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2020 Makes Graduation History

By MIDGE PIERCE

For the Class of 2020, Commencement will go on, at least in a physically-distant, drive-through form. The determination of families, educators and graduates themselves to retain some of pomp and circumstance typically associated with high school graduation will be salvaged from the pandemic's upheaval.

Portland Public Schools (PPS) has designated three, staggered Diploma Days, June 8, 9 and 10. Students will drive or walk-up to officials to receive their commencement credentials within the Governor's safe distancing requirements.

Administrators have assured graduates that a professional photographer will be available to capture moments like the traditional cap toss into adulthood.

PPS will host Oregon's first live, virtual senior prom, a music extravaganza, June 4 featuring Portland Trail Blazer disc jockey, DJ OG and other guest stars.

Celebration specifics will be provided by individual schools once commencement dates and times are decided on by each school. Cleveland High has chosen June 9 at this writing.

PPS is offering additional features for students and schools. Downloadable event programs to include remarks from principals and student leaders will be released and a video will be produced reviewing highpoints of the 2019-20 school year.

In a letter praising seniors for their hard work and understanding of health crisis-driven limitations, PPS High School Program Directors Elisa Schorr and Korinna Wolfe wrote, "We want to do what we can to protect traditions...in ways that keep students safe."

"We are making history," Cleveland High Senior Class co-Presidents Stephanie Singh and Quinn DeLaney said in near unison during a socially-distant, drive-up cap and gown distribution in the school parking lot prior to the PPS announcement. They expressed hopes that a future event such as a December reunion might enable



Photo by Midge Pierce

classmates to say goodbye in person.

Senior class champion and Special Projects Manager Jan Watt, who celebrated her 50th year at Cleveland in 2019, expressed pride in honoring Cleveland's Class of 2020 at the drive-through commencement and urged the two class presidents to have speeches ready for a "time we can all be physically together." She suggested creative ideas to make memories last, like a time capsule classmates could open years later.

At the May cap and gown distribution, Watt was joined by Josten representative Brian Couchay who delivered robes to 25 metro high schools. She called the pandemic a wake up call that is forcing young people to find different ways to navigate their lives and grow up faster.

Local Parent Teacher Associations (PTA) have stepped up to make the Class of 2020 feel special as well. Cleveland's PTA gifted each student with a congratulatory yard sign and a commemorative pennant in lieu of traditional activities like the Association's annual Senior Surprise Party.

To make gown distribution a more meaningful event, PTA President Amy Lewin and Treasurer Cindi Carrell coordinated gifts and logistics for the school's unsung heroes – the teachers, coaches and counselors.

Beyond local celebrations, the whole nation has been saluting the Class of 2020. A national broadcast special honoring graduates last month featured Oprah Winfrey, 44th President Barack Obama and LeBron James who exhorted seniors to go out and change the world.

Speakers said the hardships this class faces entering a society with shrinking jobs, resources and educational options are unparalleled in recent times.

At SE's Franklin High School in mid-May, families were navigating uncertainty as they awaited PPS guidance. Renee Carter, mother of a valedictorian, suggested seniors be allowed to mark the rite of passage by running over the goal line.

Beyond graduation disappointments, she expressed frustration at how slow PPS was to reboot classes online and administrator's cessation of classes for a month in order to develop distance learning options she felt should have been readily available.

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Oregon's May Primary Produces Runoff Elections

By DAVID KROGH

Thanks to Oregon's mail-in ballot procedure, the May 19 Primary was relatively uneventful compared with other states.

This year's Primary Election was unique – not only did it include presidential candidates, it had the largest field of candidates for Portland City Commission ever. The Oregon Secretary of State's Office reported that approximately 46 percent of registered voters statewide and 50.5 percent in Multnomah County submitted ballots.

There were 54 candidates for the May 19 ballot when position filing closed March 10: 19 for mayor (Wheeler), nine for position #1 (Fritz), eight for position #4 (Eudaly) and 18 for the remainder of the term for position #2 (Fish).

On January 8, City Council determined a special elections schedule to fill the remaining term of position #2 with that election coinciding with the City's regular May 19 Primary Election.

Additionally, a run-off election would be held, if necessary, on Tuesday, August 11 should no candidate receive a majority of the vote.

For the other City Commissioner positions and the Mayor's position on the bal-

lot, if no candidate received a majority of votes during the May 19 election, the two candidates receiving the highest number of votes for that particular position will appear on the November 3 General Election ballot for a runoff.

The Southeast Examiner spoke with Deborah Scoggins, the City Elections Officer about this type of voting system and whether this was consistent with other jurisdictions.

She responded, "I cannot speak to other local government operations, but yes, every local government has its differences in terms of how their elections operate and none are quite like the City of Portland."

State election law states that non-partisan positions include: Judges, Multnomah County positions, City of Portland positions, Metro candidates and Ballot Measures. Local jurisdictions have the ability to determine how voting occurs for those positions.

Because so many candidates were running for Portland City Commission positions, it was highly expected that no one candidate per position would obtain a majority of the votes. That expectation was close to what transpired.

In election results posted by the Or-

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Taking Another Look at Filtration

By NANCY TANNER

The need to reevaluate the decision by City Council to build Portland Water Bureau's (PWB) filtration plant project is gaining momentum once again.

At a recent City Council hearing about the project Commissioners Jo Ann Hardesty and Chloe Eudaly both deferred approval. Hardesty said she was not onboard 100 percent; Eudaly concurred.

Since the inception of the Long Term 2 Enhanced Surface Water rule (LT2) by the Environmental Protection Agency (EPA) in 2005, community advocates have been wrangling with PWB to find the best and most economical way to protect our pure Bull Run water delivery system and to keep Mt. Tabor and Washington Park's reservoirs intact while complying with LT2.

The litany of controversies between Friends of the Reservoir, Mt. Tabor Neighborhood Association and other citizens began when PWB, in keeping with the LT2 ruling, wanted to dismantle the reservoirs as well as take them offline.

Advocates to "Save the Reservoirs" managed to keep them intact after years of lobbying and obtaining a designation on the National Register of Historic Places.

In 2009, this group also halted the sale of "surplus" property around Mt. Tabor Park. This property included the Maintenance Yard and Nursery off SE Division and the Long Block.

Here in 2020, Friends of the Reservoir and other activists are still beseech-

ing City Council, PWB and the citizens of Portland to hear them out.

Floy Jones, Lauren Courter, Dee White and Jeff Knapp testified before City Council in April, stating the reasons they object to the water filtration plant and why we should return to the original ultraviolet treatment plant.

Jones stuck to her primary talking points. 1. The PWB has a history of mismanaging rate-payers' money. 2. A filtration plant will increase our water bills dramatically. 3. There have been no deaths from cryptosporidium in the Bull Run watershed for over 100 years. 4. A filtration plant will add more chemicals to our drinking water.

Dee White opposes this project on the grounds that PWB obfuscated the true cost when they presented the plan to City Council back in 2017 estimating it to be between \$350 and \$500 million. It is now around \$1 billion. (The UV disinfection facility would cost \$105 million.) White also does not believe this project will provide 7,000 new jobs.

Jeff Knapp has followed this issue and his observations went from a curious to a concerned citizen. Doing the math on the project, the average citizen will be paying \$430 more a year for water. That's on top of the recent 8.7 percent increase we recently incurred.

Knapp reminds us that the PWB already spent \$16 million getting permits and creating a design for the UV plant at Headworks. He reiterated that the EPA

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Removing Regulatory Barriers to Development

By NANCY TANNER

Over the past 18 months, the Bureau of Planning and Sustainability (BPS) has been working on a project called *Expanding Opportunities for Affordable Housing*.

The code change project was funded with a grant from the Metro Planning and Community Development program and voted on by the Planning and Sustainability Commission (PSC) in March. It was subsequently presented to City Council on May 14 by Eric Engstrom, Principal Planner and Nan Stark, NE District Liaison BPS.

In essence, the proposed code and map amendments will remove regulatory barriers for faith and community-based organizations that want to develop affordable housing on their surplus land. Currently 75 percent of church property in Portland is zoned single-family use.

Across America, membership in faith-based congregations has been declining. This reality prompted faith institutions to re-focus their mission to find ways to participate in social change. One asset they have is property. With the nationwide housing affordability crisis, some faith institutions are open to creating affordable housing using their own properties.

Nan Stark took the lead on this project, working with Ecumenical Ministries of Oregon (EMO), community members and technical experts to write the code to exempt these sites from Conditional Use review when housing is proposed on them.

In order to obtain the information necessary to write the code change, BPS began by identifying the faith and community-based organizations interested in the development of affordable housing.

Once this was established, BPS provided design and finance consultation for three organizations as a prototype to prepare them for what a future affordable housing development project would look like. From this preliminary study, BPS determined what the barriers to development were and how these could be addressed and/or streamlined.

At a hearing on May 14, Mayor Wheeler began by acknowledging House Speaker Tina Kotek, whose relentless pursuit of affordable housing in Oregon makes this project one she is in favor of. After Stark presented the recommended Zoning Code Amendment, the floor was open for people to testify.

First to testify was Jan Musgrove Elfers, President of Ecumenical Ministries of Oregon (EMO). She first expressed a thank you from the organization for the efforts Stark put into this project and how helpful she was to work with them. Her other statement was they want to be a part of the solution to our housing crisis.

Julia Nielson of Portsmouth Union Church thinks this amendment will make it possible for 600 acres of available land throughout Portland to be utilized for affordable housing, lowering the permitting cost and expediting the process.

Most of the faith-based organizations interested in using their property for affordable housing supported the amendment.

As with any new idea about land use in neighborhoods, there is opposition.

During the hearing, there was strong opposition by the community to the development of the Cedar Sinai Park property. The main concern people expressed was increased traffic on narrow streets and its effect on livability.

Stark said not every property will work for development and that in this instance, the request to develop can be withdrawn. Other testimonies were of similar content; concerns for how it would work in a neighborhood since these are mostly residential zones.

Commissioners Eudaly and Hardesty asked that the *Expanding Opportunities for Affordable Housing* project precisely state what percentage of the units developed would be designated affordable and that the parking be determined by the size of the individual development. The amendments to code and zoning will be addressed by the BDS.

City Council is expected to make a decision on May 27.

Considering Nuclear Power

By DON MACGILLIVRAY

Nuclear energy as a method of producing electricity has always been highly controversial. Still, the need to reduce global warming requires that every viable option must be seriously considered.

Nuclear fission was first used in 1954 at a thermal power station, where it turned water into steam to drive the turbines that generate electricity. Today, approximately 10 percent of the world's electricity is generated by over 440 nuclear reactors in 31 countries.

By comparison, 65 percent of the world's electricity is generated from fossil fuels. There are an additional 55 new reactors currently under construction and over 400 reactors are planned or proposed. France generates 75 percent of their electricity from nuclear energy.

The US gets 20 percent of our electricity from nuclear fission. According to the Nuclear Energy Institute, 50 of America's nuclear reactors may cease operation within the next 10 years. Only one new nuclear reactor has been completed in the US in the last 30 years. America's nuclear energy leadership is now shared among many other advanced countries.

Oregon's first full size nuclear power plant was PGE's Trojan reactor that produced 1,130 Megawatts (MW) making up 12 percent of Oregon's electrical generation capacity. The plant was built 12 miles north of St. Helens, OR in 1976 amid great controversy and decommissioned in 1992.

Few know that for the last

52 years, a nuclear reactor has operated in SE Portland. Built by Reed College in 1968, this small 0.25 MW facility is used for research and educational purposes by students, faculty and, with permission, by the public.

TerraPower is one of many companies that is developing advanced nuclear reactor designs. Established in Bellevue, WA, Bill Gates is one its major investors.

They are developing a fast, "traveling wave" reactor to be safe and economical and produce much less waste. This is known as a "breeder" reactor," built underground and operated for 100 years without refueling. They are also working on an advanced "molten salt/thorium" reactor that is expected to be efficient and nearly waste free.

Oregon State University (OSU) is home to the other active nuclear reactor in Oregon. Built in 1967, it is only 1.1 MW and it is used by the departments of science and engineering in as many as 96 academic courses and in over 100 projects annually.

OSU, with funding from the US Department of Energy, helped to create the NuScale Power company in 2000. A private American company, it is designing and building a small nuclear reactor expected to be operational within five years. It is headquartered in Tigard with a production facility located in Corvallis where much of its development is carried out.

NuScale Power is building a modular nuclear reactor that produces 60 MW. It is 65 feet tall by nine feet in diameter and weighs 650 tons. On-site there will be a containment building 76 feet by 15 feet, to hold 12 reactors and produce 720 MW.

Each module is kept in an underground pool running on low enriched uranium assemblies that use conventional light water-cooling methods. They will contain enough fuel to operate for about two years. The reactors will be built off-site and installed into a prepared location construction.

In neighboring Idaho, the Utah Area Municipal Power System expects to build the first modular plant in 2024. It will be operated by Energy Northwest, a public utility that provides power to 1.5 million customers throughout the state of Washington.

Energy Northwest owns and operates a diverse mix of electrical generation resources that include hydro, solar, wind, coal and gas facilities as well as the only nuclear power facility in the Pacific NW at the Columbia Generating Station.

It is the third-largest provider of electricity in the state of Washington. They are in the process of evaluating carbon-free options to meet WA's Clean Energy Transformation Act that requires the state's electrical power generation to be carbon free by 2045.

With Washington's expanding population, there are new innovations, such as small modular nuclear reactors that are carbon-free, reliable, efficient and have seamless integration with renewable energy sources.

This will be expensive and additional sources of revenue will be needed. Their study concludes that carbon free, small modular nuclear generators would save \$8 billion more than if electricity were generated through the addition of wind and solar facilities.

If significant ways are not found to remove carbon from the atmosphere or to store electricity from the variable wind and solar energy sources nuclear energy may be an answer.

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LE Letters to the Editor

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

To the Editor:
The piece in your May edition, *Climate Collides with Coronavirus*, was puzzling in that its title implies the climate crisis collided with the pandemic.

When there's a collision it's something where one force confronts some immovable object. Bad things happen when that occurs.

In the case of climate change and the pandemic, no such collision occurred. Rather, they appear complementary, at least on the surface, which the quote from Greta Thunberg supports.

Turning to the article's main focus, reducing CO2 emissions, the pandemic illustrates the extraordinary effort it'll take to cut CO2 (not to mention, methane, and even more toxic emissions).

Sure, the environmental community believes that every use of fossil fuels worldwide can be eliminated, if not immediately, at least darn soon. While I consider myself part of the environmental community, I don't share that view.

The critical question remains: how will people across the entire planet shift their ways of living to get climate change under control?

If the pandemic has shown us anything regarding climate

change, it's that making a dent in it will take super human effort.

Robert J. Procter, Ph.D.

To the Editor:
With opposition growing for the hopelessly convoluted Residential Infill Project (RIP) and developers pushing for a so-called Deeper Affordability Bonus, Portland City Council should let voters decide the destiny and density of Portland neighborhoods.

RIP was pushed by ex-builder, lobbyist and ex-Mayor Hales and trumpeted by developers as a way to create "affordable" housing along transportation corridors.

The concept has now been perverted into something completely different: picture that great old bungalow nextdoor bulldozed, trees and all, and a blockhouse six-plex plopped down in its place.

Face it, developers do this and then move on. Experts have testified that RIP will have little or no effect on affordability.

While we still have a democracy, let's all urge City Council to give Portlanders a vote on this issue in November 2020.

If the Council won't do this, Portland voters need to ask why.

Frank DiMarco

Your Home and Leverage

By RACHEL HEMMINGSON,
CONSULTANT & ADVOCATE FOR
AGING WELL

Leverage adds capacity when you wish to accomplish something. During this time of social distancing, I see many homeowners accomplishing a lot using leverage to bring beauty and improvements to their homes.

The garden center down my street is doing an amazing business all day long. My interior designer friends are busy working remotely.

Leverage, as a word and concept, is not often used, yet it offers amazing "power." For the purposes of this article, consider a distilled definition: "The mechanical advantage of power gained by means of using a lever."

As a girl on the farm I saw my dad be very clever with leverage. He moved large objects using a steel bar placed over a rock with the tip under the object to be moved, the long handle out where it could be pushed down with ease, raising the object on the other end.

The only risk in using that kind of leverage was biting off more than you could chew with what you were moving around.

Lenders are swamped with homeowners refinancing their homes to get cash for home improvement and other needs. This is called "leveraging their asset."

As with biting off more than you can chew moving large objects around, there are risks to

leveraging your house. Here are some things to know.

A "line of credit" or a "cash-out refinance" are ways to access some of your equity – the potential monetary value of your house over and above what you may owe.

In more normal times, these are fairly straight-forward to obtain. Your bank would set you up with a line of credit quickly and for almost no fees. A refinance, which may be called that even if your home is owned outright and you are not redoing a current mortgage, has also been fairly easy to get.

Lenders need to ensure you would be able to afford to make payments on any cash that would be extended. As most lines of credit are adjustable, they have to see if you could afford it when you'd used all of the cash and the interest rate had adjusted to the maximum, even 12 percent.

Often retirees have found they could not qualify for much under those criteria and they could end up in trouble trying to make those payments if they were able to qualify.

Now things have changed and are changing more.

- Many banks are no longer allowing cash withdrawals on refinances.

- Several larger banks no longer offer lines of credit.

- Some banks are cutting current borrowers off from line of credit funds they thought they could use if they needed them.



The reason for this distressing reality is that lines of credit are known as recourse loans. The lender can change your terms at will.

Lenders are concerned about the risks they face from so many homeowners losing their jobs and possibly defaulting on their mortgages. They are protecting themselves.

A lesser known line of credit may be available through a Home Equity Conversion Mortgage. These are only available for homeowners age 62 and up.

They are non-recourse loans—protected by the Federal Housing Administration. Additionally, the line of credit has a growth rate on any funds sitting unused so the money you draw out of it doesn't require monthly payments.

These are repaid when the house is sold, so they are secure as long as you pay your property taxes and insurance.

If you are nervous about having enough available cash in these uncertain times, it's a good idea to explore your options.

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Pandemic Refocuses Library Priorities

By MIDGE PIERCE

Since closing on March 14 due to COVID-19, Multnomah County Library (MCL) has ventured deeper into the world of electronic media delivery, nearly tripling its material costs while holding staff levels steady.

Digital checkouts from its most popular services are up roughly one third since closure. Checkout for materials for children (up to age 12) are up 116 percent through the system's Overdrive digital management service and up 161 percent from Kanopy Kids, which skews toward a slightly younger age group.

When facility shutdown orders came from the Governor, the first challenge the library faced was to pivot as much content online as possible. They implemented virtual library cards that went live on March 21, enabling residents to access everything from YouTube story times to citywide reading programs.

By mid-May more than 6,000 new library cards had been issued.

The scope of their transition is demonstrated in the increased numbers of checkouts of favorite E-books and audio books such as family favorite *Harry Potter* and *the Sorcerer's Stone* which soared from roughly 200 to more than 2,000 check-outs after the shutdown. Michelle Obama's non-fiction *Becoming* has also been a popular item.

Circulation numbers can be driven by the rights the library has obtained – the more generous the license, the more people can check out the same book at a time. For the *Harry Potter* books, author JK Rowling made downloads and audiobooks free in April.

Electronic Resources Librarian Kady Ferris explains, "A lot of the 'after' top titles are ones we have made available in the cost per checkout licensing model, so they have an unlimited

number of people who can check them out at once, which obviously will make a difference in their circulation numbers."

Meeting the demands of residents has come at a cost. The system spent \$940,000 on digital resources over the months since closure. Pre-pandemic, a typical month's purchase of hardcopy books and other items was about \$370,000.

Despite increased costs and demands, MCL has been able to avoid the furloughs that hit other Portland government agencies. That's because the library has a relatively stable funding source from county property taxes.

By contrast, budget shortfalls and social distancing requirements caused city agencies like Portland Parks & Recreation to close community centers, pools and programs through summer. Portland's public schools have cut costs by reducing to a four-day work week.

Instead of layoffs, the library has been able to redeploy staff to help with everything from the 2020 Census to outreach in underserved communities. Some staffers are supporting Multnomah County emergency services, including staffing the emergency shelter at the Oregon Convention Center.

Others help manage county-wide volunteer operations and translate content for countywide communications. This includes assisting with posting and monitoring social media content in languages other than English.

The virus, says library spokesman Shawn Cunningham, has amplified people's basic needs and what they need to know. He says a major goal of librarians is to turn the digital divide into digital inclusion.

Those most adversely affected by the virus tend to lack electronic devices and online access. MCL is currently working with local governments and nonprofits to develop hotspots for

public access to the internet.

Demands on the system go beyond E-books and redeployments. Comparing March 1, 2020-May 15, 2020 to the same period last year, searches on the genealogy source, Ancestry Library Edition, experienced a 50 percent increase from nearly 20,000 to 30,000.

In the same time frame, the library's version of LinkedIn Learning, Lynda for Libraries, experienced a 78 percent increase in hours viewed and 206 percent increase in certificates completed. Views of *The Oregonian* were up 41 percent.

Planning for safe reopening of libraries is the next challenge, especially for small branches like Belmont where physically distancing is harder to achieve. Because of its limited size, most checkouts happen through use of Belmont's "holds" process rather than off their limited, standard bookshelves.

Going forward, drive-through check-outs may be an option. Separating chairs around the well-used computer tables will be especially tricky, according to Cunningham. Larger branches, like Midland Library on SE 122nd and Stark St., may be in a better position to reopen.

Meanwhile, if your own frustration is growing over that stack of unreturned books on your dining table, librarians plead for patience because if everyone tried to return materials at once, staff would be overwhelmed. Cunningham assures that no fines will be issued as a result of COVID-19.

As for future trends, some Portlanders may come to prefer the virtual world. Cunningham suspects most will continue to crave the heft, feel and smell of opening a physical hardcopy book.

If you need a card, visit multcolib.org/blog/20200321/how-get-library-card-online.

Gift Baskets for Foster Families

By NANCY TANNER

Mannahouse is the non-denominational church with six campuses in the greater Portland-Vancouver area. The Rocky Butte campus, at NE 92 and Prescott St., has partnered with the Department of Human Services (DHS) to acknowledge and thank foster care families. Members of this faith-based community are invested in supporting children in foster care and their families.

Cherise Bjornsgard, a volunteer for Mannahouse, spoke of the current project they are working on for foster kids and their families. This is in lieu of a celebration that usually takes place during May, National Foster Care Awareness Month.

"Due to the coronavirus we all had to rethink how we help DHS say thank you and acknowledge foster parents and family members who help children and youth in foster care find permanent homes and connections," she said.

In the past they have held a celebration on the Mannahouse campus. The events had food and activities with local sponsors like Home Depot, Target and Starbucks passing out gift cards. Usually around 150 people would show up although there are 500-700 people on the roster to thank.

"This year we got creative and decided upon gift baskets to show appreciation to foster families," Bjornsgard said.

These baskets are currently being put together and will start to be delivered in June. Each one has a theme like a dinner out, craft night, gardening or summer games/things to do as a family. They will include gift cards, notes of appreciation and some of them will be translated into Spanish or any language requested.

She went on to say, "If you would like more information on how to get involved by building a basket or to make a donation, please email us at fosterbasket-project@gmail.com."

All gift baskets need to be



Photo by Cherise Bjornsgard

submitted by June 16. Anything donated to the project will be quarantined for 14 days.

The pastor at Mannahouse, Mark Estes, has made the welfare of children in compromised situations the church's special focus. The need for people to foster children is great and the COVID-19 epidemic has made things even more complicated. Any small participation on the part of this community is appreciated.

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COVID-19 + Community

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ACCESS Academy Students Win C-SPAN Competition

C-SPAN has announced the winners in their national 2020 StudentCam competition. ACCESS Academy students Dorothy Swanson Blaker, Malia Lee and Ania Leonardo are third prize winners and will receive \$750 for their documentary, Renewable Resolutions: Solar 2020 (watch it at viddler.com/v/31e14be6).

Since 2006, C-SPAN has partnered with local cable television providers in communities nationwide inviting middle and high school students to produce short documentaries about a subject of national importance.

This year, students addressed the theme, “What’s Your Vision in 2020? Explore the issue you most want presidential candidates to address during the campaign.”

In response, nearly 5,400 students from 44 states and Washington, DC participated and C-SPAN received over 2,500 submissions on a variety of topics.

The most popular topics addressed were:

- Environment (18 percent) – Climate Change, Green New Deal, Pollution and Plastics
- Equality Discrimination (15 percent) – Prison Rights, Affirmative Action, Veterans’ Rights, Human Rights
- Guns (13 percent) – Gun Control, Mass Shootings, Second Amendment, Gun Safety
- Health Care (12 percent) – Universal Health Care, Mental Health, Addictions, Vaping
- Immigration (nine percent) – Border Security, Undocu-



mented Immigration, Separation of Families, DACA

“StudentCam provides a platform for young people to have their voices heard on the issues they are clearly passionate about,” said C-SPAN’s Craig McAndrew.

“This year’s entries reflect remarkable research and production values and feature a wide range of interviews with elected officials and experts. The life skills students learn from this experience will carry them forward in their academic, personal and professional lives.”

C-SPAN is available in Portland through Comcast. Rebecca Brown, Director of Community Impact, Comcast said, “We are inspired by the Portland area students who took on the challenge of thinking about the important issues in this year’s election and are proud to join C-SPAN in congratulating Dorothy Swanson Blaker, Malia Lee and Ania Leonardo as national prize winners in this year’s competition.”

The annual competition is sponsored by the C-SPAN Education Foundation. Videos were evaluated by a panel of educators and C-SPAN representatives based on the thoughtful examination of the competition’s theme, quality of expression, inclusion of varying sides of the documentary’s topic and effective incorporation of C-SPAN programming.

330 students from across the country won a total of \$100,000. C-SPAN is awarding one grand prize, four first prizes, 16 second prizes, 32 third prize winners and 97 honorable mention prizes. The winning videos will receive cash awards of \$5,000, \$3,000, \$1,500, \$750 and \$250, respectively.

High school students competed on a regional level, with the US divided into three regions: West, Central and East. Middle school students were judged on a national basis. The grand prize winner was selected nationally among all regions and grade levels.

The 150 winning videos can be viewed at studentcam.org.

Recycling Tips for June

By BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

Just how much can our lifestyles change in a couple of months? Apparently, a lot!

Following medical advice in response to COVID-19, I have been sheltering at home for over two months along with many others in our community. My car has barely moved.

Online grocery shopping with a hard-won pick-up time that coincides with an appointment is my new way of shopping. Now I have to do better at not over or under-buying.

Paper bags came back into my experience now that I don’t shop directly with my reusable bags. Those bags might become waste can liners, receptacles for things to donate, art paper, papier-mâché projects, gift and parcel wrap or garden mulch.

One silver lining of a stay at home order is seeing air pollution levels fall, clearer skies, less traffic and the bonus of an auto insurance rebate. My neighborhood is in full gardening and home repair mode and bikes, kids, strollers and very happy dogs fill the sidewalks.

It has been difficult to see some of my favorite neighborhood eateries be shuttered or open only for take-out. As a treat, I’ve ordered a couple of meals take out and found it is easy to avoid generating extra waste by saying no to any added packaging and not asking for the condiments and napkins. We probably already have the items at home or stashed in our vehicles or bags.

Ordering gift cards (even for oneself) or pre-paid meals to enjoy later can be a big boost to a small business as well.

If you are accumulating extra plastics from food purchases, Agilyx Corporation, Tigard, may be able to recycle some of them.

Agilyx recycles #6 expanded polystyrene plastic, the type used to make foam products, such as coffee cups, block packaging like used in electronics packaging, meat trays and to-go containers.

They also accept rigid #6 plastics, e.g. wine taster cups, CD cases, coffee creamer shells and products marked with #6 or “PS.”

Learn about this amazing company at agilyx.com. For residential customers, they have a free, 24/7 public drop box

Is Tigard too far of a drive? A new company, GoGo Eco, will pick it up for you, based on zip code routes for a small fee. I’ve not tried it, but it might work for you. Details at gogoeopdx.com.

As Portland reopens, and I lose my restrictions, I am more than ready to support my favorite businesses, eateries, and non-profits that make Portland such a great place to live and my SE neighborhood so vibrant. Be safe!

The ability to recycle film plastic in drop off containers at your local grocery may have been disrupted during the COVID-19 pandemic.

This may be a good time to continue collecting your materials at home until collection points reopen, as soon as it is safe to do so. Stay in the loop at plasticfilm-recycling.org.

Managing Uncertainty Through Walking

America Walks, a national nonprofit organization advancing safe, equitable, accessible and enjoyable places to walk and move, suggests that making a plan for mental and emotional self-care is essential to managing the uncertainty of the COVID-19 outbreak.

Walking is free, accessible to all age groups and can provide a winning strategy for you and your family to maintain good health while respecting social-distancing guidelines. It can be a time to explore nature and refo-

cus your energies as well as cause your body to release feel-good hormones (endorphins) and boost the immune system.

Those working at home may want to schedule a walk into their daily agenda, just like another meeting or scheduled task. Alternately, consider turning conference calls into walking meetings.

Attaching a purpose to a walk may also be beneficial.

- Pick up groceries or run another errand

- Use an app like iNaturalist to learn more about what the plants, trees and tracks you come across
- Encourage friendly competition with others using a list of scavenger hunt items like the one at doinggoodtogether.org/bhf/nature-scavenger-hunt
- Engage children by going on a “bear” hunt, seeking out homes that have placed stuffed animals in their windows

DHS Assistance Available

The Oregon Department of Human Services (DHS) is reminding the public that those in need can apply for food, cash and childcare assistance online at govstatus.egov.com/or-dhs-benefits.

The site’s heaviest traffic is from 11 am-3 pm. It’s recommended best access is in the early morning or late evening hours.

Those unable to access the online application can dial 211 to find a local office to assist them over the phone or in person.

Oregon families with children eligible for free or reduced-price school meals will get pandemic food (P-EBT) benefits. This includes children in foster care, children of migrant workers and homeless youth. P-EBT benefits will be added to existing Oregon Trail Card accounts. If an account does not currently exist, one will be created.

The site offers domestic violence assistance and health care coverage through the Oregon Health Plan.




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Portland Sunday Parkways Goes Digital

Portland's hugely popular Sunday Parkways events are adapting to meet social distancing guidelines while still allowing Portlanders of all ages, incomes and abilities to walk, bike, roll and discover active transportation.

The May and June events, previously single-day rides covering a specific area, have been re-imagined as a series of digital events by the Portland Bureau of Transportation (PBOT) and Presenting Sponsor Kaiser Permanente with input by residents.

In May, the series included exercise classes, bike repair tutorials and art and wellness projects. DJ Prashant (Bollywood Dreams Entertainment production house team member), Keyante Watkins (choreographer/dancer/NBA



Dancer for Rip City Crew) and Trainer Tyra (creator of My People's Cardio) instructed digital PE classes and fitness takeovers.

Keep up to date on June events through their Facebook page: facebook.com/PortlandSundayParkways.

Decisions about what July,

August and September will look like are still being made and will be driven by the status of the public health situation.

In the meantime, Sunday Parkways has created a 12-question participant survey you are encouraged to take at surveymonkey.com/r/S7MB2HJ.

OHS Educational Programs

The Oregon Humane Society's (OHS) Humane Education team has created a set of free virtual programs for students in grades three through nine.

According to Manager Diana MacKenzie, "Our goal is to celebrate the special connection children have with animals while encouraging them to read, write and practice kindness."

The Remarkable Readers Book Club encourages students to read their favorite book to their pet and send in a photo and brief summary sharing why they chose a certain book. Featured photos will be showcased on the OHS website and Facebook page.

Dear Miss Repecka is an advice column that gives children an opportunity to learn about pet behavior and caring for animals.

Also known as a "chicken on a mission," Miss Repecka knows that Portland is the perfect place to share her knowledge about cats, dogs, rabbits and guinea pigs. Kids can ask about anything – from wagging tails, to hissing and barking. Miss Repecka is bilingual, so Spanish speakers are encouraged to write in.

Be Kind Bingo teaches kids how little acts of kindness can make a big difference. Playing cards are available to download and print. Completed cards can be submitted through June 21 for a prize drawing of a \$25 Amazon gift card.

Visit the oregonhumane.org website to find more information about these programs, under the Student Program section of their Services page.

SE Schools & Teachers Recognized by OnPoint

OnPoint Community Credit Union's annual Prize for Excellence in Education campaign has announced the five schools being honored with the Community Builder award.

Four schools will receive \$2,000 for a special project of their choice and Grout Elementary on SE Holgate Blvd. will receive \$5,000 for being selected by community votes.

Grout's project is the Grounds Improvement Project, to repair the Grout Elementary compacted soil and uneven and bare surfaces of the track and field.

Alfonso Garcia Arriola, a

7th and 8th grade science teacher at ACCESS Academy, on SE 60th Ave.; and Jesse Gardner, a career and college exploration and hip-hop literature teacher at Madison High School on SE 91st Ave., were both inducted into OnPoint's Circle of Excellence.

The honor provides a \$1,500 cash prize to each teacher and a \$1,000 donation to their school. Four other teachers in Oregon and Washington were named to the Circle of Excellence as well.

The one remaining award, the 2020 Educators of the Year, will see two winners (one K-8 and one 9-12). The winners will

have their mortgages paid for one full year and receive \$2,500 for their schools. The winners' names will be revealed on May 27.

Alison Herron, a kindergarten teacher at Marysville Elementary on SE Raymond St., and Matt Sten, a modern world history, government and economics teacher at Cleveland High School on SE 26th Ave, were named as finalists.

Two additional teachers in Oregon complete the group of finalists. Two runners up (one K-8 and one 9-12) will each receive \$5,000 with an additional \$1,500 for their schools.



Key to Oregon COVID-19 Study

A research study lead by Oregon Health & Science University (OHSU) called *Key to Oregon*, aims to enroll 100,000 randomly selected households who fully represent the state in geography, socioeconomic status and communities of color to provide vital information about COVID-19 in order to help reopen the state and keep it open.

Recruitment notification postcards were mailed out May 11 to selected households alerting them about forthcoming enrollment information.

Those households will receive a follow up letter with specific directions to online enroll-

ment. Participation in the study is voluntary and all members of selected households over the age of 18 are eligible to join.

The statewide research study is in partnership with the OHSU-PSU School of Public Health in collaboration with the Oregon Health Authority. It plans to track, test and map the COVID-19 symptoms of up to 100,000 Oregonians to better understand where the virus is and how it may spread.

Data from the study may help state and local leaders decide when to relax physical distancing measures to get people back to school and work faster.

Free Lunch + Play Program To Continue

Although Portland Parks & Recreation (PP&R) has made the difficult decision to cancel all summer programming and events, including outdoor camps, Summer Free For All and the Portland World Soccer Tournament as well as keeping community centers and outdoor pools closed, they plan to operate the Free Lunch + Play program.

In response to the 57% of young Portlanders that qualify for free or reduced-price lunches

during the school year, the Free Lunch + Play program will offer nutritious lunches and safe outdoor recreation citywide June through August.

In conjunction with community partners, Meals on Wheels People, Portland Public Schools, David Douglas, Reynolds, Parkrose and Centennial School Districts, PP&R coordinates the program to ensure it meets the changing needs of the community. PP&R will follow the

guidance of the Oregon Health Authority, Multnomah County Health Department and the Portland Bureau of Emergency Management regarding the impact of COVID-19 on the program.

Updates can be found at portlandoregon.gov/parks/69873. Individuals, neighborhoods and businesses interested in becoming a sponsor can contact Kellie Torres at kellie.torres@portland-oregon.gov or 971.227.0997.

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Pandemic Victory Gardens

By Kris McDowell

The concept of victory gardens (aka war gardens) became prevalent during WWI when the government asked citizens to grow food wherever they could. Since then, there have been fluctuations in the interest in urban farming, as it is now often referred to, and degrees of size and complexity.

Some people grow a few of their favorites in pots each year, others install permanent garden beds. Others add chickens or even goats into the mix.

In a recent *Sierra Club* article, author and urban farmer Novella Carpenter offers ways to get started or expand existing gardens.

Watch the Sunlight

The most important consideration for any garden is the number of hours of direct sunlight the location of your garden will get. Taking a few days to make notes about where the longest stretches of sunlight hit will be useful when determining what you will be able to grow successfully.

Tomatoes, kale, zucchini, eggplants, peppers and potatoes need at least six hours of sunlight per day while lettuce, spinach, beets and herbs like parsley and mint will do fine in areas with fewer hours of sunlight.

Expand Vegetable Bed Options

The size of the space available for planting, along with the amount of sun will greatly impact your decisions about creating in-

ground beds or growing in containers either large and mostly immobile or small and easily moveable.

Large, sun-filled spaces could be filled with in-ground beds, galvanized metal livestock tanks or trash cans. Smaller spaces and balconies are better suited for five to 15-gallon pots, suitable for tomatoes or zucchini. Even windowsills can accommodate four-inch pots containing herbs.

Grow High Yield Plants

Tomatoes, zucchini, lettuces, green onions, herbs and sturdy greens like kale can be harvested multiple times. Starts can be purchased at a variety of places: garden centers, farmers' markets and hardware and grocery stores – and take less time than starting plants from seeds.

Don't Skip the Flowers

Especially if you have limited space you might be inclined to skip the flowers and focus on food. However besides being pleasant to look at, sunflowers, borage/starflower and lacy phacelia/purple tansy attract and provide food for pollinators like bees. Tomatoes benefit from marigold companions to ward off nematodes from their roots.

Once you've gotten your hands dirty and become comfortable with your space, consider planting berry bushes or fruit trees or getting adventurous with new-to-you seed varieties.



Business Walkabout

PNW Visiting Vet

By Nina Silberstein

For those who have a pet, a visit to the veterinary clinic can sometimes be a stressful experience for both you and your four-legged friend. Whether your pet is older, fights getting into the pet carrier or is ill, there's now a veterinarian who will come to you.

PNW Visiting Vet was the brainchild of Melissa Stephenson, DVM and Robin Bertke, DVM. Dr. Stephenson received her degree in veterinary medicine in 2008 from the Washington State University College of Veterinary Medicine.

The two met when they worked in a traditional veterinary clinic and decided to go into practice together with a different business model in mind.

Dr. Bertke left the practice in December 2019 to return to her home state of Tennessee and Dr. Stephenson has since brought on one or two part-time technicians to assist on surgical days, as well as hiring an office assistant.

Stephenson has expertise with pets that have behavior issues, often from being traumatized by past veterinary visits. She is good with pet owners, who due to age or health concerns, are not able to leave their homes.

As one of her clients says,



Photo by Robin Bertke, DVM

"If you have a 190-pound dog and he refuses to get in the car, you two aren't going anywhere. It's easier to bring the vet to him."

Stephenson has been a mixed animal practice veterinarian for 10 years and has dogs, cats and horses of her own.

The Visiting Vet mobile unit will come to you for the full-service medical needs of your pet, from wellness examinations, vaccinations, internal parasite screening and heartworm testing to routine blood work, biopsies, urinalysis, x-rays, dental and end-of-life care.

They have a state-of-the art surgical suite and will perform routine spays/neuters and more complex surgeries such as mass removals with full anesthetic monitoring.

They also offer more than the traditional house call and travel to retirement homes, boarding facilities, doggy day care locations, hotels and even your workplace.

Dr. Stephenson provides comprehensive veterinary care wherever your pet may be.

Think of Visiting Vet like a pet's primary care doctor, referring out for specialty treatment much like a person's primary care provider would do.

If your pet is diagnosed with cancer, Dr. Stephenson will refer you to a local veterinarian who specializes in oncology. Same goes for cardiac issues, neurological problems and the like.

Once the specialist determines a plan of care, then Visiting

Vet will do the follow-up, manage medication renewals and make any adjustments if necessary.

If your pet is injured, they can do x-rays, but will partner with another mobile veterinarian who specializes in mobile ultrasounds.

The business rarely provides emergency care as they believe pets can be treated faster if they are taken directly to their local pet emergency room.

Dr. Stephenson finds that it's rewarding to build relationships and help clients and patients who would otherwise experience barriers to care.

Because of COVID-19, their scheduling is very fluid and they are currently waiving their cancelation policy, asking folks to reschedule their appointments if they have any signs of illness or have come into contact with anyone who has. They practice social distancing at every appointment and offer telehealth visits if needed.

The Visiting Vet service area includes downtown Portland over up to NW 23rd (but not the westside), east to Troutdale but no further south than Milwaukie. They also serve Vancouver, Camas and Battle Ground in WA, and are currently scheduling out two weeks.

See their website for pricing and their online pharmacy.

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Flying Fish Company

By NINA SILBERSTEIN

Lyf Gildersleeve's family had a retail fish market in Sandpoint, ID. His dad used to fly fish from Washington over to Idaho, thus the name, Flying Fish Company.

Gildersleeve started his own branch of the fish market in Utah 12 years ago selling at farmers markets, but moved to Portland in late 2010.

"We came here from Utah for a better place to raise our kids," he says. "Originally, I'm from Sandpoint, so it was about coming back to the roots of where I'm from."

He first sold his seafood out of a food truck near SE 32nd and Division St. for the first year. Then, in 2011, he set up a little shack in the corner spot of Kruger's produce tent (now closed) at SE 23rd and Hawthorne Blvd., for five-years.

In 2016, he moved to a stand in Providore Fine Foods on NE Sandy Blvd., where he sold fish, meat and started an oyster bar. His new brick and mortar store opened at 3004 E Burnside St. in February of this year, only to be shut down due to the coronavirus.

"We are a full restaurant, oyster bar and fish market," he explains, "and currently stocking pantry items in the dining room where there used to be seating for



Photo by Natalie Gildersleeve

the restaurant."

Off-site beer and wine are available for purchase and seasonal items coming in right now include fresh (never frozen) fish such as local, wild and Columbia River spring Chinook salmon, as well as cooked Dungeness crab, salad shrimp and Petrale sole.

"For me, sustainability is number one," Gildersleeve says. "I actively work with fisheries policy locally and in Washington, DC to ensure our fisheries are managed effectively and that local small-scale fishermen have a fair chance to keep their quotas and direct market their catch."

He says the seafood industry is plagued with overharvesting, slave labor and dirty chemical treatments that do not need to be used.

"It's my goal to educate customers on where their fish is coming from and to recognize the importance these decisions make for the viability of our local coastal economy and working waterfronts," he adds.

Pre-pandemic, the Flying Fish Company offered sushi rolling, cooking and fish filleting classes on-site. Off-site events have included oyster farm and other farm tours, fishing trips and volunteer beach clean-ups, to name a few.

Catering is in the mix, too, from weddings to special birthday parties where celebrants had their own oyster shucker or someone rolling sushi. In addition, platters are provided for off-site events.

"I'm currently building an extensive outdoor seating area for the summer," Lyf adds. "We'll be taking half of the parking lot and turning it into a seating area with picnic tables, umbrellas and garden beds."

Interested in receiving news and updates from Flying Fish? Visit bit.ly/FFCmailinglist.

Flying Fish Company
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flyingfishcompany.com

Scooter Update

By DAVID KROGH

The May edition of *The Southeast Examiner* discussed a significant drop in scooter use within Portland in response to the COVID-19 pandemic and Governor Brown's "Stay Home, Save Lives" order.

In mid-May, to ease Oregon gradually back to a new normal status, the Governor established a framework for reopening and prerequisites for counties to enter Phase I.

In response, Bird and Lime, two of the world's most prominent e-scooter micro-mobility companies, have said they will be

redeploying small fleets in Portland.

Shared, a small company that had deployed 200 seated e-scooters in Portland, has pulled out and is in the process of liquidating its fleet via online sales.

These refurbished scooters are being marketed from \$850-\$1,150 each and include key start, battery charger and can travel for 30 miles at up to 20 mph. They are almost sold out at the time of this writing.

Dylan Rivera, Portland transportation spokesman, said the city was sad to see Shared go, "particularly since their seated scooter with larger tires appeared

to make the vehicle more appealing and more useful for more people."

Razor, another scooter company which includes seated e-scooters in its inventory, is still offering them for rent in Portland.

Lime and Bird have been offering discounts to healthcare workers as an alternative to the limitations now facing bus service due to personal distancing requirements.

Maurice Henderson, Bird's Director of Government Partnerships, said that with less vehicle use, the air is both cleaner and healthier for scooter riding than ever before.

Portland's Fraud Hotline

By JACK RUBINGER

It's hard to say exactly why whistleblowers are busting Portland Water Bureau (PWB) and Portland Parks & Recreation (PP&R) employees, but the good news is there's a place to go when you want to report fraud.

"People are motivated for lots of reasons to report a tip: a sense of righting an injustice, dedication to public service, revenge, etc.," said Mary Hull Caballero, the elected Auditor for the City of Portland, whose office manages Portland's Fraud Hotline.

With 13 investigations conducted last year as a result of confidential tips reported, City officials found evidence of procurement and ethics violations in an investigation prompted by a tip alleging purchasing improprieties by PWB.

It was found that staff broke up purchases totaling \$180,000 18 times to avoid a competitive procurement process and the manager overseeing the purchases was married to the salesperson.

Auditors referred findings and recommendations to PWB management for further action who determined that employee discipline was not warranted, but agreed to implement other Auditor's Office recommendations.

In a case concerning PP&R, investigators found waste and mismanagement while investigating the working retirement of the former director of Portland's municipal golf courses. The former director worked nearly double the hours permitted by a written agreement and the working retirement was not properly managed.

Portland's Fraud Hotline offers a way for the public and City employees to confidentially report suspected fraud, waste and abuse of position by or against the City. The Hotline helps identify and prevent losses of City funds and acts as a deterrent to fraud, waste and abuse of position.

How does the process work? The first step is to determine if the tip involves the City of Portland or another jurisdiction. If it's the latter, the tipster is forwarded to the appropriate agency. Beyond

the initial contact, timeliness can depend on the complexity of the tip.

If it is a Portland case, the office gathers preliminary evidence to determine if it's likely to result in findings of fraud, waste, inefficiency or abuse of position.

The most time-consuming parts of the investigation are scheduling interviews, which sometimes must be coordinated with the Bureau of Human Resources, and waiting for management to respond to findings. The office is continuing to work on ways to make investigations more timely.

Because of their knowledge of the City's policies, City employees are more likely to provide tips that result in an investigation than regular folks. Sometimes people report anonymously and other times they identify themselves.

It's hard to know exactly where reports originate and the Auditor's Office is more interested in information provided than where it came from. Collecting the initial information provides the office with a starting point. Evidence is then examined to determine if the tip is true, whether it violates City rules or if it may be punishable by law.

"The Multnomah County District Attorney's Office always encourages community members to report suspected fraud, waste or misuse of public resources, and abuse of position," said Brent Weisberg, Communications Director, Multnomah County DA's Office.

The Auditor can only investigate tips for the City of Portland and gets all kinds of calls because people are looking for help and don't know where else to turn.

An online system allows the office to communicate with tipsters immediately to let them know their information was received. The system allows the auditor's office to communicate with confidential tipsters, but they can only do so if they check back in the system after filing the tip.

The Auditor had a hotline

continued on page 10

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Neighborhood Notes

HAND
By Jill Riebesehl

The board of the Hosford-Abernethy Neighborhood Association met in April using Zoom under the auspices of SE Uplift. We shared how we were faring during these times and then dug into some of our concerns, the main one being how we should proceed with the small piece of city property at the end of stubbed SE 19th Ave., off Division St.

We also heard about a new community effort called Helping HAND that is setting up as a way to match people who need help with volunteers able to help.

Our May meeting, also via Zoom, was well-attended by neighbors deeply concerned about plans for a low-income housing project by Catholic Charities on the St. Philip Neri campus. A response from the HAND board, if it so chose, would be due the next day.

City Council would be voting on a zoning change to enable 20 religious and other non-profits with a desire to provide low-income housing on their property to avoid certain expensive restrictions.

Neighbor objections included density concerns; building size, (which as of this writing would house 57 families); traffic and parking problems in Ladd’s Addition; an aesthetic departure to its historical designation; and increased student population at Abernethy Elementary.

Those in favor cited bringing more children into the neighborhood, providing housing for those who may be living in unsanitary and unsafe conditions, and adding more social and economic diversity. The board voted to recommend that City Council approve the zoning changes, attaching to our approval a list of recommendations reflecting our concerns.

On the agenda was repaving Hawthorne Blvd. The Portland Department of Transportation (PBOT) introduced HAND to the project, and said addressing issues other than paving would be welcome. These include: we are and have been for some time urgently asking for a walk signal at SE 23rd Ave.; additional crosswalks, perhaps at bus stops, and with flashing lights; a parking plan to aid businesses and control parking along adjacent streets; a three-lane configuration with islands for pedestrian safety; and consistent speed limits.

We were looking specifically at the part of the boulevard stretching from SE 23rd to SE 39th and will apprise PBOT of our suggestions in writing.

Finally, we revisited what to do with Avalon park on SE 19th Ave. for a very long time under our care to provide a sanctuary of sorts. Facing a range of neighborhood, and our own concerns about its recent use, the board voted to end our supervision and work to include the property as a part of Portland Parks & Recreation’s Community Gardens.

The board will meet in June via Google Meet. Our meetings are third Tuesday of the month, 7 pm. Everyone is welcome.

Laurelhurst Neighborhood Association
By John Liu

The Laurelhurst Garage Sale and Neighborhood Cleanup have been postponed and will be rescheduled as soon as feasible. The Historic Home Tour is postponed until next year. Friends of Laurelhurst Park are cancelling this years’ work parties until further notice.

The Laurelhurst Neighborhood Association’s May election was conducted on schedule using online voting and ballot drop-off, and the May general meeting was conducted online.

Laurelhurst Neighbor 2 Neighbor, the community mutual aid program set up in response to COVID-19, is operating and helping neighbors in need of assistance due to the shelter in place order.

Montavilla Neighborhood Association
By Louise Hoff

Montavilla Neighborhood Association Board met last month on Zoom and will do so again this month. We will invite the neighborhood to a General Meeting on June 8, 6:30 pm on the SEUL Zoom account. We hope to have a local speaker tell us more about bees and their importance in our gardens.

Last month Duncan Wallace introduced their design for a convenience store and plaza on SE 82nd and Glisan St. They are interested in having a local artist design a ceramic tile mural. We are in the process of attracting a small committee to help with the selection and hope to have more news to present at the General Meeting about how artists can submit their designs.

We have opened our Facebook page to all Montavilla businesses who have found a way to stay open or are beginning to find creative and safe ways to open up to the public. Some might have shorter hours, offer curbside service, deliveries or online services. So many of our businesses and neighbors have not received any government assistance or loans due to the virus closures. Our hope is to encourage everyone to buy local as much as possible and keep our Montavilla businesses alive until there is a breakthrough with antibody tests, a cure or vaccine. We are hoping to get an update from the police about how things are going in our neighborhood.

continued on page 17



#dontgiveupsigns
dontgiveupsigns.com

Fraud Hotline

from page 9

for years but a year ago it was relaunched as the Fraud Hotline. Previously called the Open City Tipline, the name did not generate much activity because it was too broad.

By narrowing the scope to fraud, waste, inefficiency and abuse of position, the office prompted the types of tips they were looking for and would investigate. It helped focus investigative resources on the most seri-

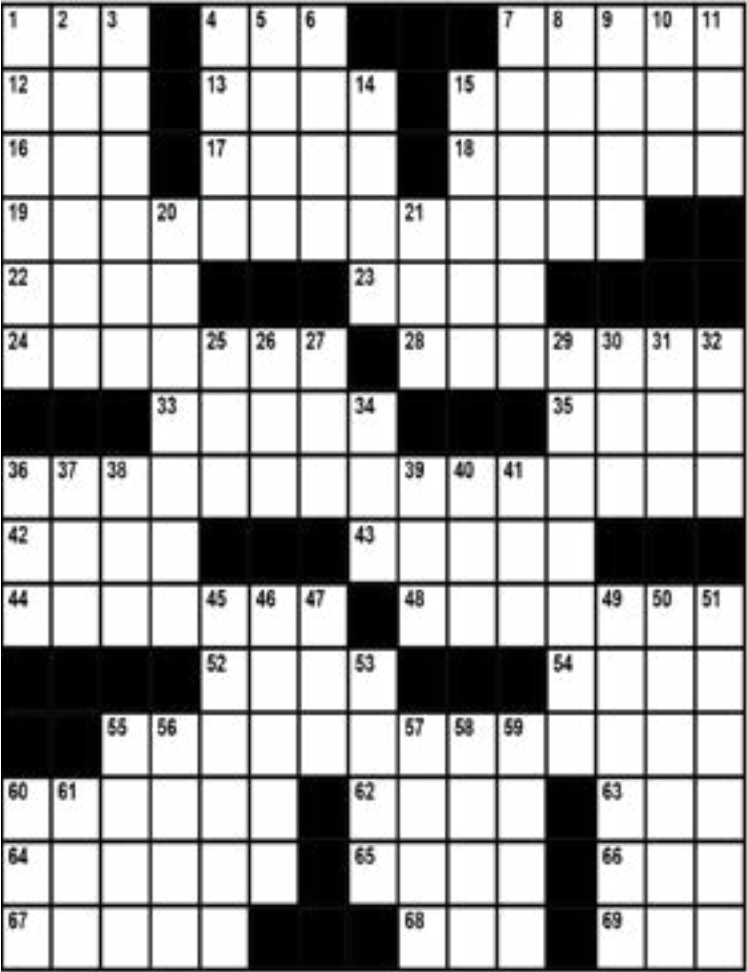
ous risks. In general, the majority of fraud cases that are resolved start with an insider’s tip.

Tips about transportation were most frequent in the early years, followed closely by police and matters related to the City’s internal operations services, such as procurement and the use of City credit cards.

The Fraud Hotline is managed by the Audit Services division in the Auditor’s Office, but employees from other divisions help investigate tips.

Hotline tips can be submitted online at Portland-FraudHotline.com or by calling 866.342.4148.

Colorful by Myles Mellor



- Across
1. Private
 4. Bufffoon
 7. Halfhearted
 12. Actress Dawn Chong
 13. “No ____!”
 15. Lunar craft
 16. “Human Concretion” artist
 17. Pantyhose color
 18. Music downloader
 19. Very dark
 22. Name in a Kinks song
 23. Let’s play ____ !
 24. Brings out, a response for example
 28. Connected networks
 33. PayPal product
 35. Language of Lahore
 36. Independence Day sight
 42. Vicinity
 43. Kind of screen
 44. “J’accuse” subject
 48. Lamp type
 52. Enthusiastic about
 54. Chinese related
 55. Spanish archipelago
 60. Weather map feature
 62. Fashion magazine
 63. Based on instincts
 64. “Chill out!”
 65. Zilch
 66. One engaged in, suffix
 67. Gettysburg commander
 68. Nine-digit ID
 69. Nutritional inits.

- Down
1. Fortune teller
 2. Campbell’s soup can painter
 3. Katmandu native
 4. Gas group
 5. 76 station
 6. Roman meeting places

7. Comes to
8. Cabinet dept.
9. Kind of rock
10. Suffix with infant
11. First half of an Iowa city
14. The start of a tulip
15. Pop music’s ____ Vanilli
20. Track for harness horses
21. Baseball club
25. German “I”
26. Cocktail ending
27. Concorde or Tupolev, abbr.
29. Secretly
30. Web address
31. Part of some e-mail addresses
32. Attack legally
34. Baby girl
36. 1980s cool
37. Misinterpret
38. Sandra of “Gidgget”
39. “That’s nice!”
40. Confidentiality agreement, for short
41. Mavericks’ city, on scoreboards
45. Ending
46. Take a piece from
47. Geographical abbr.
49. India leads the world in its production
50. Clothes
51. Part of a mob name
53. Court call
55. Stimulating leaf
56. “That’s not ____ idea”
57. French for islands
58. Some cameras, abbr.
59. Former Kingdom of Spane
60. Watson creators
61. Get the picture

Answers found on page 16

JUNE IS NATIONAL HOME
OWNERSHIP MONTH

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HOWNW.COM™ is a unique public service website that acts as a comprehensive homeownership resource to homebuyers with **Information Without Obligation**.

HOWNW.com™ contains a searchable, multi-lingual database of homebuying programs available in Multnomah, Washington, and Clackamas counties. Potential homebuyers enter the area they wish to live in, number of people in their household, and their annual income to discover financial programs and resources available to help them become homeowners.

The website walks consumers through the homebuying process and includes features such as 100 Questions and Answers for Buying a Home, information on finding a loan, a real estate glossary and much more. In addition, information on consumer issues such as predatory lending, finding a healthy home and credit is provided.

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June at Sidestreet Gallery



Dona White's "Party"

Sidestreet Arts presents Garden of Hope, their June show, presented online and in their gallery windows. For the entire month, Sidestreet member and ceramicist, Denise Krueger and mixed-media artist, Dona White share the spotlight in a light-hearted, sunny exhibit.

Krueger's colorful ceramic flower pods bloom among the intense color palette of White's abstract mixed media paintings. This "much-needed blithesome show" features polka dots, garden leaves and flower pods creating "a kind of daylight in the mind" (a nod to Joseph Addison).

The artists find inspiration in the natural world – Krueger's speckled pods resemble an underwater ocean garden or dried seed pods swaying in a grassy meadow or along a creek. White's boisterous colors exude a garden dream imagery.

Sidestreet's Bridgett Spicer says "We are planning our re-entry to being an open-for-business gallery. Our website has all the latest information. In the meantime, we will display the art in our new online feature gallery as well as in our storefront windows. You won't miss the show whether you see it online or in our window."



Denise Krueger's speckled pods

On June 5, Sidestreet hosts its First Friday event on Zoom: details at the website, sidestreetarts.com, where you can find the show, other artworks from gallery artists and items for purchase online to be picked up during scheduled appointment times.

Sidestreet Arts, 140 SE 28th Ave. – 503.327.8064

Songwriting as Truth-Telling

Matt Meighan has traveled the world singing. He has taught his *Songwriting as Truth-Telling* workshop for many years and has helped many fine songs be born. The next session begins Wednesday, June 3 and meets online for six weeks from 6-8 pm, through July 8.

Explore songwriting as a means to uncover and express deeply-felt truths, humorous tales and to help process the many shades of our earthly existence. Write and share songs and explore new ways of listening.

Meighan creates an inspiring, non-judgmental space to help deepen a songwriter's practice. Enrollment is limited to eight people. Cost is \$160. Register at mattmeighan.com.

VIRTUAL SCREENINGS BENEFIT CST

The homepage of the venerable Clinton Street Theater website is kept up-to-date, showing a current list of the latest streaming films.

When you stream a movie in your home, the theater gets a portion of your ticket price and you help one of the oldest continuously operating theatres in the country keep going.

The offered online films change often and there's a selection of family films, film fests and many others to choose from.

A few of June's films include **Lucky Grandma**, **The Grey Fox** and **2040**. At the website you'll find a description of each film and the links to rent/purchase. Click any title, and you'll open a page with a longer description and that film's trailer.

Buy a ticket. Watch at home. Support the Clinton. Info at cstpdx.com.

From The Southeast Examiner's A & E Editor:

For our community of musicians, theatre performers, authors, painters, sculptors and many others, the indefinite cancellation of public events means a complete loss of income and with no clear end in sight.

These retrooled *Staying In* pages are a way to "go out" while being at home. Ideas, stories and updates from the organizations who make our life vibrant are featured here. The lives of these creative humans, and the ways we are adapting to this new way of presenting art and culture creates a new paradigm for us all daily.

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. Remember to check in on those you care about too. Stay safe and be kind to one other. *bq*

2020 Oregon Book Awards via Radio

The 33rd Literary Arts' Annual Oregon Book Awards ceremony Monday, June 22 will not be held at Portland Center Stage at The Armory as it usually is, but in a different format, online and suitable to these times, streamed live at 7 pm on OPB radio.

The statewide broadcast to celebrate the finalists and announce the winners of the 2020 awards will be hosted, as originally planned, by writers Omar El Akkad and Elena Passarello.

Write Around Portland celebrates its 20th anniversary this 2020 year and, at this year's Oregon Book Awards, the organization is receiving the Stewart H. Holbrook Literary Legacy Award for their contribution to Oregon's literary culture.

They host twice-weekly online writing workshops, mail handwritten postcards, curate writing exercises and resources and share participants' writing, prompts and inspirations through their social media campaign. See writearound.org.

Tune in Monday, June 22 from 7-7:30 pm on OPB Radio. Find out more at literary-arts.org.

MOSAIC STRING ACADEMY

Mosaic String Academy has a simmering summer-ful of private music lessons planned. This just came in from Mosaic's owner, Kate O'Brien:

"Mosaic String Academy is open and thriving, keeping hope and music alive! Our esteemed teachers can guide you through learning violin, viola, cello, bass, piano, voice and guitar. We welcome new students, of all ages, using our virtual lesson format.

We hope to open our doors for in-person lessons in September assuming our local officials deem it safe."

For information about online summer camps, age/experience requirements, workshops and private lessons, see mosaicstringacademy.com

MILLENNIUM REOPENS

Things are a bit different at Music Millennium now that they're reopening June 1,

Here's how in-store shopping works: Now open from 10 am-7 pm Monday-Saturday, 11 am-7 pm Sunday, all customers must wear face masks. The store encourages you to bring your own. They'll provide a mask if you do not have one. All staff will wear face masks too.

Other new guidelines: you must use the hand sanitizer at the door. There's a limit of 10 customers in the store at a time. Arrows in the store will keep traffic moving in the same direction. Entry will be at the vinyl room door on the west end of the building. If you come for CDs, tell an employee at the door and they'll take you to the other entry.

Millennium cleans the store every night for your safety as well as throughout the day. To sell used vinyl, CDs and DVDs, bring them in boxes with your name and phone number written on them. Incoming used discs will be quarantined for 72 hours before they process them.

1 oz. bottles of hand sanitizer are free with purchase while supplies last. See musicmillennium.com or 503.231.8926.

Music Together

Music Together of Portland offers online classes for families with children ages up to age five. Students experience a high-quality music and movement curriculum from home. Each class is interactive and your family becomes part of a virtual community.

Music is something the whole family can enjoy doing together. It supports children's development and connects us like no other activity.

The program teaches the way young children learn: through play. During weekly classes, teachers lead activities for the whole family to join in singing, dancing and jamming along. Everyday items like spoons and laundry baskets become musical props.

Spring session runs through June 20. Summer term begins July 6. Try a free class now or register for summer classes. See musictogether-pdx.com 503.236.4304.

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The Artslandia Happy Hour premiered March 18 and has been bridging the social distance between artists and arts patrons ever since. It offers artists an opportunity to perform and connect with fans, while helping to provide income for the artists.

For audiences, the Happy Hour gives access to an intimate concert, a forum for engaging with artists and a steadfast daily dose of the arts. Over the past 10 weeks, Artslandia has presented more than 60 artists and has welcomed a viewing audience of more than 200,000.

Happy Hour guest artist line-up for June features Mondays with the Maestro Carlos Kalmar; Joe Kye; Hannah Penn; 3 Leg Torso; Stephen Lewis; Portland Public Schools; Shelly Rudolph; push/FOLD; Stephanie Strange; Daniel Mobbs & Lisa Lipton; Kirsten Delohr Helland & Justin Huertas; Tomas Cotik; Randy Porter; John Nilsen; Norman Huynh; The Unipiper and Angela Niederloh & Matthew Hayward.

It all happens live Monday-Friday on Artslandia's Facebook page or at Artslandia.com. A vast archive of previous performances are all available at the click of a button there too.



Joe Kye photo by Jason Sinn

Portland Fiddle Camp For Kids

The only day-camp of its kind in the greater Northwest now moves its expertise to a virtual format welcoming kids age 6-16 to join teachers and professional fiddlers for a week of learning fiddle tunes. All violin, viola and cello players with at least one year of private lessons are welcome.

Camp is offered for one week only July 20-24. See portlandfiddlecamps.com to register and find out all the details.

The Clinton Street Theater

A landmark of Portland cinema history, The Clinton Street Theater is Portland's indie, friendliest art house theater with film, live music, theatrical productions and community events.

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New classes at Artichoke



Instructor Anne Weiss

Artichoke Music, Portland's beloved acoustic music listening room, is weathering the corona storm by relying on the community spirit that has been at its core for its nearly half-century existence.

Although the store and performance venue are closed until further notice, Artichoke is offering online classes and a new round of its summer term

begins the week of June 8. See artichokemusic.org to register and for a list of available classes.

Executive Director Bob Howard sends his thanks and appreciation to the community for donations they've sent to support Artichoke during this challenging time. If you'd like to donate to Artichoke too, see tinyurl.com/artichokemusic.

Portland Music Stream

The Alberta Rose Theatre's Portland Music Stream presents live concerts in your home. The third season is underway, and it's a fine way to see and hear beloved artists perform live online in these live-music-less times.

New shows are presented five nights a week (Wednesdays-Sundays at 7 pm) and all shows are available afterward on-demand, so you can watch when you want and more than once.

The proceeds from Alberta Rose's concert subscription and Stream goes to the artists, musicians and team who present music at ART. \$100 gets you 20 concerts, and \$65 buys 10 shows of your choice. Single show options are available too.

In June see Mary Flower, Crys Matthews & Heather Mae, Tony Starlight, Patterson Hood of the Drive by Truckers, Jeff Peterson, Redray Frazier, Lloyd Jones, The A-WOL Aerial Dance Show, The NowHere Band and the dynamic duo of Jenny Conlee (Decemberists) & Steve Drizos (Jackmormons).

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 Stream's third season at tinyurl.com/PMStream.

Tribute to a Conscious World

Need a way to relax while spending time at home? Sound and visual artist and experimental filmmaker Curt Stump has created a new 54 minute film called Tribute to a Conscious World; a non-narrative, non-verbal experience that allows viewers to enjoy a pause, a state of mind sorely needed these days.



Photo by Curt Stump

Tribute is a beautiful unfolding journey and an official selection of both the Natourale Film Festival in Germany and the Earth Day Film Fest in California. It uses non-traditional production techniques, images of nature and an ambient soundtrack.

No humans appear in the film and no words are spoken. The focus is on nature's beauty, intricate patterns, hidden interrelationships and a vast scale. Mesmerizing scenes of Earth's treasures and wide sky are accompanied by Stump's original soundtrack to match the visuals.

He says: "I'm an artist who documents beautiful and interesting things. I felt an obligation to make this film. It is a tribute to nature's beauty. Watch without expectation and let the film's slow pace overcome you... This is an hour of time you are giving to your own consciousness, wellbeing and peace."

Tribute to a Conscious World is streaming free at curtstump.com. Scroll to the middle of the page, make it full screen and take a deep breath.

Metropolitan Youth Symphony

Portland's Metropolitan Youth Symphony (MYS) is focusing on performances, rehearsals and educational programming online to provide its students and community with a musical and educational outlet.

"We are allowing their families at home to enjoy the content together," says Music Director Raúl Gómez. "Our weekday Hangouts provide insightful and fun conversations with leading artists and educators, and our Saturday rehearsals explore a wide range of topics for all of our ensembles and age groups."

MYS hosts its Virtual Concert Finale at the close of their Spring Term, Saturday, May 30 beginning at 7 pm. Each conductor will introduce performances comprised of students' home recordings, with works ranging from Andrew Lloyd Webber to Miles Davis and Tchaikovsky. The concert will be streamed on their channel (tinyurl.com/MYSymphony) and hosted live by Music Director Raúl Gómez, who also hosts a daily show "MYS Virtual Hangouts," Tuesdays-Fridays, 4 pm at the same link.

The 2020-21 Season registration is open for students at all levels of musical experience from all backgrounds with tuition assistance available. Audition videos accepted June 1-August 14.

Register at playmys.org.



"Breath" by Carol Basch

From Portland painter Carol Basch: "I wake up, have an espresso, and take a photo of my fig tree from the front window. I have been doing this every day since March. The figs have become lush and are hanging from the swirling branches."

"During these months, my color palette has been changing and I have been giving free reign to what is transpiring, watching the orchids wilt and change color."

"Starting with loose brushstrokes, I attempt to keep a sense of the "subject" and then gently obliterate it. In these paintings I erase the real shape, contour, so that these forms can merge and disappear and reappear; my love of strong contours with my brush pulling shapes within a shape."

"The unknown of the world today affects everything..."

More at CarolBaschArt.blogspot.com.

Who is Mr. Wizard?

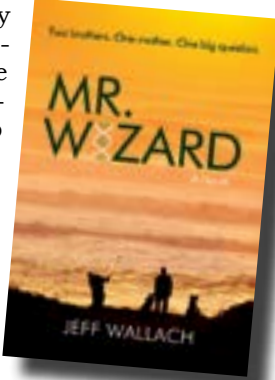
Two days before her death, Jenny Elliot tells her 50-year-old son Phillip that, being half Irish, he should be more careful about his drinking. Phillip and his brother Spencer grew up believing they were Jewish American. Was his mother uttering a dementia-influenced fantasy, or was she leaving the brothers a clue to their real heritage?

After her death, Phillip decides to take a DNA test and the brothers set off on a genetic treasure hunt in search of who they really are.

Are they products of their genetics or were they formed by their social interactions and upbringing? Will they find the answers they seek on an Irish golf course? Most importantly, who is Mr. Wizard?

SE Portland author Jeff Wallach has written four books of non-fiction and nearly 1,000 articles, essays, and reviews for *The New York Times*, *The Oregonian*, *Sports Illustrated*, *Men's Journal*, *Money Magazine* and many other newspapers and magazines. Mr. Wizard is his debut novel.

Wallach has taught writing at schools, workshops and writer conferences. Order the book at jeffwallach.com or at open-bks.com.



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Dona White
Denise Krueger

Garden of Hope

June 3 - 28, 2020

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We Are Everything

Portland musician and songwriter Anna Fritz has played on many recording projects – her own, Portland Cello Project, The Decemberists, Blue Cranes and many others. She has a new song to share and sends this message:



Painting by Reeve Wortel

"This song was given to me by a Sitka spruce tree on Neahkahnie Mountain on the Oregon coast. Two years ago, I felt an invitation from this tree to stop and sit against its trunk. I was struck with understanding, as I watched the sun filter down through the branches, that I could lie down here on the earth and never move again and that would be just fine."

"Because I am this tree, this sunlight, these insects, this ground – we are all one living, breathing, singing thing. I knew it in my bones. My heart lifted with the joy of this truth and this song came."

"Recently I was lying awake at 2 am, fearful and lonely, when I was hit with a jolt of clarity. We need this song NOW and the song needs a painting from artist Reeve Wortel who happened to be sheltering in place in the shadow of Neahkahnie Mountain."

"In this time of isolation, we need a trail of breadcrumbs back to that feeling of one-ness. We can know it in our mind, but music helps us remember it in our whole being – that even in this time of separation, there is no separateness: We Are Everything."

"I'm offering this song to my people, all people, for free. It is medicine, and all who need medicine should have it. If you have the means to offer something in return, you can set your own price. If you want to help see me through this time when it may be a year or more before I can return to most of the work I do, see my Patreon page. I pray that we can move through our lives knowing that we are all one great heart beating. Blessings, Anna"

See annafritz.com and patreon.com/annafritz

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for healing
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Accepting entries until June 13th

Back or Neck Pain?

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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.

Living with Bunions? Know Your Options

Bunions, also known as hallux valgus, are estimated to affect about one out of three people over the age of 65, but can be present from adolescence. They are one of the most common foot deformities and are more likely to affect women than men.

You may hear the most common complaints: they are unsightly and make it hard to wear certain shoes. However, while some people experience only mild symptoms of bunions, many people have progressive bunions that can begin to affect their activities and function.

What Are Bunions?

Bunions occur in what is called the first metatarsophalangeal joint, the large joint at the big toe. That metatarsal bone gradually shifts out from under the big toe, away from the other metatarsals, and the big toe angles toward the second toe. As a result, the foot widens and the base of the big toe bulges out.

Symptoms include pain, numbness in the big toe, hardening of skin on the sole of the foot, corns and a loss of joint movement.

The big toe can push on the second toe and destabilize it, causing hammertoes or claw toes, which in turn cause pain in the ball of the foot and a sense of “walk-

ing on a rock.” For some patients, there is an increased likelihood of osteoarthritis in the big toe joint, which can cause chronic and mobility-limiting pain.

Genetics and arthritis are major causes of bunions. Tight shoes do not always cause bunions, but they do contribute to their development and can exacerbate the pain.

I typically counsel my patients to be careful about their choice of shoes and to opt for supportive shoes when they expect to be standing or active for extended periods of time.

The toll that bunions can take on a patient's quality of life forces them to miss out on activities they love or even have trouble walking, so it is strongly encouraged for anyone suffering painful or worsening bunions to seek help from an orthopedic physician.

Conservative Treatment

There are several non-surgical treatment options for bunions, including shoe modifications, foot care and medications. Surgery should be considered if these treatments fail and if your bunion is negatively affecting your quality of life by causing significant pain or limiting your ability to stay active, despite modifying your shoes.

Surgery may not be the best option in cases where the patient has other medical conditions, such as severe vascular disease, or when no conservative measures have been attempted. As always, you're advised to speak with an orthopedic physician to determine the best treatment for you.

Surgical Treatment

The aim of bunion surgery

(bunionectomy) is to restore the normal function of the foot and relieve pain by removing the protruberance and realigning the big toe joint.

Traditional bunion surgeries have a recovery time of up to eight weeks or more, but expect certain limitations post-operation: you may still not fit into tight shoes and your foot may not be fully restored to its pre-operative mobility.

Newer surgical options address some of the challenges of traditional surgeries. For example, PROstep minimally invasive surgery reduces soft tissue disruption and leaves smaller scars by using precise incisions.

This reduces further complications, the likelihood of adverse events, post-operative pain and swelling, and can allow for an earlier return to function than traditional surgery.

Restoring patients' feet to their natural form makes a significant impact on their lives, and allows them to stay active for a well-rounded, healthy lifestyle.

What To Do

Whatever route your orthopedic surgeon recommends, if your bunions are limiting your ability to be active, and causing daily pain despite shoe wear modification, there is a path toward a pain free, functional foot.

The sooner you seek treatment, conservative or operative, the more likely you are to get relief and reduce the likelihood of your bunions worsening and affecting your ability to exercise and be functional.

Natalie S. Mesnier, MD is a Foot and Ankle Reconstruction orthopaedic surgeon. Visit pdx-footandankle.com for more info.

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2020 Graduation

from page 1

Carter's son, Tyler Mapes, said he felt online school for seniors was largely ineffective with many classmates slacking off. Describing his generation as a “petri dish” for the future, Mapes said he was focused on independent study and reviews for the final AP exams he must submit to his college, despite some institutes of higher learning adopting test-optional policies for 2020.

Mapes' hard work has paid off. He was granted a full ride to scholarship to The California Institute of Technology in Southern CA next year. His summer plans to work as a lifeguard were derailed by the closure of community facilities and pools.

In response to student and family frustrations about slow online class rebooting, PPS acknowledged concerns and said the initial distance learning focus was on overcoming barriers to equitable student access.

To further ensure fairness, the district implemented “pass or incomplete” grading rather than standard letter grades for the interrupted semester. The district says teachers are doing the best they can to adapt new technologies and reach out to individual students.

Fellow Franklin valedictorian Arthur Feidelson landed a frontline job for the summer delivering food for Fred Meyer before heading east to Fordham College in NY. Questions remain about how his plans may be altered by the impacts of the coronavirus.

Other graduates have decided to take a “gap year” before beginning college. Cleveland's DeLaney says her Fall plans may include tutoring young children whose education is currently happening outside school walls.

For Seniors, one consolation emerges: on the cusp of adulthood, members of the Class of 2020 have already transformed tomorrow.

Filtration

from page 1

only requires unfiltered systems to use either chlorine dioxide, ozone or ultraviolet.

When Water Bureau Director Mike Stuhr presented the pro and con sides of UV versus filtration before City Council in June 2017, he commented on what a clean water system we have. Plus he added, we have “this other wonderful water source,” referring to the Columbia South Shore well field in case of turbidity or other issues.

Lauren Courter lives on a blueberry farm abutting the proposed filtration plant. Her Ph.D. in Toxicology and job at Mt. Hood Environmental makes her deeply informed when it comes to understanding the science behind bringing the Bull Run water delivery system up to the EPA codes.

One reason PWB says a filtration plant is necessary is to protect the system from algae and turbidity. Their concern relates to impact from the climate crisis and potential new regulations in the future.

“At the present time,” Courter said, “there are no algae species in Bull Run and the Columbia South Shore wells are al-

ready in place for any turbidity.” Filtration is necessary where the systems are compromised.

In her statement before City Council, she said that burdening people with an even higher water bill is unconscionable at this time. COVID-19 has already cost people their jobs, and the City will be redirecting their resources to recover from this crisis.

“The granular media filtration plant is a nice project but not necessary,” she added.

Even though the filtration plant has been approved, ground hasn’t been broken on it. A year ago, Courter asked John Emme of the Oregon Health Authority if the Compliance Agreement could be changed from a filtration plant to ozone and ultraviolet. He said yes, but it would take a lot of work.

Another controversy in this issue is the promise that the Water Infrastructure Finance and Innovation Act (WIFIA) – a long-term, low-cost supplemental loan from the EPA, would help defer costs. The two percent interest is low but calculating that on a \$554 million loan makes this project even more expensive than the \$750 million to \$1 billion that is being estimated now.

Currently PWB has put in an application for the WIFIA loan but they have not submitted all the necessary documents required

by the EPA to complete the loan application.

Since it isn’t complete, Courter said the WIFIA loan could also be used for the less expensive ozone/ultraviolet treatment plant. It would just require a new application.

Newly-elected City Commissioner Carmen Rubio said, “We are facing a public health crisis right now and it’s been a jolting reminder about how important it is for government to protect the health of all of our community members.

“Access to clean water is a public health issue and I am always open to having a conversation and learning new information, but unless a cheaper, equally effective solution, that meets health standards, is found, this project should move forward.”

This is the hope of those who want to stop the filtration project, that City Council members remain open to other reliable sources of information regarding the future of the Bull Run water.

To share your opinion, write and/or call each Commissioner urging them to reevaluate these choices. People can offer statements to the Public Utility Board, the community oversight body for PWB, at utilityboard@portland-oregon.gov or 503.823.1810.

Hydration Awareness

By MERILEE KERN

Water. We all need it and know we need it for optimum health and wellness. Still, a shocking few live daily life in a properly hydrated state and then certainly not with consistency.

One doctor-driven report revealed that 75 percent of Americans may suffer from chronic dehydration. It went on to underscore that saying, “Over time, failure to drink enough water can contribute to a wide array of medical complications from fatigue, joint pain and weight gain to headaches, ulcers, high blood pressure and kidney disease.”

Understanding there are commonplace facets of our collective lifestyles that put us at a higher risk of developing mild to severe dehydration, here are some tips from preeminent health experts help you stay happily hydrated.

According to the Academy

of Nutrition and Dietetics, “Many factors impact how much water you need, including your age, gender, activity level and overall health...”

“For women, the amount of total water is about 11.5 cups per day and for men about 15.5 cups. These estimates, however, include fluids consumed from both foods and beverages, including water.”

Known causes for dehydration can include sweating from exercise and playing a sport; air travel; traversing in overly hot, humid, cold or windy weather conditions; drinking too much coffee, alcohol or other diuretic beverages; and a litany of other relatively commonplace daily activities.

Early or mild dehydration can include: flushed face; extreme thirst; consuming more than normal or the inability to drink; dry, warm skin; the inability to pass

urine or reduced amounts (dark, yellow); dizziness made worse when standing; weakness; cramping in the arms and legs; crying with few or no tears; sleepiness or irritableness; sickness; headaches; dry mouth or dry tongue with thick saliva.

The Centers for Disease Control (CDC) points to a few top-line health advantages of a properly hydrated body, including keeping your temperature normal; lubricating and cushioning joints, protecting your spinal cord and other sensitive tissues; and getting rid of wastes through urination, perspiration and bowel movements.

A number of evidence-based health benefits of drinking plenty of water are listed at healthline.com including maximizing physical performance; optimized energy levels and mood; and aiding digestion and elimination.

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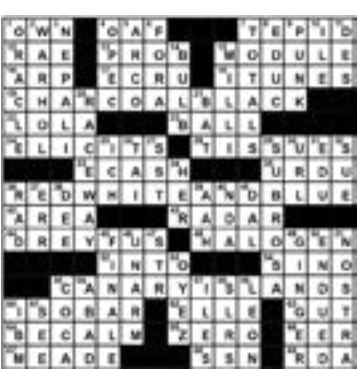
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the puzzle





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Neighborhood Notes

from page 10

Mt. Tabor Neighborhood Association
 By Stephanie Steward

The election for MTNA’s volunteer-board will be June 17, 7 pm on Zoom. Visit the “meetings” page of our website, mttaborpdx.org, for the Zoom URL.
 Visit the Minutes page of our website for written updates about civic issues we’ve produced in lieu of cancelled meetings for March, April and May.

Richmond Neighborhood Association
 By Allen Field

Due to the coronavirus crisis, the RNA is holding all meetings via Zoom. Meetings are the second Monday of the month, 6:30-8:30 pm. Everyone is welcome. Agendas are posted the week before on richmondpx.org. Zoom meeting information will also be posted there and provided via the RNA’s listserv.
 To be added to the RNA’s Announce listserv, email richmondnasecretary@gmail.com. As a substitute for a sign in sheet, you are required to register for the meeting by providing first/last name and email. You will then get an email with the login link. You will not be allowed to join the meeting unless you provide your name and email with your registration.
 RNA held its monthly meeting on Monday, May 11 via Zoom, 6:30-8:30 pm. The Board voted to hold its annual meeting and Board Members election in July. Eight, two-year terms are up for election. The relevant deadlines are: June 8, Deadline to declare candidacy for the Board. Notice of candidacy can be made at the June 8 Zoom meeting or at any time up to June 8 by emailing richmond.pdx.chair@gmail.com. June 22, Candidate Statements (optional) are due by email to richmond.pdx.chair@gmail.com. Candidates are encouraged to submit a statement, up to 300 words, answering the following questions: Have you ever been to a neighborhood association meeting before? Why do you want to run for the board and what issues interest you?
 The Board is still working out the logistics for the July election. The Board discussed doing an in-person vote in the church parking lot, online voting through Google forms, downloadable ballots to be dropped off at a voting site, as well as a special Zoom meeting the week before for candidates to give short statements. Due to a recent attempt to hijack the RNA’s May Zoom meeting, and at SE Uplift’s recommendation, online voting is not preferred. Election logistics will be discussed at the June 8 meeting.
 Kevin Cavanaugh, the new owner of the Hawthorne Theater, explained his plans for the building. He plans to restore the theater, restore its historical façade and storefronts, and eventually rent the theater to the Hollywood Theater organization.
 The RNA voted to send a letter of support for a Diamonds in the Rough grant offered by the State Historic Preservation Office and the RNA was subsequently informed that the grant was cancelled due to budget problems during the present health crisis.
 Chris Armes, PBOT, reported that the Division Parking Permit project is on indefinite hold but the members of the Stakeholder Advisory Committee have been chosen, which is on the RNA website.
 Karla Kingsley, PBOT, reported on the Hawthorne Blvd Paint and Pave project and the three alternatives it is considering for 24th to 50th on Hawthorne: keep Hawthorne as-is, remove a lane in each direction and add a center turn-lane west of Cesar E. Chavez Blvd., or remove a lane in each direction and add a bike lane in each direction. There will be another round of public workshops.

Runoff Elections

from page 1

egon Secretary of State’s Office and Multnomah County Elections Division, although results are still considered unofficial as of this writing, definite trends have been established and comments were received from several of those candidates affected.

Mayor
 Ted Wheeler will face a runoff with Sarah Iannarone, in second place on November 3.
The Southeast Examiner published campaign profiles of both these candidates and their election goals in March. Wheeler stated he was running on his accomplishments thus far and hoped to continue efforts in areas including affordable housing and homelessness. Iannarone stated she felt the City needed a new direction and posted a substantial list of issues and goals to be dealt with.

Commission Position #1
 Carmen Rubio was winning this position with over 67 percent of the total votes cast. No other candidate was even close. Therefore, no runoff is anticipated for this position.
 Rubio is an activist and the first Latina to be elected to Portland City Commission and is

looking forward to making the Commission more responsive and inclusive to the public.

Commission Position #2
 Loretta Smith (18 percent of the votes) will likely be in a runoff with second place Dan Ryan (16 percent of the votes) on a special election date of August 11 with the winner completing the term of former Commissioner Nick Fish.
 Smith is a former County Commissioner and wants to bring her experience to the City Council. Ryan is a former school board member with negotiation skills he wishes to share.

Commission Position #4
 Chloe Eudaly (31 percent of the votes) will likely be facing a runoff on November 3 with Mingus Mapps (28.5 percent of the votes).
 Sam Adams was running third place with 27.5 percent of the votes and publicly conceded the election before the number of votes was finalized.
 See *The Southeast Examiner*, February 2020 for an article on Mapps. Eudaly is a former bookstore owner and current renter advocate. She has been controversial on City Commission as a result of Vision Zero program disappointments and efforts to

minimize neighborhood and business associations activities.

Tax Measures
 Related to the above are two tax measures which will impact residents in SE Portland.
 Measure 26-209 is a four-year renewal of the current motor vehicle gas tax (\$.10/gallon) for street repair, maintenance and safety. This tax was first applied in 2016 and is anticipated to bring in over \$74 million in tax revenues. The measure was expected to be approved with 77 percent voting “yes.”
 Measure 26-10 will support homeless services through a tax on “higher earner” and business profits. This measure will impose a one percent tax on “higher earner” households—those earning above \$200,000/year—on individuals with incomes over \$150,000/year.
 Businesses with commercial gross income profits over \$5 million starting in 2021 and sunset in 2030, will be subject to the tax. The tax revenues will be shared between the three Metro counties (Multnomah, Washington, and Clackamas). The measure was expected to be approved as it had received “yes” votes from 65 percent of those voting.
 For final voting tallies and related information, visit the Oregon Secretary of State website at bit.ly/MayPrimaryFinalResults.

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Most Oregon Counties Reopen

By Kris McDowell

In mid-May the State of Oregon approved the applications submitted by 31 of Oregon’s 36 counties to enter Phase 1 of re-opening.

Metro area counties Multnomah, Washington and Clackamas did not initially apply for reopening. Polk and Marion counties (home to Oregon’s capital, Salem) applied, but were not approved.

By the end of May, Polk and Marion had reapplied and were approved. Clackamas and Washington applied and been approved to enter Phase 1 as well. That now leaves only Multnomah, the state’s most populous county, to finish preparations and apply.

In the approved counties, restaurants, bars and personal care service businesses can reopen as long as businesses adhere to these new rules.

Restaurants and bars must:

Ensure tables are spaced at least six feet apart so that at least six feet between parties is maintained, including when customers approach or leave tables

Require all employees to wear cloth or disposable face coverings (provided by the employer)

End all on-site consumption of food and drinks by 10 pm

Personal care services (salons, barber shops, massage, etc.) must:

Make appointments with



pre-appointment health check

Maintain a customer log

Maintain six feet physical distancing between clients

Remove all magazines, newspapers, snacks and beverages from waiting areas

Require face coverings by employees and clients (depending on the services provided)

Gyms/fitness centers must:

Limit the maximum number of customers accordingly

Enforce physical distancing and sanitation

In addition, local gatherings are limited to 25 people with no traveling.

After 21 days in Phase 1, counties that continue to meet the prerequisites may be able to enter Phase 2. Specifics are still being worked out and will be based on data collected in Phase 1.

Regardless of county, people are reminded to:

Stay close to home, but get outside

Protect your health and the health of those around you by wearing a face covering

Maintain at least six feet distance from others

Remember good hand hygiene

Use of Telemedicine Increasing

By Jack Rubinger

For Dr. Constance Ohlinger, the owner of Cadence Natural Health, and member of the Division Clinton Business Association, telemedicine has been a blessing during the coronavirus pandemic.

Telemedicine has allowed her to continue to see patients, to check in to make sure everyone is staying safe, as well as to field COVID-19 related questions and care.

In one of the worst allergy seasons in 30 years, telemedicine has allowed her to calm fears, talk facts, dispel certain treatment myths and refer patients for appropriate testing whenever indicated, all while keeping herself, her staff and patients safe.

“Before COVID-19, there was a big push from the medical community that telemedicine is the wave of the future,” said Ohlinger. “While that’s true, telemedicine has also allowed greater access to care for rural and underserved populations.

“But the bottom line,” she added, “is that technology will never replace the human connection that underlies the doctor-patient relationship. It’s also incredibly helpful to listen to a patient’s heart and lungs to differentiate a cough.”

According to an eVisit survey, about 74 percent of patients are comfortable communicating with their doctors using technology instead of seeing them in person.

Ohlinger and other practi-



Photo by Dr. Constance Ohlinger

tioners like Dr. Natasha Bhuyan, a family physician from Portland’s One Medical primary care practice, tend to spend a majority of their visits talking with patients anyway, so despite the lack of human-to-human interaction, the chatting part of the doctor experience hasn’t really changed.

Dr. Ohlinger gleans a fair amount of information from video consults with new at-home technologies like AlivCor (a device that can detect some heart rhythm abnormalities).

Most doctors believe there is no replacement for an in-person physical. When someone has a cough, it could be due to anything from allergies, COVID-19, standard upper respiratory infection, COPD, lung cancer, heart disease to a whole host of other potential conditions.

It’s incredible what can be determined from a thorough lung exam and it’s difficult to make potentially life-impacting treatment decisions without that information. Often it means asking patients to go into an Urgent Care or an imaging center to get a chest XRAY or other testing, which could put them and others at risk of infection.

Ohlinger uses a HIPAA compliant Zoom-feature that’s built into the patient’s electronic health record. Many medical technology companies have released similar telemedicine features in the last few months.

She also uses other technologies, including at-home blood pressure cuffs for patients with hypertension and at-home blood

sugar monitors for patients with diabetes.

Portland High School students can access care using telemedicine for virtual visits and use apps to connect with their providers about their physical and mental health, a benefit during this time of isolation.

Dr. Bhuyan noted a couple of telemedicine scenarios she has encountered.

One patient, a 40-year-old woman who was exposed to a friend with COVID-19, was worried about spreading the virus to her teenage son who has asthma. While the woman was asymptomatic, she wanted to be tested quickly.

They were able to arrange a mobile test for the patient via an app. The patient visited a mobile testing site, was tested from her car and received the negative results the next day.

For patients with mental health issues and weight concerns, video visits have been a comfort. Patients have learned how to improve sleep, get exercise and stay healthy. One patient lost 14 pounds during the pandemic. Virtual group sessions are empowering patients and creating a greater sense of community.

All signs point to the ever-increasing role of telemedicine here in Portland, across the US and around the globe. With this current health crisis, remote and virtual access to healthcare is more important than ever.

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Healthier Hawthorne Initiative

By MIDGE PIERCE

Prompted by what he calls, “terrifying experiences” bicycling down Hawthorne Blvd., Zach Katz, “a neighbor with a plan,” is pitching community groups on an initiative called Healthier Hawthorne.

The initiative advocates for a protected bike lane, contending it could make the boulevard safer, more sustainable, equitable and vibrant.

“I am flabbergasted at how poorly designed Hawthorne is,” says the four year resident.

He is hopeful a protected bike lane will be part of the Portland Bureau of Transportation (PBOT) Pave and Paint project’s final plans.

Currently PBOT is evaluating multiple configuration options and continues to hold public feedback meetings to give the community an opportunity to learn about the options, developing an understanding of the advantages and disadvantages of each.

If you have visited Hawthorne Blvd. lately, you may have seen Katz’s Healthier Hawthorne posters on utility poles. His project website, healthierhawthorne.com features renderings inspired by bike lanes in Amsterdam and experiences cycling throughout the Netherlands.

Katz envisions reducing car traffic to make it possible to build out more seating and dining areas and plant more trees along the boulevard. He recognizes that opposition will arise, but believes environmental concerns about fuel emissions from autos will prevail. He says the project will benefit the foot traffic frequenting Hawthorne businesses.

During a May SE Uplift virtual land use meeting, Katz’s proposal stirred controversy. He heard support and suggestions from bike enthusiasts along with a sample of the push-back the project may receive.

Amid concerns about economic repercussions for established businesses, spillover into neighborhood streets and adverse impacts on key transit lines, land use representative Sharon Nobbe called for traffic studies to see how the proposed elements and traffic offloads would work. She pointed out that not everyone has the mobility to ride a bicycle.

Katz responded that Hawthorne was also a neighborhood street and that giving everyone “who can ride an attractive al-



Image from Healthier Hawthorne

ternative” will get people out of cars.

Asked about trade-offs that include loss of bus left turn lanes that are part of PBOT’s current Pave and Paint configuration options, Katz said it is an insufficient reason to avoid including bike lanes.

After the meeting, Nobbe pointed out that Hawthorne is in close proximity to other dedicated bikeways. “In addition to blocking off Greenway streets from vehicular traffic and shoving long buses down Division... do we really need more dedicated paths for bikes?”

Stunned at the mixed reaction to his plan, Katz said he remains optimistic about Healthier Hawthorne because a growing number of business proprietors are younger and not afraid of change.

“They’re not freaking out about losing parking,” he said.

More than 400 neighbors have signed his bike lane petition and 60 businesses (which he later admitted may be unaware of the loss of an estimated 40-50 percent of parking spaces) are on board, according to Katz.

“This (support) is a big deal because it runs counter to the narrative that businesses are opposed to bike lanes.” He cited endorsement of the non-profit bicycle advocacy group, The Street Trust.

At the time of this writing, the Hawthorne Boulevard Business Association, dedicated to supporting more than 400 business and property owners for the Hawthorne District, had not responded to the proposal.

By STATE REPRESENTATIVE ROB NOSSE

As I am writing this column a special session of the legislature is looming to deal with policy questions raised by COVID-19 and to figure out our state’s budget in light of a looming recession and loss of tax revenue.

Hopefully by the time you read this, dates for a session will have been set. Many people have reached out to me with suggestions for things the state should do differently during these times. Please keep your ideas coming.

It is a cliché to say this, but a budget is a moral document. This is especially true for our state budget. A budget shows who and what we care about and what kind of community we want to have. It reflects what our values are because it funds programs and services we believe we need or should have.

I serve on three key budget committees in the Legislature. It is not an easy assignment. I have always fought for the values of our community when it comes to allocations. This means fighting for what working families and our most vulnerable neighbors need, while investing in public education and health care as well as programs that protect our environment.

Sometimes when we craft our state budget, we don’t have the resources we need to make critical investments. I’ve always believed that we live in a rich country. We can ask the more privileged among us, as well as wealthy corporations, to pay their fair share of taxes, so we can have the money we need for our schools and other crucial services.

Many of my colleagues in Salem share my opinions, but not all of them do. Sometimes legal and bureaucratic barriers prevent us from passing a budget that reflects those values. In the 1990s, conservatives made some changes in our state’s legislative process and our constitution that constrains what we can do.

It takes a three-fifths supermajority to pass a tax increase in the legislature rather than a simple majority. This means that a small conservative minority can



prevent even modest attempts to ask the wealthy to pay more.

We send the “kicker” (extra state revenues above the forecast) back to you, and save “extra revenue” in a “rainy day fund” so we can cover a short fall in a program or make sure we have the money we need to fight forest fires in a tough fire season.

Prior to COVID-19, we were poised to make record investments in healthcare and human services programs and in schools. Unfortunately, some of that is in jeopardy right now.

Lottery and tax revenues, including planned revenue from the new corporate activities tax, are down by about \$2.7 billion. In a \$23.6 billion budget this is a big hit.

Hopefully two “savings accounts/rainy” day funds, each with around \$750 million, can help cushion the blow along with some of the \$1.6 billion that we got from the Federal Government to help with state and local government efforts to fight the coronavirus.

I am also hopeful that as our economy opens back up, and if

the predicted second wave during winter flu season is mild, our revenues will start to come back up.

Sure, we may need to tighten our belts a little, but not to the detriment of schools, healthcare and services that low-income folks, children, the sick and elderly, rely upon to live, especially in these COVID-19 times.

In 2019, we got the supermajority votes we needed to pass the Student Success Act, which asked medium and large size businesses to pay a little more so we can make urgently needed investments in our public schools. It took 29 years to get something passed, but we did finally pass something.

Here is my point: it is possible, even now, to fight for progressive revenue reform and win. It is possible to ask those who can afford it to pay their fair share or even pay a little more, so we can have a budget that reflects our communities’ needs even during a recession caused by a pandemic.

I am humbled and honored that so many of you voted to reelect me. I hope you will join me in standing up for what we need.



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Community Events Bulletin

Support Your Local Businesses!

The Sapphire Hotel: Check out their new marketplace offerings + delicious to-go food & drink available for curbside pick-up or delivery:
thesapphirehotel.com

Support **Powell's Books** and specifically their employees and union. Buy online at:
ilwulocal5.com

Stock up on beverages with **Division Wines'** curbside pickup option:
divisionwines.com

Satisfy your cravings by ordering online from **¿Por Que' No? Taqueria** at:
porquenotacos.com/

Look into **Laurelhurst Market** for sandwich delivery and pick-up orders:
laurelhurstmarket.com/

Olympia Provisions is also open for delivery and take-out. Support them through picking up your order in person or through home delivery sites such as Postmates and Grubhub:
olympiaprovisions.com/



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

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