

Dan Ryan Faces Loretta Smith in August 11 Special Runoff Election



Photo courtesy of Mark Bond and the Dan Ryan For Portland Campaign



Photo courtesy of The Committee to Elect Loretta Smith

By DAVID KROGH

In January, City Council scheduled a special election to fill the remainder of the term of former Commissioner Nick Fish who passed away January 2.

The special election was intended to coincide with the City’s regular May 19 Primary Election. A runoff election, if necessary, would then be held on Tuesday, August 11 should no candidate receive a majority of the vote.

Out of a field of 18 candidates for Fish’s Commission Position 2, no candidate received a majority of the votes. Therefore, the two candidates receiving the highest number of votes have moved on to

the August 11 runoff.

Those two candidates are Loretta Smith, former Multnomah County Commissioner with 18.8 percent of the votes and Dan Ryan, former Portland Public Schools Board Member with 16.6 percent of the votes.

Since Portland’s current commission system of government does not involve geographic representation, Commission Position 2 is a citywide position to be voted on by all of Portland’s registered voters via mail-in balloting.

Loretta Smith is a longtime Portland resident and Oregon State graduate whose background experience includes working for 20 years assisting US Senator Ron Wyden and subsequently serving on the Board of County Commissioners for Multnomah County for eight years.

She has received accolades for her support of community and minority-oriented projects as County Commissioner, including efforts to increase funding for minority youth programs and Summerworks, a youth intern program.

Her campaign website, [voteloretta-smith.com](http://voteloretta-smith.com), identifies priority areas she’d like to address if elected to City Council includes increasing supportive services for promoting affordable housing; investing in transportation and public infrastructure to reduce congestion and climate change; working to make transit fareless for low income residents by 2023; bolstering support for public safety employees, and using cannabis taxes to assist women, minority and veteran entrepreneurs who wish to get into the cannabis industry.

She was a strong proponent for converting the Wapato Jail (Multnomah County’s multi-million dollar unused jail facil-

ity) for homeless housing.

Smith sums up her campaign with the statement, “It is imperative, now more than ever, that we are building a city that is inclusive of everyone’s right to economic opportunity and the pursuit of happiness.”

She has received endorsements from the Northwest Oregon Labor Council and the Reverend Jesse Jackson according to online press information.

Her 2018 campaign involved a measure of controversy. Following a 2017 *Willamette Week* investigation into spending practices by Smith’s office, Oregon Public Broadcasting (OPB) stated “Questions about Smith’s use of public resources for personal and campaign expenses and her public fights with staff and colleagues have frequently overshadowed her accomplishments and cost her political support in her campaign against Jo Ann Hardesty.”

Hardesty went on to win the 2018 election against Smith for City Commission Position 2.

Dan Ryan, is a Portland native who served on the Portland Public Schools Board and has been heavily involved with community service and nonprofit agency support.

He was the CEO for All Hands Raised, an educational nonprofit, for 11 years and has received considerable acknowledgement for his work in that field.

Hardesty announced her support of Ryan through her Rise Together political action committee and was quoted in *The Oregonian* saying he was, “head and shoulders above the field,” and that she was looking forward to working with him on City Council.

Ryan’s campaign website, [danryan-forportland.com](http://danryan-forportland.com), states: “We need to label

racism for what it is – a public health crisis that has infected our police forces and our criminal justice system.”

Part of his strategy for police reform will be to examine police culture and to take a hard look at the issue of “qualified immunity.”

He plans on examining what else the city can do to adequately address homelessness, housing affordability and the impacts of COVID-19.

“Public and private partnerships is how you move forward.” He added, “I will advocate for the big three that bring us joy as a community: Schools, Arts and Parks.”

Ryan’s website has endorsement quotes from Hardesty, former governor Barbara Roberts and business leader Karis Stoudamire-Phillips and many others including *The Portland Tribune*.

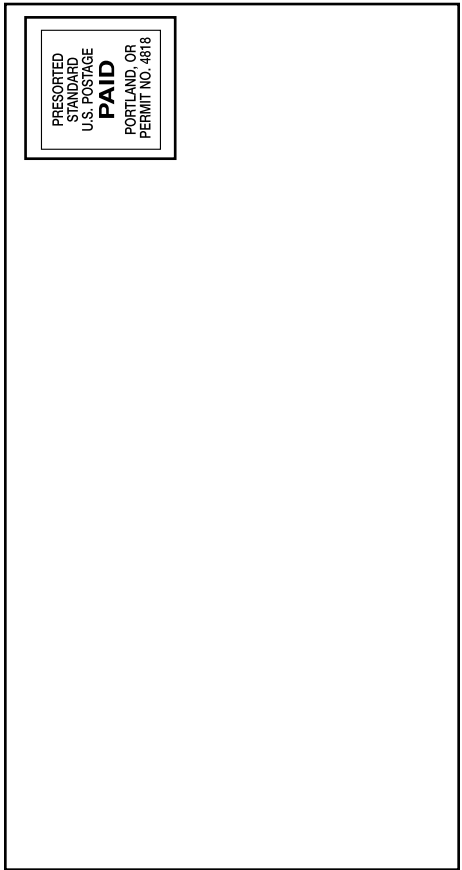
They reported it “loved” the answer Ryan gave to their interview question: “Whether this is the time to reform Portland’s notoriously and often hilariously dysfunctional governance system.”

Ryan responded with a roll of his eyes, “Oh, yes. I mean, Keep Portland Weird, but we have to stop being stupid!”

Ballots (containing a Multnomah County Voters’ Pamphlet) for the August 11 runoff election have been mailed out to voters.

They can be returned by US Mail (free postage; must be mailed by Thursday, August 6) or deposited at an official ballot dropsite by 8 pm Tuesday, August 11 in order to be counted.

For additional information, contact the Multnomah County Elections Division at [multco.us/elections](http://multco.us/elections).





# Safe Streets | Healthy Businesses

By NANCY TANNER

The people of Portland are not ones to crumble in the face of adversity. Small business has been hit hard during this global pandemic, but they are figuring out ways to stay solvent. Now that we are in Phase 2 of reopening Oregon, having their customers return and staying safe is the primary objective.

Many of our small drinking and eating establishments couldn't comply with the six foot safety regulations indoors nor could retail. In response the Portland Bureau of Transportation (PBOT) offered a Healthy Businesses permit as part of the Safe Streets Initiative.

Commissioner Chloe Eudaly oversees PBOT and believes this initiative is helping small businesses make progress. Along with food and drink establishments, the plan considers open-air commerce as well, allowing retail and personal service businesses to have access to the right-of-way.

Some streets have already been converted into outdoor plazas this summer, allowing residents to dine and shop while staying appropriately spaced from one another.

Before COVID-19, Sunnyside resident Zach Katz, began a Facebook page called The Portland Promenade Project. His vision was to turn neighborhood streets into outdoor dining spaces, open-air retail, public plazas and pedestrian promenades.

Katz was inspired by traveling through Europe where outdoor dining and car-free streets are the norm. Other cities like Tampa, Denver, Indianapolis and Vancouver, BC, have copied this layout as they begin to reopen for business.

PBOT began offering per-



Looking north toward SE 28th Ave. along SE Ankeny's "Rainbow Road" Photo by Gorges Beer Co.

mits for businesses to expand onto the sidewalks or streets outside their storefronts at the beginning of June. Their Street Seats program has been going on for several years, but this expedites the process.

The Bureau offers plans of how sections of side streets, curb zones and parking spaces can be used for dining tables and merchandise displays. PBOT also allows some sections of streets to be closed off as long they are not on emergency or public transit routes.

Blake Kusler and Adam Berger, business partners at the newly-opened Montelupo Italian Market, Makers of Fine Pasta at 344 NE 28th Ave., are applying for a temporary plaza permit to close off a small section of NE Flanders at 28th Ave.

Directly across NE Flanders, Epif, a bar and eatery serving vegan South American dishes, would also like a plaza for additional seating for their business. Since reopening a month ago, they have been working on the needed permit.

Kusler said that PBOT has

made the process fairly straightforward. The applications and permits are free and are evaluated case-by-case. Once they are issued, they will be good until November 1, 2020.

As a part of the application process, businesses are required to contact other businesses and neighbors in the immediate area that would be affected by the proposed closure.

Once a permit is acquired, it is a matter of renting barricades, setting them up along with tables, chairs, sanitizing stations and umbrellas and they are ready to go.

South of Montelupo and Epif along SE 28th St., restaurants Beuhlahland, Navarre, La Buca and Paadee are serving customers at their outdoor/sidewalk seating areas. Further down 28th at Ankeny, a plaza has been established where people can enjoy dining in the street.

It is the recommendation of Keith Jones, Director of Friends of the Green Loop, that neighborhood associations become involved to plan plazas too, since residents might see things differently than their neighboring businesses.

A collaboration of business and neighborhood associations would ensure that these plazas are managed well and the potential for them to become a permanent part of our city's landscape as a possibility once COVID-19 is past.

Over 300 businesses have applied for a Healthy Business permit. To learn more about them, email PBOTBusinessToolkit@portlandoregon.gov or call 503.823.4026.

View current locations of businesses utilizing Healthy Business permits at [bit.ly/SafeStreetsHealthyBusinesses](http://bit.ly/SafeStreetsHealthyBusinesses).

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# RIP Passage Likely

By MIDGE PIERCE

A year ago, six-plexes in SE's single-family neighborhoods would have been unimaginable. Now, love the idea or hate it, Portland's City Council has expressed unanimous support for them.

Last month's Residential Infill Project (RIP) vote to pass all amendments to the original RIP plan ensures that allowance of six-plexes will be part of Council's upcoming vote on the entire package.

A vote is expected August 5 and city planners project that RIP will go into effect in August 2021.

The most notable amendment was the Deeper Affordability Bonus to allow six units on formerly single-family residential lots providing they meet at least some affordability criteria.

While last summer's statewide legislative mandate eliminating single-family zones preceded the expected passage of Portland's RIP, the allowance of six units per lot goes significantly farther than state requirements for a minimum of two units to replace a single family home.

What Portland's RIP means to SE residential neighborhoods is that one-to-one house replacements will be disallowed. When a single-family home is torn down, in its stead, a minimum of two and maximum of six units must be built on virtually every paved, residential street in SE.

The Council session began with Bureau of Planning and Sustainability Director Andrea Durbin's call for more units per lot as essential to meet City equity, inclusivity and compact development goals.

The key benefits of densification, she said, would be removal of housing barriers and opening up more options for more people.

Despite opposition claims that RIP will cause displacement of vulnerable families from modestly-priced homes demolished and replaced with multi-units, the project was embraced by Commissioners as a way to provide affordable housing and resolve inequities and racial discrimination.

The Deeper Affordability Bonus grants more floor space and greater height allowances for six-plexes that provide half of the units at 60 percent median family income (MFI)—a fluid number based on family size and worker incomes. Five-plexes would require three affordable units and four-plexes would require two.

Mayor Ted Wheeler praised champions of inclusivity like

Portland Neighbors Welcome for backing the Bonus. Commissioner Chloe Eudaly said upzoning could make housing more competitive.

Jo Ann Hardesty expressed initial skepticism that the proposal would meet low income needs, then applauded those who pushed for the Bonus as a way to ensure affordability.

Amanda Fritz, considered a possible no vote, expressed appreciation that the Bonus offered incentives for builders to provide affordability.

The Historic Resources amendment was the most complex of all for Mayor Wheeler who said it offered protections for sites of historic significance, but cautioned it could limit densification goals.

After all six amendments passed, 1000 Friends of Oregon took an online victory lap declaring RIP just a step away after its four years of advocacy, saying "If passed (as expected in mid-August), it would end decades of exclusionary zoning and open up housing opportunities for a whole generation."

For those convinced that RIP threatens Portland's older affordable housing stock with demolition, and that passing RIP means trees, open spaces, yards, gardens, parking spaces, neighbors and families with children will vanish, the amendment approvals are disheartening.

Reflecting concerns of groups like Portland is Not 4 Sale, RIP observer John Liu expressed fears that developers will swoop in with a wave of evictions and displacements that will dwarf those of 2008–2009.

"I'm resigned to RIP passage, and to eventually working to mitigate some of its problems with the next Council," Liu said.

"At this point, with the present Council, the best we can hope for is to require BPS/BDS to track and publicly report RIP redevelopment activity including price/rent of demolished and replacement housing, demographics of those displaced and those who move in, and impact on gentrification and community. So far we haven't been able to get Council to do that."

He went on to say the current economic collapse and eviction moratorium might slow redevelopment activity in the short term and added, "A mountain of investor cash [is] waiting for the right moment to take advantage, just as private equity funds scooped up distressed houses in 2009–2011 to become the largest institutional landlords in the US."

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# Housing Affordability for the Long-Term

By Gabe Frayne

In 1955 the New York state legislature, facing rising urban poverty, enacted the Mitchell-Lama housing program, which allowed private developers to build affordable rental housing in exchange for tax abatements and low-interest mortgages. The program was a success and by 1990, New York City had added 65,000 new apartments to its affordable housing stock under the program. The legislation only held owners to a 20-year affordability requirement however, and by 2005, over 22,000 of the city’s Mitchell-Lama units, 34 percent of the total, had gone market-rate.

**Could this scenario happen in Portland?** The abbreviated answer is: highly unlikely. Under state law, all affordable housing projects financed by Portland bond funds, as well as any current or future projects financed by Metro bond funds, must abide by affordability covenants of 60 years. A spokesperson for Metro noted that in the case of for-profit, affordable housing developers, “it would be unusual but not impossible for one to opt out after 60 years.” Nonetheless, affordability deed restrictions in Portland comprise a complex web of state and local requirements depending on the type and source of the housing. For example, Bridge Housing, a public benefit corporation

partnered with the Portland Housing Bureau (PHB) to develop affordable housing, is nearing completion on two large apartment projects. The Vera Apartments on South Waterfront sit on land owned by the city and leased to Bridge for 99 years. “That means PHB takes control of long-term affordability and they still own the land even if Bridge goes out of business in 75 years,” explains Kurt Creager, Bridge’s executive vice president. Bridge’s other current project, The Songbird on N. Williams, was built on land purchased from the county. Affordability “was a condition of the approval of the project and the conveyance of the land to Bridge,” Creager said. Affordability covenants are required for inclusionary housing units. The inclusionary housing ordinance enacted in 2016 requires developers to include a set ratio of affordable housing in developments with 20 or more units. Those units are then bound by a 99-year affordability requirement. Yet for all the legal maneuvering around *preserving* affordability, there remains an immediate deficit of at least 23,000 housing units for low and moderate-income Portlanders, according to PHB. Portland bond funds will eventually provide over 1,400 affordable units, and Metro bond funds will more than double that number. The two Bridge projects will add several hundred more,

while the number of protected inclusionary units now stands at around 700. **What about the rest?** The city’s answer to that thorny question is essentially the free market, and here’s where the definition of affordability plays a key role. For several decades, the federal Department of Housing and Urban Development has set 30 percent of Median Family Income (MFI) in a particular area as the threshold for housing costs, above which households are considered “housing burdened.” The influx of high-skilled workers into the Portland area in recent years has now raised area MFI to \$92,000 per year, which translates to an “affordable” housing cost of \$2,300 per month. To bring housing costs down, the city’s urban planning cadre has made “build more” its mantra, in particular, more so-called middle-housing. These duplexes, triplexes, and now up to eight-plexes (as well as some single-family homes) are infilling lots once occupied by older homes in modest neighborhoods. These properties aim primarily for the middle-income market, including both renters and first-time home buyers and the logic here is if middle-income residents occupy newer homes, it will take market pressure off of older and cheaper apartments and houses. An article by the Sightline Institute, a think tank closely al-



The Songbird on N. Williams Photo by Gabe Frayne

lied with the “Portland for Everyone” movement, explains: “As they age, older rental buildings tend to become gradually cheaper...but only if tenants willing and able to pay more can find more desirable places to rent instead. If you could get into a newly-built apartment for \$1,800 or \$1,600, then landlords of old buildings nearby would have no choice but to charge less for theirs, too.” This is a theory that urban planners call “filtering,” which the Oregon Office of Economic Planning notes “has been a surprisingly contentious topic within the housing discussion lately. The key is that filtering does not happen overnight.” According to Rent Jungle, the average price of a one-bedroom apartment in Portland increased from \$738 in June 2011 to \$1,452 today. To Portland architect Michael Mehaffy, cofounder of the Livable Portland blog, filtering is “highly simplistic.” “Some ‘gentle densifica-

tion’ can be achieved in existing neighborhoods, by allowing accessory dwellings and infill, etc.,” Mehaffy says, “but this is not where most of the units are going to be added in the region, and it’s foolhardy to over-focus there. “And incentivizing demolition by encouraging this kind of neighborhood redevelopment is often foolhardy, as new housing is almost always more expensive per square foot than existing.” From Mehaffy’s point of view, promoting affordability by focusing exclusively on building is a libertarian daydream that ignores contemporary evidence. Long-term affordability will require public subsidy, rent regulation and careful planning to be sustainable. The only plausible alternative would be massive vertical sprawl in Portland’s existing residential neighborhoods. As then city council candidate Chloe Eudaly told *The Portland Mercury* in 2016, “We cannot build ourselves out of this housing crisis.”

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# State Legislative Roundup

By David Krogh

The 2020 Oregon State Legislative Special Session has been completed. This session was the 80th Oregon Legislative Assembly and only lasted three days, June 24-26.

In all, 26 bills were considered. The City of Portland’s Office of Government Relations and State Representative Rob Nosse provided lists of the adopted bills to *The Southeast Examiner* for review.

Following is a list of selected bills and their summaries. All bills discussed have been approved by both the Oregon State House of Representatives and the State Senate. House Bills are labeled as HB and Senate Bills as SB. All will be submitted to Governor Kate Brown for her signature.

### Law Enforcement-Related Bills

**SB 1604** requires there be consistent standards for police officer accountability and disciplinary actions. It requires a discipline matrix to be collectively bargained and prevents an arbitrator from overturning a discipline decision when criteria are met.

**HB 4201-A** creates a Joint Committee on Transparent Policing and Use of Force Reform to do further work in defining “force,” and when it may be used.

**HB 4203-A** prohibits an officer from impeding normal breathing or circulation of a person by applying pressure on the

throat or neck (a ban on choke holds) unless use of deadly force is permitted by legal circumstances. It also prohibits the training of officers in the use of choke-holds except as a defensive maneuver.

**HB 4205-A** requires law enforcement officers to intervene if they observe misconduct by another officer. The report of misconduct must be made within 72 hours and the reporting officer is to be protected from retaliation.

**HB 4207-A:** The Department of Public Safety Standards and Training is required to establish a statewide database of officers whose law enforcement certifications have been revoked or suspended. Review of this database is to occur by jurisdictions as part of hiring processes.

**HB 4208-A:** The use of tear gas is prohibited for crowd control except in cases of riot, in which case adequate warning must be given before its use. The bill does not regulate the use by police of acoustic devices or non-lethal projectiles.

### COVID-19-Related Bills

**SB 1601-A** creates a moratorium on law enforcement issuing citations for violations related to expired documents between March 1 and December 31, 2020 due to disruptions caused by the COVID-19 pandemic.

For example, if your vehicle registration has expired but you weren’t able to renew it because of Oregon DMV closures, you

won’t be fined during that time period.

**SB 1606-A** prohibits hospitals from discriminating against patients with disabilities when seeking treatment. It allows up to three designated support persons (one of whom may be present at all times).

**HB 4204-A** would extend a moratorium on foreclosures through September 30, 2020. Deferred payments would be required at the end of that period.

**HB 4212-A:** A COVID-19 response omnibus package containing provisions including the addressing of ethnic and racial reporting, judicial proceeding and electronic appearances, physicians assistants scope of practices, and government public meetings practices.

**HB 4213-A** restricts landlords from evicting tenants for failure to pay rents through September 30, 2020. The bill provides for a six-month missed rent repayment period after the moratorium ends.

**HB 4210** removes the authority of the courts to impose drivers license suspensions based on an individual’s failure or inability to pay traffic-related court fines.

*Additional information on these and other bills considered by this session is available at: [oregonlegislature.gov/Pages/session.aspx](http://oregonlegislature.gov/Pages/session.aspx).*

# BottleDrop's Green Bag Program



BottleDrop file photo

By Jack Rubinger

In 1971 when Richard Nixon was president and Tom McCall was Oregon governor, Oregon was a pioneer in grocery store can/bottle redemption. Though in those days, it was only beer and soda bottles – no Gatorade, kombucha or bottled water.

This worked okay for a while and helped get cans and bottles off beaches and roadways, but over the years people found that returning bottles and cans wasn’t not exactly a pleasure. Dealing with old machines and at times standing in the rain led to a decline in redemption rates.

Inspired by the CLYNK! program in Maine, a coalition of beverage industry representatives, grocery stores and the recycling industry began acting together to reverse the downward trend in bottle redemption and provide a cleaner, more user-friendly model for consumers. The result was the launch of BottleDrop.

Now, 10 years later, BottleDrop offers three ways for people to return bottles and cans: at self-serve redemption centers, at stores which offer hand-counting services and through the Green Bag program.

The program allows people to drop off special green bags of bottles and cans with an Oregon refund value at Safeway, Fred Meyer and other stores. They do the counting and processing, and the value of the containers is credited to the returner’s BottleDrop account.

Account holders get 20 percent extra value on their returns

with BottleDrop Plus, returned in the form of an in-store voucher and can make donations to non-profits, or transfer their refunds directly to an Oregon College Savings Plan account.

By most accounts, the program is a huge hit. Last year, 100,000 new households signed up for the program.

Joel Schoening, Community Relations Manager for BottleDrop, said they’re currently signing up about 1,000 new accounts a day, a 400 percent increase in new users since the pandemic began.

Schoening said the sign-up process is being upgraded for greater simplicity. Digital cards will eventually replace the plastic card that needs to be scanned.

Some stores enforce a “two bags a day” rule, but ultimately, consumers can bring in up to 15 bags every three months.

Two key things to remember: don’t overload the bags and leave enough room to cinch them up at the top, and if you’re loading mostly glass bottles, only fill them about one-third full because of the weight.

*Sign up for a free account at [bottledropcenters.com](http://bottledropcenters.com) or at a kiosk in a participating store. A roll of 10 Green Bags costs \$2. All bag purchases and processing fees are debited from the returner’s account so no payment is required to get started. Tag stickers are required for each bag and are free to print from any BottleDrop kiosk.*

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# PPS Stresses Safety in Fall Reopening Plans

BY MIDGE PIERCE

The stakes are high as Portland Public School (PPS) administrators grapple with whether or not to reopen classrooms on September 2.

It's a fluid situation that leaves around 49,000 students in limbo and their teachers, parents, parents' employers and the entire City economy uncertain what school will look like in the fall.

With contradictory reports about the risks of COVID-19 and the current rise in cases, the chances of back-to-buildings education declines.

PPS officials stress that they will not open school facilities until public health officials deem them safe. If campuses remain closed, teaching for all students will be virtual. The situation changes daily.

As overwhelmed parents struggle to maintain work-family balance, keep jobs, suffer food insecurity or face houselessness, PPS released a proposal for how schools might reopen safely. The hybrid proposal splits students into two groups to facilitate social distancing.

Group A would attend school on Monday and Tuesday. Group B would attend on Thursday and Friday. Cleaning and sanitation would be done on Wednesday. High school students would have class loads reduced to four per semester. PPS says it is an agile plan designed to shift students from on site to online classrooms as conditions dictate.

For parents leery of sending children back to school buildings, PPS is considering a full-time distance learning option that would not require in-person attendance. To participate, children would need to be registered in the district.

School funding is based on enrollment. Per pupil registrations would offset the significant cost of distance learning, retraining and keeping building lights on. PPS has already supplied 15,000 Chromebooks to students and will supply more to incoming, low-income students. It is also working with Comcast to offer free wi-fi.

PPS spokesperson Karen Werstein stresses that prioritizing marginalized students most impacted by the pandemic is the district's guiding principle. The semester's first two weeks will be spent getting online access to all students and implementing new procedures.

Administrators know that piecemeal education is imperfect. In this unprecedented pandemic, there are no good options and many unknowns. Caught without viable, virtual preparations when closures hit last spring, the district must beef up expenditures for distance learning. Costs are still being tallied.

"To open safely, Portland needs twice as many teachers," according to Elizabeth Thiel, President of the Portland Association of Teachers (PAT). "If it's the will of the federal government to open schools, it must cost out

and provide funds for hiring more teachers."

She says the district must ensure that every classroom has sufficient space to separate students plus ample ventilation. Some of Portland's older schools have inadequate air circulation systems, according to Thiel. Over 17 years, she has taught in several rooms where windows wouldn't open.

PPS should not put teachers in unsafe situations, she says, since around 40 percent have, or live with someone who has, underlying conditions that increase COVID-19 dangers.

Thiel wonders how students will fare with the loss of on site supervision and in-person interactions. She worries about children dependent on programs that fill their backpacks on Fridays with food for the weekend. She questions how the district will monitor student progress and teacher accountability.

Buckman Elementary's Parent Teacher Association (PTA) President Amanda Russell commends PPS efforts to open part-time, but wonders how the district will ensure that education gaps don't widen.

A major concern is that schools will not receive extra personnel to screen, monitor and isolate children who may be exhibiting symptoms.

"Now is the time to utilize every resource possible," Russell says, "to loudly advocate for students and to partner with parents and various organizations to meet challenges."

Acknowledging there are many unanswerable questions, PPS responds that the hybrid schedule avoids the need for more hires and school rooms.

Richmond parent and President of the Portland Parent Teacher Association Abby Nilsen-Kirby says, "The PPS proposal has lots of holes, especially for students in special education."

Her organization is seeking ways to support parents and teachers regardless of whether or not they return to in-person instruction.

Free and for-profit programs exist to serve students at all levels. Figuring out how to access distance learning is daunting, according to Nilsen-Kirby, even for families with educational expertise.

Her mother is a teacher and helpful resource living only blocks away. For health safety reasons, however, she only connects with the grandchildren online. Nilsen-Kirby says contagion risks are too great for her three children to return to classrooms.

"I have the luxury of being home so it doesn't upset my family financially," she says. Still she faces the expense of buying each child a computer and navigating inevitable scheduling conflicts.

Temperament and age are also determinants in how well students adjust to distance learning. The youngest students need face-to-face teacher time to stay



## Reimagining Education During the Pandemic

on track, according to Nilsen-Kirby. Her first grader had the most difficulty staying focused, she says, while her middle daughter had no trouble staying engaged.

Creston-Kenilworth school mom Erin Telford's son is an incoming second grader. A tech savvy architect, she says the situation is unnerving for everyone.

"I'm not sure how to make online work," Telford says. "But I sure wish we could just put our heads into solving that, instead of worrying about attending classrooms."

A couple whose kids attend Atkinson is undecided about sending their kids back. Work-at-home Dad Rob Wardwell is uncomfortable with the health risks.

ER doc and Mom Kirin Beyer says virtual education does not work for their second grade son. Their daughter Polly is self-

motivated enough to thrive online despite trepidation about entering Tabor Middle School without meeting classmates and teachers in person.

Middle and high school students face challenges of having multiple teachers in a given day. Concerns abound about the long-term effects of digital education on teenagers who already spend too much time online. Cyber-bullying is a stress point.

Parents of older students who understand risks and social responsibilities tend to involve their children in decisions. PAT's Thiel says whether to return her two kids to a middle school campus will be a family discussion.

In Montavilla, a family with the means to do so is hiring a tutor and asking neighboring parents who want to share the teacher to chip in what they can.

It's a model that pits charges of privilege against parental obligations to use all resources at their disposal to do their best for their children.

A local pastor asks, "How can we teach children kindness and acceptance without using every tool we have to meet their needs?"

Even if families tap additional resources, Buckman's Carmichael stresses the importance of enrolling students in public schools to ensure continued per pupil funding.

"These are weird, depressing times," says Carmichael. "But it's only temporary. We can do anything for a few months, right?"

*For the most up to date PPS information go to: [pps.net/fall2020](https://pps.net/fall2020).*



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## Local NSLI-Y Scholarship Recipient

Laurelhurst resident and recently graduated senior at St. Mary's Academy (SMA) Nayan-tara Arora is one of approximately 500 students who was awarded a National Security Language Initiative for Youth (NSLI-Y) Virtual Summer Intensive Scholarship to study Arabic language for five weeks.

The program is part of the US Department of State's Bureau of Educational and Cultural Affairs (ECA) that promotes critical language learning among American Youth.

The 2020 Virtual Summer Intensive program was created as an online alternative to the NSLI-Y overseas immersion program due to the pandemic and pause of in-person exchange programs.

Arora is a first generation Indian-American who is passionate about social justice, equity and inclusion. She's a committee director of the SMA Student Equity Team, leader of SMA's Asian/Pacific Islander Club, workshop leader of UNITE Day (a day designated for equity/inclusion workshops) and IRCO volunteer.

In addition, Arora has co-founded two youth-focused or-



ganizations: Youth Advocates for Immigrants and Refugees (YAIR) which brings Portland youth together and International Teens Upholding Nature Alliance (iTUNA) fighting climate change with Micronesian and US teens.

Raised in a multilingual household, learning languages has been a necessity for Arora, who is fluent in five languages including Hindi/Urdu, Hebrew and Spanish.

She says, "I'm extremely interested in learning Arabic be-

cause it's a widely spoken language. Along with the language, I'm hoping to learn about the culture, history and politics of the Arabic-speaking world."

She acknowledges that "learning languages is a challenge which requires persistence" but feels that the payoff "is profound" and "bridges the differences we believe others have."

Arora will attend the University of Oregon's Clark Honors College as a Stamps Scholar in the fall.

## What is a Master Recycler?

Bonita Davis, *The Southeast Examiner's* Master Recycler, is taking this month off. In place of her regular tips here's a look at what it means to be a Master Recycler and how to join the ranks of 1,800+ Master Recyclers in the greater Portland metro area.

Master Recyclers help neighbors, friends, family and co-workers take action by giving them information and connecting them to resources.

They assist community organizations and local businesses who are repairing, reusing, sharing, borrowing, using toxic-free products, recycling and composting.

Annually they contribute 3,500 hours and in 2018 and 2019 they exceeded 4,000 and 6,000 hours, respectively.

The Master Recycler Program ([masterrecycler.org](http://masterrecycler.org)) is a collaboration between Metro, the City of Portland, Clackamas County, Washington County, the Oregon Department of Environmental Quality and Recycling Advocates.

The eight-week course instructs participants in sustainable consumption and production; fixing and reuse; the sharing community; toxics reduction; green building; recycling and compost processing; equity in the environment and the global markets in which recyclables are bought and sold.

The program offers tours of recycling centers, compost facilities and hazardous and municipal waste sites to see firsthand how these systems work and requires

30 hours of outreach interacting with the community in projects.

Due to the in-person nature of the training, it is currently on hold until training and meaningful volunteer opportunities can safely occur. To be informed about future Master Recycler courses, email [masterrecycler@portlandoregon.gov](mailto:masterrecycler@portlandoregon.gov).

Those interested in learning about recycling and waste prevention can take a robust course from Oregon State University and the Association of Oregon Recyclers called Recycling 101. The 15-hour course is presented online and on-demand, so participants can access it anytime.

The eight-part course covers the effects of consumer choices on the environment and resource conservation recycling improvement in Oregon; actions that have the largest environmental impact in terms of waste reduction and commercial recycling; lessons from the successful Master Recycler program; facts about waste and why we need to reduce, reuse and recycle; steps in the material stream process and product life cycles.

Other topics of interest include composting systems to reuse and recycle organic waste; procedures for safe and legal toxic waste disposal methods and resources available for plastics, paper and other types of recycling.

*For a limited time, Recycling 101 is offered for the reduced price of \$35. More details can be found at [workspace.oregonstate.edu/course/recycling-101](http://workspace.oregonstate.edu/course/recycling-101).*

## Portland Adult Soapbox Derby is ON!

The Portland Adult Soapbox Derby, an annual event for the past 22 years, will roll on, though a little differently than in past years. Instead of filling Mt. Tabor Park with racers, volunteers and spectators, a Tabletop Tabor mini-mountain model is being built on which this year's shoebox derby will take place.

The 15-foot tall, 136-foot length model will mimic the usual course's curves (including the popular "blood alley"), straight-aways and excitement.

Taking place on its traditional third Saturday, this year August 15, the 1-5 pm race day will be live-streamed and include racer interviews, a live video of the "pits" and footage from past races.

Race viewers will have the opportunity to vote for the Best Art Car and Crowd Favorite awards and of course, the Science/Speed winner will be award-



ed reign of the mini-Mt. Tabor.

In lieu of the food carts usually present on race day, the Derby will provide information about race day food and drink specials available for pickup and delivery

throughout Portland.

See the site [soapboxracer.com](http://soapboxracer.com) or the Derby's Facebook page, PDXsoapboxracer, for details about the event and a link to the livestream.

## Eviction and Foreclosure Bans Extended

In July, House Bill 4213 was passed, extending the statewide eviction moratorium on most (but not all) residential and commercial evictions.

The new law gives tenants until March 31, 2021 to pay rent owed for April-September 2020 and prohibits landlords from evicting, imposing late fees or reporting delinquency to credit reporting agencies.

A related bill, House Bill 4202, was also passed prohibiting lenders from pursuing foreclosures against homeowners and other

borrowers.

Borrowers must notify their lender if they cannot make scheduled payments to explain that they cannot pay due to loss of income related to the COVID-19 pandemic.

Missed payments will still be due at the end of the loan term if borrowers do not make other arrangements with their lender.

Renters having problems paying can find rental assistance information in their area by calling 211 or visiting [211info.org](http://211info.org)/contact.




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## Community News

### BeaconPDX Sack Lunch Program

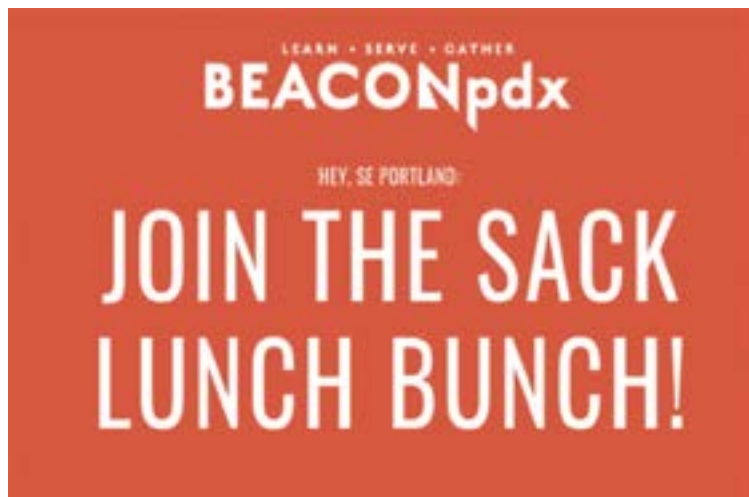
BeaconPDX has been serving meals to the SE houseless community for years, operating out of Sunnyside Community House until last September 2019.

New building ownership shut the program down at that site, but that hasn't stopped the organization.

These days they provide sack lunches daily at Sunnyside Park in the Belmont neighborhood at 1 pm, rain or shine.

Sack lunches are made and distributed by a rotating group of volunteers. If you are interested in contributing, you are invited to put together 20 sack lunches (or however many you can make).

Once prepared, a neighbor from BeaconPDX will pick them up from your porch and deliver



them to those in need.

BeaconPDX estimates the cost for people to put together 20 sack lunches ranges \$30-\$50, including the cost of food and bags

to package it in.

Full details found at [bit.ly/BeaconPDXSackLunches](http://bit.ly/BeaconPDXSackLunches) or contact John at 503.382.9607, [john@beaconpdx.org](mailto:john@beaconpdx.org).

### Mt. Tabor Lost and Found

The Mt. Tabor Park Visitor Center has reopened on a limited basis and they have collected a vast quantity of automobile and house keys, prescription glasses, sunglasses, a few cellphones, wallets and even jewelry in their lost and found.

Many of the automobile

keys have the black fobs including Toyota, Subaru, Acura and Honda among others. Some keys are in leather cases or on a very large ring with many keys.

Some key rings have identifiers such as ornaments, instruments, various colors and labels and contain house keys and bi-

cycle lock keys.

Beyond keys, the lost and found has watches, cellphones, ear pods, purses and wallets with IDs. There are 30 or more pairs of prescription glasses and sunglasses.

To claim lost items, visit Visitor Center, open most days (except Wednesdays) 10 am-3 pm and describe the item lost.

### Bloodworks Northwest Summer Student Incentive Program



Blood supplies typically dip during summer months and this year due to COVID-19, blood supplies are even lower than usual.

A new program from Bloodworks Northwest is aimed at high school and college students and school groups to aid in the recruitment of blood donors at pop-up locations and donor centers now through September 19.

Individuals and school

groups can choose between recruiting donors for either a half-day takeover or a two-week virtual drive.

Their efforts earn individuals a \$250 award for recruiting 25 donors or \$350 for groups recruiting 35 donors.

Under the half-day takeover, the student or school group selects a half-day at one Bloodworks pop-up location or donor center to recruit donors for.

The two-week virtual option provides more flexibility for donors to give blood at any Bloodworks pop-up location or donor center within the selected time frame.

Donors for the virtual drive will receive a unique 4-digit code attached to the individual or group doing the recruiting.

Full details found at [bloodworksnw.org/donate/host-blood-drive/scholarship-drives](http://bloodworksnw.org/donate/host-blood-drive/scholarship-drives).

### AHC Neighborhood Tours Resume

The Architectural Heritage Center (AHC) began resuming its neighborhood tours in July and has added new tours for August and September. To meet COVID-19 mandates and keep participants safe, tours will be limited to nine people with masks and physical distancing required.

The tours visit neighborhoods throughout Portland with

Colonial Heights, Buckman, Laurelhurst and Montavilla taking place in the second half of August.

East Moreland, Kerns, Ladd's Addition, Mt. Tabor and Belmont-Sunnyside are scheduled for September.

Tours are \$20 (\$12 for AHC members). Register on the Events page at [visitac.com](http://visitac.com).

### Library Ends Late Fees, Waives Balances

Following in the footsteps of reopening library locations for pick-ups and accepting returns, Multnomah County Library (MCL) announced it will permanently stop charging late fines on all library materials, clear all existing fines and restore access to accounts that had been blocked because of fines.

Unreturned items, however, will result in their cost being charged to the borrowing patron.

The move was spurred by a growing body of research that showed late fines don't work and puts the MCL in a position to truly provide free and equal access to all members of the community.

A total of \$730,185 in debt was removed from 72,861 patron accounts and library access was restored to the 2,000+ patrons who had their accounts blocked to fines in excess of \$50.

MCL's revenue from fines was nearly \$1 million in 2016. Since then, the growth in popularity of e-books and audiobooks and the elimination of youth and educator fines have resulted in a significant decrease in revenue from fines. For fiscal year 2019 MCL collected \$548,755 in fines.

Although the monetary penalty has been removed, library materials will still have due dates and patrons are encouraged to return their library materials within the checkout period. Items will automatically renew if there are no holds on the item once it is due.

For items that become overdue, patrons will have 49 days to return them to avoid being charged for the cost of their replacement. That cost, however, would be cleared if the items were returned.

### Hawthorne at Home

The Hawthorne Street Fair is moving online this year, being dubbed "Hawthorne at Home," and will retain the feel of a street fair.

Attendees will be able to visit vendor booths, listen to music, see children's entertainment and more.

The event will begin on the original street fair date of Sunday, August 23, but instead of being only one day in length,

attendees will be able to access the street fair for three months. Vendor booths will be searchable by category and can be "entered" by clicking through to view products.

Visit the fair from the comfort of home at [hawthorneblvd.com](http://hawthorneblvd.com) day or night, alone or with the whole family. Attend as many times as you like and invite friends to virtually see what SE Hawthorne has to offer.

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Business Walkabout

Body Image Fitness, LLC

By NINA SILBERSTEIN

Sometimes circumstances in life help give a person perspective and push them to make changes. For personal trainer Lori Vance, a breast cancer diagnosis in 2018, along with a poor management situation at work, helped influence her decision to start her own business.

As a result, she officially opened Body Image Fitness, LLC, on January 1 of this year.

Vance specializes in functional training for all levels so whether you're young, middle-age or senior, she will create and modify workouts to fit your current and future needs and goals.

"Functional training helps you perform better in activities of daily living and any sports you might enjoy," she explains. "I make sure that you are using your muscles synergistically and also working on core and balance."

Vance has been an American Council on Exercise (ACE)-certified personal trainer since 2003 and is also certified in Silver Sneakers, Silver & Fit, and Tabata (high-intensity interval training).

She loves working with seniors in particular. "It's very rewarding to see them gain strength and increase their function and ability."

Her senior classes are always low impact and can be modified for any level. Different tools are used to make the classes fun and engaging.

"We focus on balance and agility, as well as cardio and strength, and there's the option to do the exercises seated or standing," she says.

"I often work with my clients' physical therapist to ensure they get the best symbiotic care. I enjoy doing both one-on-one personal training, low impact cardio and strength classes."

For her one-on-one classes, clients' workouts are tailored to their current abilities, health issues or injuries, and designed to



Photo by Lori Vance

help slow the aging process. She has many clients who have been with her for nearly 10 years.

The COVID-19 pandemic caused Vance to close her business in mid-March. While traditionally her clients come to her, during the quarantine she created free YouTube video classes that can be viewed from the safety of their homes.

In early July, she reopened with social distancing, masks and sanitation protocols in place as per Phase 1 guidelines.

"While many of my seniors are not comfortable coming back at this time, I'm fortunate to have several younger and middle-age folks who are willing to return to their exercise program with the appropriate modifications. I also have the option of doing house calls or FaceTime workouts for anyone who has some equipment available at home," she adds.

Vance has lived in the Portland metro area her whole life, raised in Milwaukie and currently residing in Vancouver, WA. She is

married and her husband has kids and grandchildren of his own. Her parents, sister and brother-in-law also live locally. She was diagnosed with breast cancer in September 2018.

"Fortunately, my cancer was caught early enough to be treatable," she says. "Since then, I have worked with several fellow breast cancer survivors as clients."

The sole owner of the business, Vance enjoys working for herself. "I worked at my last job at a gym I really enjoyed for many years, but was forced to leave due to a very poor management situation I could no longer tolerate."

She only wishes she would have made the jump sooner and can't wait for the business to be up and fully running again.

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# Bw Business Walkabout

## Lawn Party

BY NINA SILBERSTEIN

As the COVID-19 pandemic has forced people to stay at home, limit face-to-face contact and restrict gatherings of large groups, Stefanie Hausman and her 17-year-old daughter, Uma Frost-Hausman, saw a need for celebrating birthdays and other life events in a different way.

They wanted to do something that would bring joy to the community, could be done from a distance and was environmentally friendly. As a result, Lawn Party began providing its services at the end of May.

The mother-daughter duo provides creative, handmade messages that are made up of large letters and other decorative items installed on front lawns to call out special occasions such as birthdays, school graduations, anniversaries and the like.

"We attended some 'drive-by' parades and we thought that some lawn decorations would add a festive flair to these events," Hausman explains.

Stefanie and Uma create large (20 feet x 20 feet) templates out of paper and cut colored corrugated plastic for the letters.

"We make large birthday candles out of pool noodles, foam and decorative duct tape," Stefanie said.

Their neighbors have even donated some of the stakes from their lawn election signs, which are then used to support these handmade messages.

"We personalize the signs

with people's names, cut-out balloons, hearts and even rubber duckies," she noted. A card can be added to the message.

Lawn Party's services include creation, setup and pickup, and it is 100 percent contact-free.

Expressions include Happy Birthday, Congratulations and Mazel Tov, but others range from We Love You, and Thank You (Essential Workers) to It's a Boy/Girl/Baby, Welcome Home and Marry Me. You name it and they'll create it.

The challenging part of the work is setting up the signs discreetly. Lawn Party puts the letters up at night when it's dark and they have had to be very stealthy about it to provide the surprise element.

"We have gone as far as 'army crawling' under windows to not be seen," Hausman said.

Hausman is originally from Chicago, but has lived in SE Portland for almost 20 years. She works in educational technology and has dabbled in entrepreneurial ventures prior to Lawn Party, such as introducing Skuut Balance Bikes to the Pacific Northwest.

Uma was born in Portland and is entering her senior year at Cleveland High School. She's involved in social justice causes and enjoys the outdoors.

The pair are both avid skiers, kayakers and backpackers. Their family includes dad, David, and 15-year-old brother, Jonas, as well as a Havanese dog named Quadra.

Another aspect of Lawn Party's business is to raise money to help support local causes.

They have chosen the Portland Homeless Family Solutions COVID Relief Fund and Don't Shoot PDX (a Black Lives Matter accountability group).

When you place an order, you can designate a percentage of the money you pay for their services to be donated to one of the above-mentioned organizations.

"People are excited, do something unique and personal, and they love to surprise a friend or family member," Hausman adds.

Customer feedback has been great. Most people appreciate the joy that Stefanie and Uma bring to neighborhoods during these trying times. It has been a good pick-me-up, especially for kids who are unable to have conventional birthday or graduation parties.

There's nothing like cheers from the neighbors and bicyclists passing by the signage, as well as honks from cars driving by to brighten everyone's day.

They have had customers from as far away as Lake Oswego and Beaverton. Signs can stay up for 24 or 48 hours depending on what is requested.

Lawn Party's hope is to bring creative expressions for every occasion directly to front yards throughout the Portland-metro area and as their website says, they are "spreading joy, not germs, one lawn letter at a time."

**Lawn Party**  
lawnpartynw.com  
lawnpartynw@gmail.com  
503.679.5301



Stefanie Hausman and Uma Frost-Hausman  
Photos by Lawn Party



Pool noodles transformed into candles add to the festivity  
Photos by Lawn Party

## Renovated SE Building Receives Historic Designation

The Northwest Regional style building, 421 SE 10th Ave., was originally constructed in 1962 to house a Postal Employees Credit Union, and, until recently was an office for the Multnomah County Department of Community Corrections. In February, after being carefully remodeled, Living Room Realty moved in.

A casual, outside observer would note a freshly painted exterior, updated landscaping, new wooden fencing, and that razor-wire no longer tops the sections of chain link fence.

While aesthetically pleasing, the exterior changes are only a minor part of the remodeling that took place inside the structure designed by architects John W. Reese and Frank E. Blachly.

"I've had a lifelong love of architecture with roots firmly planted in Portland," said Jenelle Isaacson, owner of Living Room Realty. She is committed to preserving Portland's historic architecture and looking forward to re-opening their doors to the public when the current health crisis has abated.

The company intends to host a variety of community events, including art shows and educational workshops to bring neighbors and colleagues together



Photo by 22 Pages Photography

in the future.

Living Room broker and designer Shannon Baird, of S. Baird Design, oversaw the renovation.

She's an honoree of the State of Oregon Preservation Office for her work in Historic Preservation, and, along with fellow designer Anna Carmel, worked tirelessly to ensure the updated design maintained the original integrity of the building.

"The building's original intent was to be of service and inspire its credit union members and those of the community. We wanted our design to be emblematic of that purpose and to pay homage to the era in which it was

built," said Baird.

"By reviewing the historic plans to inform our newer aspects of the remodel, as well as understanding the inner workings of Living Room Realty, we aimed to strike a harmonious balance of old and new within the building. We're pleased it has been approved for listing on the National Register."

Sites and structures listed in the National Register have been deemed worthy of preservation by the National Park Service and are part of a program to support public and private efforts to identify, evaluate and protect America's historic and archeological resources.

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# Neighborhood Notes

**Montavilla Neighborhood Association**  
 By Louise Hoff

Montavilla Neighborhood Association Board successfully held a virtual general meeting this month and hopes to do the same on September 14, 6:30 pm. Rachel Phariss will be our featured speaker about bees and their importance in our gardens. METBA will be taking a monthly segment in the program since supporting our local businesses is so vital at this time.

Stores, coffee shops and restaurants are trying new and innovative longer-term solutions. We have an increase in sidewalk dining, take-out windows and deliveries. The Montavilla Farmer’s Market on Sunday has grown and the selection is simply awesome.

Portland Community College SE will have its fall lineup ready on July 29 so there is no excuse not to learn more about so many interesting subjects or take an online exercise class to stay as healthy as you can.

Our Montavilla Neighborhood Association will be on summer break until September. See you then and wear a mask!

**Richmond Neighborhood Association**  
 By Kamal Belkhatay

The RNA meets the second Monday of the month, 6:30–8:30 pm. Everyone is welcome. Agendas are posted the week before at richmondpx.org and are sent to the RNA Announce listserv. Meetings will be via Zoom until further notice. Preregistration is required, the link is on the agenda and sent to the listserv. To be added to the RNA’s listserv, email richmondnasecretary@gmail.com.

**Annual Board Election:** The election was held Tuesday, July 14. Most people filled out print-at-home ballots, but a few voted onsite at the Waverly Church balloting site in the parking lot. All the candidates were elected to the Board: Albert Kaufman, Allen Field, Heather Flint Chatto, Leslie Poston, Denise Hare and Simon Kipersztok. At the July 13 RNA meeting, the candidates either gave a short statement or had their candidate statements read.

**July 13 RNA Meeting:** Zach Katz and Quincy Brown presented the Healthier Hawthorne Initiative. The goal is to install permanent, parking-protected bike lanes on both sides of Hawthorne. The bike lanes would be right next to the sidewalk, protected from the auto/bus travel lane by a parking lane. This is PBOT’s Alternative 3B outlined in the Hawthorne Paint and Pave Mid-Project report - Draft: May 2020, found at portland.gov/transportation/planning/se-hawthorne-pave-and-paint. The stated purpose of the initiative is to increase safety, accessibility and air quality. More information is at healthierhawthorne.com. A trade off would be the elimination of 40-50 percent of the parking spaces on Hawthorne.

Zack and Quincy requested a letter of support for their design, i.e., PBOT’s Alternative 3B. Several people stated it was too early for the RNA to vote on any alternative since PBOT still has another round of outreach in September/October and the RNA should wait for PBOT’s final report to issue. This was PBOT’s recommendation as well.

PBOT’s Maggie Derk, Mauricio Leclerc and Bryan Poole presented the SE Hawthorne Paint and Pave Project. They described the three alternatives for traffic configuration west of César E. Chávez Blvd.: (1) keep everything the same, (2) remove a travel lane in each direction and install a permanent center turn-lane, i.e., mirror the configuration east of César E. Chávez Blvd, and (3) install permanent bikes lanes, remove one auto travel lane in each direction and have no center turn-lane.

PBOT will finalize its evaluation of the different alternatives in August. They anticipate completing their public outreach in September/October 2020, followed by an online survey in November. The repaving work is scheduled for summer 2021. For more information, visit the Pave and Paint link above.

RNA Land Use Chair Heather Flint Chatto gave updates on the Residential Infill Project (RIP), Design Overlay Zone Amendment (DOZA), Historical Preservation Code and the Shelter to Housing Continuum Project (S2HC). She described a project to develop grant-funded solar powered kiosks to promote community outreach and participation and advertise RNA meetings and projects.

Many of the RNA’s annual events have been cancelled or put on hold due to COVID-19, such as the Spring Cleanup, the Litter & Graffiti CleanUp and the summer Movie in Sewallcrest Park. It’s not certain yet whether the annual Friends of Trees tree planting in December will be cancelled, too.

# Portland Street Response Gearing Up



Portland Fire & Rescue’s Community Health Assessment Team (CHAT) van  
 Photo courtesy of Portland Street Response

BY NANCY TANNLER

At the July meeting of the Lents Neighborhood Livability Association (LNLA), Tremaine Clayton of Portland Fire & Rescue gave an update on Commissioner Jo Ann Hardesty’s plans for Portland Street Response (PSR) to handle non-emergency calls.

The program was scheduled to begin this spring but due to COVID-19, action has been delayed.

PSR will be a trauma-informed team working in pairs, able to go directly to a person in crisis in a van, able to provide immediate stabilization in case of urgent medical need or psychological crisis. This program is designed to alleviate the stress on Portland Police officers, allowing them to attend to more urgent situations.

In February, Mayor Wheeler and City Council allocated \$500,000 to start up the PSR. The original plan was to procure three well equipped vans carrying food, water, hand warmers, blankets and medical supplies and a two-person team.

At that time, it was expected that, by summer, they would be up and running. Instead, Clayton is working with one other mental health worker 40 hours a week – the best they’ve got for now.

They do what is called a welfare check on any individual experiencing behavioral health or non-emergency medical problems.

Clayton has been getting all the procedural paperwork done in readiness for when the project does start to move forward. The most optimistic start date for the funding is this fall, but realistically it will likely be early 2021.

One positive outcome of the delay is that Mayor Wheeler now recognizes how valuable a service like this will be to the city and is allocating more funding, enough to buy 18 vans, Clayton said.

Another street ready service the Mayor and City Council approved in late 2018 was to hire 12 safety support specialists, or PS3s. These are unarmed officers who assist Portland police in responding to low-risk calls. They have been helpful in dealing with the types of situations PSR will attend to.

There has been a 60 percent increase regarding “unwanted persons” calls since 2013. Responding can take up to 50 minutes; time our local police officers don’t have for non-emergency calls.

The PSR pilot program is an attempt to fix the gap in services for these individuals. This is a much-needed service in our community.

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# Our Common Purpose

By Don MacGillivray

The United States finds itself challenged by shifting political, economic and social conditions.

There is a prevailing sense of crisis in America and with the challenges of the COVID-19 pandemic, the Black Lives Matter movement and our various political divisions, the next few years may provide a time to improve the practice of Democracy.

In early June, the Commission of the American Academy of Arts and Sciences released its report titled *Our Common Purpose: Reinventing American Democracy for the 21st Century*. This report seeks to increase citizens’ capacity to engage in their communities, address the rising threats to democratic self-government and to rebuild trust in America’s political institutions.

The 73-page report includes 31 recommendations within six fundamental strategies.

**Strategy #1**’s purpose is to expand the equality and representation of the public voice. The report states that, in the House of Representatives, there will be one representative for every 30,000 constituents. Today that figure has risen 23 times to approximately 700,000 citizens. Perhaps more representatives in Congress are needed?

Other reforms might be: ending the gerrymandering of legislative districts, regulation and transparency of campaign finance, smaller donations and term limits for Supreme Court justices. Citizens need to see elections as a means of improving their government and must feel good about voting.

**Strategy #2** seeks to empower voters by making it easier to vote. History is full of efforts to bring more voters to the polls through movements such as women’s suffrage, civil rights and labor unions.

There are many ways to improve the ability of voters to participate in elections. These might include: reducing the age of majority, holding elections on a holiday, voting by mail or improving the voter registration process.

Voting is a right and a privilege of citizenship, but it is also a responsibility. Requiring voters to participate in national elections could be encouraged or even rewarded.

**Strategy #3** seeks to ensure that our political institutions are responsive to the voters. Institutions function through the actions of elected and appointed officials. The day-to-day activity of these officials is critical to the functioning of government.

Members of Congress need to improve the ways they interact with their constituents. All levels of government should create more opportunities to involve new voices and perspectives.

Transparency is important because the public must be informed about governmental actions that affect their lives. Many new technologies are available that allow citizens and elected leaders to communicate together.

**Strategy #4** talks about the need to expand our civic capacity and its infrastructure. In this era of profound polarization, Americans are hungry for opportunities to assemble, deliberate and converse. The art of association is an important function in everyday life and the beginning of all civic discussion and action.

Additional ways must be found for Americans to connect with one another and more opportunities are needed to learn and practice the habits of democracy.

With investment in civic infrastructure and the establishment of a greater variety of public minded organizations leaders can emerge.

**Strategy #5** is about the civic information structures that both divide and support civic purposes.

Increasingly elections and politics are dividing people, causing fear and spreading apathy.

Social media and other digital platforms touch many aspects of public and private lives with enormous ramifications for voters. This feeds polarization, disinformation and diminishes the quality of public debate.

At the same time, it has also brought on social movements, facilitated political organizing and given voice to many underrepresented groups.

Much of the problematic parts of technology might be redesigned and improved to support positive communications. A civic information architecture is needed to support the “better nature” of our constitutional democracy.

**Strategy #6** aims to inspire a commitment in America to build positive civic cultures. Citizenship in America’s constitutional democracy is a collective responsibility committed to the future. But our ailing civic culture reflects a lack of institutional success in a dynamic world.

America’s natural disasters have shown that citizens can be inspired to serve each other in times of crisis. Americans need to see that democracy depends on our social bonds.

We need to invest in civic education to reach out to the diversity within our citizenry. Reforming our institutions and strengthening civil society could do wonders to improve the culture within our communities.

The purpose of the American Academy is “...to invigorate the interest, honor, dignity and happiness of America’s free, independent and virtuous people.”

Over the last two years, their Commission of 35 dynamic members (that includes scholars, officials, business leaders, media experts and civic leaders) conducted 47 listening sessions to solicit stories and experiences about the democratic process from hundreds of Americans.

Their work is supported by the S. D. Bechtel Jr. Foundation, the Rockefeller Brothers Fund and many others.

Significant progress toward implementing these recommendations is expected before the 250th anniversary celebration of the United States in 2026.

*The Commission’s full report is available at [amacad.org/ourcommonpurpose](http://amacad.org/ourcommonpurpose).*



# Gardening and Aging Well

By Rachel Hemmingson, Consultant & Advocate for Aging Well

Ever since the stay-at-home decree, I’ve observed one small business down the street from me being absolutely swamped: it’s a garden center. There have been lines out the door every single day.

As an older homeowner, there’s this funny set of facts that come together. One is that, depending on your age, you may have more appreciation for flowers and gardening than younger generations.

It’s our history all over the world to be connected to growing things. Not so much for “digital natives” – those raised in front of TVs rather than gardens. Another factor for older people is having

more time for gardening once they’ve retired.

On the other side, there’s those stiff joints and decreased balance and energy that come with aging. So what to do, now that you’re at home even more than usual?

First, I must say that gardening of any kind is deeply healthy for us. Some years ago, when the World Health Organization (WHO) did a study in countries around the world, including ours, one of the determinants of “successful aging” was access to nature and engagement with it.

There are an abundance of articles clearly establishing this connection as a powerful “social determinant of health.” It ranks right up there with companionship.

A HomeAdvisor.com ar-

ticle called *The Ultimate Guide to Turning Your Home’s Yard into a Community Garden*, represents a bigger vision and project than most of us would want to undertake. Distilled down, you may want to explore this. Here’s a quote:

*The benefits of starting a crop garden are endless: it’s great exercise, gives you the chance for fresh air and time in nature, can give you an outlet for burning off stress; not to mention the wholesome, fresh produce you’ll be adding to your diet. But one of the most wonderful things about gardens is the way they can bring together a group of people, large or small.*

*Converting your yard into a community garden is a rewarding experience for a homeowner and can have far-reaching positive benefits on your neighborhood.*

They suggest that the number of people who will be helping

should determine the size of garden, so you’ll need to assess the interest of your community up front. Ways to reach out to neighbors include by mail, distributing flyers and utilizing online resources like Nextdoor.

Once interested parties have been identified, have a meeting (six feet apart) to talk over the idea. Positive impacts include the health boost of fresh organic produce, bringing all ages together, building familiarity with each other, connecting children (those digital natives) with nature and creating a way for people of all ages to contribute.

We have all heard about how loneliness is as hard on our health as smoking cigarettes. I watched personally the effect of a poor diet driven by the boredom and energy drag of being alone too much on my own elderly father. When I was blessed to find and bring in a caretaker in who



Photo by CDC on Unsplash

became a great friend and apartment-mate to help him have a pet, garden and good food his health changed dramatically.

Letting your community turn your lawn into a garden may change yours as well.



Go

## Staying In

arts &amp; entertainment

## Arthur and Amiton's August Art



"Ice Flow" by Karrie Amiton

Sidestreet Arts presents the art of Rebecca Arthur and Karrie Kaiyala Amiton for their August show. The gallery is featuring reverse glass paintings, mixed media and ceramic sculpture that feels a bit... other-worldly.

Karrie Amiton is a Portland mixed-media artist. She studied art and architecture at Portland State and began painting on the reverse side of glass in 1985. It's an art form that can be traced back to the Middle Ages but Amiton developed her own techniques using acrylic paint.

Her glass paintings are anything but medieval as "vibrant colors splash across the glass in deeply textured abstract splurts and spindly black ladders climbing into bright orange and blue color fields."

Ceramics artist Rebecca Arthur is from Corvallis. Her work is centered around Traditional Western Raku, pit-firing and other low-fire ceramic techniques. Her recent work uses light and bold texture to create abstract vessels resembling heavenly bodies.

Sidestreet's First Friday Zoom is August 7, 6 pm. Get familiar with each artist and see their work while sipping your favorite wine from your own home. The Artist Talk Zoom is Sunday, August 23, noon-1 pm. The artists will talk about inspiration, ideas and process. Zoom details are on the website. This show runs through August 30.

The gallery is at 140 SE 28th Ave., open Thursday-Sunday, 12-5 pm, online at [sidestreetarts.com](http://sidestreetarts.com).

## A message from The Laurelthirst

From The Laurelthirst Pub: "In the interest of providing musical sustenance for the community, Laurelthirst Pub is now hosting livestream concerts from the stage of our empty pub.

We're streaming on both our new Vimeo page ([vimeo.com/laurelthirst](https://vimeo.com/laurelthirst)) and at the Pub's Facebook page. Our website, [laurelthirst.com](http://laurelthirst.com), has the schedule of events. Donations for musicians and the venue are gratefully accepted.

We look forward to seeing you in person just as soon as it's safe, but this is the way we can hold you close for now. Miss you all, stay safe, stay well!"

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## Venue Relief Approved by Emergency Board

The Oregon Legislative Emergency Board recently approved more than \$200 million in federal Coronavirus Relief Fund (CRF) dollars to provide further economic support for Oregonians and small businesses impacted by the coronavirus pandemic.

The arts and cultural grants break down in two packages: \$24,015,128 directly to arts organizations, cultural and community venues, and community colleges.

\$25,984,872 will go to the Oregon Business Development Department to deliver to other music, culture and community venues not receiving direct grants under the request.

The Oregon Cultural Trust will allocate and distribute funds to county and tribal cultural coalitions, which will then redistribute them to local organizations and venues.

According to the state's declaration, "The purpose of these funds is to preserve these institutions and their associated community benefits through the pandemic. Grant amounts for each of these independent venues are calculated to equal seven months of base monthly costs for rent/mortgage payments, utilities and personnel needed to keep the venue operating."

Download the entire pdf at [tinyurl.com/OregonReliefFund](https://tinyurl.com/OregonReliefFund). Kudos to all those who took the time to write letters of support.

## Powell's Virtual Events

Powell's Books author events have gone virtual. Here are a few highlights for August 2020. Use the link at the end of each date to obtain the registration information. Be sure to check [powells.com](http://powells.com) for updates and registration.

**Sunday August 9, 2 pm – Hilary Moore and James Tracy** *No Fascist USA!* is the story of how a national grassroots network fought a resurgence of the KKK and other fascist groups during the Reagan years, laying the groundwork for today's anti-fascist/anti-racist movements. Link: [bit.ly/3hbYrQi](https://bit.ly/3hbYrQi)

**Saturday August 15, 11 am – Kids' Storytime With Blair Thornburgh and Kate Berube** In their new picture book, *Second Banana*, the kids in Mrs. Miller's class are putting on their annual nutrition pageant. Every kid plays a food and every kid gets a line. Fish, Cheese, Broccoli, Blueberry, Banana and... *Second Banana* but *Second Banana* feels rotten because she wants to be the only banana. Link: [bit.ly/2DNAV91](https://bit.ly/2DNAV91)

**Thursday August 20, 5 pm – Lisa Hanawalt**, a comic book industry sensation. Her humor and ingenuity are evident in the comics collected in *I Want You*. Her love of anthropomorphism and scatology are on full display, lovingly and grotesquely drawn by in obsessive, unnerving detail. Link: Check [powells.com/events/update](https://powells.com/events/update)

**Friday August 21, 5 pm – Adrienne Raphel's** new book, *Thinking Inside The Box*, celebrates the crossword puzzle, invented by accident in 1913, when a newspaper editor was looking for something to fill empty column space. Raphel dives into the secrets of this pastime going behind the scenes to see how America's gold standard of puzzles is made. Link: [bit.ly/3jfhCFT](https://bit.ly/3jfhCFT)

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## AHC exhibit: Darcelle XV at Home



Darcelle XV by Tom Cook

The Architectural Heritage Center (AHC) has reopened to the public and this month hosts **Darcelle XV at Home**, a photo exhibit of the historic interior of the Elmer and Linnie Miller Residence.

The exhibit was photographed by Portland's Tom Cook whose portrait series captures the unique character of the 1896 house and its longtime owner, Walter Cole, best known as the female impersonator and performer, Darcelle XV.

The home's décor has been taken on Darcelle's lavish style while still maintaining its original layout and details. The stained glass windows were created by Jerry Bosco and Ben Milligan, founders of the Bosco-Milligan Foundation, under which the Architectural Heritage Center operates.

Over the years, the house has been the site of numerous gatherings, including political activist and gay rights events. The residence has been recognized as an outstanding example of Queen Anne style residential architecture.

This exhibit coincides with the recent listing of the Miller Residence in NE Portland in the National Register of Historic Places and the nomination of the Darcelle XV drag club as the first LGBTQ site in Oregon to be proposed for the National Register.

AHC is open Thursdays-Saturdays, 11 am-5 pm and masks are required. Safety protocols are in place and a limited number of visitors are welcomed to ensure the well-being of all.

For those who prefer to visit AHC online at this time, they continue to add to their virtual museum with photo galleries and exhibits, videos, games and activities. They will be adding features to the Old House Revival Series through the summer too, so watch the top of the AHC homepage at [visitahc.org](http://visitahc.org).

The Architectural Heritage Center is at 701 SE Grand Ave.

## CLINTON STREET THEATER

Help one of the oldest continuously operating theatres in the country keep going. Here are a few creative ways to keep the venerable Clinton Street Theater afloat at this time.

The CST website's homepage is kept up-to-date, with a current list of their latest streaming films. When you stream a movie in your home, the Clinton Street gets a portion of your ticket price.

This month, you can watch their **CST Videothon** and make a donation that way too.

Go to their **Popcorn Pop-Up Fridays and Saturdays** from 4-8 pm and purchase hot bags of popcorn, beer, cider and candy at low prices. This helps draw down their inventory so it doesn't go to waste.

Other **CST merchandise** includes the Rocky Horror Face Mask and Bubble Man Trumpets through their online store. Buy a t-shirt or hoodie from PDX Creative Support Club.

See [cstpdx.com](http://cstpdx.com) to find out more.

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Erin Emily Lassell, author

available on [amazon.com](https://amazon.com)  
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## Staying In

arts &amp; entertainment

## Driveway Jazz Series

The Driveway Jazz Series is a new, weekly outdoor concert series hosted by pianist Kerry Politzer. It's a physically-distanced outdoor jazz series held in front of a SE Portland bungalow with a line up of artists that features some of the city's most in-demand musicians.

Go to Tabor Bread, 5051 SE Hawthorne Blvd., and follow the sounds of music. You won't be able to miss it. The series is streamed live on Facebook on Fridays at 4 pm PST for the ones who do not want to venture out, and for the rest of the planet as well. This month's artists in concert are:

**August 7: Bassist Chuck Israels; Jessica Israels, vocals and pianist George Colligan.** Israels performed with the Bill Evans Trio from 1961-66, as well as with Billie Holiday, Bud Powell, Benny Goodman, Coleman Hawkins, Stan Getz, Herbie Hancock, JJ Johnson and John Coltrane.

**August 14: David Watson vocals; Perry Thoorsell, bass and Kerry Politzer, piano.**

**August 21: Vocalist Anna Meyer accompanied by George Colligan, piano.** Other spontaneous guests too.

**August 28 begins at 6 pm with the Brazilian choro group Choro da Alegria.**

Driveway Jazz takes place every Friday at 4 pm except where noted and is streamed online at @drivewayjazz on Facebook. It will continue as long as the weather holds. The monthly schedule is posted online at drivewayjazz.wordpress.com.



*Israels photo by John Meloy*

## Portland Playphone

*From The Portland Playhouse:*

"Theatre is storytelling. In order to connect through storytelling during this time, Portland Playhouse's new Portland Playphone is a way to celebrate the complexities of our shared human experience, one call at a time."

Sign up for a one-hour time slot by filling out the short form at [tinyurl.com/yxqqnsqf](https://tinyurl.com/yxqqnsqf). A theatre artist will call you and one other person and share a personal story with you both. You and the other person will then be invited to share a story of your own.

Not sure what to share? How about a time you fell in love; an embarrassing moment; a story of an elder or mentor who changed your life; a life lesson, a hilarious moment, an awakening or a secret wish?

Playphone is a free community service for connection in these disconnected times. If you are unable to attend the call you registered for, or would like to reschedule, contact the box office at 503.488.5822 or email [boxoffice@portlandplayhouse.org](mailto:boxoffice@portlandplayhouse.org).

P  
W  
N  
WHAPPY  
HOUR

Performance Works NorthWest (PWNW) continues their first and third Wednesday online Happy Hour events with featured artists maximiliano, claire barrera, and Maura Campbell-Balkits, all PWNW's Alembic Artists. The shows stream live on Zoom from 5-6 pm and advance RSVP is required.

Each show begins with a cocktail demo and a toast. A 10-15 minute presentation of the featured artist's work follows with a discussion after and the chance to win a PWNW T-shirt. The links below are how you sign in.

**August 5 – maximiliano** presents a video work titled *mélanges hérésie a BLKwv communicate of transfigured [recently discovered]* – [tinyurl.com/pwnw-HH1](https://tinyurl.com/pwnw-HH1).

**August 19 – claire barrera** presents a work-in-progress, wherein both youth and adults explore play and games as a space for discipline, imagination, liberation and kinship. – [tinyurl.com/pwnw-HHCB](https://tinyurl.com/pwnw-HHCB)

**September 2 – Maura Campbell-Balkits'** work uses humor to deconstruct performance styles from TV talk show hosts to stand-up comedians. – [tinyurl.com/HHMCB3](https://tinyurl.com/HHMCB3)

For all shows, a voluntary donation is \$0-\$30 with proceeds split between the artists and the Nat Turner Project, A Fugitive Gallery Space. RSVP and find out more at [pwnw-pdx.org](https://pwnw-pdx.org).

## Symphony Season Canceled for 2020

The Oregon Symphony has announced the cancellation of all concerts through December 31, 2020 due to the effects of COVID-19, affecting Portland and Salem performances.

The Symphony plans to resume live performances in January, maintaining the current 2021 concert schedule, and will share updates as necessary.

As 2019-20 marks its 123rd season, the Oregon Symphony is the oldest orchestra in the western United States. The Symphony will continue to share recordings of past performances online, as well as new musical videos featuring Symphony musicians.

For tickets already purchased to canceled concerts, patrons can donate the value of unused tickets, apply ticket value to a concert not canceled, exchange tickets for gift certificates or obtain refunds for the cancellations by contacting Oregon Symphony Customer Service at 503.228.1353 or [symphony@orsymphony.org](mailto:symphony@orsymphony.org).

Those who are in the position to do so are encouraged to make a gift to support the Oregon Symphony at [orsymphony.org/support-us/give](https://orsymphony.org/support-us/give).

## Rent the Miniplex at Movie Madness

Movie Madness is still closed to the public except for curbside pickup via Movie Madness Express, but now you can rent their Miniplex for an extra special movie-going experience.

The Miniplex is perfect for a date night, family outing, graduation gift, or an entirely solo experience. Your party of up to five people who have been sheltering in place together can watch any film you wish from the extensive Movie Madness collection in the microcinema, fully equipped with cutting-edge sound and projection.

Rental rates are \$200 for the general audience and \$150 for Hollywood Theatre and Movie Madness members. Choose the film, and a date. They take care of the rest.

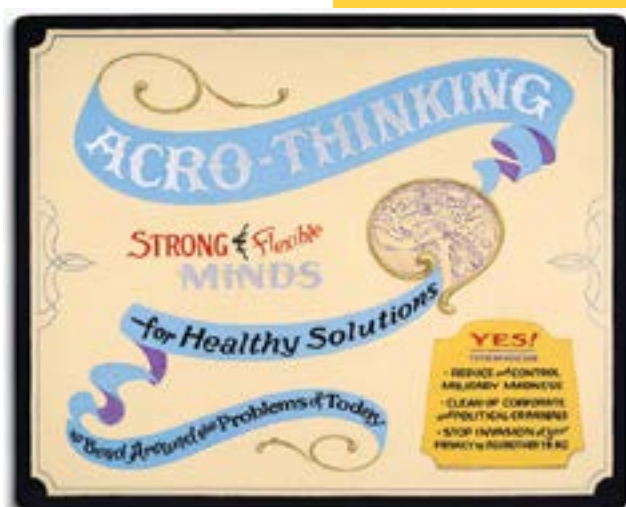
See [tinyurl.com/mmadrnessrental](https://tinyurl.com/mmadrnessrental) to read about the steps they are taking to make this a safe experience for their staff and your group.

## Multnomah County Health Video

As local businesses reopen, the City of Portland and Multnomah County Health Department have created a video to educate the community on how to stay safe and slow the spread of the COVID-19 virus.

The video is streamable in more than 35 languages.

Watch them all at [tinyurl.com/y5weepg6](https://tinyurl.com/y5weepg6).



Portland artist **Remedios Rapoport** has big news: "My painting Acro-Thinking, was selected for the Word Exhibition at ShockBoxx Gallery from a pool of over 700 works."

The gallery is not in Portland, but there is a virtual exhibition at the Gallery's 3D tour: [bit.ly/sbxgofigure](https://bit.ly/sbxgofigure).

"This word portrait promotes the possible positive benefits of people with strong and flexible acrobatic minds for solving problems of today," Rapoport said.

"Created within a vintage showcard design, it allows multiple panels of information to be shared in a visually cohesive and playful way. It cries out like an old time circus or sideshow barker to capture the viewer's attention."

Portland's Regional Arts and Culture Council (RACC) awarded Rapoport with a grant to curate and present *The Gentle Revolution presents: The Pre-Vinylettes' Suffragette Centennial Exhibition* at the Ford Gallery later this year.

See [remediosrapoport.com](https://remediosrapoport.com) for the details.

**SIDESTREET ARTS PRESENTS**

**August 5 - 30, 2020**

**Karrie Kaiyala Amiton**

**Rebecca Arthur**

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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.

## Can Calming Ourselves Calm the World?

Stress is a public health crisis. Our bodies are designed to handle stress in small doses. Even before the COVID-19 pandemic and protests against racial injustice entered the equation, Americans were dealing with chronic stress related to pressures of family, work, finances, environment, climate, digital media and more.

When stress becomes long-term or chronic, it can have serious effects on our bodies.

As a Clinical Somatic Educator, I see more and more new clients presenting with higher levels of pain, exhaustion, anxiety, inability to focus and an overall low sense of personal agency.

Somatic Education helps people better understand how their brains, nervous systems and bodies react to stress. All humans and animals have a fight/flight/fawn or freeze response to fearful events with full-body muscle contractions called reflexes.

Reflexes keep you safe, like when you reflexively pull your hand away from a hot burner or, eons ago, ran from a saber tooth tiger.

Once safe, your nervous system shifts from the sympathetic nervous system, responsible for fight-or-flee reactions, to a state of rest and recovery under the control of the parasympathetic nervous system.

In today's 24/7 go-go-go

culture, we are stressed repeatedly, without time to pause and truly return to a calmer state. The saying, "neurons that fire together, wire together" describes neuroplasticity.

The constant motor and thought patterns with which we respond to stressful events, means we are neurologically wiring our bodies and minds to stay stressed, resulting in a myriad of mental, physical and emotional health issues.

No matter what the stressor is – whether it is pain in our bodies or pain in our communities – the first line of action generally starts with resist, push, challenge, fight, freeze. Evolutionarily, we were wired to see everything as a threat and be ready to react quickly to protect ourselves.

In the somatics world, we never push, fight against tension or inflict pain to relieve pain. That only creates – you guessed it – more tension.

Several somatic modalities are coming to the forefront in these times to help people learn to sense their reactions to the pressures we face worldwide within their body.

Every thought, action, reaction and emotion has a corresponding physical response in the body. There is no "mind-body connection." Rather, they are two sides of the same coin. To try to

create a calmer life, the body and mind need to be addressed together.

Clinical (or Hanna) Somatics is the only somatic modality that incorporates pandiculations, gentle movements to retrain the brain and nervous system to release muscle tension.

Pandiculations are not forceful like a stretch or strengthening movement. Because they put the individual in charge of creating and learning a new neuromuscular pattern, it is empowering and gives people a clear sense of agency, instead of relying on others to fix them.

Somatics is highly effective because we are working with the brain and nervous system, the parts of us which drive our movement and thought patterns, to shift our bodies and minds to a state of peace and ease, rest and restoration. From this state we are more rational, aware and able to solve complex problems.

Somatics is a paradigm shift away from our current approach to "fix" the problems we all face. Could it be that to have a more just world we need to experience peace that we can all create within, first?

*Kristin Jackson*  
*Think Somatics*  
*503.701.2179*

## What to Plant Now in Your Home Garden

BY IAN WILSON, PORTLAND EDIBLE GARDENS

Summer is in full swing. Spring greens have wilted away in the heat, tomatoes are starting to ripen on the vines, zucchini's broad canopy is attempting a coup of the rest of the garden and a fruitful season is upon us.

It can be easy, in the midst of such abundant harvests, to forget about the opportunities for planting at this moment. Still there are many opportunities for planting that shouldn't be missed, now and in the weeks to come.

Planting cool season veggies now will yield an abundance in the fall and winter months. Late July-early August is actually a critical window for planting many vegetables that will mature in the fall and winter months ahead.

Many home gardeners attempt to plant "fall vegetables" in the fall, which turns out to be a solid two to three months too late for growing successful cool season crops.

These vegetables, while they love to mature in the cool months ahead, need the long hot days of late summer to get started on their journey. With a good start in the heat of late summer, they will cruise into their maturity in September and on into the fall.



### Cabbage, Broccoli, Cauliflower and Kohlrabi

Plant these from starts now for a one time fall harvest. The same veggies planted in mid-August will be harvestable in the winter as a succession planting.

### Carrots, Beets, Turnips and Rutabagas

These roots are at their absolute peak sweetness when harvested in the dead of winter. They take a long time to mature (especially beets and carrots) and should be planted ASAP from seeds for an abundant winter harvest.

### Kale, Collard Greens and Chard

This trio of hardy greens will provide a continuous harvest in the fall and winter when planted now from starts. Spraying weekly with organic "Bt" (*Bacillus thuringiensis*) can help protect them from cabbage moths.

### Dill, Cilantro and Parsley

These annual herbs are great options for late summer. Dill and cilantro are easily grown from seeds or starts, but have a shorter harvest window and will be ready in late summer. Parsley planted from starts will be harvestable all through the winter.

### Lettuce

A workhorse in the garden and kitchen, lettuce can be planted in many seasons. Plant every two to three weeks until early September to have a continuous harvest from late summer until deep into the fall. Choose heat tolerant or bolt resistant varieties for planting in July and August.

### Scallions and Leeks

These veggies should be planted from starts ASAP. Scallions will mature in late summer and leeks will mature for a winter harvest.



# Rising from the Ashes: Montavilla’s Main Drag Gets Creative

By MEGAN McMorris

When I last saw Daniel and Elise Gold in February of this year, we were sitting at Montavilla Brew Works (SE 76th and Stark) as they told me about their plans to open their new Sicilian deli, Sebastiano’s on SE 81st.

Set to open April 1, the deli was one of several new establishments along Stark Street, part of the newly minted Montavilla crew. They were in good company with Lazy Susan, White Rabbit and Tinker Tavern also slated to open their doors in the spring.

That was before things shut down. Before the world as we knew it ended. Before restaurants and bars had to scramble to reinvent their game plan.

“It was really gut-wrenching, and there were times when we almost scrapped our plans altogether,” says Gold when we reconnected via phone.

In the end, their Sicilian resiliency won out. “We decided the only path was forward,” and the Golds decided that the show must go on. Go on it did and they opened June 3 for pick-up and walk-up service.

Some things are different than originally planned. Instead of offering dine-in service, they utilize a Dutch door to take orders at the front. They rely more heavily on online orders, and utilize their back parking lot for pick-up and special event space.

They’ve utilized their indoor space differently as well. “Because we don’t have customers inside, we’ve basically doubled the size of our kitchen and we have more refrigeration than we’d otherwise have,” says Gold.

Being a family-run café (Daniel, Elise and a cousin), helped them bypass issues around unemployment and safety concerns too – another bonus.

“We’ve really appreciated the community support. It seems like most of our customers are Montavilla residents, so we’re very appreciative of the word of mouth,” says Gold.

Their reach, of course, extends beyond the Stark Street passersby. “We definitely have people driving from pretty far away for cannoli – it’s flabbergasting,” laughs Gold.

While Sebastiano’s is up and running, there are other new kids on the block that have had to hit the pause-and-reflect button. As a result, they’ve had time to concoct their own creative plans with the “new normal” considerations in mind.

Lazy Susan, the eagerly an-

ticipated restaurant from Le Pigeon and Eem alums (occupying the former Country Cat space on SE 80th and Stark), also decided not to open their restaurant for indoor dining for now.

Instead, they’ve brought the grill (and the party) outside for lunchtime barbecues complete with a slushy machine, expanded outdoors seating and festive music.

Others, like Threshold Brewing and Blending on SE 79th and Vino Veritas on Stark and 78th, have expanded their outdoor seating areas to take advantage of extra elbow-room on their sidewalk or street. Same with southern-food favorite Roscoe’s and sushi place Miyamoto – next-door neighbors who share the same owners, menu items and even kitchen and who now co-host a new outdoors space along SE 81st.

Some long established businesses are forging new partnerships altogether to help each other thrive.

“We were thrilled when Redwood contacted us,” says Beer Bunker owner Kevin Overby, about their across-the-street neighbor. Redwood menus now sit at Beer Bunker’s tables so customers can place an order and have a server bring the food from across the street.

“It just made sense because we don’t have food but we have plenty of outdoor space, while theirs is limited,” he says. They may establish a similar partnership with nearby Bipartisan Café as well.

As new and old businesses start shaking to life, all neighborhood eyes have remained trained on the corner of SE 81st and Stark St., home of the former Eco Baby store. Originally slated to open in May, Tinker Tavern had shown no signs of life throughout the shutdown.

That will all soon change, says owner Erik Mahan. After permit delays due to the complicated nature of having to build a restaurant from scratch, and to the pandemic itself, they are starting to construct their space with the new considerations in mind. The pause has been a blessing in disguise.

“There’s definitely a sil-

ver lining to this,” says Mahan. “Because we’re in construction now, we can be flexible as we move along, and adjust accordingly, which is a lot easier to do than having to adjust a game plan that’s already set in stone.”

Among the adjustments: a larger outdoor seating area, fewer indoor tables and possibly even Plexiglas partitions.

“My contractor really has his finger on the pulse of what’s working and what doesn’t, and we’re just beginning the process now,” Mahan said.

The extra time caused Mahan to rethink his menu as well. “The downtime caused us to look at our food program differently and anticipate opening up with a to-go friendly menu, whereas before the food wasn’t as much of a focus,” he said.

When Tinker Tavern does open, look for homemade sausages to be part of the menu. Mahan, formerly of Stammtisch and Prost!, is both a seasoned chef and bartender.

While he doesn’t yet have a firm opening date in mind right now, Mahan is already feeling welcomed by the neighborhood.

“We’ve been popping into the local establishments to introduce ourselves and get to know people,” he said “and we’ve had a lot of positive feedback already, which is definitely encouraging and motivating as we prepare to open.”

Follow Tinker Tavern’s progress, at their Instagram page @TinkerTavernPDX.

Montavilla reminds me of the Fisher Price downtown scene just like the one I played with as a child. Mark, a lifelong resident, likens the neighborhood to Mayberry of the Andy Griffith Show.

“It’s like an old Main Street small-town feel in the middle of a pretty big city,” agrees Overby, who has lived in Montavilla for over 20 years.

“I love, for example, that our local breweries can just walk a keg down the street with a hand truck to deliver to us. We’ve been consciously supporting local business during this time, and it’s really enjoyable to see how our neighborhood is adjusting to this situation in a lot of creative ways.”

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**Crossword Answers**  
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# Oregon Cannabis Commission Update

By Jack Rubinger

The Oregon Cannabis Commission provides advice to the Oregon Health Authority (OHA) about a possible framework for future governance of the Oregon Medical Marijuana program.

Made up of stakeholders in the industry, Commission positions include a registry-identified cardholder, an attending physician, a person designated to produce marijuana, a person representing OHA, a person representing OLCC, a local health officer, a law enforcement officer and a person knowledgeable about research proposals and grant protocols.

Additionally, the Commission includes members of the public from various backgrounds. It commonly asks other stakeholders and agencies for input on various topics.

During the 2020 legislative session, there were three bills that proposed changes to Oregon Medical Marijuana laws:

**HB 4034** directs the Oregon Liquor Control Commission to establish by rule a process to register medical marijuana grow sites.

**HB 4035** directs the Department of Revenue, Oregon Health Authority, Oregon Liquor Control Commission, State Department of Agriculture and Governor’s office to consult with Oregon Cannabis Commission and other cannabis entities to develop a plan to address issues related to regulatory authority over marijuana.

**SB 1561** directs the State Department of Agriculture to administer the Oregon Hemp State Program for production, processing and sale of hemp.

Due to walkouts during the session, none of these bills were passed. It will be up to lawmakers to decide if they want to reintroduce them in 2021.

To help provide law makers with recommendations, both groups have divided this work

into four different subcommittees that include: governance and framework, patient equity and health equity and research leadership. The Commission’s goal is to have recommendations for the upcoming 2021 legislative session.

A recent conference call took place where members of the Commission discussed areas of focus. Those included the need for affordable medical marijuana for medical patients, the lack of quality information available to medical marijuana patients (including patient care guidelines), the need for better research resources (such as the hoped for Cannabis Research Center), a desire to redefine dosing standards and a methodology for packaging and labeling products for patients.

*For more information and meeting minutes, contact the Oregon Cannabis Commission at [OHA.OCC@dhsosha.state.or.us](mailto:OHA.OCC@dhsosha.state.or.us).*

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## Eastside Village Works

When COVID-19 shut down the state, all lives changed dramatically. This was never more true than for seniors who often struggle with a sense of isolation from their communities.

As an all volunteer/member, non-profit organization, Eastside Village’s mission to keep seniors in their homes by providing needed services and a robust social life became a challenge that needed to be met.

In March, as Oregon began shutting down, our members and volunteers immediately wanted to know, “How can we help?”

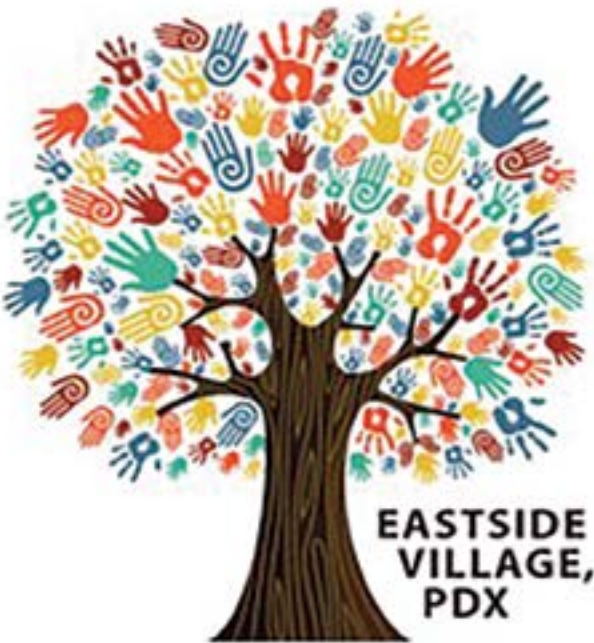
Calls were made to each and every member asking, “What do you need?” It became clear that masks were a priority. From this, the EV Village Mask Project was planned to ensure that every Village Member or volunteer who needed a pair of washable cotton masks would get them.

Members and volunteers stepped up with generous offers to make masks and donate money, fabric and other supplies. Within a week, a cadre of members and volunteers delivered the freshly laundered masks to all who had requested them.

“This project really made me proud to be a part of such a beautiful, caring community. It gave us all a sense of connection and well-being at such an unprecedented time,” said Jenny Rockwood, Eastside Village Office Manager.

Since that time, phone calls to check in with each other have become the norm and Zoom meetings for book clubs, coffee hour, happy hour, men’s group, neighborhood circles, current events group, climate crisis crew and more are noted on our online calendar with handy links to connect members with other members.

Our Zoom experiences have expanded to include a book reading by a local author and nutrition lessons to help us maintain healthy bodies and minds.



“I’ve found the extra times we have met via Zoom to be especially sweet and time worth being spent,” said member Derianna Mooney.

With many member volunteers in the coronavirus risk group, we have relied heavily on our younger, non-member volunteers to assist with needed requests during this time.

Volunteers wear masks and do the required sanitizing while providing services such as rides to necessary medical appointments, yard work, prescription pick up, grocery shopping and so much more.

“I’ve done a few volunteer gigs during these unusual times. Although the primary outcome is providing services to the members, I get something out of this too – a chance to actually meet and chat with people (properly masked and distanced, of course). Even before COVID-19, I always felt that I received benefits as well as providing benefits,” said volunteer Gene Ellis.

Seeing friendly faces and having mutually interesting conversations lifts the spirit and keeps us mentally healthy. Shared stories from lifetime experiences

keeps us connected and gives us the ability to really get to know each other.

We look forward to the day when we can once again, gather for potlucks, happy hours, lectures, play readings, movie nights and so much more.

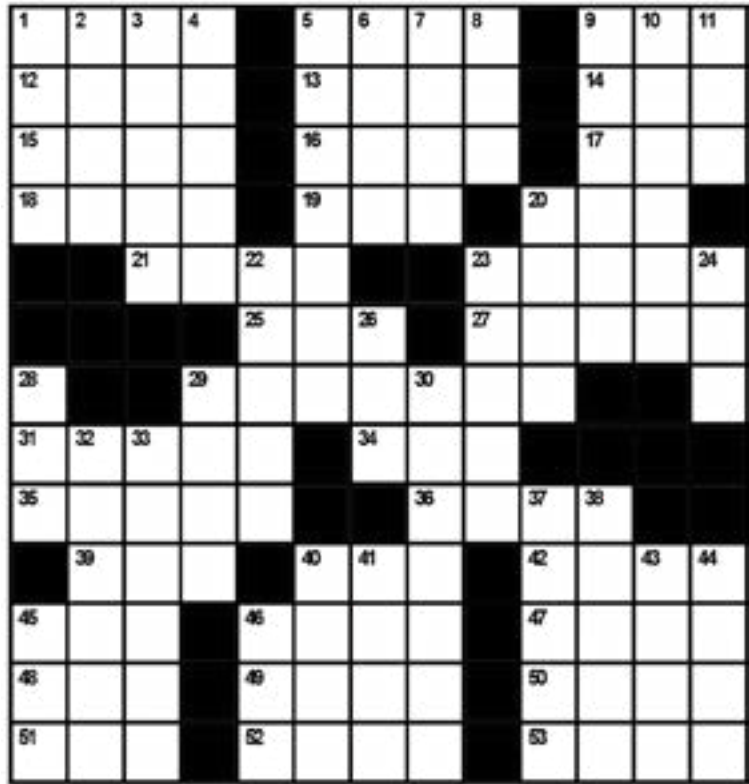
Meanwhile, because of this pandemic, we have learned how well our Village concept works. We are connected; we care and watch out for each other; we’re learning new ways to stay connected; and we’re still involved in our community.

Belonging to a group of seniors who want to stay engaged and relevant to today’s world is an amazing experience. Eastside Village provides so many opportunities to do so.

*Eastside Village is an interdependent, intergenerational community of neighbors helping neighbors. Members are individuals and couples who prefer staying in their homes and neighborhoods rather than moving into retirement communities.*

*For more information contact [info@eastsidevillage.org](mailto:info@eastsidevillage.org) or call Jenny at 503.866.0571.*

## Work Your Noggin'



Across

- 1. Did laps, say
- 5. “Shoo!”
- 9. Timeworn
- 12. Star
- 13. Filly’s mother
- 14. Stinger
- 15. Convention \_\_\_\_
- 16. Seemingly forever
- 17. Car color
- 18. Shoved off
- 19. Iced with lemon?
- 20. Sticky stuff
- 21. Prayer pronoun
- 23. Bright
- 25. Hairpiece
- 27. Rigid
- 29. A long way off
- 31. Parts
- 34. Like a wallflower
- 35. Copper coins
- 36. “\_\_\_\_ she lovely?”
- 39. Pooch, for example
- 40. Lady
- 42.Strike while the \_\_\_\_ is hot!”
- 45. Canoe equipment
- 46. Dig like a pig
- 47. Cat’s lives
- 48. Archaeological site
- 49. Examination type
- 50. Chows down
- 51. Out of the wet
- 52. Lived

53. Coin receiver

Down

- 1. Vegas attraction
- 2. “\_\_\_\_ Only Just Begun”
- 3. “You \_\_\_\_ kidding!”
- 4. Time division
- 5. Not the highest grade
- 6. Hourly pay
- 7. Territory
- 8. 70’s rock group
- 9. Come by
- 10. Gets smart
- 11. Lair
- 20. Anonymous references
- 22. Clear the blackboard
- 23. Doesn’t go
- 24. “Is the soup \_\_\_\_?”
- 26. Exxon product
- 28. Explosive device
- 29. It’s the truth
- 30. Referee’s tool
- 32. Fix
- 33. Available power
- 37. Half courses, in golf
- 38. Judicial tribunal
- 40. Extra
- 41. Crowd noise
- 43. Catch \_\_\_\_
- 44. Home, informally
- 45. Not matching
- 46. Commotion

Answers found on page 15



# Homeless Facility to Open in September

By Nancy Tannler

Raven Russell, Director of Data & Major Projects at Helping Hands Reentry Outreach, has good news about their new facility to help Portland’s homeless during COVID-19 and beyond.

They plan to open 72 emergency shelter beds in September and 300 more by the end of the year at the Bybee Lakes Hope Center (BLHC, formerly the Wapato Correctional Facility).

BLHC has the capacity to eventually serve 525 individuals. Scheduled to open 228 beds this fall, the pandemic has caused them to modify their plans.

“We did a redesign of the reception/lobby area so it will give people plenty of room to maintain social distancing while utilizing the space,” Russell said.

Helping Hands operates 11 facilities for the homeless in Clatsop, Tillamook, Lincoln and Yamhill Counties. This will be their first property in Multnomah County.

BLHC plans to offer wrap around services for those ready to make the necessary changes to become self-sufficient. They establish partnerships with agencies providing addiction, mental and physical health services; health insurance enrollment and food insecurity programs enrollment; while securing government documents (identification, social security cards, birth certificates), employment assistance and voca-



tional training.

The Center will serve men, women and children on a sober campus. The two eligibility requirements are: sobriety and no registered sex offenders. Dogs will be permitted and residents come and go at will with a 15-minute bus ride to downtown.

To be admitted, a person must be referred by a registered community partner: Community Action, Department of Human Services, other shelters, mental and physical healthcare providers, fire departments, business owners, churches, corrections department from the Portland metro area only.

Offering training to community partners at the end of August, the training includes an overview of the programs and services Helping Hands offers, as well as a trauma-informed guideline for how to screen for eligibility.

Helping Hands Reentry Program has a decade-long track record helping clients achieve success. 90 percent of clients who enroll in the Reentry Program complete it. After three years, 80 percent of women and 75 percent of men are maintaining independent housing, according to documentation.

As BLHC evolves, there will be many opportunities for the community to participate in the programming. Volunteer activities are expected to include cooking or serving meals; maintaining community gardens; leading classes on skills training, yoga, meditation, art, bible, reading groups, recovery support and more.

*Interested members of the community are encouraged to sign up for their newsletter at [bybeelakeshopecenter.com](http://bybeelakeshopecenter.com).*

# Getting the Healthcare You Need During COVID-19

By Richard Smith, MD

Multnomah County residents have been turning to virtual medical visits, also known as telemedicine, more than ever during the coronavirus pandemic.

While telemedicine companies have been around for years, the pandemic has led to a dramatic increase in virtual visits as primary care doctors, specialists and hospitals began offering the service as a way to help keep patients safe.

Now that medical offices and hospitals are accepting patients again for in-person visits and elective procedures, you may be wondering if you should return to your doctor’s office or stick to a virtual visit.

Rest assured, your health care providers can help you decide what’s best as they work to ensure safe care for patients and staff. This includes changing the ways they deliver care like screening patients ahead of time to help determine if it’s best to go to a medical office or stay at home.

### In-person Visits

If it’s determined that an in-person visit is best for you, you’ll find that to reduce the risk of COVID-19 transmission, many facilities are taking the following steps:

- Screening arriving patients for COVID-19 symptoms and providing a mask and hand hygiene supplies before entering the center.
- Screening every employee for COVID-19 every shift and requiring them to wear masks at all times and appropriate personal protective equipment.
- Treating suspected and symptomatic COVID-19 patients in designated areas only.
- Promoting physical distancing with new clinic layouts.
- Cleaning and disinfecting exam rooms between each patient visit, and regularly disinfecting high-traffic and high-touch areas.

### Virtual Visits

If you don’t require in-

person attention, a virtual visit is still a good option. Many people choose virtual visits in non-emergency situations for routine follow-ups and non-life-threatening conditions.

This option allows you to consult your doctor or other healthcare providers in your network via a secure video or phone appointment, all in the comfort of your home.

Before your telehealth visits:

- Make a list of all the medications, prescription and over-the-counter drugs you take and include the name, address and phone number of your pharmacy.
- Write down details about symptoms, concerns, pain and feelings.
- Take digital photos of any injury, rash or other visible concern.
- Have your insurance ID card available.
- Use a phone, tablet or computer that’s connected to the internet. If you’ve never video-chatted before, consider a practice run with a friend or family member to work out the process and check the microphone and speakers. Headphones or ear buds provide better sound quality and more privacy.
- Have your home thermometer, bathroom scale, glucometer or blood-pressure monitor nearby.

Whether you choose a virtual or in-person visit, check with your health insurance provider to see if they’ve taken steps to help ease the burden during the health crisis.

Getting the care you need is always important. Consider these options to stay safe and healthy.

Remember, for life-threatening emergencies, such as chest pain, difficulty breathing or suicidal thoughts, always call 9-1-1 or go to the nearest emergency room.

Bottom line, don’t delay care because you are worried about contracting COVID-19.

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# Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

Rather than discuss the recent legislative special session this month, I thought I would focus on work in the Legislature that, until recently, has not been as high profile.

One of my assignments is serving on the Oregon Emergency Board – a legislative committee whose main function is to allocate money from emergency funds to state agencies where specific needs arise when the Legislature is not in session.

We do this from a finite pool of money set aside as part of the state's biennial budget. In July, I had the chance to work on two things that I am particularly proud of.

In a typical year, the Emergency Board is a relatively uneventful assignment. We might pass a few spending measures to respond to a worse-than-usual wildfire season or boost funding to the Department of Human Services because of an upturn in the use of medical benefits on the Oregon Health Plan.

This year, serving on the Emergency Board has been very different. In fact, everything has been different this year. Because of the way Federal CARES Act dollars have been allocated to our state to tackle the pandemic, the Emergency Board has been very active.

We passed funding packages to provide child care for front-line workers, PPE and technical assistance for underrepresented and small businesses, housing stabilization grants in the form of rental assistance, economic relief for quarantined workers, enhanced mental health services and to address many other needs.



One important measure we passed was the allocation of \$62 million for the Oregon Cares Fund for Black Relief and Resiliency. Data shows that Black communities are disproportionately impacted by COVID-19, with Oregon being no exception.

The fund will provide grants to Black individuals, families and businesses in Oregon to be made available through an application and award process led by the Contingent and the Black United Fund.

I was proud to vote yes and be a part of the Emergency Board's decision to allocate funds from the CARES Act to programs that will directly assist Black Oregonians.

Another funding package at the July Emergency Board meeting was a \$9.7 million allocation for music and performing arts venues allowing them to "moth ball" safely until the pandemic has passed. This was part of a \$50 million package for arts and culture entities across our state.

Most of you know Governor Brown has prohibited public gatherings of small and large groups of people, effectively cancelling all public performances conducted by arts and entertainment organizations. The sites for these public gatherings closed down and have remained closed.

These include beloved ven-

ues right here in SE Portland like Artichoke Music, Milagro Theater, the Aladdin Theater, Revolution Hall and the Doug Fir, to name just a few.

They were some of the first businesses to shutter and will most likely be the last to reopen. If these organizations do not make it through the pandemic, the cultural and economic impact on our state will be massive.

Behind the scenes, I worked very hard to help venues across the state weather the pandemic and be there for us to enjoy when this is finally all over. I did this knowing how many of those are found here in SE Portland.

We are likely to be called back for a second special legislative session in mid-August to address budget challenges in light of declining personal and corporate income tax revenues as well as declining lottery funds as the state budgets on a two-year cycle and is required to keep a balanced budget.

If you have thoughts about what we should prioritize please reach out to me at [rep.robnosse@oregonlegislature.gov](mailto:rep.robnosse@oregonlegislature.gov) or call me at 503.986.1442.

Our goal is to balance the budget, and do it in away that still maintains essential services, safety net programs and school funding, including community colleges and universities.

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## New Statewide Rules: Effective July 24

Governor Kate Brown issued new statewide rules for the wearing of face coverings that went into effect Friday, July 24.

- Face coverings are required for ages 5 and up
- Restaurants and bars must close at 10 pm statewide, regardless of the phase the county is in
- Face coverings are now required when exercising indoors, plus outdoors when you can't physically distance
- Capacity limit for restaurants, gyms, venues (i.e. concert halls, movie theaters) is reduced to 100 people, including staff



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(503) 232-4763 | thecaplenergroup.com

Homes Now Available in Your Neighborhood



7110 SE Main St.  
1951 Mid-Century  
2319 Total Sq. Ft.

\$850,000  
3 BD, 2 BA



21504 Shannon Ln  
1991 Contemporary  
4022 Total Sq. Ft.

\$1,390,000  
5 BD, 3.1 BA



4707 SE Rex St.  
2005 Custom Build w/ADU  
2459 Total Sq. Ft.

\$700,000  
3 BD, 2 BA  
+ 2 BD, 1 BA ADU



2045 SE 72nd Ave.  
1951 Traditional  
1716 Total Sq. Ft.

\$589,900  
3 BD, 3 BA

SOLD



1615 SE 41st Ave.  
1954 Bungalow  
1704 Total Sq. Ft.

SOLD  
3 BD, 2 BA

PENDING



4905 SE Tibbetts St.  
1962 Mid-Century  
3440 Total Sq. Ft.

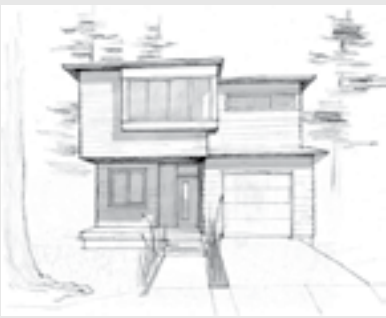
Pending  
4 BD, 2 BA

Hawthorne Hill  
A New Mt. Tabor Luxury Home  
Development

The Caplener Group is pleased to present an exciting new project of four new luxury modern homes in a fantastic Mt. Tabor location. Built by local Mt. Tabor resident and award -winning builder Ethan Beck Homes. Prices range \$799,900–\$1,225,000. Featuring generous sized lots, high end finishes, open floor plans and ADU options. Breaking ground this month! For details please call: Office 503.232.4763 Mobile 503.888.6999



1525 SE 57th Ave.  
\$1,225,000  
2950 Total Sq. Ft.  
4 BD, 3 BA (main house)  
1 BD, 1 BA (ADU)



1521 SE 57th Ave.  
\$1,125,000  
3100 Total Sq. Ft.  
5 BD, 4.5 BA



1515 SE 57th Ave.  
\$899,900  
2750 Total Sq. Ft.  
4 BD, 3.5 BA



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

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

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

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

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



THE CAPLENER GROUP  
at Windermere Realty Trust

5015 SE Hawthorne Blvd., Portland, Oregon  
Gold Level Sustainable Office

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

