationships and then ask for money.



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COVID-19 + Community

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Enjoy PP&R Responsibly

The nicer the weather gets, the more the urge to get out and enjoy the bounty of our outdoor spaces becomes.

Portland Parks & Recreation (PP&R) spaces – city parks, trails, golf courses and natural areas – remain open to the public as of this writing, with restrictions.

Closed areas within these resources include playgrounds, skateparks, sport fields, tennis courts, parking lots and some park roads.

Water fountains, decorative fountains and splash pads

have been left in winter mode and turned off. There is limited access to public restrooms.

Healthy visitors to open areas are reminded that they must maintain at least six feet of social distancing from people that do not live in their home.

Visitors are encouraged to wear face coverings to limit the spread of COVID-19 from people who have the virus but are not (or not yet) showing symptoms.

Hand washing prior to and after visiting is also recommended.



Fuchsia Jupiter by Kathleen

Oregon Fuchsia Society Sale

The Oregon Fuchsia Society's annual May Fuchsia Sale is scheduled to take place as previously planned on Saturday, May 16, 9 am-2 pm (or until all plants are sold) at Tran's Auto Service, SE 49th and Belmont St.

OMHOF Scholarship Deadline Extended

The Oregon Music Hall of Fame is accepting applications for college scholarships from Oregon high school seniors studying music (instrument or voice) and graduating Spring 2020. Application deadline has been extended to Saturday, May 23. For questions or to apply, see omhof.org.



FCCO Tour Seeks Outdoor Cat Enclosure Submissions

The Feral Cat Coalition of Oregon (FCCO) is seeking submissions of Portland-area outdoor cat enclosures and cat patios (aka "catios") to be featured in their 8th Annual Catio Tour September 12. Visit catssafeathome.org to submit your catio for consideration by Monday, June 15.

Hawthorne Street Fair

As of this writing, the annual Hawthorne Street Fair is still planned for Sunday, August 23. Vendor registrations and volunteer signups are being taken at administrator@hawthorneblvd.com or by calling 503.775.7633.

Visit Washington Park Virtually

To help encourage Oregonians to stay home, Washington Park has temporarily closed the Oregon Zoo, Portland Children's Museum, World Forestry Center, Portland Japanese Garden, the International Rose Test Garden, its gift shop, classes and programs, as well as the visitors center at Hoyt Arboretum.

That doesn't mean that you can't visit, however. A one-minute virtual overview of the closed locations is available at explore-washingtonpark.org. The Portland Japanese Garden offers videos, 360 views and virtual tours

of their garden spaces at japanesegarden.org/coronavirus.

Those looking for the distraction of zoo animals can find weekly videos from the Oregon Zoo posted on their Facebook page, YouTube. Their website is oregonzoo.org.

Hoyt Arboretum's trails are still open daily (9 am-4 pm weekdays and 10 am-4 pm weekends) for use with appropriate social distancing. Parking fees are still being enforced however parking meters are not disinfected and use of the Parking Kitty app is recommended.

Write About It

Writing, whether with traditional pen and paper or typing on a device, can be an outlet for creativity and a way to connect with family or even strangers.

The Attic Institute Writing Prompt

Since we have been thrown into this new reality, The Attic Institute has been sending out weekly writing prompts.

One recent prompt, suitable for adults or children, makes the suggestion to "Take a walk around the block near your home or work and note the pieces of litter and discarded items you find along the way. Write a piece based on the items you see lying around."

Consider making this a project for whoever you are living with or even extending the suggestion to other people that you communicate remotely with. Set an end time for everyone to have their piece done and then share what you've written.

Letter Exchange Project

Oregon Humanities has been facilitating the Dear Stranger Letter Exchange Project since 2014. The project seeks to connect Oregonians through the mail to share experiences, beliefs and ideas.

Due to the social distancing currently mandated, many people are looking for ways to create and

maintain social connections. Now might be the perfect time to take part in the project.

The process is simple. Visit the Oregon Humanities' website, oregonhumanities.org. Then read the instructions, access writing prompts and fill out the signed release form.

Write a letter, addressing it to "Dear Stranger" and submit it to Oregon Humanities along with the release form by Saturday, May 30. Youth 18 and under are welcome to participate with a release form signed by their parent or guardian.

Oregon Humanities will pair letters up randomly, ideally with a letter from a different ZIP code.

Documenting Family Memories

From the PBS Kids Daily Newsletter comes the idea to create "Our Family Memories." It encourages the documentation of everyday moments, special activities and traditions using the headings "remember the day when we...", "these are the things we like to do together" and "this is how our family celebrates..."

Younger children can participate by drawing pictures and older children/adults can write about family memories.

Keep these family memories or think about a family member that doesn't live with you that might enjoy receiving them.



Bike to Books Design Contest Returns

Youth across Multnomah County are invited to design bike lane art for Portland streets this May. Portland Bureau of Transportation (PBOT) and Multnomah County Library are bringing back the Bike to Books Design Contest for its fourth year.

The contest is part of May Bike Month and encourages artistic expression, literacy and active transportation.

Pre-Kindergarten to 12th grade students living in Multnomah County can participate by downloading the contest form and design pages at bit.ly/Bikes-2BooksContest or by requesting it be mailed to them by filling out the form at surveymonkey.com/r/BiketoBooks. Design pages are available in English, Spanish, Chinese and Vietnamese.

Entries must be the original of artwork of children in the fol-

lowing grade brackets: Pre-Kindergarten to 2nd grade, 3rd-6th grades and 7th-12th grades.

Completed designs should be submitted to PBOT at biketobooks@portlandoregon.gov. Scan or take a photo, making sure the image is clear and the highest resolution possible. Make sure to keep the original.

Submissions are being accepted May 1-31 and multiple entries are welcome.

Grand prize winners will have their design installed on a bike lane by PBOT's striping crews. Additional prizes will be awarded for the second and third place winners in each category.

PBOT and Multnomah County Library will attempt to notify the parents/guardians of winners using the information provided on the entry form by July 31.

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Empanadas

By Gabe Frayne

The art of inserting a spoonful of meat, vegetables or fruit inside a shell of pastry dough and then baking, frying or steaming it to a delectable finish is one of the great cross-cultural practices of the culinary world.

The Italians have ravioli, the Welsh have pasties. In Russia, it's the piroshki and in China the list is as long as a dim sum menu.

In the small South American country of Uruguay, wedged between Argentina and the southern tip of Brazil, the humble empanada meets the standard.

This crescent-shaped, oven-baked favorite of the Uruguayan table is typically stuffed with ground beef, onions, olives and raisins and seasoned with pepper and cumin.

Equally popular in Argentina, Chile and Peru, empanadas are simply the most basic comfort food to be found in South America.

"It was an everyday thing in my home. My grandmother lived at home so we used to make empanadas," recalls Ines Berón, who, with her husband Walter Rodriguez, is co-owner of PDX Empanadas.

Photo by PDX Empanadas

The business consists of a food cart and an upstart commercial kitchen for supplying local grocers and private events. "Everybody ate empanadas."

It is difficult to precisely define the role of empanadas in Uruguayan cuisine as we would, say, a tuna fish sandwich in the American diet. The Instituto Crandon's Manual de Cocina, considered by many the bible of Uruguayan cooking, relegates the empanada to one paragraph in its appetizer section. It is indeed a fine appetizer, but can also be a main dish, a snack or even a dessert.

Ines and Walter most surely did not imagine that they would one day be selling empanadas to the people of Portland when they met nearly half a century ago.

In the early 1970s, a military dictatorship took control of Uruguay and the young couple fled to the relative safety of Argentina. Two years later, a military coup in Argentina ushered in the Dirty War and quickly convinced the couple to return home to their native land.

They worked at various jobs and eventually started a textile enterprise, but cheap imports put them out of business after 16 years.

"We were over 50 years old and it was very hard to find a job in Uruguay," Ines recalls. She and her husband pulled up roots once again an emigrated to the United States.

After spending several years in Worcester, MA, where they opened their first empanada business, the couple moved to Portland in 2013 to be near their grown son and daughter. Walter was reluctant, according to Ines, "but once we arrived here he

loved Portland immediately."

At first, Ines was the lonely girl at the dance of Portland's street food scene. "I didn't know anything about food carts," she says, laughing when asked her how she got started. "I never even imagined I'd buy a food cart but my son-in-law was always saying, 'you should try to sell empanadas in a food cart. It's going to be good,' and he was the one who bought the food cart for us."

PDX Empanadas opened its doors (or windows) at the fabled but now bulldozed food court at SW 4th and Oak downtown. In 2014 they were accepted as members of the Saturday market, which soon became the cart's new home.

Then in 2017, another unwelcome challenge came their way. As they were leaving the Saturday Market in the dusk of a November day, a truck ran into their cart and completely destroyed it. Ines and Walter took to heart the old adage "the other side of change is opportunity."

They settled with the insurance, sold the house they still owned in Worcester, secured a loan from Mercy Corps, bought a new food cart and converted a backyard garage into a restaurant-sized kitchen in order to expand their business to groceries and special events. Before long, they were back at Saturday Market and had secured a deal with New Seasons Market to sell frozen, boxed empanadas in their stores.

A curious twist happened along the way too: they became strict vegans. Ines, whose father worked in a slaughterhouse, a perfectly respectable occupation in her beef-eating homeland, claims it was strictly "for health reasons."

When asked if this was somewhat unusual for Uruguayans, she laughed and said, "Absolutely. I don't think we are the first ones, but almost the first."

Today, as society deals with restrictions associated with COVID-19, PDX Empanadas, like other small businesses, is relying on pick-up service.

Its website advertises empanadas filled with pork, beef and cheese, caprese, plant-based caprese (vegan), mushroom (vegan) and a variety of others. For dessert, try the ones filled with quince (a Uruguayan mainstay) and goat cheese.

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Bw Business Walkabout

FH Steinbart

By NINA SILBERSTEIN

Many people probably think of FH Steinbart Company as a beer-brewing supply store, given that their most popular selling items are the ingredients and equipment used for making beer, but this 100+-year-old business is much more than that.

In addition to beer-making, they carry supplies for making kombucha, wine, mead and cheese, among other things. As their saying goes, “If you can ferment it, we can help you do so.”

The company was founded by Franz Steinbart, who was born in West Prussia in 1854, and immigrated to the United States at the age of 25.

Steinbart lived in different places and worked at several jobs before moving his family to Portland in 1915. He founded the FH Steinbart Company in 1918 and in 1926 hired Joseph DeBenedetti, the father of current owner John DeBenedetti.

When Franz died in 1934, Joseph and another employee—Joseph’s cousin Angelo Curletto—bought the business from the Steinbart family. Joseph then bought the company outright when Angelo died in 1957.

John went to work for his dad in 1975 and sold the Steinbart wholesale business in 2005 to the company known today as Brewcraft, headquartered in Vancouver, WA.

FH Steinbart Company continues to thrive at its retail location, here at 234 SE 12th Ave.

Homebrewing has always been a big part of the Steinbart business. Most commercial brewers who are their customers today began as homebrewers who got to know the company when they were buying ingredients and equipment for their hobby and first getting started.

FH Steinbart has done installations of hundreds of beer dispensing systems for some of the biggest breweries and beer-serving venues in the region, including Deschutes, Widmer Brothers, Buoy Brewing, Hopworks, the Rose Garden, Green Zebra stores and Autzen Stadium in Eugene.

FH Steinbart attributes their longevity in business to passion, patience and people. John enjoys helping people make their own beverages and food and has hired staff who feel the same way.

Taking this to heart, their employees are well-educated in fermentations of various types. They follow what’s most intriguing, are constantly learning and they are encouraged to take time with customers to really help them find exactly what they are looking for. They will even suggest other places to find something if it’s more suited to their customers’ needs than what FH Steinbart carries.

The most popular items at FH Steinbart include beer-making

ingredients like grains, hops and yeast, followed closely by wine-making equipment and ingredients. All-in-one electric brew systems have become very popular in the past couple of years, too.

They stock preparation and packaging equipment and special ingredients to help people make artisanal food products and beverages, including kefir, kombucha, pickles and cheese.

Nationally, homebrewing has been in a slow decline in recent years. The American Homebrewers Association (AHA) has tracked these numbers, along with the trend that a slowing economy leads to an increase in the homebrewing hobby.

FH Steinbart saw an increase happen during the last recession (2007-2008) and their homebrew business has been very busy so far during the current COVID-19 health crisis. With so many people staying at home, do-it-yourself hobbies are an excellent outlet for creativity and fun.

On top of all that, FH Steinbart knows very well how empowering it is to say, “I made that!”

Every year, the company usually helps host Big Brew, an event for local homebrewers, along with Learn to Brew Day that the AHA sponsors nationwide. They serve as the meeting place for the Oregon Brew Crew, one of the oldest homebrew clubs in the US, which they helped found in 1980.

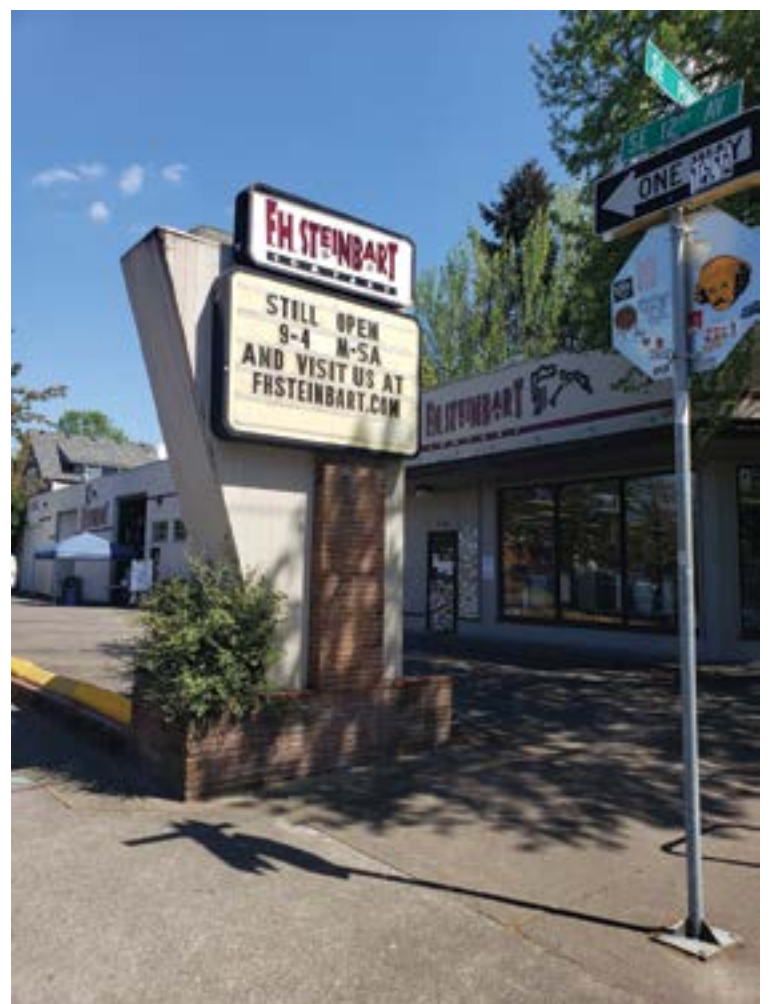


Photo by FH Steinbart

Given the current circumstances, nothing is specifically planned to date, but the business is working on providing in-person classes and educational videos.

Proud to be longstanding members of Portland’s vibrant beverage and food scene, FH Steinbart sees themselves as creative, curious and hands-on. They enjoy helping and learning from others and that’s been the key to their business for more than a century.

As they’ve done for decades, the Steinbart company

plans to continue to offer a unique blend of comprehensive inventory and vast expertise to help their customers achieve optimal results, whether they are making their next batch of beer, wine or other consumable product.

Look for another hundred years of fermentation from the oldest brewing supply store in the US.

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from page 1

tical again.

The COVID-19 pandemic has impacted so many facets of life and it has also presented another potential use for the facility.

Oregon’s former Governor, John Kitzhaber, previously an emergency room doctor, has suggested that it could be quickly expanded to supply the needs of several hundred patients recuperating from the coronavirus.

The initial plan for the By-bee Lakes Hope Center is to serve 225 homeless clients in three of the nine independent wings leaving six wings available for potential coronavirus patients.

This concept is supported by Jordan Schnitzer and the Helping Hands organization. It does not appear at this time that this will be necessary, but it is hard to know what the future holds.



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Your Home and Your Freedom

By Rachel Hemmingson

At this writing, we are still all hunkered down with the threat of COVID-19. We may still be when you read this so why the topic of freedom?

You may never have a better time to really take stock of how your location, the property as an asset and an expense, as well as the impact the design of your house has on you. There’s nothing like restriction to show us movement we usually take for granted.

Perhaps now you want freedom from that mortgage payment or property maintenance. Perhaps you want freedom to access your loved ones more readily. Perhaps it’s freedom to get part of the house prepared to rent out.

Right now, many homeowners are feeling restricted about selling and moving.

As I read various industry-related commentary, I am coming to expect that many older adults will want to sell and move, in order to be closer to family. The perception is that they are stuck for now.

However, the housing market is functioning better than you might think. The real estate profession has established best practices for listing and selling houses with minimal contact or exposure all around.

The professionals who service these processes – appraisers, inspectors, photographers, virtual tour videographers, title companies and more are observing the extra efforts needed to protect homeowners and themselves.

As of this writing, the number of houses for sale are down, but the rate at which they are being purchased is high.

On average, houses priced below \$600,000 are selling within a week and sometimes for more than the asking price. It’s a good time to sell and buyers are serious.

If being stuck in your current house has made you antsy to begin the process of making a move, it is not a bad time to be talking with a realtor about preparations and expectations.

For homeowners who don’t want to sell but are interested in making renovations to their homes to make life there better, there are actions to take as well.

Architectural designers and remodelers can do a lot from their computers in terms of designing, planning and providing quotes for the work you want done. Some house designs are common enough that good progress can be made with minimal measuring by you. Depending on what you wish to have done, remodeling may be able to begin very soon.

I believe that for all of our cultures’ emphasis on the importance of freedom, what we will see now is people figuring out how to live in a way, and a place, which facilitates more closeness and community. These values are equally dear to us and speak to the interdependence we must embrace to live well in our well-aged years.

Rachel is a Consultant & Advocate for Aging Well 971.207.2806 rachelhemmingson@gmail.com

Tips for Making Dandelion Mead or Wine

By Lee Hedgmon

Ah yes... every year this happens. An article is published about making dandelion wine or mead and for the next two months, SE homebrew supply shop FH Steinbart gets a run on people wanting to make their own.

As a homebrewer and Steinbart employee, here are a few things I’ve learned having made dandelion wine and mead over the years.

1) Three things are important when harvesting dandelions. No dogs, no pesticides, no car exhaust or traffic exposure. So no front yard dandelions or dandelions harvested from any areas that are/may be sprayed.

2) Pinch, pull and snip. Pinch the petals of open flowers together, pull them up slightly to expose the white base and then cut with scissors. You get very little green that way. Personally I don’t like to pick the whole plant and then take the petals off later.

3) Expect to be on your hands and knees for a while because one cup of dandelion petals harvested by hand takes a long time. You might find yourself running out of plants before you get what you need.

4) A warm day, late morning to early afternoon, when the dandelions are fully open is the best time to harvest.

5) The petals will turn your wine/mead a beautiful golden yellow color and if you want to preserve that color, choose your



honey wisely. The darker the honey the more it’ll hide that golden yellow.

6) If you run across a recipe that says to use champagne yeast, don’t do it. Those tend to be older recipes when access to a variety of yeast strains was limited.

While champagne yeast will work every time, the down side is that it has a very distinctive taste that often takes months to years to age out. There are better yeast strains to use. Tell your homebrew supply shop what you’re making and they can guide you.

7) Use a small, mesh “hop sock” with marbles. The weight of the marbles will keep the petals submerged and containing the petals in the hop sock will make it easier to rack your mead/wine into your secondary fermenter.

8) Don’t be impatient to drink it. Give it some months in secondary or bottle. I prefer the secondary; just remember to make sure that airlock is full to avoid contamination.

Supplies can be purchased at FH Steinbart. See page 9 for their Business Walkabout piece.



Jack Kerfoot

Portland City Commission

I hope you will join community leaders like Char Pennie and David Potts in supporting me, Jack Kerfoot for Portland City Commissioner #2 in the May 2020 Primary Election.

I met Char and David in my outreach campaign, listening to Portlanders about major issues facing our wonderful city. My positions on the homeless and fiscally responsible city government; resonated with each of them.

David is President of the Furniture Doctor, a small business in Southeast Portland. Char and David founded the Lents Neighborhood Livability Association “to serve, engage and inform the citizens of Lents and the surrounding areas.” David is also President of the East Side Public Safety Action Coalition.

I am proud and honored to be endorsed by David Potts and Char Pennie for Portland City Commissioner #2.

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Paid for by Jack Kerfoot for Portland City Commissioner.
(Primary Contributor, Jack Kerfoot with the majority of income over the last five years obtained from "Other Scientific and Technical Consulting Services." No other contributor has contributed more than \$250.)

Plan a Camping Trip in Your Backyard

BY BECKY OHLSEN, CO-AUTHOR,
ONE NIGHT WILDERNESS: PORTLAND,
2ND EDITION

This time of year, people start itching to spend more time outdoors. Due to social distancing practices, none of us should go on any weekend backpacking trips right now. Yet there's still plenty of fun to be had.

Pandemic or no, camping in your backyard or living room is an easy, low-risk way to squeeze in a bit of adventure and get kids (and adults) excited about longer camping trips to come after we're given the all-clear.

Use your imagination. Planning a trip is half the fun, so pick an imaginary location for your camp-out. Read about it, look at pictures and watch videos online. Google Earth might help you visualize where you'll "be." What is the terrain like? How long will it take to get there? What's the weather forecast? Study a map of the area or draw your own.

Practice basic camping skills. What's the best way to choose a tent site? How do you tell if the ground is flat enough and which way to point your feet? What about finding shelter from the wind and getting (or avoiding) the first morning light? How do you make sure you won't wake up in a puddle if it rains overnight?

If your family likes a little friendly competition, see how quickly each person can set up the tent. No tent? No problem. Lay a tarp flat on the ground, and string up a tarp, sheet, or blanket

above it.

Work on your outdoor skills. Refresh yourself on how to use a map and compass. Learn how to identify animal tracks, plants, clouds and constellations. Practice bird-watching and nature photography. Try to identify the sounds you hear. Pack up your camping gear and fit it into your backpack.

Work on building emergency shelters, making firestarter pods and a first aid kit for future trips and using a water purification device.

Get a little extravagant. Because you can, add a few extras that you wouldn't carry on a real backpacking trip: a string or two of colorful lights, extra padding for the tent floor (such as yoga mats), full-size pillows and a cozy comforter, a cooler to keep snacks and drinks handy and your favorite board games.

Enjoy the campfire. Find creative back country recipes to try whether you're cooking over a fire, on a grill or in the oven. It should be mandatory to have marshmallows and hot chocolate in tin camping mugs. Be sure to take turns telling ghost stories, adventure stories, tall tales and jokes.

Stay off-grid. Put away your phone and other electronics for the night. Set rules ahead of time about going indoors: bathroom breaks are okay, but going in for snacks, phone checks or any forgotten items is strictly for-



Photo by Kris McDowell

bidden.

A screen-free camp-out is ideal but if you decide to allow screens at the campsite, set them to stream a wildlife webcam. As night falls, if you don't have a campfire, switch to a video loop of a crackling fire.

Document the trip. Have children chronicle their camping experiences by writing, drawing, scrapbooking or whatever format they choose. What did they discover? What surprised them? What are they most excited about when it's time to go on a real

camping trip?

Check your gear. Backyard camping is a great opportunity to pull your camping equipment out of storage and inspect it. Make sure that everything is clean and dry and that there are no holes or leaks. Check that flashlights and headlamps have fresh batteries.

Do you need refills on matches, bug spray, sunscreen or hand sanitizer? Find a guidebook with a good backpacking checklist and make sure you have what you'll need later on for a longer trip.

Earth Day Everyday



From Portland's first Eco-Brewpub, Hopworks Urban Brewery, comes an expanded take on the Three Rs of the Environment.

Rethink: How can I reduce my impact?


Refuse: Say no to single-use plastics (bags, straws, takeout utensils, etc.).

Reduce: Simplify your life; buy only what you need.

Reuse: Repurpose, fix and repair what you have.

Recycle: Recycle what's left—there shouldn't be much.






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Go Staying In

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.

Our retooled *Staying In* pages feature ideas, stories and updates from the organizations that grace our pages and make our life so Rose City rich. These peeks into the lives of creative humans and the ways they are adapting to this new way of presenting art and culture is creating a new paradigm for us all.

If you are an artist and looking for help, there are many resources available and we post them as we get them both here and via our website and Facebook pages.

For now, the big machine has stopped and we have never all been in this situation together before. Things change swiftly and what comes next is uncertain. Take care of each other and, if you can, keep supporting local businesses even if they are closed. Please remember to check in on those you care about over the next few months too. Stay safe and be kind to one other. *bq*

A Message from Laurelthirst Pub

Greetings from the temporarily shuttered Laurelthirst Pub! We want to let you know that we miss you all.

We're holding high hopes for reopening to serve you again soon, and are doing rejuvenating projects in the space to bring new, welcoming energy in during this strange and distant time.

We've been lucky enough to have some of our beloved musicians playing livestream shows on social media and donating tips to the Pub.

If you feel like helping out during this shutdown, we're soliciting donations against the pub's mounting debts and our furloughed staff at laurelthirst.com/shop. We are selling gift certificates as well as taking pre-orders for new apparel designs if you'd like to help out that way. Either way, we love you and look forward to serving you a drink, a song, and a big ole hug just as soon as we can. xo, Laurelthirst Pub



Quality Folk Dojo

Dojo is a Japanese word used to describe "a place of the way" in martial arts. The Quality Folk Dojo, created by **Kate Power and Steve Einhorn**, is a weekly music party to provide a place to develop musicality and skill with folk songs and tunes of all kinds. It's an unrehearsed, on-the-spot, group practice led by the duo, who draw from a vast repertoire and years of combined experience in so many folk music styles.

The Dojo is every Wednesday from noon-1 pm, and accessible to the first 100 musicians of all ages and levels who register on Zoom for Quality Folk Dojo. Subscribe to Kate & Steve News at qualityfolk.com for Dojo invitations and registration info.



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arts & performance

Artichoke's Online Music Classes

Artichoke Music has 10 teachers offering more two dozen diverse online music classes including: singing, guitar, violin, harp, harmonica, ukulele, banjo and songwriting. Some classes focus on specific musical genres: Jazz, Irish, Bossa Nova, Blues, Gypsy Jazz, Swing and Americana.

Music classes are a good way to use these times at home, and provide valuable support to Artichoke and its teachers. See the entire list of offerings by going to bit.ly/3eP8tBW.

For nearly 50 years, Artichoke has been the Heart of Portland's Folk music community, building together through music and supporting musicians at all levels with Connection, Education and Performance.

Artichoke Music is a 501(3)(c) non-profit. To make a donation, go to artichokemusic.org.

Multimedia + Metal



Amy Ruedinger's Urns

For the month of May, Sidestreet Arts features two artists in multimedia and metal: Amy Ruedinger and encaustic artist Sidestreet member, Michele Sabatier.

The gallery itself may or may not be physically open this month (as per all guidelines), but they are displaying the art in a new online feature gallery as well as in their gallery windows.

Ruedinger's metal works are exquisite copper vessels belonging both to antiquity and contemporary times. Tall textured urns and pounded bowls stand with a certain majesty in their irregular surfaces and patina finishes.

Sabatier captures Spring in beeswax as cadmium yellows and resplendent pinks pop from layered and etched encaustic surfaces. Trees bursting with color play on her abstract "wallscapes."

Sidestreet's website has changed to meet the new needs of the community as they not only have the featured show online, but an "art of the day" section to "stroll through." Items purchased online can be picked up during scheduled appointment times.

See SidestreetArts.com/140 SE 28th Ave./503.327.8064.



Michele Sabatier's encaustic on a cradled birch panel

Anna Tivel's Stayhomepoems



Anna Tivel photo by Matt Dayak

Portland songwriter Anna Tivel wants to email you a newly-made Stayhomepoem every week along with a link to a new weekly song to listen to.

"In trying to dream up ways to stay afloat," Tivel said, "after having to cancel and come home from a 30-date tour in Europe and cancel all shows in the States for the foreseeable future, I wanted to find a way to connect and stay hopeful and creative; to somehow still put art into the world."

To sign up, she asks you to send your email address and consider a small donation of whatever makes sense for you at this time through PayPal, Venmo or check.

"So many artists are out of work with no safety net whatsoever, in a world of streaming music for halves of pennies and with live shows being the only way to bring in any income. It's a pretty terrifying reality, but I know musicians are also feeling hugely grateful for the strength of the community and well aware that there are many, many folks struggling who don't have the ability to reach out publicly."

Anna Tivel reaches for that thread of understanding with her music; that moment of recognition, of shared experience. Her songs are moving and her Stayhomepoems are a mindful weekly event to look forward to. Email her at stayhomepoems@gmail.com for sign up, details. Listen to her music and vids at annativel.com.

Happy 2564th Buddha Birthday!



Each year, the full moon in May (the Buddhist month of Baishakh) brings **Buddha's Birthday**, and this year is his 2564th! It's good to know there's a stay at home, Zoom-based celebration planned in these times, Thursday, May 7, from 2-7 pm.

The five-hour commemoration begins with the Namasangiti, or chanting of names, and a children's program with life stories of Buddha. Then the Lighting of the 108 butter lamps, the Refuge Prayer Dance & Song and there's even an open mic, for those who want to share song, dance or poems.

The day is dedicated to dispelling the darkness of Covid-19, and opening up a world of peace, contentment and enthusiastic effort in altruistic activity.

The event is hosted by Nriya Mandala Mahavihara, the first Nepalese Buddhist Temple in the West, and the home of Dance Mandal. All are welcome to join the Zoom celebration. Email info@nriyamandala.org for the meeting ID and details. See dancemandal.com for more, or call 503.233.3703.



The Clinton Street Theater

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blooming

spent three days
in the tall grass
dirt clods
and the broken faucet
of my body
dripping and swearing

the world's gone mad
and all I could think to do
was fill the wheel barrow
over and over
with dug up rocks
and tiny earthen creatures

some weeds are twisted
painful
others have young
purple flowers
and seeds that reach out
even as you maim them

the world's like that
ugly
contagious

and also
slowly blooming

© anna tivel, 2020



Portland artist Jolyn Fry is offering classes online in May and June through Radius Community Art Studio.

Join her Tuesday nights at 6:30 pm for intermediate level painting demos and tutorials. Students are welcome to watch or paint along and share.

If you're new to acrylic painting and prefer an introduction class, look for Fry's Saturday morning classes at 10:30 am covering basic lessons on materials, underpainting, value and color mixing.

Class descriptions available at radiusstudio.org. Questions? Sign up? Email jolynafry@gmail.com.

Go

Staying In

arts & performance

Portland Music Stream

The Portland Music Stream presents live-streamed concerts by national and local talents. In its second season underway now, it's a way to see, hear and support artists performing live online in this otherwise gig-less time.

The Stream is a subscription service from Alberta Rose Theatre and the money goes to artists, musicians and other independent contractors. New shows are presented five nights a week (Wednesdays through Sundays at 7 pm) and all shows are available afterwards On-Demand so you can watch when you want. For \$100 you can see 20 concerts, \$65 buys 10 shows of your choice and there are single show options too.

May's performers include: Kassi Valazza, Annachristie Sapphire, Bre Gregg & Dan Gildea of Red Bird, Tracy Grammer, Joe Kye, Dan Haley, Kate Power & Steve Einhorn, Taylor Kingman, Norman Sylvester and others yet to be announced.

Alberta Rose Theatre donates 10 percent of the proceeds to the Jeremy Wilson Foundation, a musicians' health care non-profit for Portland musicians.

Info online at albertarosetheatre.com. Subscribe to the Music

Watch Movies at Home & Support Clinton Street

From Lani Jo Leigh, Clinton Street Theater's owner:

"Although closed, the Clinton Street Theater (CST) is more than a building with an auditorium with seats, a screen and a stage. We are the beating heart of the Clinton Corner, and our community, comprised of film-lovers, filmmakers, activists and artists, stays connected through our weekly newsletter and the CST's social media (Instagram, Twitter and Facebook).

"While it's impossible to be together in one place, we can still watch and enjoy the same movie. Several distributors have made it possible for CST to go virtual – screening unique, indie, art house films online.

"When you buy or rent a movie, the Clinton Street Theater receives part of the proceeds. This way, renting and viewing a film in the comfort of your home provides income for the theater."

At CSTPDX.com, you can keep up with the list of films streaming in May, like the environmental documentaries **Earth**, or **Fantastic Fungi** about mushrooms and mycelia, or the locally-produced indie hit, **Phoenix, Oregon**. There are many other films to stream too.

"We miss the loyal supporters of the myriad of events held at our quirky little theater, and we are working hard to stay afloat until we can all dance the Time Warp again!"

Buy a ticket. Watch at home. Support the Clinton.

PDX ARTS SHORTS

FACE THE MUSIC! A live, City Commissioner Candidate Forum is Sunday, May 3, from 1-4 pm, hosted by MusicPortland. Four out of five seats on Portland's City Council are being decided in this upcoming election and the Primary is May 19. Last time, only 35 percent of those who could, voted in the primary. The Forum will ask each of the City Commissioner candidates to make a short statement specific to Portland independent music. Submit your questions too. To "attend" the forum, register at: bit.ly/MPCandidateForum.

PORTLAND RADIO PROJECT – The Open List is a new radio show to get the word out about the important product or service you provide. Own a small business that is still open, even if only for p/u or delivery? As a free public service, announcers broadcast The Open List, Tuesdays at 8 am, and Wednesdays at 8 pm. Both shows are at 99.1 FM in the heart of Portland and streaming everywhere online at PRP.fm. Also on PRP, **Oregon Poet Laureate Kim Stafford** shares his poetry for our uncertain times on Pandemic Poems, Sunday afternoons, 4 pm on PRP.fm and via on his Instagram page @kimstafford-poetry. Stafford encourages you to write or create. "I think one of my mottos is that the most important literature of our time is what has not yet been written. I encourage everyone to do some writing. Put your thoughts down on a page. It can lead to a more settled mind."

THE CULTURAL TRUST SMALL BUSINESS NAVIGATOR is at oregon4biz.com/Coronavirus-Information.

MT. TABOR ART WALK PLANNING COMMITTEE's Donna Shultz, says: "Due to the ongoing COVID-19 pandemic, the Mt. Tabor Art Walk has been canceled for 2020. We look forward to seeing everyone again at the Art Walk on May 15-16, 2021."

EMERGENCY FUNDS FOR ARTISTS AND CREATIVE WORKERS are in the works. Regional Arts & Culture Council (RACC) is reviewing all projects and programs as potential relief funds, as well as any new sources anticipated in next fiscal year, starting July 1, 2020. Information about opportunities will be shared as they are confirmed by RACC staff, board members and funding partners in the coming weeks. Information can be found at bit.ly/2x6fiOg

Update from Music Millennium

From Music Millennium's owner, Terry Currier:

"COVID-19 has forced us to make necessary changes in business. We are for now only open for curbside service, on-line orders and phone orders. Our hours are reduced to 10 am-7 pm. This is for the protection of our staff and all of you, our customers.

"We encourage you to support us during this time if you can. The effects of this virus have been devastating to our community as well as the world. Purchasing a gift certificate from us is a great help so we can keep things going. Each gift certificate comes with a 10% off coupon for the next time you can shop in the store.

"New Releases are coming in and we will continue to order special titles we may not have in stock. There is a daily curbside deal featured each day on our Facebook page.

"To me, music is one of the most essential things in life. With your support, I hope we can keep Music Millennium going into the future. I hope all of you will stay healthy and safe while the world works through these times."

Call 503.231.8926 or see musicmillennium.com for more.

Cool Art House Shares Sales with Food Bank



"Housing Cycle Portland" by De Camille

Cool Art House is a new on-line art gallery designed as a destination for art collectors, newbie to pro, on the lookout for new, emerging artists.

The site offers originals and customizable giclee reproductions printed on paper, metal or wood. Cool Art allows customers to preview their potential art on their own wall before they purchase it, with virtual technology called *Augmented Reality*. Using the camera on your phone, you can superimpose art onto a wall inside of your home or business. Look for the Live Preview AR button on their site.

The gallery features artists from around the world including curator De Camille who says, "I am an artist first and foremost and I have a passion for finding artists who are edgy, sexy and sensual, whose art, ranges from Parisian gilt and opulence to jungle foliage and abstract minimalism..."

The virtual gallery at CoolArtHouse.com is donating up to 50 percent of their art sales to Feeding America, a national organization working with local food banks across the country, including Oregon Food Bank here. For more than 35 years, Feeding America has provided food to those in need through a network of food banks. See feedingamerica.org for information.



Books with Pictures

is keeping Portland in comic books with free personal shopping, free local delivery and in-store pickups. For a fee, they'll ship postally too.

Owner Katie Pryde (pictured) says, "There are no in-store events for now, but our weekly online book clubs continue. See the schedule on our Facebook page: bookswithpicturespdx.com.

"For orders, go to our website and fill out a form. All our regular staff are staying home for safety, so it might take time to get back to you, but it will be worth it!"

The store, at 1401 SE Division St., is closed now, but order ahead for free no-contact local delivery, shipping or no-contact in-store pickup daily between noon-4 pm. Gift certificates are available too. Order at bookswithpictures.com.

The Show Must Go On – line

With the mass cancellation of live theater events everywhere, performers of all ages have lost long-awaited performance opportunities.

Confident Voice Studio and Portland Musical Theater premiere the first musical written to be rehearsed and performed virtually and it's all online. The Show Must Go Online, a musical by Jessica Penzias, with lyrics by Dave Hudson and music by Denver Casado, is presented through special arrangement with Beat by Beat Press. It's the hilarious story of a group of passionate students desperate to keep their annual musical alive – online.

Directed by Deanna Maio, founder of both Confident Voice and Portland Musical Theater, the play was designed to be rehearsed and performed virtually, so performers can continue participating in theater safely at home, and the audience can enjoy the story and performances in their homes.

"In a time when performers around the world are sitting at home, bored, not singing, not acting, not being a part of a show, now they have made history and brought some hope and joy to an online audience," Maio said.

It debuts Saturday, May 16, 7 pm at TheShowMustGoOnline-Musical.com.

See confidentvoicestudio.com and portlandmusicaltheater.org.



Tavé Fascé Drake is the lead singer of Gerle Haggard, the "all girl, all Merle" tribute band. In another identity, she has a podcast called Peace, Love and Soup; "audio nourishment for the heart and mind." It certainly is that during these incredible times.

Drake and co-host Brian Delaney have begun their fourth season and received a Regional Arts and Culture Council grant so they'll share Peace, Love and Soup with the widest audience possible.

Their recent audio trilogy, P-Town Soup, includes interviews with Pulitzer author Michael Cunningham, art activist Jay Crichtley, and Narragansett chowder aficionado April Brown. Other episodes include Playa Soup (about Burning Man Fest) and Generation Z for Zeal Soup, showcasing slam poetry, librarians and an in-depth teen roundtable.

It's a place to find culture, cooking, conversation and recipes. Each episode features musical artists, interviews and, well, soup. Stream it at PeaceLoveandSoup.com, iTunes, Google Play, etc.

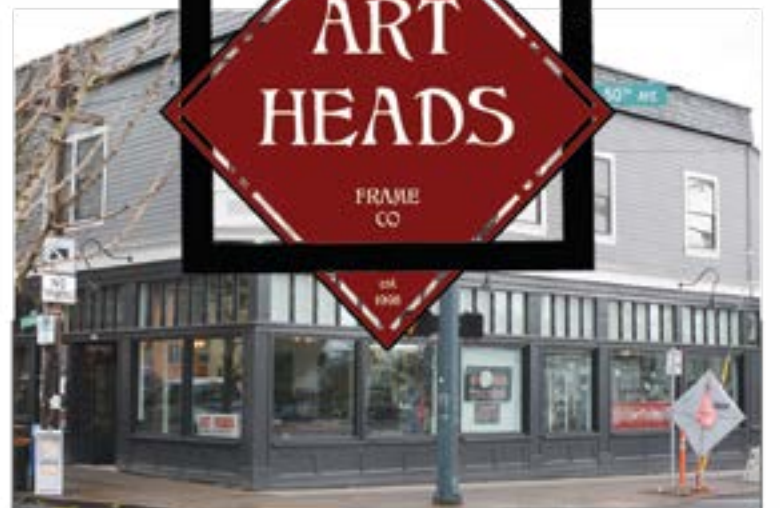
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Wellness Word

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

Motivating Yourself to Exercise at Home

As you already know, many of us are required to or are choosing to remain away from public spaces in an effort to stay well. At this time more than any other, we need to continue our exercise routines for both our mental and physical health.

Here are exercises you can do in your own home with just your body weight, a stretchy band, dumbbells (or anything else that weighs a few pounds) and a mat, if desired.

Wall sit. Stand with your back to a wall and step forward with both feet while keeping your hips and shoulder blades against the wall. Slide down the wall until your thighs are parallel to the floor or as far as you can. This is an isometric exercise which targets the quadriceps (thighs). Hold it for as long as you can before standing back up. If you don't feel the exercise in the muscles right above the knees, try adjusting your legs so your stance is wider.

Sit to stand with a bench or chair. Using moderately heavy weights or just body weight, stand with your back to the front of a bench or chair. Lower your body to sit all the way down to lightly tap the bench/chair, then squeeze the glutes (butt) and come back up to standing. You can do a partial sit down if you have any knee pain. Repeat 15 to 20 times or until muscle fatigue.

Bird dog. A great exercise for engaging the core, glutes and balance. Get into a kneeling position on the hands and knees, with the shoulders over the wrists. Lift

and extend one leg behind you, then add the opposite arm. Hold for one second, then switch to the other side. Continue to alternate sides, engaging the glute of the leg you are lifting. If this is easy, you can try lifting the arm and leg on the same side instead of the alternate side.

Plank. Get down to the floor or mat and position your elbows under your shoulders. Lift up onto the toes if possible or keep the knees on the ground if you need to modify. Pull the belly button towards the spine to engage the core and keep your body weight shifted slightly forward. Make sure that your hips are not too high or too low, aiming for parallel to the floor. Hold for as long as you can while continuing to breathe throughout the movement.

Push-ups. Like the plank, these can be done on the toes or on the knees. Get down on your hands and knees or toes, placing your hands slightly wider than your shoulders. Engage your core and begin lowering your body toward the floor, bending at the elbows. If you choose to use the knees-down option, be sure to keep your weight shifted forward.

Band pull aparts. An exercise for the muscles of the upper back, shoulders and arms that requires a physical therapy band or other stretchy band. Pull it apart until your hands are about shoulder width apart. Extend the arms forward and pull the band so that as it stretches it moves in towards your chest. At the same time, pull your shoulder blades together to

contract the muscles of your upper back, without elevating your shoulders toward your ears. You can adjust your hand position on the band as needed to make it easier or harder.

Wood chops with a weight. Hold a moderately heavy weight with both hands. Reach the weight up above one shoulder and above your head. Engaging the core, bring the weight diagonally across the body and in front of the opposite hip. Bend the knees and reach the weight down towards the floor, then press the weight back up again on the diagonal toward the ceiling. Repeat all reps on one side before switching to the other side. This is a full body and functional exercise. If you are able, you can slightly speed it up to make it more dynamic.

Balance exercises. Try standing on one foot, then close your eyes. To further challenge your balance, try a heel-to-toe walk forward and backward (eyes open). You can also try standing in a heel-to-toe stance and then rotating the shoulders and head both directions or closing the eyes for an additional challenge. Be sure the ankles do not roll inward during your balance exercises.

Try to perform one or two sets of each exercise. Cool down with light walking, light dancing or a simple step touch movement. Finish with stretching for hamstrings, hips, calves, quadriceps, back, shoulders, arms and neck.

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Neighborhood Notes

Laurelhurst Neighborhood Association

The Laurelhurst Neighborhood Association (LNA) is supporting a community effort called Laurelhurst Neighbor To Neighbor (LN2N), a neighborhood response to the coronavirus emergency. LN2N will match older and medically vulnerable resi-

dents 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 neighbors take care of each other and no one is overlooked. Laurelhurst residents, please fill out the LN2N webform. For information follow the LNA Facebook page or email LN2N.lead@gmail.com. LN2N

would be happy to assist other neighborhoods and communities looking to set up similar efforts and would be grateful for advice from any who have already done so.

The LNA is sending e-newsletters to residents with links on how to support local businesses and get information on coping with COVID-19. To be added to LNA's email list, go to laurelhurstpdx.org and fill out the contact form at the bottom of the page.

In non-virus news, LNA Elections are Tuesday, May 12; the Laurelhurst neighborhood cleanup is Saturday, May 16; and the Laurelhurst Garage Sale is Saturday, June 27. Looking out a bit further, the next Laurelhurst Historic Home Tour will be Sunday, September 13.

Of course, all of this is subject to developments and in particular, the election will either use a modified process or be postponed. Check the LNA website, laurelhurstpdx.org, and sign up for the email list to get more information.

By John Liu

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What Doors Will You Reopen?

By MEGAN MCMORRIS

When I moved to the Montavilla neighborhood in the fall of 2016, I felt like I was stepping into a dream.

After nearly 20 years in Portland, I'd finally found my permanent nest: a cabin-like condo near Mount Tabor in a neighborhood named for being a "village on the side of the mountain."

With an iconic main street filled with restaurants, bars, shops and a movie house, the neighborhood felt like a small town on the outskirts of the big city. I had found my Shangri-La.

It wasn't long before I found my new community in a nearby neighborhood tavern. For nearly two years, it was my "Cheers." I befriended the regulars, got to know and love the bartenders and I even began a new relationship on the dance floor. Entering the new year of 2018 I felt confident about my future, both professionally and personally.

One year later, I was a shell of my former self. Confused, on the verge of an identity crisis, I was feeling trapped in a crazy-making relationship and ashamed that I'd gotten caught up with people I slowly started realizing weren't good for me. It was time to change the company I kept, so I walked away from it suddenly and didn't look back.

During this time I ran into my friend, Paul. "I'm glad I ran into you," he said. "I went to an open mic down the street and thought you would like it. It's tomorrow night. I'll meet you there."

Little did he realize how perfect his timing was.

The first time I attended Psanctum Open Mic, held at the time in the Pegasus Project building (AKA the old Beets Mechanic garage) on SE 76th and Stark St., I was terrified and mesmerized at the same time. Freestyle hip-hop artists, drum circles, didgeridoos, dancers, musicians, poets, lots of twirling and positive vibes filled the space.

The first time I got up behind the microphone, I was happy there was a chair because I knew my knees would give out if I had to stand. My throat was so dry I could barely finish my story. I'd spoken in public many times before and I even enjoy it! – but there was something different, more vulnerable, about reading at an open mic.

Slowly but surely, though, something started happening. During 2019, for seven minutes every Tuesday, I started gaining confidence in myself again. I read from my work-in-progress novel for the first time. I shared my big dreams and daily dramas.

One time my entire "story" was simply an angry rant where I continued finishing the sentence "I'm angry at..." until my seven minutes was up. I've told the audience things about myself I've barely told some of my closest friends.

Their response to me was a welcome change from what I'd escaped from. Instead of being threatened by my achievements, my new community applauded them. Instead of talking about do-

ing things that would never come to fruition, these people were walking the walk. They started out as strangers encouraging me to try something scary, but they became my new tribe, my new role models, and unexpectedly, my biggest cheerleaders.

The benefits extended beyond Tuesday nights, too.

Professionally, the experience has helped me become more confident in my career as a freelance writer. It's helped me stop second-guessing myself as I write. When I transcribe my phone interviews for a story, I hear my voice sounding stronger and more confident.

Personally, it's helped me to rediscover my voice. To trust my instincts again and to remember who I am.

Sure, there were other factors involved for helping me get back on my feet. Good friends. Good family. A good therapist. Strangers and acquaintances who seemed to appear just when I needed them, to tell me just what I needed to hear.

Yet I credit open mic with singularly making the most difference in shaping my new direction.

St. Patrick's Day 2020, the first day of the mandatory bar closures due to the coronavirus, fell on a Tuesday. With open mic postponed and the bars empty, I decided now was as good a time as any to visit what I call the "scene of the crime."

Sitting outside the empty building of my former community tavern, I conjured up the



Photo by Megan McMorris

ghosts of the good times past. Karaoke, March Madness, World Series, watching cheesy movies on a rainy Sunday, heart-to-hearts with my favorite bartender, playing shuffleboard and trivia, dancing to live music, the many hours I'd sat outside in that very spot laughing with friends.

I thanked them for the good memories, forgave them for the bad and then I got up and walked away.

As I strolled past the closed doors along Stark St., I was able to tap back into the magic of my neighborhood once again. I imagined all the doors springing open and thought about which

ones I would most look forward to opening – and which ones I'd keep closed.

What about you? What door are you most looking forward to opening? Which ones might best be left shut? Whatever is shifting for you right now, take this away from my experience: If you come across an unexpected new door that scares you but deep down feels right, open it. It just may change your life.

Psanctum Open Mic, typically held Tuesday nights, is currently held via Livestream. Follow Psanctum Open Mic on Facebook or watershedpdx.com.

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3. Identify the most successful programs to help the homeless across America.
4. Collaborate with businesses, nonprofits, faith-based groups, and the public to develop a long-term strategy.

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Climate + Coronavirus

from page 1

For activists, the pandemic added fuel to the push for Oregon's Green New Deal, a socially-just plan to transition to 100 percent renewable energy sources by that 2030 apocalyptic deadline.

Across the land, Earth Day became a seize the moment opportunity with captive audiences stuck at home witnessing the convergence of climate change with COVID-19.

Young international activist Greta Thunberg declared that the strong worldwide response to the virus proves how quickly change could mount to slow global warming. Eco-champions mustered new data showing that heavy pollution makes COVID-19 more deadly, especially for low-income populations.

As the virus takes lives, the reduction in pollutants can save others. During the early spring weeks of the pandemic, pollution in urban areas decreased 25 percent and experts predicted a seven percent reduction in greenhouse gases.

During the height of China's outbreak, pollution-related deaths were down 30 percent. Similar reports have emerged from East Coast cities.

San Francisco reported tales of wildlife running down empty city streets. With clearer skies, birds' chirping seemed louder, and beneath the ocean, whale song sounded stronger as cruise ships disappeared from the seas.

Climatologists, keenly aware how nature's unpredictability plays a role in recent air

filtering, warned that decreases might be temporary at best and not enough to slow global warming.

Much depends on how the economy recovers, whether it roars back or settles into a new, less environmentally-damaging normal.

Portland State Climate Studies Director and Assistant Professor Paul Loikith says the slowdown in CO2 emissions won't have much measurable impact if it is limited to the duration of the pandemic, and even if it lasts a year or two.

He noted that only sustained reductions affect climate change because CO2 is long-lived in the atmosphere and continues to rise during the slowdown.

"It takes years for the climate to adjust to increased concentrations of greenhouse gases, Loikith said, "so any reduction in emissions today will not have an effect on global warming in the short-term."

He also said Portland has specific air pollution contributors that so far haven't changed much, including diesel emissions from trucks and construction traffic. He voiced concerns about increased residential use of resources like electricity and even wood-burning stoves.

Statistics back up those gloomy assessments. Despite the virus-caused slowdown, the National Center for Environmental Information (NCEI) reported that March 2020 was the second-hottest in 141 years of climate records and so far, 2020 is on track to be one of the warmest years ever.

Given these sobering accounts, Portland activists continue to sound climate change alarms. The year-old Extinction Rebellion and activist groups like 350PDX demand investment in a regenerative, environmentally-friendly economy and divestment in banks that fund the fossil fuel industry.

A so-called digital Divest Day saturated Chase Bank's website with negative messages about its role in subsidizing greenhouse gases.

To emphasize the interaction between COVID-19 and marginalized populations, 350PDX promised sustainability donations would go to the Oregon Work Relief Fund for immigrants left out of federal stimulus packages.

Activists are taking aim at Trump administration plans to weaken tailpipe emission restrictions. This follows last year's weakening of restrictions from coal-fired power plants – a measure even the Environmental Protection Agency warned could cause some 1,400 additional premature deaths annually. Experts estimate that two-thirds of cancers and 45,000 respiratory illnesses originate from environmental toxins.

As Earth Day has evolved into a month of actions, alternative energy providers like wind and solar industries were losing considerable workforce and upcoming UN Climate talks were postponed.

Still, Extinction Rebellion expressed hope. "We are seeing how drastically governments can and will respond to existential crisis scenarios and as system after system becomes destabilized, rebuilding and realignment will have to happen."

Minimizing Individual Environmental Impact

We all know the drill. Reduce, re-use, recycle. Despite COVID-19 making it more challenging to pack groceries in our own cloth bags, individuals have many other ways to reduce their carbon footprint.

Most of us already use LED lights, reduce water usage and eat more locally-sourced foods. Organizations even exist for consumers to buy carbon credits to offset plane trips and some airlines have direct purchase options. In the US, terrapass supports sustainable farming and forestry.

Here are few tips culled from multiple sources ranging from the Sierra Club to National Geographic to Burt's Bees, which urges people to stick with environmental promises for 66 days so they become habit.

- **Eat more plants and less meat.** Activists claim meat constitutes 78 percent of food-related greenhouse gases.
- **Waste less food.** 30 percent of what we buy ends up in landfills.
- **Conserve water.** Estimates indicate each individual uses a whopping 81 gallons a day.
- **Avoid heavily packaged products and carry reusable mugs, bottles and bags.** By 2030 it is estimated that more plastics will be in the ocean than fish.
- **Go wild.** Plant native plants instead of grass that needs more water.
- **Drive efficiently or not at all.** If you have to fly, buy carbon offsets to counter jet fuel use.
- **Understand that time is running out.** Waiting 10, 15 or 20 years is too long to reverse greenhouse gas accumulations. Pressure governments to keep 80 percent of fossil fuel reserves in the ground, restore environmental protections and defund fossil fuels.
- **If you can, make donations to favorite environmental groups.**



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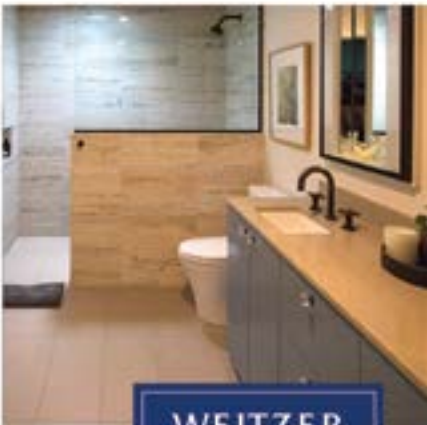


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- Across

 - 1. Fitting
 - 4. Lion's foot
 - 7. Application
 - 10. Freeway for example
 - 12. Brayer
 - 13. ___ Shooter
 - 14. Pilaf base
 - 15. Horse from "Sahara"
 - 16. Sun preceder
 - 17. Questions
 - 18. A shot
 - 19. Arrange papers
 - 20. Egg center
 - 21. Non-winning race horse
 - 23. Raven's haven
 - 25. Dissolved
 - 26. Range groups
 - 28. They are part of a setting
 - 31. Blatant
- 35. Oil source
 - 36. Freezes
 - 38. Add a little brandy to the coffee?
 - 39. Santa's little helper
 - 42. The others
 - 43. Inquire
 - 44. Gazetteer datum
 - 45. Written rule
 - 46. Kicker?
 - 47. Tools
 - 48. Hot spot
 - 49. Tackle's teammate
 - 50. Unmaching
 - 51. Harden
- Down

 - 1. Marshal
 - 2. Corrupt
 - 3. Address
- continued on page 19



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RIP and Builders in Limbo

from page 2

He says he joined the broader business community in requesting delays in implementation of the new gross receipts Commercial Activity Tax and opposing the failed Cap and Trade legislation.

Metro Portland's Home Builders Association (HBA) confirms strong current housing demand, but acknowledges recent challenges ranging from supply chain shortages to permitting delays.

Ezra Hammer, HBA Vice President of Policy and Government Affairs, says remodelers dependent on homeowner equity have already been hard-hit by tighter money and changing financial priorities.

The slowdown, he adds, coincided with new computer software intended to make the City permitting process quicker and easier, but the system did not anticipate remote workstations.

Following stay at home orders, applications and inspections became much more difficult, he says, and new building permits were suspended for several weeks. Social distancing requirements added construction complexities that extended completion timelines.

To keep people employed, builders are chomping at the bit to get RIP passed. They were the primary drivers of RIP's initial Stakeholder's Advisory Committee, representing roughly a two-thirds majority.

The minority opinion's dissenting views of infill came from critics like architect Merrick, members of United Neighborhoods for Reform (UNR) and preservation advocates' demolition concerns.

UNR claims that each iteration of RIP moved farther away from original City goals of keeping infill close to transit and compatible with existing neighborhoods. The organization hopes the COVID-19 slowdown will encourage more thoughtful development and preservation going forward.

Market rate housing remains the basis for infill housing. RIP opponents remain skeptical that dense infill will deliver affordability, fearing instead that it will disrupt stability and displace vulnerable residents.

What the market will bear post-pandemic is unknown. Scarce materials mean higher costs, but land prices may fall as homeowners lose property to financial hardships.

HBA's Hammer acknowledged that preservation may have a role in the revised RIP. He is cautiously optimistic that revised zoning and removal of red tape may allow conversion of existing homes into needed multi-residences. "That creates a whole new housing opportunity on a lot."

Rs Representatively Speaking



By STATE REPRESENTATIVE ROB NOSSE

What a difference a month has made. To say it is a totally different world since my last column feels like a complete understatement.

The Coronavirus (COVID-19) crisis is scary for just about everyone in our community. We're all facing an unprecedented amount of uncertainty.

One thing is sure: the sacrifices our community is making to stay home and stay safe is making a difference. Oregon is flattening the curve and saving lives. It's inspiring to watch our city and our state come together to collectively make a difference.

At the same time, just about every day during this crisis, I've talked to people struggling in our community. I've spoken many times to the owner of a small business on Hawthorne Blvd. unsure about how they will reopen. I've been on the phone multiple times with the Employment Department on behalf of quite a few

people with particularly complex situations as they try to file for unemployment.

Many of you have reached out, concerned that we don't have enough testing and wondering what the state is doing to increase capacity.

When people ask me what I think about all this, here are a few of the observations I share:

First, I'm glad our Governor has been very cautious and issued important executive orders to keep us safe. I strongly support Governor Brown's eviction freeze for residential and commercial tenants. I also believe it is only a first step.

We need a rent and mortgage freezes for renters, homeowners and small business owners for the length of this crisis. We must protect our community from a crisis they didn't create and can't control and preserve what is so great about living in this part of Portland.

Second, we have to make sure our crisis response and long-term recovery doesn't leave anybody behind. I serve on the Emergency Board of the Legislature and I'm proud to have voted for investments—millions of dollars in emergency funding for rental assistance, housing for people experiencing domestic violence during this crisis, targeted support for small businesses who are suffering, investments in COVID-19 testing for frontline workers and allocating millions to the Oregon Worker Relief Fund, which sup-

ports immigrant workers in Oregon who are being left out of the Federal Stimulus package.

There is much more work to do but these actions are critical first steps.

Third, we know that we can't rely on the Trump administration to fight for our community. When the Governor calls us into Session, I will fight for more support for small business owners who have been forced to temporarily shut their doors and I'll continue to push to make sure workers are getting faster access to their unemployment benefits.

Fourth, I don't know when exactly this crisis will begin to wind down and our community will be able to reopen, returning us to our normal social activities. I know how challenging this is for our community and I don't want it to last any longer than it has to, but I believe medical professionals and scientists must guide these decisions.

Please don't hesitate to contact my office at 503.986.1442 or rep.robnosse@oregonlegislature.gov. My staff and I are working every day to connect people in our community to resources to help them and their loved ones weather this crisis.

I thank all of you for the steps you are taking to keep our community safe. What I have learned in all my years of organizing in the student, LGBTQ and union movements are that we will get through this together with solidarity for one another.

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from page 18

- 4. 100%
- 5. Fearful
- 6. Filagree
- 7. Advantage
- 8. Part of S.W.A.K.
- 9. Chewed and swallowed
- 11. Daily stations
- 12. It tells you where you are
- 19. Able-bodied
- 22. Plus
- 24. Biblical pronoun
- 25. Mister's lady
- 27. Went into
- 28. Winter, e.g.
- 29. Compacted
- 30. ___-horse town
- 32. Spiel

- 33. Resounds
- 34. Bug
- 35. Home or silver follower
- 37. Silvery fish
- 40. Starring role
- 41. Way off
- 44. Previously



Jack Kerfoot

I am proud and honored to be endorsed by David Potts and Char Pennie for Portland City Commissioner #2.

Jack Kerfoot Portland City Commission

I hope you will join community leaders like Char Pennie and David Potts in supporting me, Jack Kerfoot for Portland City Commissioner #2 in the May 2020 Primary Election.



I met Char and David in my outreach campaign, listening to Portlanders about major issues facing our wonderful city. My positions on the homeless and fiscally responsible city government; resonated with each of them.

David is President of the Furniture Doctor, a small business in Southeast Portland. Char and David founded the Lents Neighborhood Livability Association "to serve, engage and inform the citizens of Lents and the surrounding areas." David is also President of the East Side Public Safety Action Coalition.

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Community Events Bulletin

The Caplener Group’s 15 Favorite Ways to Keep Busy While Stuck Inside

1. Use Skype, FaceTime, or Zoom to video chat with your long-distance friends.
2. Work out. Try out at-home fitness videos or download a fitness app with curated workout playlists.
3. Make a classic cocktail...don’t forget the garnish.
4. Coloring books: they’re not just for kids.
5. Meditate!
6. Treat yourself to a 10-step skin care routine you don’t have time for during a normal work week.
7. Download Duolingo, or a similar app, and teach yourself a foreign language.
8. Write actual letters to family and friends.
9. Learn calligraphy. YouTube videos can help.
10. Try on all your clothes and determine whether they “spark joy” a la Marie Kondo.
11. Catch up on household chores.
12. Learn how to cook new recipes with ingredients you may not usually use.
13. Buy gift cards from your favorite local businesses to help keep them in business while we quarantine.
14. Put together the most attractive charcuterie board possible.
15. Consider donating to food banks to help families struggling to get meals.



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


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