



Your Neighborhood News Source
Created and Powered by the Love of Community

October
2020

southeastexaminer.com Our 31st Year Vol 31 No 10 Portland, OR

Police Oversight Measure on Ballot

By Don MacGillivray

A plea for police accountability has been the root cause of the nightly unrest in the streets of Portland. Demonstrators want police reform so that people of color and disadvantaged citizens are treated appropriately and with respect.

Safety from police coercion and misconduct requires an accountable independent, citizen empowered police oversight system. Even though Portland has struggled for two generations to create a satisfactory system of oversight, this remains a work in progress.

The organizations working for police reform want to limit the size and scope of our police force, reinvest in our communities, find alternatives to policing and reduce punishments for non-violent offenses.

In July, Portland City Council unanimously voted to put a City Charter amendment, Measure 26-217, on the November 3 ballot. It will authorize a new, independent community police oversight board to investigate complaints about Portland's sworn police employees and recommend appropriate practices and policies to address the concerns of the community.

The Measure will comply with the City's obligations under the Public Employees Collective Bargaining Act and other state laws by adopting and implementing new City ordinances within the next two years.

Commissioner Jo Ann Hardesty is the primary author of this new proposal to address this old issue of police accountability.

For many years, Portland's minority populations have complained that Portland's abusive system allows the police to act with impunity towards those populations. Demands for accountability, transparency and public awareness of police dereliction have grown with the nightly demonstrations of Black Lives Matter and their supporters.

In 2018, Commissioner Hardesty be-

came the first Black woman to be elected to the Portland City Council. As a longtime community organizer and former state lawmaker, her paramount priority has been a reform of the Portland Police Bureau (PPB).

Commissioner Hardesty and Mayor Wheeler have had a problematic relationship over police matters, but last spring together they agreed to reduce the Portland Police budget by \$15 million.

On September 2, three volunteer members of the Citizen Review Committee (CRC), the city's 11-person police oversight board, resigned because Portland's system of police accountability is inadequate.

This June, the Independent Police Review (IPR) division received more than 600 complaints about police conduct and more complaints continue to flood in dwarfing the total number of complaints received in 2018.

Volunteers on the CRC that try to hold the police accountable have found the chaos of this summer's nightly demonstrations has made police oversight practicably impossible.

Portland's 35 year old police oversight system is complicated, controversial and frustrating for everyone.

Between 1982 and 2001, there was the Police Internal Investigations Auditing Committee (PIIAC), consisting of three City Council members that utilized an advisory committee made up of police staff and citizen volunteers. They considered appeals of the decisions from police Internal Affairs (IA). Under this system, the Chief of Police was allowed to overrule the decisions of City Council, thereby protecting officers from sanctions.

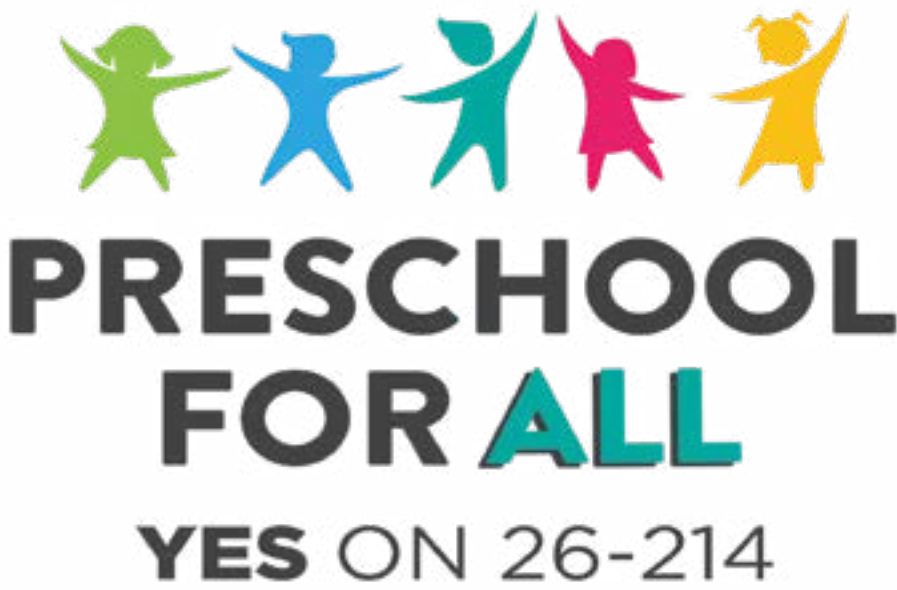
In today's system the IPR receives police accountability complaints, conducts a preliminary investigation and, if necessary, sends complaints to police IA.

Police IA researches the facts and gathers officer testimony to make judgments and policy recommendations to the PPB and City Council. The IPR is an independent agency under the Office of the City Auditor that is autonomous and independent from the PPB.

If there are complaints about the judgments, they go to the CRC, a volunteer board appointed by City Council that hears appeals, gathers community concerns, recommends policy changes and reports their findings to both the IPR and the PPB.

Their decisions are referred to City

continued on page 2



Equalizing the Future: Measure 26-214

By Nancy Tannler

Voters in Multnomah County will decide on Preschool for All, Ballot Measure 26-214 in November. Multnomah County Commissioner Jessica Vega Pederson, District 3, championed this cause along with her staff and other organizations.

"This measure is the culmination of eight years of dedicated work and advocacy by members of our community," Vega Pederson said.

There are 60 programs across the country that have invested in large-scale, publicly funded preschool programs. Her hope is that Multnomah County will be the next jurisdiction to step up for children and families.

At a Zoom meeting, Vega Pederson responded to the most pertinent question, "Why does this matter," especially if a person doesn't have children.

She related it to her own personal experience. Vega Pederson is of Mexican-American heritage and she witnessed how difficult it was for her mother to pursue a career after she had children, especially since there were limited preschool options.

It is a matter of fact that the early years of a child's life are crucial for social, emotional and cognitive development. Economists estimate that the rate of return for funding high-quality preschool ranges between \$7 and \$10 for every dollar in-

continued on page 10

Mayoral, City Commissioner Races

By Midge Pierce

The November ballot will include two City Council positions with run-offs against Portland's Mayor Wheeler and Commissioner Eudaly.

As violence, crime and homelessness rise and confidence in Portland governance has decreased, incumbent Mayor Ted Wheeler has been challenged by activist Sarah Iannarone.

A self-described anti-fascist, Iannarone has blasted Wheeler for failing to hand off oversight of the Portland Police Bureau (PPB) and not yielding more fully to defund police during 100+ nights of de-

mands that often devolved into violence.

Given turmoil and pandemic, Wheeler is asking for time to deliver on his "deep commitment" to structural reform. He and Iannarone face a write-in candidate, Black Lives Matter activist and founder of Don't Shoot Portland, Teressa Raiford.

Incumbent Council member Chloe Eudaly faces heavy criticism about turnover in the Office of Community and Civic Life (OCCL), which she renamed from the Office of Neighborhood Involvement (ONI). She has widespread support from renters and the marginalized.

continued on page 4

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 4818

MORE BALLOT MEASURES

Legalizing Psilocybin
Measure 109 seeks to create a program to administer psilocybin-producing mushrooms and fungi. PAGE 2

Library Levy
Multnomah County Library looks to secure \$387 million. PAGE 2

Portland Parks & Recreation Levy
Levy proposed to provide more non-fee funding for PP&R. PAGE 10

HAWTHORNE PAVE AND PAINT

PBOT Releases Options
PBOT has released an alternatives evaluation with four options analyzed to meet project goals. PAGE 3

Neighborhood Notes
Five Neighborhood Associations provide updates from monthly meetings, including widespread discussion about Hawthorne Pave and Paint. PAGES 14-15

A&E

Milagro Theatre
Milagro Theatre takes two shows on virtual tour, partnering with other city theatres. PAGE 12

Portland Black Music Expo
Plenty of music, panel discussions and a Sunday Gospel Sermon. PAGE 12

Movie Madness Express
The Portland institution's service helps you reserve movies from your home. PAGE 13

Legalizing Psilocybin

By Jack Rubinger

Oregonians will vote on whether to legalize psilocybin in November. Psilocybin is a naturally occurring psychedelic compound produced by more than 200 species of mushrooms.

Oregon Measure 109, the Psilocybin Program Initiative, is on the ballot in Oregon as an initiated state statute in this November’s election. Proponents refer to the measure as the Psilocybin Services Act.

Measure 109 would create a program for administering psilocybin-producing mushrooms and fungi, to individuals aged 21 years or older.

People would be allowed to purchase, possess and consume them at a service center and under the supervision of a service facilitator after undergoing a preparation session.

Under Measure 109, the Oregon Health Authority (OHA) would determine who is eligible to be licensed as a facilitator, determine what qualifications, education, training, and exams are needed, and create a code of professional conduct for facilitators.

OHA would set psilocybin dosage standards and labeling and packaging rules.

The Southeast Examiner spoke to two SE residents who expressed opinions on the potential use of psilocybin.

“In 30+ years of working in and around public psychiatric and addiction treatment, I’ve never heard a licensed clinician – or anyone – say their client needed psilocybin,” said Portland therapist Jason Renaud.

“I’ve never experimented with ‘shrooms personally,” said Chris Mosteller, Student Transpacific Education Program, “but if they’re hallucinogenic, I would think it would be good to keep those illegal, but marijuana was demonized unfairly so maybe ‘shrooms are getting the same unfair treatment.

“The only thing I wouldn’t like is the effect legalizing it would have on the community and the Portland image.”

“Two-thirds of Americans now report psychological distress. Many people cannot tolerate traditional psycho pharmaceu-

tical interventions.

“Psilocybin, if used under medical supervision, is a promising alternative to ease treatment resistant depression and severe cases of PTSD,” said Sheila Hamilton, CEO, Beyond Well Solutions.

Oregon Measure 109 has been endorsed by organizations such as Oregon ACLU, The Democratic Party of Oregon, the Black Resilience Fund and Cascade AIDS Projects and many political leaders and citizens.

Measure 109 would allow cities and counties to place referendums on local ballots to prohibit or allow psilocybin-product manufacturers or psilocybin service centers within their jurisdictions.

“If this proposed measure ultimately is approved, the Oregon Health Authority would need to create a new program to implement the work required of the agency,” said Jonathan Modie, Oregon Health Authority. “OHA does not have a particular position on this proposed measure.”

Police Oversight Measure

from page 1

Council for final adjudication. Their purpose is to improve police accountability as well as to increase the public’s confidence in the PPB.

In the current system, the Portland Police Chief and the Mayor, as the city’s police commissioner, decide whether officers are disciplined for cases of misconduct. However, an arbitrator from the police union can overturn their decisions, if appealed.

Advocates for a new independent oversight board hope that it would be able to investigate complaints against police, the deaths of people in police custody, the use of deadly force and officer caused injuries as well as cases of alleged discrimination and violations of constitutional

rights.

The Portland City Auditor, Mary Hull Caballero, oversees the current police oversight system and is a critic of the newly-drafted ballot measure. She understands the pros and cons of the existing system and believes that the goals of the proponents are unrealistic.

If passed, the ballot measure would begin a long process to change city codes, state laws and the Portland Police Association’s labor contract.

This summer, the Oregon Legislature began work on further regulation of police issues and passed the following police reform laws: HB-4201, creating the Joint Committee on Transparent Policing and Use of Force Reform; HB-4203 and HB-4301

banning choke holds; HB-4205, requiring officers to report officer misconduct; HB-4207, creating a database to track suspensions and revocations; HB-4208, banning tear gas; and SB-1604, easing the discipline of officers.

The new Joint Committee on Transparent Policing and Use of Force Reform is meeting through the end of year to prepare additional legislation for the 2021 legislative session. With meaningful community engagement, the work to dismantle racism and strengthen police accountability continues through updating Oregon laws.

Extensive information about the Portland’s system of police oversight is available on the City of Portland Auditor’s website under “Police Review” and at Portland Copwatch.org.

Library Seeks Levy for New Building and Expansions

By Midge Pierce

Multnomah County Library officials are forging ahead with a measure on the November ballot during a time when household finances have already been impacted by the pandemic.

They say the measure is more important than ever with COVID-19 social distancing, virtual learning resource demands and growing economic inequities.

Ballot Measure 26-211 is mostly targeted for a new, 95,000 square foot flagship library in East County, similar in size to the downtown Central Library.

The expansion of SE’s Belmont Library is part of the plan that includes renovating six other branch libraries, adding gigabit speed internet to all libraries, creating a central materials handling and distribution center to increase efficiency, repainting and furniture replacement.

What it will not do is provide immediate re-openings and access in the near future.

While frequent users support improvements outlined by the levy, property owners who bear the brunt of the cost and renters who fear landlords might use it to raise their rents have both expressed concerns about its impact, especially at this time.

The public input process transpired in 2016 when the economy was more robust. The measure is intended to secure approximately \$387 million, down from \$400 million.

The cost to property owners would be between \$61 and \$68 per \$1000 of assessed property value. Multnomah County Library says that based on a median assessed value of approximately \$199,000, the annual per home cost will be \$134. Property owners can review their assessments and determine what it will actually cost them.

A frequent complaint is that estimates do not factor in the rising value of assessed property that increases the hit to individual pockets.

Library officials contend the justification is solid. SE’s Belmont is one of the busiest libraries in Multnomah County. It is also one of the smallest. Describing it as barely bigger than a con-

venience store, library spokesperson Shawn Cunningham says its “space deficit” clearly illustrates the need for expansion.

With only 4,259 square feet of public space, Belmont has had to deny up to 70 percent of requests for its free public meeting space and has turned away young children during its capacity-filled story hours.

Over the past year, Belmont Library had more than 230,000 visits, hosted 862 programs and filled more holds than any other library in the county. It is currently open with a table for holds-only. Book returns are taken through a slot on the building’s Yamhill side.

Cunningham indicates that, for the foreseeable future, Belmont may be unsuited for service beyond hold pick-ups. He assures, however, that it will remain a secure drop-off spot for November election ballots.

The past six months of semi-lockdown have presented Multnomah County Library with difficult transitions. After they indicated it could not support the library’s 600 person workforce indefinitely, it floated a plan to layoff some 80 positions during the pandemic.

The library union, AFSCME local 88, balked. The library then promised no union staff would lose jobs and all youth librarians would be retained.

To avoid significant layoffs, all but 26 positions are being re-assigned to work that includes the county’s pandemic response efforts, according to spokespeople.

The library says it is refocusing priorities to serve those most deeply affected by COVID-19 by adding services to support remote learners, educators, job seekers and disadvantaged communities.

Library fines, considered a usage barrier for many patrons, were forgiven earlier this year. That move cost the system some \$500,000 a year.

“This has been a time of much uncertainty,” said Cunningham. “We’re working hard to be flexible and nimble, so that the library emerges from this moment better equipped to serve our community in all the ways it needs, far into the future.”

For more information visit multcolib.org/about/planning-library-spaces.

SE

the SOUTHEAST EXAMINER

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor and Sunnyside neighborhoods.

Total circulation: 26,400
(24,800 mailed copies + 1,600 placed in street stands)
Mailed and distributed the last week of each month.
Founded in 1989.

Publisher/Editor/Advertising: Kris McDowell

Proofreader: Albert Q. Osdoe

A & E: Brian Cutean

1020 SE 7th Ave #14313, Portland, OR 97293

503.254.7550

examiner@seportland.news

southeastexaminer.com

©2020 The Southeast Examiner



European, Japanese and
British Car Specialists

Since 1983

RE-BORN
automotive INC.

1800 SE M.L.King Jr. Blvd.
Portland, Oregon 97214
503-231-4947
Check out our Blog @
rebormautomotive.com

Shuttle Service

Amazing Folks

Great Coffee

Comfortable

Convenient

Locally Owned

Outstanding

Honest



LOCATED IN
SOUTH TABOR

NEW FALL
COMFORT MEALS &
HOMEMADE DESSERTS

NO CONTACT
PICKUP OR DELIVERY

Real Deal CREOLE/CAJUN,
ITALIAN, & COMFORT MEALS

SMALL BATCH-MADE FROM SCRATCH

FUN ZOOM COOKING CLASSES

GRIS GRIS KITCHEN

WWW.GRISGRISKITCHEN.COM

503.432.1021

BE WELL

PBOT Releases Alternatives Evaluation for Hawthorne Pave and Paint

By Kris McDowell

In early September, on the heels of public input and technical analysis, the Portland Bureau of Transportation (PBOT) released an alternatives evaluation for the Hawthorne Pave and Paint Project.

The evaluation identified three alternatives subject to further evaluation. The full, 22-page document can be accessed at bit.ly/PBOTAlternativesEvaluation.

What follows is a brief look at the options and how they were analyzed.

Alternative 1: This option maintains the existing lane configurations: four travel lanes west of Cesar E. Chavez Blvd. and three travel lanes east of it. On-street parking would be included on both sides of the street.

Alternative 2: In this scenario, the entire span of the project scope on Hawthorne Blvd. (22nd Ave. to Cesar E. Chavez Blvd.) would offer three travel lanes so that west of Chavez would be the same as east of Chavez currently is. On-street parking would be included for both sides of the street.

Alternative 3: This is broken down into sub-options A and B. Both would have two general lanes and two bike lanes however in option A, bike lanes would be “buffered” while in option B, bike lanes would be “parking protected.” There would not be a center turn lane and on-street parking on both sides would be significantly reduced to accommodate bike lanes at crossings.

During PBOT’s technical analysis, they evaluated these alternatives by looking at the benefits and impacts of four project goals:

Improve Traffic Safety – Reduce crashes and 10+ mph speeding, minimize impacts on Neighborhood Greenways, improve pedestrian crossing safety.

Hawthorne is one of the most dangerous streets in the city and the design that is ultimately chosen must improve the safety of the street for all users.

Support Hawthorne’s Main Street Function – Add enhanced crossings for pedestrian/bicyclists, retain on-street parking, minimize impacts to and add bike/scooter parking, allow access and ease of loading/deliveries for businesses, opportunities for landscaping/placemaking.

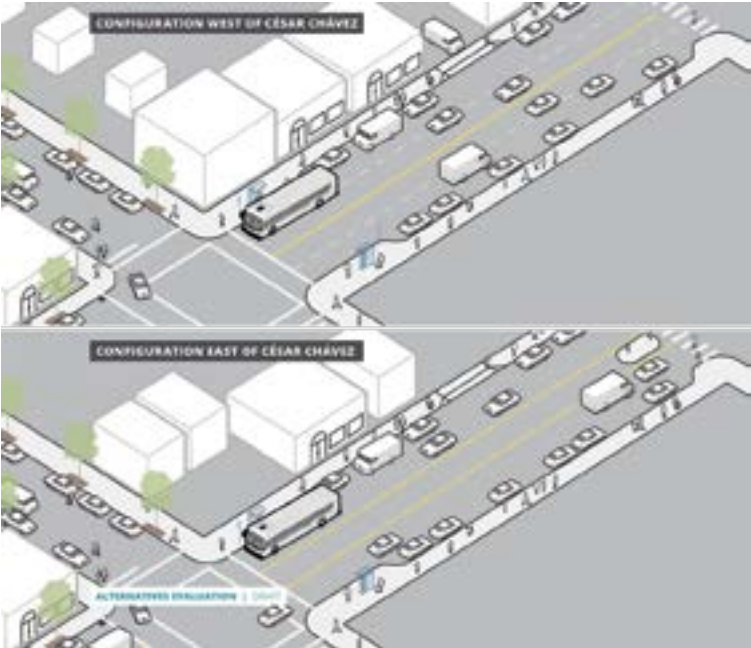
Hawthorne is one of Portland’s iconic main streets and a destination for residents of and visitors to Portland.

Connect People To and From Hawthorne – Improves pedestrian/bicyclist access, minimize impacts to transit speed/reliability, minimize impacts to travel time for drivers.

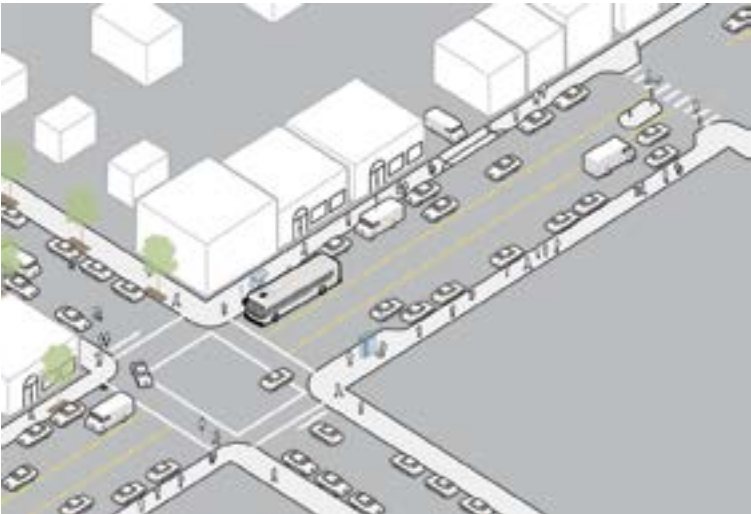
In addition to being a main street, Hawthorne is a major corridor for people traveling through the neighborhood or accessing it from other parts of the city, including the frequent Line 14 bus connecting the Lents neighborhood to downtown Portland.

Support Citywide Goals – Advance equity, address structural racism, possible carbon emission reduction.

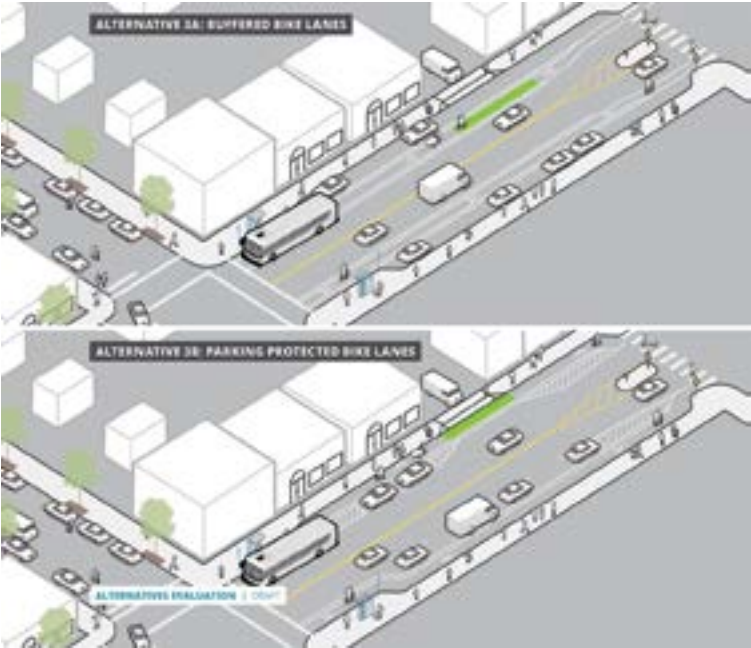
Two questions were consid-



Rendering of Alternative 1



Rendering of Alternative 2



Rendering of Alternatives 3A and 3B

ered in this area: Will it advance equity and address structural racism? Will it reduce carbon emissions?

During the month of September, PBOT continued to solicit input from businesses, individuals, neighborhood associations

and community stakeholders through webinars and an online survey.

They expect to provide a decision in the October-November time frame and maintain the planned start of paving in summer 2021.



Insuring your life helps protect their future.



Locke Insurance Agcy Inc
Mariko Locke ChFC, Agent
5048A SE Hawthorne Blvd
Portland, OR 97215
Bus: 503-232-2444
Se habla español

It can also provide for today.
I'll show you how a life insurance policy with living benefits can help your family with both long-term and short-term needs.
GET TO A BETTER STATE.®
CALL ME TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
Bloomington, IL
1203087.1



Building Pathways Out of Poverty

For 31 years, we've worked to increase housing and economic security in our East Portland community.

Our work is needed now more than ever. Help us build back better to make sure everyone has an affordable place to call home and the economic security to pursue their dreams.

What could be more important?

JUMP INTO COMMUNITY!
We welcome your involvement in our work.
Drive, donate, bake, shop, sew, gather, share and more.

LEARN MORE:
volunteer@humansolutions.org
humansolutions.org
503.278.1637



BUILDING MATERIALS

Family Style Customer Service
Delivery Service • Custom Cutting • Special Orders
7609 S. E. Stark Sreet • Portland, OR 97215
Phone: 503.254.7387 • Fax: 503.254.7663
www.mrplywoodinc.com

IF YOU ARE WITH



YOUR COWORKERS



CLOSE FRIENDS



FAMILY NOT IN YOUR HOUSEHOLD

YOU STILL NEED TO WEAR A MASK

For more information visit coronavirus.oregon.gov

Mayoral and City Commissioner Races

from page 1

Her challenger, Mingus Mapps, once worked at ONI as a community outreach organizer with a reputation for coalition building.

All four candidates seem to concur that, in its present form, Portland’s government is not working.

Here is a look at the candidates based on answers to questions from *The Southeast Examiner*:

Ted Wheeler, Incumbent for Mayor (tedwheeler.com)

Despite claiming strides on homelessness, housing affordability and support for greater police anti-bias and de-escalation training, Wheeler’s past few months have been co-opted by crossfire between demonstrators, vigilantes, owners of damaged property and Trump twitter storms.

To the criticism that he is ineffective in enacting reforms, he admits there is much work to do to implement overdue structural change.

“I unequivocally believe Black Lives Matter, fully recognize disparities in our policing and criminal justice system, and strongly believe we must continue to change how we do policing,” he said.

Among Wheeler’s accomplishments are the Portland Committee on Community-Engaged Policing to increase PPB accountability, creating the PS3 (Public Safety Support Specialist) program for unarmed response to non-emergency calls and increased funding for PPB’s Behavioral Health Unit to address those in crisis on Portland streets.

He supports points in the Reimagine Oregon Project that include local investment in communities of color, public safety programs and bans on choke holds and teargas.

Wheeler faces the unenviable task of navigating a pandemic and what he calls two distinct movements: the peaceful protestors he supports and a smaller group of violent agitators he says are “driving division, encouraging hate and stoking unrest.”

Wheeler says he’s doubled shelter capacity, saved over 7,000 high risk households from homelessness and helped some 6,000 people into transitional housing.

He says he’s made significant progress in preventing evictions and sheltering homeless elderly and families and now plans to focus on chronic homelessness, mental health and drug abuse.

Given that, due to COVID-19, more Portlanders could lose homes, his supporters emphasize the need for continuity to mitigate crises.

Regarding climate, he supports the transition to 100 percent renewable energy by 2050. He hails youth activists for providing invaluable input to his Climate Emergency declaration.

As for Portland’s Commission-form of governance, Wheeler says he wants to be the last Mayor serving in our “antiquated and inefficient form of government” and applauds restructuring through a racial and social justice equity lens.

His role in passage of the Residential Infill Project (RIP) garnered support from the Oregon League of Conservation Voters that was expected to endorse his competitor.

Wheeler is the first incumbent mayor to seek a second term in decades.

Mayoral Challenger Sarah Iannarone (sarah2020.com)

Sarah Iannarone’s platform includes a Green New Deal and making the City a leader in equity and racial justice by building healthy neighborhoods without displacement and keeping people safe without biased policing.

Climate, housing and inequality are the core of her campaign, she says. She calls the Portland Clean Energy Fund one of the world’s most groundbreaking climate justice programs that would lift up under served communities in East Portland.

While she has never served in public office, Iannarone has been a community activist who frequents Portland protests. She rejects the concept that Portland is a city divided, calling it instead a city united in which 75 percent support Black Lives Matter demands.

She supports programs like Portland Street Response, a non-police, first response to street crises proposed by *Street Roots* and calls for the city to “stop throwing good money after bad.”

Recently, she defended against accusations that she has not condemned nightly violence.

In a letter to *The Oregonian*, she wrote “police brutality has sparked 100 days of mostly-peaceful protests demanding change.”

Regarding homelessness, Iannarone denounces disproportionate use of force on the homeless who “just want to lay their head down at night and sleep in peace.”

Regarding accusations that she is too radical she said “...If housing our people, making sure they have healthy food, clear air to breathe, a reliable bus to ride, safe streets to walk, if those things are radical, that makes me laugh.”

Iannarone calls herself a working class mom who put herself through graduate school to learn how to make Portland the best it can be.

With the City on what she calls the verge of “greatness or continued decline,” her solution is to shift power from city government and mainstream organizations to frontline communities.

Her plans include convening an Intergenerational Summit to tackle climate change by 2030, along with transit access, gentrification and displacement.

Her other ideas include turning golf courses into mixed income housing, treating broadband as a public utility and establishing a city-owned, municipal bank.

Incumbent Commissioner Chloe Eudaly (votechloe.com)

May’s tight race for Council Position Four left incumbent Chloe Eudaly facing off against community organizer and former OCCL staffer Mingus Mapps, after former Mayor Sam Adams conceded defeat.

Eudaly, who oversees both the Bureau of Transportation as well as OCCL, plans to continue her work on housing and tenant protections. She seeks to decrease discrimination barriers and create more home ownership opportunities for low income households.

Her supporters consider her a champion for renter rights, affordability and accessibility. The rent crisis was a major driver of



Ted Wheeler photo by Mayor Wheeler’s Office



Sarah Iannarone photo by Amy Rathfelder

continued on page 18

PORTLANDWINGS.COM
LOCATIONS - ONLINE ORDERS - DELIVERY - RESERVATIONS

Online ordering with curbside pickup is here!

Learn more at peoples.coop/online-ordering

people's
FOOD CO-OP

(503) 232-9051 3029 SE 21st Avenue

Travel the Globe with The Chicken Soup Manifesto

By KRIS McDOWELL

Portland’s Jenn Louis released her third cookbook in September, *The Chicken Soup Manifesto: Recipes From Around the World*. The 240-page book is divided by country, taking readers and cooks to all corners of the globe – Africa to the Americas, Asia to Europe – with recipes that invoke a sense of the place they came from.

Louis grew up east of Los Angeles and came to Portland to attend Western Culinary Institute after learning how to cook by taking a job at North Carolina Outward Bound School.

She had visited Portland between high school and college and recalls, “Oregon was the prettiest place ever.” She stayed in Portland after graduation, owning and operating three restaurants and a catering business.

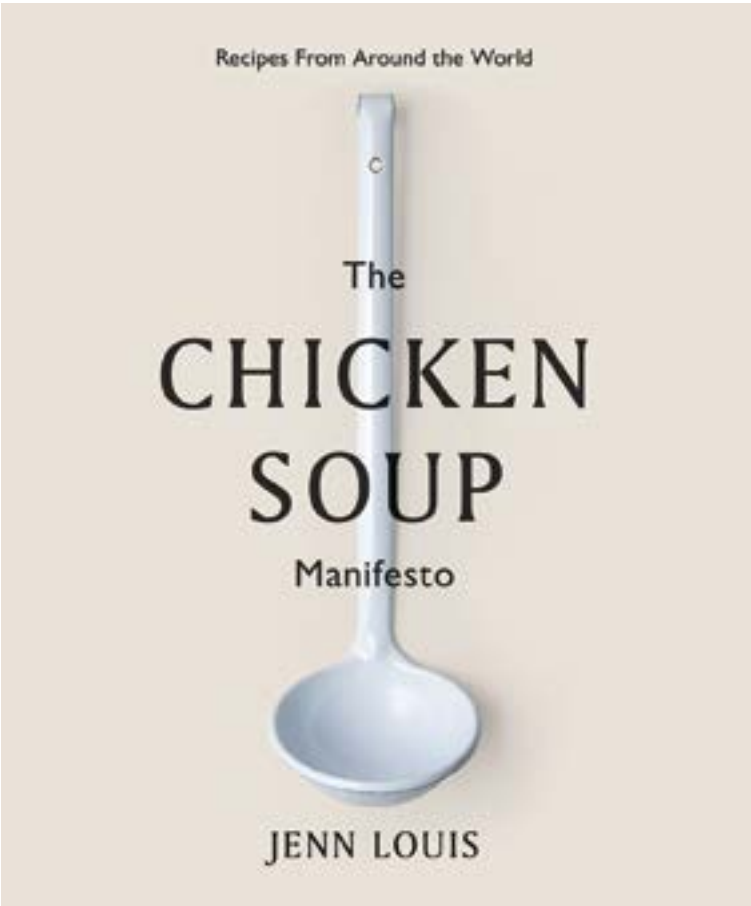
While on a trip to San Diego a few years ago, Louis found herself “sick, really sick” and wondering how she was going to get through the trip home.

She texted her sister, also a Portlander, and upon arrival home, was welcomed by a pot of chicken soup sitting on her porch her sister had prepared.

She said, “I literally ate three bowls of warm soup.” The soup, based on their family’s Eastern European and Jewish heritage, didn’t cure what was ailing her, but she felt substantially better and she started to think about the prevalence of chicken soup in its vast iterations across cultures.

Besides the curative properties of chicken soup many people have experienced during bouts of sickness, chickens are something most of the world have in common.

They are fairly inexpensive, many people raise their own and according to Louis, they are the most neutral animal protein, even more so than fish. They are also more accessible for people who



don’t live on a coast where fish would be common.

Louis has been fortunate to have been able to travel extensively and has tried to meet up with locals wherever she has gone to talk about their version of chicken soup.

She talked to a neighbor who grew up in Iran and reached out to friends to discuss the cultural chicken soup from where they came from. When thinking about organizing the recipes in the book she said, “I really wanted it to be a documentary. To show the similarities that we all have.”

Some of the recipes use a whole chicken while other use specific parts; just the breast or the legs and thighs. She found that prices on chicken can vary widely, so she recommends looking around. As a place to start, she said that Trader Joe’s tends to have good prices on natural and

organic chicken.

During the current pandemic, many people have been forced to cook more at home, something Louis feels is “so cool.”

Those who may be new to cooking, or cooking so much, may be looking for inspiration, and the beautifully photographed bowls of soup that accompany the recipes may provide just the boost needed.

It doesn’t hurt that the calendar has turned to fall and a hot bowl of soup fits the cooler weather the shorter days bring.

Home-cooked food is not just nourishment, it can feed the soul as well. “Mealtime is quality time to spend together,” says Louis.

The Multnomah County Library does not currently have the book, but it can be purchased at jennlouis.com or locally at bookstores like Powell’s and Broadway Books.

Claim Your IRS Stimulus Check

By KRIS McDOWELL

The IRS is urging the nearly nine million people in the US (131,647 in Oregon) who have not yet received their \$1,200 stimulus check to claim it by Thursday, October 15.

Letters were mailed mid-September to people who haven’t filed a tax return for either 2018 or 2019 and are the final stage of the IRS’s outreach and public awareness campaign.

Some people may not realize they can claim this stimulus money while others may not understand how to request it. People in this group may not typically file a federal income tax return, may not have earned any income or may not have filed taxes in years.

Most eligible taxpayers automatically received their \$1,200 Economic Impact Payment in April. For people who had al-

ready filed their 2019 tax returns, the IRS used that information to calculate the payment amount and deposited the funds directly into the same banking account reflected on the return filed.

The guidelines for the Economic Impact Payment allowed tax filers with adjusted gross income up to \$75,000 for individuals and up to \$150,000 for married couples filing joint returns to receive the full payment.

For filers with income above those amounts, the payment amount was reduced by \$5 for each \$100 above the \$75,000 or \$150,000 thresholds. Single filers with income exceeding \$99,000 and \$198,000 for joint filers with no children were not eligible.

If you have not received your stimulus check, you need to provide the following informa-

tion to the IRS: full name, current mailing address and an email address; date of birth and valid Social Security number; bank account number, type and routing number.

If you have one, include your Identity Protection Personal Identification Number (IP PIN) you received from the IRS earlier this year; driver’s license or state-issued ID.

People with qualifying children need to provide the child’s name, Social Security number or Adoption Taxpayer Identification Number and their relationship to you or your spouse.

Go to irs.gov and click on *Get My Economic Impact Payment* to get started. The site includes a FAQ section that addresses payment status, missing payments and more.



CULTURE
CREATIVITY
COMMUNITY

SEASON
37

LAS ADELITAS

A DÍA DE MUERTOS VIRTUAL PRODUCTION
Coming November 2020



BLAST OFF

A young girl, with her imaginary friend, Ellen Ochoa, joins the science club despite many obstacles.

Touring virtually through June of 2021



HUÍNCA

A chorus of ancient Araucaria trees shares the true story of Chilean Mapuches fighting for ancestral land.
In Association with Teatro Los Unidos

Touring virtually October – December 2020

Ingenio /enˈheˈneˈo/: An international Latino play & play development program

Digital Presentations: Sep 25 – Oct 4



MILAGRO
ACTORS • WRITERS • PRODUCERS

**Join the community
online at milagro.org**

503.236.7253

Portland Printer Receives Arts Award

By MIDGE PIERCE

“Serendipity!” That’s how SE artist, entrepreneur and community volunteer John Laursen, a winner of this year’s Governor’s Arts Award, describes his career that began with a broken printing press. His work now spans five decades of typography, design, writing, editing for historical interpretive displays.

Laursen says he bought the press 50 years ago from a church at SE 9th and Pine St., to repair it so he could print anti-war leaflets in his basement. En route home, he picked up a hitchhiker who had permission to publish a calligraphed version of a book by Beat poet (and Pulitzer Prize winner) Gary Snyder.

The chance encounter kick-started his design and production of books of poetry, art, history and photography and commissions for text-based public art.

His projects have ranged from typographic design for the Oregon Holocaust Memorial and the Walk of the Heroines at Portland State to the zoo transit station and the entryway to Mt. Tabor neighborhood

Of particular interest to local history buffs is his porcelain enamel depiction at 2014 SE 11th St. of Stephen’s Addition, the Eastside’s first non-native settlement by a seminal figure who launched ferry service connecting the East and West banks of the Willamette River.

At his Press-22 studio, Laursen has produced some 200 books including the award-winning *Wild Beauty: Photographs of the Columbia River Gorge, 1867-1957*. He is a recipient of the Stewart H. Holbrook Literary Legacy Award for “defining the public face” of literature in Oregon for decades.

Laursen says his career arc expanded from putting words on paper to putting words into stone, bronze, steel, granite and porcelain enamel.

His ongoing project is compiling a photographic history of Northwest Native Americans, a process Laursen says delved deeply into the havoc wrought by white settlers on the region’s First People, and more than once has brought him to tears.



Photo by Aaron Johanson

A Reed College Political Science graduate who stayed to establish a home and business in Portland, he has been active in Mt. Tabor reservoir preservation, civic boards and founding of the Northwest Photography Archive.

To celebrate his 50-year career, Laursen had planned an Anniversary party. Then, COVID-19 hit.

“The Governor’s Arts Award is far more rewarding than any celebration I could have imagined,” he said. “I never expected this.”

Laursen is one of two Portlanders to receive the state’s highest arts honor this year.

October Recycling Tips

By BONITA DAVIS, SE RESIDENT AND MASTER RECYCLER

Spotting my laptop open on the dining room table, my friend Shelley shared that she had four laptops at home that needed to be either donated or discarded. They remain stashed on a shelf because she didn’t know how to securely delete data and/or remove the hard-drive.

Spontaneously, we remembered a great resource for used electronics and laughed as we blurted out in unison, “FREE GEEK!” Shelley started mentally collecting all her unused tech gear, excited to donate her electronics, and I went for more information.

Going to their excellent and frequently updated website, I learned Free Geek’s mission is “to sustainably reuse technology, enable digital access and provide education to create a community that empowers people to realize their potential.”

In other words, they “divert technology that would otherwise be recycled or thrown away, refurbish it, and give it back to our community at no or low cost.” How great is that?

Located at 1731 SE 10th Ave., Free Geek is a non-profit with an amazing list of accomplishments. Stepping up to make a difference, Free Geek appeared at a public Earth Day 2000 event and by September, they had opened their 10th Ave. facility for a recycling and reuse drop off center for electronic waste.

Since then, they have involved some 150,000 individuals from the community and enlisted the help of more than 35,000 volunteers and expanded into a 22,000 square facility that has served as a space for classes, training, outreach, donations and materials reuse and recycling.

An astounding 1.3 million items have been diverted from the landfill, 900,000 volunteer

hours clocked and over 72,620 technology devices granted to schools, individuals, non-profits and other organizations. To date, over 10,000 computers have been granted to volunteers and students in exchange for community service.

Recently, COVID-19 and the poor air quality that resulted from the wildfires, have made it necessary to adapt operations. The store is now online, tech support is available by phone and email, and information on opportunities to contribute money to support their mission and subscribe to the newsletter are a click away at freegeek.org. Volunteering is closed at this time.

Regarding donating tech, the solution Shelley was seeking, Free Geek now has limited public drop-offs on the NE side of their facility. Participants are asked to unload items, wear face coverings and maintain physical distancing. Current times are Wednesday–Saturday 11 am-1 pm and 3-5 pm.

If you are a business or have a large number of computers, additional options are available. The website details what items they do and do not take, how to prep your donation and information on their data security process used with laptops, desktops, smartphones, tablets and other devices containing personal data. It is always wise to check the website before you go.

Free Geek is a participant in the Oregon E-Cycles program that guarantees convenient recycling of computers, monitors, TVs, printers, keyboards and mice for Oregonians and small businesses.

Did you know that it is actually illegal to dispose of computers, monitors and TVs in the garbage, at the landfill or at transfer station (unless to recycle)?

Go to oregon.gov/DEQ/ecycles for more information about the program and what electronic devices you can recycle for free at a location near you.

Kitchen Share Reopens

Kitchen share, a network of kitchen tool libraries dedicated to promoting sustainability, equity and self-sufficiency for residents of Portland, reopened on a trial basis in September.

After many months away, the organization has modified its operations to be respectful of their volunteers and patrons.

Like many businesses, they have established a zero-contact

tool exchange set up and are requiring online reservations for the tools they offer. Borrowed items, which range from cookware to preserving and canning, will be available one week at a time, Saturday to Saturday.

Kitchen Share is located in the NE corner of St. David of Wales Episcopal Church, 2800 SE Harrison St. During open hours, Saturdays 10:30 am-Noon,

sandwich boards will be out and the door will be propped open.

Anyone over the age of 18 who lives in Portland may borrow items from Kitchen Share. A one-time registration fee of \$10-\$30 is recommended, but no one is turned away for lack of funds.

Visit kitchenshare.org for more information or to request a membership.

PBOT Seeks Public Input on E-Scooters

In September the Portland Bureau of Transportation (PBOT) released recommendations for a permanent electric scooter (e-scooter) system once the current e-scooter program ends this December.

They will present their recommendations, including considering long-term contracts with a limited set of companies to im-

prove the system and increase ridership, to City Council in October.

PBOT has created a survey to gather public input. Voice your thoughts on the program by completing an input survey at bit.ly/PBOTescooterSurvey.

The PBOT analysis of e-scooter usage found that 68 percent of trips started and ended

downtown; most trips were just over a mile in distance and took less than 14 minutes; and when bike lanes were available, many e-scooter riders used it instead of riding on the sidewalk.

E-scooter data can be explored at bit.ly/escooterData and PBOT’s full report can be found at bit.ly/escooterReport.

THE CAREFUL REMODELERS, INC.

Additions – Bathrooms - Kitchens

Since 1979

503.774.2810

Old homes lead paint certified renovator

HAWTHORNE

Veterinary Clinic

integrative medicine | herbs

acupuncture | surgery

Dr. Cornelia Wagner

503.233.2332

1431 SE 23rd Ave | Portland

www.hawthornevet.com

Pruning & Shaping

Removal/Stump Grinding

Arborist Reports

CALL FOR FREE ESTIMATE!

Tom Burke, owner, has 35 years of fast dependable and professional service.

503.771.4061

treemastersestimates@gmail.com

treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995



Community News

Water Preparedness

Most people have heard about the importance of preparing an emergency kit; something that may have been brought to the forefront of our minds with the recent wildfires.

The Regional Water Providers Consortium suggests that emergency preparedness begins with water. “People can survive for weeks without food, but only a few days without water. This makes water the key ingredient in your preparedness efforts.”

The Consortium recommends enough water to last for 14 days, the amount of time they estimate it could take for help to arrive in Portland after a major event, like an earthquake, that



would take water services and vital systems offline.

For each of the 14 days, the goal is one gallon of water per person per day. This is estimated to cover drinking, sanitation and food preparation needs. More is recommended if a household has people with special needs or pets.

Storing water, in the form of purchased bottled water or in sanitized containers, is one option. The water contained in a water heater, which could provide 30-80 gallons, may also be an option.

It is recommended to have the supplies to treat water from

additional sources like rainwater, streams, rivers, ponds, lakes and natural springs.

For details on treating water by boiling, distilling, filtering, purifying and disinfecting water visit regionalh20.org/emergency-preparedness/treating-emergency-water.

For additional preparedness, visit publicalerts.org to sign up for emergency alerts via text, email or voice message for free in the Portland area. The site has information about building a full emergency kit and disaster planning.

LWV Provides Election Information

The League of Women Voters of Portland (LWV) is preparing balanced, nonpartisan information on the November General Election that will be available in early October online and in print.

The information will cover candidates seeking federal, state and local offices as well as Or-

egon and Multnomah County ballot measures.

Printed copies of the General Election Voters Guide will be available at 11 New Seasons Grocery stores and at the Multnomah County Elections offices, 1140 SE Morrison St. and the online portal is at lwvpdx.org/vote.

A complete online voting guide is available with candidates' answers to questions and ballot measure pros and cons.

The website has links to recorded interviews with candidates running for office and voter forums with candidates and four local ballot measures.

Oregon Warmline is There to Listen

Community Counseling Solutions' David Romprey Oregon Warmline offers a team of trained peers for those who need to speak to someone in a nonjudgmental and confidential setting.

Warmline team members

know what it is like to feel “big feelings” or find themselves in moments when there seems to be little to hope for.

They won't try to “fix” you, but are there to listen, share and learn with you as we move for-

ward in life. No one needs to go through these tough times alone.

Counseling is available toll-free at 800.698.2392 daily 9 am-11 pm. No appointments are needed to speak to a team member.

Community Toilets Added

The City of Portland has added 100 portable toilets across Portland to support the health and hygiene for people experiencing homelessness and to improve neighborhood livability.

Expanding bathroom access is part of a number of actions the City is taking to address impacts of COVID-19 and the resulting economic downturn exacerbating Portland's homelessness challenges.

The locations of the portable toilets are based on data about homeless encampments, in-

terviews with people living in encampments, input from City staff, and an audit of existing bathroom access.

In the coming weeks another 75 toilets will be added with emphasis on East Portland, which is home to nearly 1,500 people living unsheltered with minimal-to-no hygiene access, and North Portland.

Katie Lindsay, program coordinator for the City's impact reduction team, said “Sanitation access is a crucial life-safety resource.”



Photo by City of Portland

October Events

AHC WALKING TOURS – The Architectural Heritage Center is continuing its tour of local neighborhoods to explore their architecture and history in October. Tours are limited to eight to nine participants and face coverings and social distancing are required. Cost: \$12 AHC members, \$20 general members. Visit bit.ly/AHCWalkingTours for details and to register.

PORTLAND NURSERY APPLE SALE – The Portland Nursery, with locations at 5050 SE Stark St. and 9000 SE Division St., is unable to host their traditional Apple Tasting Festival, but continues to support growers and the community through apple sales through October. Visit portlandnursery.com/events/appletasting for varieties available at each location, plus tasting notes and advice from resident apple expert, Ken.

FOSTOBER FEST – The Foster Area Business Association is hosting FostoberFest, a weekend-long event to promote small businesses along SE Foster Road, Friday, October 16-Sunday, October 18. The event offers food and drink specials, deals and promotions at retail shops, a chance to win \$100 gift certificates and more. Take advantage of new outdoor seating areas throughout the neighborhood and view the many murals dotting the district. Learn more at fosterarea.com.

AWAY DAYS BREWING \$1 PINT – Away Days Brewing Co., 1516 SE 10th Ave., is encouraging people to register to vote. Through Sunday, October 18, show proof of voter registration and for \$1, receive a 20-oz pint of People's Pint, an Away Days branded glass and stickers. Verify you're registered to vote or sign up to vote on the State of Oregon My Vote website, bit.ly/OregonMyVote.

CHALLENGE TO RESET HEALTHY HABITS – Fulcrum Fitness is offering a six-week challenge taking place October 5-November 13 for people interested in reclaiming healthy habits. Weekly talks, forums and workouts will provide skills to form habits, nutrition and recovery and connection with professionals and community. Cost: \$5 Fulcrum Fitness members, \$45-\$95 non-members. Visit fulcrumfitness.com/routine-reset for details and to register.

HOW DO WE VOTE IF WE HAD TO LEAVE OUR HOME?

Voting When Evacuated, Evicted or Homeless

Oregon residents can still receive a ballot for the November election even if they have had to evacuate due to fires or have lost their homes for other reasons. People without homes must provide a physical location for their

ballot to be mailed to, but it could be a shelter, PO Box or even the county elections office.

The deadline to update voter registration is Tuesday, October 13 and it can be done by visiting bit.ly/OregonMyVote.

See Jane.
See Jane work.
See Jane work for you.

Jane Swanson
Principal Broker, Meadows Group, Inc. Realtors
503.709.5166
janeswansonpdx.com

PORTLAND EYE CARE
SAMUEL ADELMAN O.D.
4133 SE Division St.
Portland OR, 97206
503.444.7639
EYEPDX.COM
LOCAL EYECARE • GLOBAL EYEWEAR

STILL HERE FOR YA!

East Side
DELICATESSEN

ORDER FROM HOME
TAKE-OUT OR DELIVERY

www.pdxdeli.com
FOR LOCATIONS, HOURS & ORDERING

Longtime SE Residents Lose Home in Echo Mountain Fire

By MEGAN MCMORRIS

It’s a scene out of a nightmare: waking up in the middle of the night to discover a fire coming toward you. A neighbor pounding on the door, yelling for you to get out. That nightmare became reality for Ron and Sharon Ross in Otis, Oregon, at 1:15 am on September 8.

“We had no warning,” says Ron, 73, a welding technician and Vietnam Vet (Army, ’67-’68) and wife Sharon, 74. With winds at 40 mph that night, the fire was quickly heading their way.

They had 30 minutes to grab what they could and go. As they rushed to gather their valuables: Gizmo the cat, computer, important files, contents of the safe – “There are so many things I wish I had thought to take,” says Ron, their growing concern was for their new kitten, Piper, who was getting skittish with all the sudden movements and started to hide.

That’s when the power went out. “Now I had to find flashlights and locate a black cat in a black room. Meanwhile Sharon’s arm is in a sling from recent surgery, so she could only use one arm to hold the flashlight,” he recalled.

Another wrinkle in their escape plan: Their truck was parked behind their brand-new RV barn, which operates with electric doors, now useless in the power outage.

“We’d only had the barn for a week, so I hadn’t yet opened it by hand,” he said. “So here I am, really putting all my weight into it to pull down that rope and I give it a rip, and it just went flying open so hard that I fell on my ass. At that point, I’m laughing because you gotta laugh.”

As the fire started coming down the mountain, though, he didn’t have much more time to laugh. As Sharon escaped in one of their two vehicles, Gizmo the Cat next to her, Ron stayed behind with his truck to search once more for Piper.

“She’s freaked out because we’re running all over the place and in the end I just couldn’t catch her,” he says, his voice cracking. “That’s rough to think about.”

Time was ticking, though, and he needed to go, but not before helping a neighbor in need. As he navigated the thick smoke while descending the mountain toward safety, he saw a figure walking toward the fire.

“The smoke was so thick at that point I could barely recognize him, but it was my neighbor walking toward his house, and I knew I had to get him there,” says Ron. He turned around and picked up his neighbor, escorting him to his house.

The Echo Mountain Fire ended up burning over 2,500 acres and destroyed 30 homes in

Otis.

“There was nothing left, just grey ash,” Ron said. “You watch the news; you see people who have house fires and lost everything and you think, ‘Oh my, that’s gotta be terrible’ but you can’t imagine what it’s like. It’s like everything you’ve got going up in smoke which can never be replaced.”

While the couple has considered Otis their home for four years now, the Rosses have SE Portland roots going back generations. Ron moved to Portland from his native Illinois in 1960, while Sharon is a Portland native.

“My grandma grew up in that house,” he recalls of the Foster-Powell farmhouse that he bought in the mid-1980s where he recalls growing tomato plants and delivering them to neighbors in paper bags on their front porch.

He would bring his Los Angeles Raiders koozie to the local tavern to grab a Corona Light with his buddies and played in the local pool league.

“We’ve always loved outer SE, it was a good neighborhood for us that was like a small town for a long time – it was like family,” he said.

When he and Sharon looked toward retirement, though, they decided to head west to the tiny coastal town of Otis.

“We just like the area, we



Photo by Ron Ross

like the town; we like the coast,” he says. “You can leave your car unlocked at night. Kids can ride their bikes here at night, and it’s kind of like what I experienced in the 50s growing up, and what I experienced in SE Portland for a long time too,” says Ron.

The fire has only strengthened their new community.

“I’ve met more neighbors in the past couple weeks than I have in the four years we’ve been here,” he laughs. “And make no mistake, as soon as we’re able to, we will rebuild.”

CDC Issues Halloween Guidelines

By KRIS MCDOWELL

Halloween is typically a time of parties and getting together with friends for spooky fun. Like many things over the past six months, Halloween will need to look different this year to keep everyone safe and healthy.

The CDC recommends avoiding higher risk activities like door-to-door or trunk-to-treat events, indoor haunted houses where people may be crowded together and screaming, crowded costume parties held indoors and traveling to a rural festival not in your community.

Instead they offer ideas for lower risk and moderate risk activities.

The safest ways to celebrate include carving pumpkins with members of your own household or at a safe distance with friends or neighbors; doing a Halloween scavenger hunt of Halloween-themed things to look for while walking outdoors (with others at a distance); having a virtual Halloween costume contest, or a Halloween movie night with people you live with or having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house – think Easter egg hunt with a Halloween twist.

Moderate risk activities include one-way trick-or-treating with individually-wrapped goodie bags placed at the end of a driveway or edge of a yard; a small group, outdoor costume parade where people are distanced

more than six feet apart; going to an open-air, one-way, walk-through haunted forest wearing masks and maintaining at least a six-foot distance from others; visiting pumpkin patches or orchards wearing masks, staying socially-distanced and using hand sanitizer or having an outdoor Halloween movie night with people spaced at least six feet apart.

For any gatherings, those who feel sick should stay home and hosts should consider keeping a list of guests who attended for potential future contract tracing needs.

In addition to social distancing and wearing masks, everyone should clean their hands often, either by washing for at least 20 seconds or using a hand sanitizer that contains at least 60 percent alcohol.

If food is served, limit the number of people handling or serving food by encouraging guests to bring their own food and drinks, identifying one person to serve all food so that multiple people are not handling serving utensils and using single serve options.

For many, Halloween is the kick off to the holiday season that runs through year-end. Let this be the start of reimagining how holiday celebrations can be done to keep everyone safe and able to be a part of your next celebration.

Who knows? You just might find ways to celebrate that end up becoming a new tradition for years to come.

DREAM • DESIGN • BUILD
BEAUTIFUL

CCB# 174360

WEITZER
COMPANY
DREAM • DESIGN • BUILD

Start your dream here: (503) 251-9900



Photo by Bekir Donme, Unsplash

Bw Business Walkabout

Oblique Coffee Roasters

BY NINA SILBERSTEIN

Ever since he attended college at the University of Oregon, John M. Chandler was attracted to living upstairs in a “neat old place” with either a bookstore or coffeeshop on the main floor.

When he found a dilapidated 1891 Victorian mercantile at 3039 SE Stark St., he instantly fell in love with its history. Turns out the building was the location of the circus for Portland at the turn of the century and the family living there at the time were circus folk.

Two of the sons called themselves the Leondor Brothers and travelled with Ringling Brothers, (Ask him about the old Leondor Family Circus poster found behind the walk-in cooler by the back stairs.)

Over the years, the building housed various corner groceries (Slim’s, Suzie O’Connell’s and Sindee’s), as well as the Wm. Landauer Grocery for which Landauer was the original owner and builder.

Chandler and his wife, Heather, bought the building in March 2007, and after nearly three years of extensive renova-

tions, they opened a small artisanal coffee roasting operation, Oblique Coffee Roasters, in 2010. The store sells beans and ground coffee on both the retail and wholesale level.

“We focus on really fresh, seasonal and singular high-scoring coffees,” Chandler says. “One that we are known for is the Mexico Nayarit natural processed coffee we get from time to time. Strawberry, rose and sweet milk chocolate – just a stunner – and one of the best breakfast coffees I have ever had the pleasure of roasting,” he explains.

Interesting to note is the German cast iron coffee roaster named Bart, which the couple found on Craigslist a few months before the doors opened for business. “Most loyal, stalwart employee you could ever hope for,” Chandler adds.

If you’re wondering why the word *oblique* was chosen as part of the name of the business, Chandler says, “The mathematical definition of oblique is no corresponding perpendicular or parallel lines.”

In other words: the building slants. Before the Chandlers bought it, it was slated to be demolished by the city of Portland

due to a considerable structural lean, its years of use and lack of maintenance. It was leaning close to two feet off-center.

These days, times are tough for this family-owned business. “Unfortunately, we are in dire straits,” he says.

“I wish it could be different. Our location is tucked away along Stark, which has historically been a thoroughfare, and more commercially centered areas were developed along Burnside, Belmont and Hawthorne, allowing Stark to remain the route from A to B,” he says.

In addition, the floVelo Cycling Studio that was located inside the main floor of the building and offered classes six days a week, is no longer.

“We tried using the space in the evenings to attract a different clientele and diversify, and we had some classes, but yeah, kind of a sore subject at this point. We’re selling the bikes and washing our hands.”

Oblique has had album release parties in the building, **Portlandia** was filmed there multiple times and a few indie filmmakers have used the space, which is still available for special event rentals.

As far as food and snacks



Photo by Oblique Coffee Roasters

are concerned, the business has been a loyal partner with Pearl Bakery since they opened, but last winter Pearl decided to cease operations right before Christmas.

They were sold to a new owner and are now located in Wilsonville. Oblique tried another pastry supplier and used them for a stretch until the COVID-19 pandemic hit, and then they stopped their wholesale operations. Chandler hopes to carry bakery items again in the future.

If he has any message he’d like to get out during these trying times, it’s the importance of supporting your small, locally-owned businesses.

“Remember the family who

saved one of the last remaining, historic, and architecturally- and culturally-significant, Victoria-era general stores, and opened up a very good coffee roaster/café,” he says.

“Support small business by buying beans; that is our business model, and for the most part, we have succeeded at making it beyond the 10-year mark, which is a miracle in itself.”

These days, he just wishes it could be a bit more sustainable instead of survivable.

Oblique Coffee Roasters
3039 SE Stark St.
obliquecoffeeroasters.com
503.228.7883

How Some Americans’ Health Habits Changed During COVID-19

Are you finding yourself walking more or struggling with your diet these days? If so, you are not alone.

The COVID-19 pandemic may have changed many aspects of our lives, including some of our daily habits that may have an impact on our health.

Among those changes may be ways in which people have adapted their workout routines and changed diets, according to the United Healthcare Wellness Checkup Survey of more than 1,000 Americans earlier this year.

Here’s a look at how COVID-19 may have influenced health habits and tips to help people focus on their fitness and well-being amid the ongoing pandemic.

Walking and running rank as top exercise options. Most survey respondents (68 percent) who workout said walking has been their preferred method of exercise during COVID-19, followed by running (28 percent), body-weight exercises (23 percent), cycling (21 percent) and weight training at home (18 percent).

To make the most of your daily steps, try to walk frequently (at least six short walks per day), with intensity (one walk with at least 3,000 steps within 30 minutes) and with tenacity (at least 10,000 steps per day).

For added motivation, check with your employer or health plan to determine what wellness resources may be available, including walking-related

programs that may provide financial incentives for meeting certain daily step targets.

Impact on people’s diets has been mixed. 30 percent of survey respondents said their diet is worse now than before COVID-19.

This may result from being at home with more snacking temptations throughout the day. However, some (21 percent) have used the pandemic to focus on their health and report having improved their nutrition choices.

For additional support, consider online nutrition programs designed to encourage weight loss and help reduce the risk of developing type 2 diabetes.

By accessing virtual support, people may be able to make “micro-behavior” changes, such as swapping sweet treats for fruit, that over time may contribute to well-being and reduce the risk of certain chronic conditions.

More people plan to get the flu shot. While researchers work to develop a vaccine against COVID-19, 30 percent of respondents said they are more likely to receive the annual flu shot this fall.

While the flu shot won’t protect you against COVID-19, it’s still an important step to help avoid contracting the flu and experiencing potential complications, such as the need for in-person medical visits.

The flu shot is considered preventive and may be covered through employer-sponsored, in-

dividual and Medicare and Medicaid health plans.

Vaccines are available through primary care physicians and convenience care clinics. Visit the CDC website at cdc.gov/flu to search for a nearby care provider based on your zip code.

Some people are ready to return to the office. 51 percent of respondents said they are comfortable returning to work when the time comes. 28 percent reported that they wouldn’t be.

As for common workplace norms, one-third (34 percent) of employed respondents said they would stop shaking hands at work no matter the circumstance, thus helping reduce the risk of viral transmission.

35 percent of respondents said they’d use an alternative physical greeting, such as a fist or elbow bump. 31 percent said they’d continue handshakes despite the potential risks of COVID-19.

To help return to the workplace as safely as possible, consider checking with your employer to determine what changes may have been made, including physical distancing, temperature checks, on-site testing or use of protective equipment (e.g., masks, face shields).

Many people across the country may be facing new health challenges amid COVID-19. By considering these trends and tips, people may be able to adopt healthier habits at home or in the workplace.

Measure 26-213: PP&R Operating Levy

By ELLEN SPITALERI

A normal summer for Portland Parks & Recreation (PP&R) features crowded swimming pools, alert lifeguards and plenty of outdoor activities for families and seniors.

However, the summer of 2020 was anything but normal.

In early March, PP&R closed community centers and pools, canceled summer recreation programming and took other steps to comply with public health restrictions to limit the spread of COVID-19. The extended closure has created a financial challenge for the organization because of its dependence on fees.

Voters in November will get the opportunity to vote on Measure 26-213, a local option tax levy that would provide PP&R with about \$48 million per year for five years if approved.

A homeowner with a home assessed at \$200,000, approximately Portland’s median value, would pay about \$151 per year or about \$13 a month, according to Tim Becker, Interim Director of Communications for the City of Portland.

Unlike many other city services, PP&R depends on fees from customers who attend swim lessons, exercise classes, summer camps and paid recreation programs to fund those programs. Fees fund nearly \$15 million of the \$35 million budget for the organization’s Recreation Division.

If Measure 26-213 passes, levy funds would allow Portland Parks to “deliver recreational programs, including community centers and pool operations, community food access/nutrition programs, environmental education, summer camps and youth employment opportunities,” Becker said.

In addition, funds would



provide for natural area maintenance, opportunities for youth to connect with nature and money to care for the city’s trees.

Although some people may not realize it, PP&R’s Urban Forestry division manages and regulates 1.2 million trees located in city parks as well as nearly a quarter million street trees and innumerable other trees located on private property, according to Tim Collier, Community Relations Manager for PP&R.

“Planting more trees is crucial to improving air quality, public health and livability by enhancing and maintaining the health of the urban forest,” he added.

With additional funding from the levy, PP&R would provide proactive maintenance to trees in the parks and natural areas and would provide support for their tree planting program.

Passage of the levy would allow Parks to plant about 1,750 street and private trees per year.

PP&R hopes to address the disparity between the number of trees west of the Willamette River, compared to eastside.

Data shows that 56 percent of land in Portland west of the Willamette River is covered by trees. East of the Willamette, where 80 percent of Portland’s population lives, only 21 percent of the land is covered by trees.

“That percentage is lower than the tree canopy coverage of Los Angeles,” Collier noted.

He added that trees benefit people, wildlife and the overall

climate by reducing stormwater runoff; providing shade, which saves energy and reduces heat in cities; improving air quality; providing wildlife habitat; sequestering carbon, which helps mitigate climate change; and increasing property values.

The current budget allows PP&R to deliver “modified services within the constraint of public health guidelines,” Becker noted.

This fall, PP&R will use its general fund to run its Fitness in the Parks programs, SUN Schools community and food security supports, virtual preschool and virtual activities with no or minimal fees.

Parks seeks to address the digital divide, connect the community to wi-fi access and deliver recreation services through programs like Free Lunch + Play.

With additional levy funds, PP&R would have the ability to rehire staff, deliver services as described in the ballot measure and reduce the costs for the public to participate in Park offerings.

The levy would have a community oversight committee appointed to review levy expenditures.

“That committee would report annually to City Council and the public. The levy would be audited annually to ensure that services and programs funded by the levy are consistent with voter intent,” Becker added.

Additional levy information at bit.ly/PPRNov2020Levy.

Preschool for All

from page 1

vested. This has a positive societal impact that reaches beyond the individuals and the family.

Unfortunately, a majority of children living in Multnomah County do not have access to high-quality preschool.

66 percent of three and four-year old children living here are of Hispanic/Latino, African American, Native Hawaiian or Pacific Islander, American Native or Alaska Native, Asian or Slavic race, ethnicity or ancestry. They are also living below the Self-Sufficiency Standard, meaning they are unable to meet their basic needs without assistance.

Oregon is the fourth least affordable state when it comes to preschool. State and federal funding provide preschool for only those families in deepest poverty, reaching only 15 percent of the families. A single parent family at the median income typically spends 41 percent of their take-home wage on childcare or preschool.

In the fall of 2018, Commissioner Vega Pederson convened a coalition of 100 leaders from the public, private and social sectors to form a task force and work groups. They worked together to formalize a recommendation for a preschool system in Multnomah County.

Groundwork for the recommendation was already in progress with programs like Preschool Now and Early Learning Multnomah (ELM) at the United Way of Columbia-Willamette. Since 2014, they have been working to ensure that the needs and values of communities of color were prioritized for these programs.

These pilot programs joined forces with the nonprofit Social Venture Partners Portland (SVP) and others to determine where gaps still existed and what was required to close them. Together, they assembled the Preschool for All Project and presented their report to Multnomah County in June of this year.

The challenges the work groups were asked to address included: making preschool accessible to people of color and those experiencing poverty who

don’t qualify for public supports; ensure better pay for preschool teachers; provide more preschool classrooms and facilities; and plan a connected system that supports and ensures quality preschool programs.

There is a shortage of early childhood educators in part due to low wages. This measure would raise preschool teacher salaries to be comparable with local kindergarten teacher salaries.

Vega Pederson believes the program they have designed will be the best in the nation and offer parents a more flexible schedule so they don’t have to commit to full time preschool.

Another unique innovation is that not all preschool locations will be determined by the school district.

Measure 26-214 will open up other facilities such as homes, churches, schools, community centers and new builds (as long as they meet the standards set by the county including safety, wages, curriculum, health, cleanliness etc.) It is anticipated that 7,000 new preschool slots will open up by 2026.

To ensure the public that Preschool for All meets these standards, it will be subject to independent performance audits. The criteria for these audits has not been determined yet, but will be clarified as things move forward.

If approved, a 1.5 percent tax will be applied to taxable income for single earners making more than \$125,000 and \$200,000 for joint filers. The tax will fund tuition-free, high-quality preschool for all children who are three or four years old and who reside in Multnomah County. This tax will go into effect January 2021.

Vega Pederson acknowledges that a lot is being asked of people right now. However this straightforward, voting yes on Ballot Measure 26-214 levels the playing field, giving children of color and other marginalized kids an opportunity to excel and accomplish goals that will eventually provide them with the ability to make a living wage.

Timing a Home Sale

By RACHEL HEMMINGSON

Weirdly, there is a whole lot of real estate activity right now and we don’t see it slowing any time soon. What does the timing of this unusual situation mean?

For many buyers, the driving force is historically low interest rates. These low rates mean that for the same investment of money – 20 percent down on a purchase – one can buy a house worth about \$100,000 more than what they could afford a year ago. First-time buyers and “move up” buyers want to take advantage of this.

The “move up” buyers are often those who’s families have expanded and/or are now working from home and need more space, not to mention space for children to be home-schooled.

Other buyers out there are your peers; older adult homeowners. They’ve been living alone in a house much larger than they can really use. Maybe they’ve held on because they could still host family gatherings but that is not happening now so space sits unused.

Maybe they want to be closer to their family members or live

with them to reduce everyone’s overhead. The thing is, many older homeowners are on the move.

Right now there are more buyers than houses for sale, so houses sell fast. If your house is priced right for its condition and location, you will likely have an offer within a week, for full price or better. That makes this is a great time to be a seller.

It can also be scary because finding and buying your new home may not happen that fast.

Terms may include things like how much time you need to downsize and move and how much time you’re willing to give the seller of your new house to do the same. Happily, it’s often a good thing for everyone to slow down.

As a buyer you may be concerned about the need to purchase quickly when competing for a house. However, there are more “move up” buyers looking for larger homes than downsizers.

Those buyers don’t mind your stairs and big yard is a positive, not additional space that needs upkeep as it may have become for you.

You may need to go to the

outskirts of the Portland area, but you can find single level homes, and if you have substantial proceeds from selling, your cash gives you an advantage as a buyer.

If you’re daunted by questions of how to manage the sequence of all this, know that this is doable. You’ll want to speak with a real estate professional who has a good connection with a loan officer and understands your needs as an older client. You’ll want a backup plan.

In the past, fall was not seen as ideal as spring for selling a house. The spring selling season everyone has come to believe in, however, has been usurped by other forces. Those who wait until spring will add a few more houses to the marketplace for buyers to consider and not likely affect pricing.

The other thing about next spring is...who knows? So much has been unpredictable we’ve learned to not think we can predict the future so well. If a winter alone in your current house sounds like just what you do not want now is actually a very good time to take action.





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

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

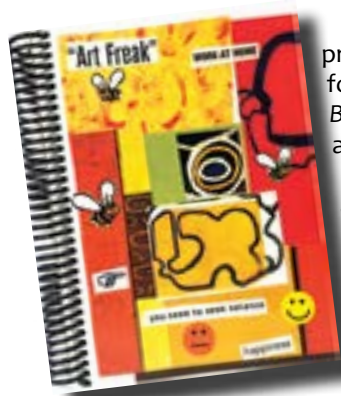
The website walks consumers through the homebuying process and includes features such as 100 Questions and Answers for Buying a Home, information on finding a loan, a real estate glossary and much more. In addition, information on consumer issues such as predatory lending, finding a healthy home and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

FOR MORE DETAILS, VISIT WWW.HOWNW.COM

This site is sponsored by the Portland Metropolitan Association of REALTORS®

Go Staying In

Spicer's Sketchy October



Sidestreet Arts, 140 SE 28th Ave., presents a different sort of harvest show for October – *A Sketchbook(ed) Life*: by Bridgett Spicer as her sketchbooks and art fill the gallery through November 1.

Spicer is a renowned cartoonist and her sketchbooks have been a constant for over 30 years. She has filled 154 of them, cover to cover, reaching back to her high school days, and still never leaves home without her trusty art journal. Taken on many travels, as well as day-to-day journeys, the

books hold years of inner dialogue, observations and (gasp!) “diaristic tendencies.”

A display of a variety of sketchbooks are hanging on the wall some with elaborate covers, some open for browsing and there's original art inspired by the drawings.

Sidestreet's Artist Talk Zoom is Sunday, October 18, noon-1 pm. Tune in to watch Spicer talk about technique, ideas and her process. She'll field questions about her work and share her ideas and idiosyncracies. Find the Zoom sign-in at sidestreetarts.com.

New this month – Sidestreet has put out an Open Call to Artists for the **Juried Fine Arts Print Show: The Inked Image** in January 2021. It's open to all printmakers and the deadline for application is October 15. There is no entry fee. The website has all the details.

Virtual Saturday Song Circle

Portland Folksong Society still holds their Saturday Evening Song Circles. They are via Zoom and virtual like so many things these days. Typically 40-50 folks meet each week online to play music and sing along. Come when you can, stay as long as you like.

Every Saturday, the Zoom Room opens at 6 pm and the singing starts by 6:30. All are invited no matter what skills or equipment you have. Each person sings a song in turn and some just come to listen. It's low pressure, high octane community fun.

Go to portlandfolksong.org for the Zoom link. Read their online magazine, *Local Love*, and their ongoing calendar of folk

GuignolFest Benefits Clinton Theater

GuignolFest presents the results of its 72-hour Horror Movie Contest, Sunday, October 25 online. The virtual screenfest is a benefit for the cash-strapped Clinton Street Theater, the Fest's usual home.

See edgy and experimental films, creepy horror, grindhouse, psychological, sci-fi and vampire. The event is hosted by Uncle Eerie.

Watch from your home on Clinton Street's CoVideothon web-page at vimeo.com/cstpdpx. The Fest is something special and spooky to celebrate this pandemic Halloween (as if reality wasn't scary enough).

Teams gather to make a film in three days and registration is still open. All team entry fees are donated to Clinton Street to support them during its closure.

Contact guignolfest@gmail.com to register. Entry fees will be collected at the kick-off, Friday October 16.

See guignolfest.com and cstpdpx.com.



SINCE 1998

Email: info@artheadsframeco.com

Facebook [artheadsframeco](https://www.facebook.com/artheadsframeco)

Instagram [@artheadframeco](https://www.instagram.com/artheadframeco)

(503) 232 5229

5000 SE Hawthorne Blvd

arts & entertainment



With the Clinton Street Theater still dark, **Portland Storytellers Guild** takes an answered prayer, a shape shifter seeking justice and two boys wandering in an ancient temple at night. It's a night of tales called *Stranger & Str@ng3r*.

For just desserts and another layer, add a wedding gown, a man in a coffin and a game of skill with a goddess. It's the perfect recipe for intrigue, ingenuity and unlikely breathless endings.

This month's able yarn spinners are Anne Penfound (pictured above), Holly Robison and Alton Takiyama-Chung in stories of the strange, odd and delightful. The evening takes place on your computer via a Zoom-cast, Saturday, October 3, beginning at 7 pm.

These folks have told stories all over this sphere and, in times like these, stories are a necessary kind of divination to take us somewhere, make us ponder, to use our imaginations and bring us home again, refreshed and renewed.

Tickets for the Zoom are \$10 per household. Register at tinyurl.com/PSGstrange.

A Milagro Double-Header



Huinca photo by Liana Rose



The Portland Black Music Expo, a multi-day entertainment experience and cultural conversation which unifies and reflects the richness of Black people and their culture, takes place Saturday, October 17, 6 pm-12 am, and Sunday October 18, 12-4 pm. The Expo is a virtual event, streaming to the world from PBME's website.

This year, The Expo uses the platform of music to highlight the importance of voting in our upcoming presidential election. Highlights and performers include: Mic Check Presents...; Mike Phillips; Tyrone Hendrix & Arietta Ward; Cool Nutz; The Legendary Beyons; Alonzo Chadwick and Saeeda Wright; DJ O.G. ONE (he's the official DJ for the Portland Trail Blazers); a Sunday Gospel Sermon by Marlon Irving aka Vursatyl; and Saturday Zoom panel discussions on *Portland's Black Music History*, *The Business of Music* and *Your Voice Counts: a Voter Discussion*.

Donation-based tickets are available at tinyurl.com/PDX-BlackExpo. The event was founded by Tony Ozier and David Jackson (aka DJ O.G. ONE) with the intention to recognize the artistic contributions of Black individuals in the Rose City and beyond. Find out more and stream from portlandblackmusicexpo.com.



Applications for Oregon Book Awards & Fellowships Due

• **The 2021 Oregon Book Awards** submission deadline is Friday, October 23, 5 pm. Finalists will be announced in March 2021, and winners in May 2021 at the Oregon Book Awards Ceremony. Work may be submitted by the author, publisher, producer, or any member of the public.

Literary Arts will accept applications online only and nominated titles in PDF format only. Literary Arts' physical offices are closed and staff is working remotely, so they are unable to accept books in printed form mailed through the US mail. Guidelines and the application form are at tinyurl.com/ORBookAwards.

• **The 2021 Oregon Literary Fellowship** application deadline is October 30 and online only. Recipients must be current, full-time Oregon residents at the time of application and at receipt of award. Those receiving an Oregon Literary Fellowship in the last five years are ineligible.

Fellowships help Oregon writers initiate, develop, or complete literary projects in poetry, fiction, literary nonfiction, drama (including scripts for television and film) and young readers literature.

Download the application with an info packet at tinyurl.com/ORLiteraryFellow.

Intellectual Property Law for Musicians

The More You Glow seminar series presents Business and Intellectual Property Law Basics for Singers and Musicians, Saturday, October 17, 10:30 am-1 pm.

All musicians are invited to this conference to discuss why musicians should form business entities, why trademarks and copyrights matter, and the top things one should look out for before signing any type of contract.

The seminar is presented by Rational Unicorn Legal Services, serving clients in Oregon and California. This is a ticketed virtual event. Tickets are \$10-50 sliding scale, available at tinyurl.com/musiclegalinfo.

Email questions to heather@rationalunicorn.com.

A Benefit for Hawthorne Theatre

The Hawthorne Theatre and Mike Thrasher Presents hosts the band, Hawthorne Heights for a virtual concert on their Stay Home Virtual Tour, Tuesday, October 6, 6:45 pm PST.

An Emo rock band hailing from Dayton, Ohio, Hawthorne Heights has been touring nearly 20 years. Appropriately, their livestream is a fundraising benefit for Portland's Hawthorne Theatre, 1507 SE Cesar E Chavez Blvd.

Hawthorne Heights fans get to watch the band in a live show from the comfort of their own homes and fans of Emo are encouraged to attend too. Their guest, Mark Rose, will perform songs from his band, Spitalfield. Tickets on sale now at bit.ly/3ihzxdD.

Go

Staying In

arts & entertainment

Delgani String Quartet - Live in your Home!

Oregon-based Delgani String Quartet begins their sixth season of concerts with Beethoven's Legacy: celebrating a master on his 250th birthday. His quartets respected tradition as much as they influenced the future.

The first half of the program presents works of composers connected through time by Beethoven: Haydn's Sunrise Quartet and Shostakovich's sixth quartet. The program's second half features Beethoven's op. 74, his Harp Quartet.

The concert streams live Sunday, October 25, 3 pm. The Quartet's new season presents four concerts, all streamed live and archived for up to 30 days. Other dates are January 24, March 7, and May 23; all Sundays and all at 3 pm.

Subscribers receive access to extra content, including pre-concert lectures and musician interviews. Tickets for the season are Adults: \$90; Students: \$20.

The Delgani String Quartet are violinists Jannie Wei and Wyatt True, violist Kimberlee Uwate, and cellist Eric Alterman. They've been hailed by OregonArtsWatch as "the state's finest chamber ensemble." Find out more at delgani.org.



Delgani Quartet by Mike Bragg

Youth Symphony Concerts

Metropolitan Youth Symphony's (MYS) Fall Term takes place online with two virtual concerts, including their first-ever Holiday Spectacular.

Concerts will be streamed on the MYS YouTube channel. The Fall Concert is November 21 and the Holiday musical celebration is December 23.

In the Fall Concert, Grieg's Peer Gynt Suites 1 & 2, will be presented, featuring narration recorded by the students. It also includes works by American composers Florence Price and William Grant Still.

The Symphony has partnered with youth orchestras from Mexico, Costa Rica, Venezuela, Brazil, Argentina, Peru, Haiti and El Salvador to offer international students the opportunity to participate in their online program.

"With geographical boundaries no longer relevant thanks to modern technology, we are thrilled to give our students access to an extraordinary roster of world-class musicians from top international orchestras and schools," says MYS Music Director Raúl Gómez.

See playmys.org for more.



Performance Works NW's Happy Hour



Maya Vivas

Performance Works NW's Happy Hour continues this month with pieces by founder Linda Austin and new work by Maya Vivas, presented Thursday October 15, 5 pm.

In **Three Miles of Possible**, movement, drawing, sound and texts inhabit a durational work-in-progress. Austin animates a series of spatial paths envisioned as giant drawings and runes.

When completed, it will total three miles. It will invite interruptions and annotations touching on utopian fictions, possible world theory and modal logics.

Vivas is an artist and co-founder of the Ori Gallery in N. Portland. Her latest project, **a convoluted remedy to my soft hands**, is a "live feed and premeditation converse maneuvering through accrued diasporic therapies and rumination." mayavivas.com.

Tickets are sliding scale: \$0-\$30. Register and RSVP at tinyurl.com/PWNWOct15 to get the Zoom link. See pwnw-pdx.org for more.

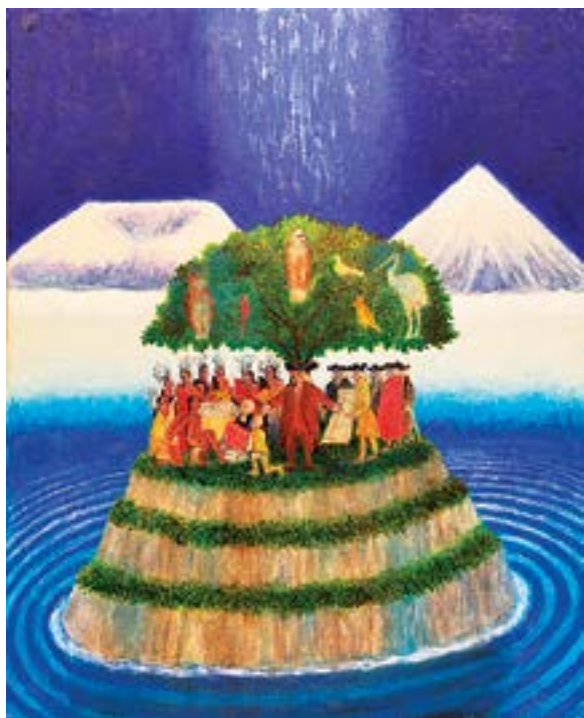
EXTRA! Sunday, October 11, 4-5:30 pm, is an online watch party celebrating PWNW's 20th anniversary, and 10 years of the Richard Foreman Mini-Festival. Celebrate PWNW and the genius of Richard Foreman. Artists created works in 7-10 days based on Forman's notebook texts.

Tidal Wave Comics celebrates the life of Ruth Bader Ginsburg in a new, just released comic book, *Tribute: Ruth Bader Ginsburg*.

Ginsburg once told an interviewer, "My mother told me to be a lady. And for her, that meant be your person, be independent."

Whether you agree with her politics or not, you have to admit that Ginsburg was always independent. Nominated by President Bill Clinton, she served on the Supreme Court from 1993 until her death last month at age 87. She battled cancer, became a cultural icon and advanced women's rights, earning the unofficial title, "The Notorious RGB."

This 25-page book is available digitally and in print and can be found on multiple platforms. A hardcover version will be available too. Find out more at tidalwavecomics.com and **DON'T FORGET TO VOTE!**



Local artist Charles Erickson painted this diptych called *Twin Peaks*, a fantastic depiction of William Penn at the historical Treaty of Shackamaxon in 1683 with the Lenape Indians where Kensington, Pennsylvania is now. Voltaire called the Treaty "The only treaty never sworn to and never broken." Peace between the Lenape Turtle Clan and Penn's successors would endure for over 70 years.

Erickson is an avid painter as well as an octogenarian and said: "I'm painting in a tradition. The model for my picture was Penn's *Treaty with the Indians* by Edward Hicks; a Quaker preacher and folk painter from Bucks County, Pennsylvania, who lived between the Revolutionary War and the War Between The States. Hicks based his version on the painting by Benjamin West, the model original of the series.

"During the time these pictures were developing in my mind," he said, "I was aware of the Struggle over the Dakota Access Pipeline." Email him at perratin27@gmail.com.

Portland Music Streams

Alberta Rose Theatre offers a brand new season of Portland Music Stream live performance. In October, you can see these performers live and online: Saturday, October 3: **Shelly Rudolph with A-WOL Dance Collective**; Sunday, October 4: **Lisa Mann**; Wednesday, October 9: **Ashleigh Flynn & The Riveters**; Friday, October 11: **John McCutcheon**; Monday, October 14: **Science On Tap**; Tuesday, October 15: **The Bayou Boyz**; Thursday, October 17:

Portland Country Underground; Friday, October 18: **Duffy Bishop Band**. All performances begin at 7 pm.

These are intimate, up-close performances featuring a wide array of talented artists in a variety of genres. To subscribe for the season at a reduced rate, get tickets for individual shows, sign up for the email list, find out who is playing the Stream in future months or to make a donation to ART, see albertarosetheatre.com.



Ashleigh Flynn by Richard Hallman

SIDESTREET ARTS PRESENTS

A Sketchbook(ed) Life: Bridgett Spicer
Sept 30 - Nov 1, 2020

shop our online gallery:
140 SE 28th Ave., Portland

sidestreetarts.com
503 327 8064

A School for Self & Energy Awareness
introduces
The Color of Sunshine
a metaphysical book
for healing

Erin Emily Lassell, author

available on amazon.com
thecolorofsunshine.com

The **Clinton Street Theater**

A landmark of Portland cinema history. The Clinton Street Theater is Portland's indie, friendliest art house theater with film, live music, theatrical productions and community events.
Buy a ticket. Watch at home. Support the Clinton.

CSTPDX.COM • 2522 SE Clinton St

Back or Neck Pain?

If you suffer from back pain or neck pain, you know these conditions can interfere with a normal lifestyle. But there's good news! You don't have to learn to live with it . . .



Satisfied Patients
We're here for you.
Khalsa Chiropractic Pain Relief Clinic
5013 SE Hawthorne Blvd., Portland KhalsaChiro.com
503-238-1032

SUMMER RUN APARTMENTS

AFFORDABLE RETIREMENT LIVING



- STUDIO & ONE-BEDROOM APARTMENTS
- AFFORDABLE RENT, NO COSTLY BUY-INS, OR APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE FOR THOSE THAT QUALIFY
- IDEAL URBAN LOCATION - NEAR SHOPPING, BUS LINES, RESTAURANTS, AND MORE!
- SMALL COMMUNITY ATMOSPHERE - RELAXED AND FRIENDLY

7810 SE Foster Road
503-774-8885

"CARING FOR EACH OTHER IS WHAT OUR COMMUNITY DOES"



store to DOOR

CELEBRATING OUR 30TH YEAR SERVING LOCAL SENIORS

VOLUNTEER-BASED NONPROFIT DELIVERING GROCERIES, CONNECTION, AND DIGNITY

Volunteer or enroll today!
503-200-3333

PROMOTE FOOD JUSTICE. STRENGTHEN OUR COMMUNITY

9,500 pounds of fruit harvested that would otherwise have gone to waste. 1,100 families in need supported. With your help we can do even more.
portlandfruit.org/donate





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.

Move Through Life More Easily with Clinical Somatic Education

If you experience pain or feel like you don't move and function as well as you used to, you may have been told that certain muscles in your body are tight, weak or inactive.

As a Clinical Somatic Educator and holistic Personal Trainer, I'd like to explain exactly what tight, weak and inactive muscles are. I'll also introduce a simpler, gentler way that you can have greater voluntary control of your muscles in order to move well and, therefore, live well.

Weak muscles are muscles that are not strong. Strong muscles can lift, push and pull against resistance. Tight muscles are that way due to being chronically contracted and, therefore, shortened. Tight muscles can be a result of inactivity or poor posture and alignment. They can also result from an imbalanced strength training program.

To explain inactive muscles, let's look at a bit of physiology. Most muscles work in opposition to each other. For example, the bicep and tricep muscles of your upper arm interact to bend and straighten your arm. As one set of muscles contracts and shortens, the opposite ones lengthen.

When you feel like you can't get your muscles to contract, or "fire," you most likely have inactive muscles.

Most methods for correcting tight, weak or inactive muscles typically rely on force, such as stretching, massaging or strengthening, and using force actually works against achieving your goals.

Somatic Education (SE) offers a simpler, gentler approach for reclaiming full voluntary control of your muscles so they can contract when needed and relax when not.

It is not bodywork or fitness training, but rather neuromuscular re-education addressing the root of all motor patterns (the brain), because what you do is under the control of your brain and nervous system.

SE views how the whole body functions, as opposed to isolating certain body parts or individual muscles. The body should move like a well-orchestrated system of levers and pulleys. However, if an area of the body, such as the low back, chest or lateral waist and rib cage, is chronically contracted, that tightness hinders your freedom of voluntary movement.

So, from a whole-body perspective, let's consider the lower back, which is a common area of tightness. When the lower back is tight, quite often so are hamstrings, calves, soles of the feet and the shoulder blade region.

You might feel like your abs are weak and hard to engage, perceiving them as inactive, but in fact, the abs are just lengthened due to a bowing of the back.

Other therapeutic modalities would likely recommend that you do abdominal "core" work to address this problem. Stretching the low back may also be encouraged, but science now knows that stretching does not get muscles to relax to their natural resting length.

Alternatively, Somatic addresses releasing the low back tightness with gentle, mindful movements called pandiculations – natural, instinctive movements that serve to re-educate the brain, to release muscle tension without fighting it.

With the low back relaxed, there is no reason to tighten the abs. Somatic awareness makes natural alignment easier to achieve rather than harder.

If you've grown weary of working hard to feel better, consider SE as a way to achieve a more enjoyable life.

*Kristin Jackson, CCSE, CPT
thinksomatics.com*



Neighborhood Notes

HAND
By Jill Riebesehl

Smoky, rain-and-shine September, and digging out of the coronavirus doldrums, our neighborhood, Hosford-Abernethy, along with others should soon be seeing some urban improvements, one being the anticipated opening this fall of the Gideon Overcrossing at SE 14th Ave.

Further along will be a newly-paved and painted Hawthorne Blvd. City planners have kept us up on proposals to improve safety and protect the integrity of the street. They include lane changes and crosswalk and curb improvements. Recently, the staff added proposals to include bicycle traffic in the mix. Neighbors seeking information about the project can find it at tinyurl.com/SEhawthorne.

Work is rapidly moving ahead on Portland's Historic Resources Code Update. Anticipated would be changes in the way Portland identifies, designates and preserves historic resources and could affect Ladd's Addition. HAND and Richmond land-use committees have set an online October 6 joint meeting to discuss state regulations that could affect properties in Ladd's. Contact Brandon Spencer-Hartle at Portland Planning and Sustainability.

The HAND board recently lent its support to two grass roots efforts. PDX Main Street Design wants to enlarge its guidelines to include four busy streets in the neighborhood. The guidelines encourages developers to consider and respect the city's historical buildings pattern. We supported the Division St. guidelines, and now would include Powell, Hawthorne and Martin Luther King Blvds as well as 11th and 12th Aves. More information is available at tinyurl.com/DivisionPDF. With an eye far into the future, the Board signed onto another grassroots effort: to relocate the Brooklyn and Albina railroad yards. See albinarailrelocation.org

HAND meets via Zoom, for now, at 7 pm every third Tuesday of the month, except December and August. All are welcome.

Laurelhurst Neighborhood Association
By Jan McManus

Earlier this year, neighbors called for the Laurelhurst Neighborhood Association (LNA) Board of Directors to take a position on police reform in Portland. On September 8, the LNA Board approved a statement that advocates for:

- 1) the Portland Police Bureau to acknowledge its history of discrimination towards the disability community, the houseless, communities of color, and sexual and gender minorities;
- 2) the restoration of police operations fully grounded in the principles of community policing, including the expansion of Neighborhood Response Officers;
- 3) the formation of a truly independent civilian oversight system;



Neighborhood Notes

4) a police union contract that ensures both transparency and accountability in the investigation of alleged policy misconduct;

5) the re-allocation of funds from the Portland Police Bureau budget to support restorative justice practices and to mobilize unarmed first responders such as social workers and paramedics to address calls for assistance with mental health, addiction, medical, and homelessness issues; and

6) local government and affected communities to work together in good faith and with utmost urgency to remake the Portland Police Bureau as part of an overall system of public safety and social welfare for all.

The LNA Board came to this decision after establishing an Ad Hoc Task Force to address the issue of police reform. To engage as many neighbors as possible in the discussion, the Ad Hoc Task Force published a draft statement about police reform in a special edition of our neighborhood newsletter, followed by a facilitated neighborhood discussion in July.

The LNA Board will follow up on this action by disseminating the statement widely to local government leaders, other neighborhood associations and to both print and social media.

Montavilla Neighborhood Association By Louis Hoff

Montavilla Neighborhood Association (MNA) elections will be postponed until November. Many Boards are moving the elections up one month to insure there is time for new election arrangements to be made. With the help of SE Uplift we encourage candidates to come to the October 12 online general meeting and express their interest for being on the Board. The board will vote on the roster, SE Uplift will create a ballot and it will be published on our website and MNA Facebook page. Neighborhood members who have attended at least one meeting (the October 12 meeting, for instance) can then vote on the roster online. We are currently awaiting the decision if people can download the ballot and mail it to SEUL if they choose.

To date, we have one candidate for Public Safety Chair and no candidate yet for Board Secretary. All other positions will be Chairs of Committees. Neighbors have introduced great ideas about additional community gardens, annual run, more greenways and more traffic safety in the side streets. We are hoping for more.

The MNA donated \$250 to Montavilla Jazz for the coming year and the great service they perform and heritage they maintain in our community. We are all doing what we can to keep our small, local businesses going during these days of COVID-19 and many are starting to feel that Zoom meetings are the new normal.

Halloween has become a national favorite holiday, but in order to protect the children our very, very creative community has come up with the most wonderful ideas that range from elaborate ones like a Peacock Lane viewing of decorated homes to simple ones like dropping treats through a long tube or hanging treats on a low clothesline.

Last but not least, a wonderful ceramic muralist Hector Hernandez is being considered for the new plaza wall on SE 82nd Ave. and Glisan St.

Mt. Tabor Neighborhood Association By Stephanie Stewart

At MTNA's community meeting September 16, PBOT offered a proposal for major changes along Hawthorne Blvd, which could include a reduction of car lanes between 24th and 50th Ave. Learn more and offer feedback through a survey by going to bit.ly/2Gff8Is. Commissioner Amanda Fritz attended the meeting to educate the community about three measures on the November ballot: 26-213 Parks levy; 26-217 Police Oversight; 26-219 Uses of Water Bureau Funds.

MTNA will host a community meeting on Zoom each month this fall. Find links for these meetings, under the "Meetings and Events" tab of our website mttaborpdx.org.

MTNA offers a written roll-up about important civic issues, on our website where we keep the meeting minutes.

Richmond Neighborhood Association By Allen Field

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

At the September 14 monthly meeting, Mauricio Leclerk and Maggie Derk gave an update on the Hawthorne Blvd Paint and Pave Project. PBOT recently issued an Evaluation Report on the four traffic configurations they are considering, which will extend from 24th to 50th on SE Hawthorne Blvd.

The four configurations under consideration are: (1) keep the existing four-lane configuration; (2) two travel lanes with a third center turn-lane west of Cesar E Chavez Blvd. that will mirror the configuration east of Cesar Chavez; (3) two travel lanes with buffered bike lanes next to the driver-side of parked cars (Alt 3A), and (4) two travel lanes with parking-protected bike lanes between parked cars and the sidewalk (Alt 3B).

The Report compares the four configurations using metrics of safety, crossings, parking, travel time and bike lanes, and evaluates them under the project goals of improving safety, supporting Main Street functions, impact to current greenways, connecting people to Hawthorne, supporting city's goals of equity and climate issues. PBOT is not making a recommendation at this time, but will make a final decision in October or November after further public outreach. There is an online survey on the project website that PBOT is urging people to fill out. See bit.ly/2Gff8Is.

Thomas Scharff, TriMet, gave an update on the Division Transit Project (trimet.org/division). According to the website, the goal of the project is to "improve travel between Downtown Portland, SE and East Portland and Gresham with easier, faster and more reliable bus service." He summarized construction phases, construction highlights (SE 60th Ave ADA elements, SE 76th Ave new traffic signals), steps to reduce impacts to community and next steps. Fall 2022 is the target date for completion.

The Gideon overcrossing near the SE 11th/12th train crossing was also discussed; it will open late Fall 2020. Some Board members stated their objections that the project relies on diesel buses and not electric busses.

Neighbors on SE Waverleigh Blvd. described the growing number of tents, trash and hazardous materials/biowaste on the street's median and SE 33rd Ave next to the Cleveland High School field. They explained their efforts to work with the city to address health and safety issues that impact everyone, those on the streets and in houses/apartments. The neighbors made a specific request for a No Camping sign for the Waverleigh Blvd median, which is owned by Portland Parks & Rec. Since camping is prohibited in all parks, often with signage. The Board agreed to request such signage from the city. It is a very hazardous situation to have tents/campers on the median of a well-traveled city street.

The RNA's next meeting is Monday, October 14. To get on the agenda, fill out an agenda request form on the RNA's website.

INHABIT > PORTLAND

Where you work no longer matters.

Who you work for does.

If you are a real estate agent that is working for a brokerage that hasn't risen to the occasion in their support of you and your business, or you don't love the brand or fees, then maybe it's time for a conversation.

Inquiries are completely confidential.



Inhabit Real Estate, LLC
inhabitportland.com
(503)762-7958
info@inhabitportland.com



KIRKLAND UNION MANORS

AFFORDABLE RETIREMENT LIVING
For Seniors 62 years or older

- Studio & One Bedroom Apartments
- Affordable Rent Includes all utilities (except phone & cable)
- No Application or Costly Buy-In Fees
- Federal Rent Subsidies Available for those that qualify

503-777-8101



www.theunionmanors.com

3530 SE 84th Ave • Portland 97266



"Which is more important," asked Big Panda, "the journey or the destination?"

"The company," said Tiny Dragon.

jamesnoebury.com

Status of Mormon Church Unclear

By Jack Rubinger

The church at SE 29th & Harrison has been under-used or unused by the Mormon Church for many years. It was built in the early 1930s and has an expansive property including a lawn accessible on 30th, Harrison and 29th streets.

Most days, neighbors young and old are taking advantage of that lawn for a quick rest, playing catch, enjoying a picnic or just to pause and appreciate its open space and the beautiful old trees adorning it. It is a natural rest spot for bikers and runners on the greenway to and from Mt. Tabor.

On the NE part of the property is the parking lot, a great asset to the community. Many a child has learned to ride a bike or skateboard there and, in recent days, members of the neighborhood have used it to stage drive up, socially-distanced meet ups.

Christian Jurinka, who lives in the neighborhood, recently learned of plans for it to be listed for sale. He noticed a group gathering about its borders and through conversation, learned of the plans.

He said there seems to be a hope on the part of those gentlemen (a real estate agent and church members interested in purchasing) for the building to remain as is.

“The community would be more than happy to have a new church take over ownership, or any other businesses entities dedicated to not changing its external facade and grounds,” said Jurinka.

“The concern of those I’ve spoken with in the community is that the building might be destroyed and replaced with homes and residential infill,” he added.

“We have a deficit of parks and other open areas in the inner SE neighborhood, so this property is treasured by nearby residents. We would welcome an active church community using the space,” said Ellen Mendoza, another neighbor.

According to City officials, the church was listed on the City’s Historic Resources Inventory in 1984. Listing on the Inventory is not a designation and does not come with any protections beyond a 120-day demolition delay if someone wanted to demolish it.

City officials did not have any information on the listing agent and they said they have not heard of any proposals for the church. They didn’t see any ap-

plications inquiring about the development potential of that property. The site is zoned R5 which is residential zoning.

New institutional uses may be allowed in residential zones through a Conditional Use, though new owners may be able to demonstrate that the historic church use can continue.

Historic resources such as landmarks may be allowed uses not typically allowed such as office, community services and additional density, but this would require landmarking the building.

Oregon has owner consent laws that limit the public’s ability to protect historic resources over the owner’s objections. The only way to protect the existing building is through a willing owner who wants to landmark it either at the local level (which currently would not protect it from demolition) or through listing on the National Register.

Local preservation nonprofit Restore Oregon holds façade easements on historic buildings which protect buildings from demolition, though they typically require listing in the National Register as a prerequisite for accepting an easement.

Several commercial and residential real brokers contacted were unaware of sales plans for the church.

Irene Caso from The Church of Jesus Christ of Latter-day Saints said, “From what I understand, the building is not listed for sale at this time, but we are exploring that possibility. I’ll make sure to share more information as it comes available.”

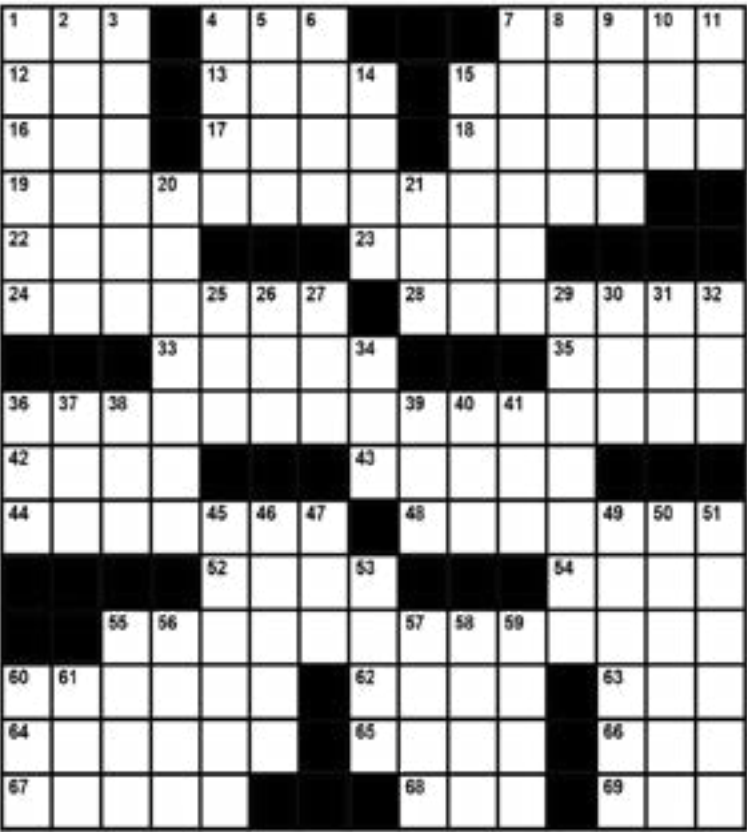
Jurinka believes the church will go up for sale and that there’s a preference to have it purchased by another church, though that has yet to be substantiated.

He believes three other churches have shown interest, based upon his observation of groups touring the place. He’s noticed crews inside the building, giving it a thorough cleaning.

“The neighborhood puts a very high value to this property as a community asset,” said Jurinka. “The neighborhood does not want the property to be redeveloped. The neighborhood very much would like another church to take over ownership.”

To follow-up on additional sales news, contact Irene Caso at lcaso@churchofjesuschrist.org.

Work Your Noggin'



Across

- 1. Private
- 4. Buffoon
- 7. Halfhearted
- 12. Actress Dawn Chong
- 13. “No ____!”
- 15. Lunar craft
- 16. “Human Concretion” artist
- 17. Pantyhose color
- 18. Music downloader
- 19. Very dark
- 22. Name in a Kinks song
- 23. Let’s play ____!
- 24. Brings out, a response for example
- 28. Connected networks
- 33. PayPal product
- 35. Language of Lahore
- 36. Independence Day sight

Down

- 2. Campbell’s soup can painter
- 3. Katmandu native
- 4. Gas group
- 5. 76 station
- 6. Roman meeting places
- 7. Comes to
- 8. Cabinet dept.
- 9. Kind of rock
- 10. Suffix with infant
- 11. First half of an Iowa city
- 14. The start of a tulip
- 15. Pop music’s ____ Vanilli
- 20. Track for harness horses
- 21. Baseball club
- 25. German “I”
- 26. Cocktail ending
- 27. Concorde or Tupolev, abbr.
- 29. Secretly
- 30. Web address
- 31. Part of some e-mail addresses
- 32. Attack legally
- 34. Baby girl
- 36. 1980s cool
- 37. Misinterpret
- 38. Sandra of “Gidget”
- 39. “That’s nice!”
- 40. Confidentiality agreement, for short
- 41. Maverick’s city, on scoreboards
- 45. Ending
- 46. Take a piece from
- 47. Geographical abbr.
- 49. India leads the world in its production
- 50. Clothed
- 51. Part of a mob name
- 53. Court call
- 55. Stimulating leaf
- 56. “That’s not ____ idea”
- 57. French for islands
- 58. Some cameras, abbr.
- 59. Former Kingdom of Spain
- 60. Watson creators
- 61. Get the picture

- 2. Campbell’s soup can painter
- 3. Katmandu native
- 4. Gas group
- 5. 76 station
- 6. Roman meeting places
- 7. Comes to
- 8. Cabinet dept.
- 9. Kind of rock
- 10. Suffix with infant
- 11. First half of an Iowa city
- 14. The start of a tulip
- 15. Pop music’s ____ Vanilli
- 20. Track for harness horses
- 21. Baseball club
- 25. German “I”
- 26. Cocktail ending
- 27. Concorde or Tupolev, abbr.
- 29. Secretly
- 30. Web address
- 31. Part of some e-mail addresses
- 32. Attack legally
- 34. Baby girl
- 36. 1980s cool
- 37. Misinterpret
- 38. Sandra of “Gidget”
- 39. “That’s nice!”
- 40. Confidentiality agreement, for short
- 41. Maverick’s city, on scoreboards
- 45. Ending
- 46. Take a piece from
- 47. Geographical abbr.
- 49. India leads the world in its production
- 50. Clothed
- 51. Part of a mob name
- 53. Court call
- 55. Stimulating leaf
- 56. “That’s not ____ idea”
- 57. French for islands
- 58. Some cameras, abbr.
- 59. Former Kingdom of Spain
- 60. Watson creators
- 61. Get the picture

Answers found on page 16



Boo! But fear not! When that spooky check engine light comes on call or text us to get your vehicle looked at right away!

HAWTHORNEAUTO.COM

503-234-2119

4307 SE HAWTHORNE BLVD, PORTLAND OREGON

Hosford-Abernethy Neighborhood District (HAND)

Helping people connect to make our neighborhood a better place

Meetings are held on the 3rd Tuesday of each month – currently online

Public is welcome to attend & participate in all HAND meetings & events.

HAND borders: Willamette River to SE 29th -Powell Blvd to Hawthorne Blvd

HOSFORD-ABERNETHY NEIGHBORHOOD DISTRICT ASSOCIATION

Website: Handpdx.org*Facebook.com/HANDpdx*Email: chair@handpdx.org

Mayoral and City Commissioner Races

from page 4

her 2016 bid for office.

“I’ve fought to keep all Portlanders housed during this crisis, including calling for the rent and mortgage moratorium and advocating more assistance at the local, state and federal levels.”

Eudaly was one of the first Council voices decrying systemic racism, which she calls “the biggest challenge Portland faces.”

She says COVID-19 has disproportionately impacted Black, Indigenous, and people of color (BIPOC) communities, diminishing outcomes in education, economic opportunity, incarceration, health and longevity.

“It is undeniable that racism is the root of so many of our social ills.”

Her OCCL directives for a rewrite to City Code Chapter 3.96 antagonized longtime Neighborhood Association (NA) volunteers.

Eudaly said: “Racial justice has informed every major policy solution my office has advanced. From housing to transportation to civic engagement and the environment, we have centered the least well-represented and least well-served in our community to deliver policies that do the most good for the most people.”

Despite critics’ accusations of divisiveness, she says, “We are at our best when we come together and find common ground.”

Eudaly was an early supporter of the Portland Clean Energy Fund and a co-creator and sponsor of our 100 percent renewables resolution.

On policing, she says Portland should move away from punitive practices that destroy communities.

“We must invest in community-based solutions, informed by the principles of harm reduction and restorative justice.”

Responding to Portland Ombudsman Margie Sollinger’s request for an independent assessment of complaints about treatment of staff and high turnover at OCCL, Eudaly said, “It came as a surprise that she wasn’t ultimately satisfied with the scope of work developed by the City At-

torney and the Bureau of Human Resources...I’m currently seeking clarity from the Ombudsman to ensure that her concerns are addressed.”

Commissioner Challenger Mingus Mapps (mingusmapps.com)

SE resident Mingus Mapps, an educator and former neighborhood and public safety coordinator at Eudaly’s OCCL, describes himself as a progressive who is deeply pragmatic with financial skills and values that are needed when the City gets hit with post-pandemic revenue setbacks.

Managing the economy in a way that mitigates homelessness is critical, he says.

Portland’s triple crises of housing, pandemic and police protests have solidified Mapps’ determination to effect positive change to bring “restorative justice to our social services and peace to our streets” through listening, dialogue and follow through on promises.

A Neighborhood Association supporter, he believes in more community-centered engagement and training that includes helping NA’s outreach to under-represented groups, non-English speakers and overwhelmed parents with small children.

A father of two pre-teen boys who attend a SE public school, he knows the challenges of parenting, homeschooling and juggling professional life.

“Dismantling the neighborhood system is one of the craziest things I’ve heard from a department whose purpose is to promote community-centered engagement.”

He calls for finding solutions to housing and community engagement through collaboration rather divisive confrontation to get results.

The upcoming police union contract negotiation was a motivator in his decision to run for office. He advocates a demilitarized approach to policing to replace the current “cops and robbers” holdover from the 1950s, when Portland lacked diversity. “The justice system must be about human dignity,” he says.

As a minority, Mapps says the key to ending strife is to reach out to Black Community members, most of whom seek crime reduction.

“If you ask, they will tell you: there are gangs and they are afraid of the recent rise in crime.” He believes community policing is a way to establish relationships of trust.

“People do not understand that a lot of what police do is reaching out, heading off trouble, mediating and connecting those in need with services.”

He supports handing off some mental health and drug calls to other agencies.

A former Political Science professor, Mapps seeks charter reform of our “siloed” government structure by adding a City Manager to coordinate all of Portland’s bureaus and possibly geographically-based Commission seats.

For those curious, he says his name comes from jazz great Charles Mingus and that his middle name, Ulysses, comes from the James Joyce book. “If you know those two things, you know a lot about me,” he laughs.

Key dates to remember for this election:

- **October 7-10** Voter pamphlets mailed out by the Oregon Secretary of State.
- **October 13** Voter registration deadline.
- **October 14** Ballots mailed to voters.
- **October 27** The last day to safely mail ballots to County Elections Office. After this date, ballots should be submitted at drop off locations (multco.us/dropsites).
- **November 3** Ballots must be received before 8 pm in order to be counted.

More information about the November 3 general election at multco.us/elections/current-and-upcoming-elections-multnomah-county-elections#nov2020.



Chloe Eudaly photo by Amy McMillen Photography



Mingus Mapps photo by Antonio Harris

Subscribe!

If you don’t already receive The Southeast Examiner, subscribe & never miss an issue.

1 year subscription = \$12

Send the below form to: The Southeast Examiner
1020 SE 7th Ave #14313, Portland, OR 97293
or email examiner@seportland.news

Name: _____
Address: _____
City, State, Zip: _____

Purchase a subscription for yourself or as a gift.

FIRST ALERT

Scan to access our mobile webpage

Do it Best **DIVISION HARDWARE**

3734 SE Division St. • Portland, OR 97202
503-235-8309
Monday through Saturday 8:30 - 7:00
Like us on Facebook WWW.DIVHW.COM

Home Share Offers Solution to Affordable Housing



The numbers are staggering. In the first 12 weeks after Governor Brown declared a state of emergency in March, 450,000 Oregonians filed for unemployment and an estimated 50,000 lost insurance coverage.

With the expiration of enhanced unemployment insurance and Congress deadlocked over another coronavirus aid package, thousands of Oregonians are close to losing their homes and struggling to feed their families. That's on top of the affordable housing crisis that existed before the pandemic.

Oregon Harbor of Hope (OHOH) co-founders Homer Williams and Don Mazzotti have already helped the homeless by providing shelter beds and services at the Navigation Center, hygiene services, food, tents and more.

Now they have introduced Home Share Oregon to match those in need of housing with homeowners who have extra space. The innovative concept pairs home-sharing technology with community social services for support. The result offers affordable housing to those in need and a way for homeowners to stay in their homes.

"This program has the potential to prevent foreclosure and create literally thousands of rentals out of thin air because the rooms already exist," said Williams.

According to Census data, there are over 1 million spare bedrooms in owner-occupied homes in Oregon. Just a two percent penetration of the available rooms would create 20,000 room rentals.

"If we can connect homeowners with support and make home-sharing possible for them, we can help seniors age in place, families keep their homes, and simultaneously create rentals that people on fixed incomes can afford," said Marissa Cade, Home Share Oregon's program manager.

The program is much more

than a matching service. Once homes are identified for a listing, community partners offer support to both the owner and to Home Share Oregon clients to create a successful arrangement.

OHOH recently launched the website to pair homeowners with rental seekers.

Homeshaaring is already successful in Portland. Joanne, 82, lived independently and alone in her home for many years until Home Share Oregon's partner, Metro Home Share, matched her with Linda, a retiree living on Social Security who could no longer afford Portland rents.

Linda moved into Joanne's home and they became great friends. Home Share provided affordable housing for Linda, and the monthly income helped Joanne stay in her house. Joanne's daughter Angela said, "I'm thrilled that they found each other."

Home Share Oregon represents a modern twist on a solution that homeowners have used in tough times for generations, but instead of the boarding houses of yesteryear, Home Share Oregon uses compatibility matching software from Silvernest to pair homeowners with room-renters they relate to.

Property tax relief for homeowners in the program is also possible, thanks to a new state law passed by the legislature and signed by the governor that enables counties to pass a local option partial tax exemption.

This is another incentive for homeowners to participate, create housing from unused available space, and help them stay in their homes.

To post a rental listing or create your renter-profile visit HomeShareOregon.org.

Seniors Create Art During Quarantine

By KRIS McDOWELL

Like many residential care facilities in Portland and across the US, the residents at Whitewood Gardens have been quarantined in their rooms to keep them safe.

It's a situation that presents the dual challenges of keeping them connected to one another and providing activities to keep them creatively occupied.

Life Enrichment Director Chris Nelson is meeting that challenge by engaging their residents with an ongoing, collaborative art project.

Nelson said he came up with the idea to take large black and white depictions of art masterworks by Picasso, Renoir, Van Gogh, Monet and others and segment them into several sections one morning when he walked past a half-completed jigsaw puzzle.

"It occurred to me that I could segment an artwork kind of like a puzzle, he said. "That way, I could distribute the individual pieces to the residents in their rooms, have them color them and then reassemble them after the residents completed their portions."

After locating a book of art masterpieces that had all the colors extracted, he went to a copy shop to have them blown up and the project was "off and running."

SE Portland's Whitewood Gardens has been in business since 2013 and is home to approximately 40 residents.

"I am always thinking of ways during this period of isolation that our residents can connect with each other and the larger community," Nelson said.

Many of the pieces that have been created have been framed and hung in their community. They are interested in donating pieces to senior centers, libraries and other public spaces in SE Portland.

Resident Lois says, "I like the art project because it gives me something creative to do during this quarantine time. The best part is knowing that others are working on it too, and the surprise of seeing the final result."

Fellow resident Jo-Jo is appreciative of the mental boost the project provides saying, "Art keeps my mind going."

Hortencia applauds another benefit, "It helps me relax. It's



Photos by Whitewood Gardens



nice to see the good work we have accomplished together."

Nelson has also facilitated a project of making thank you cards for essential workers, with encouraging words and art. He then delivers to them stores, clinics and fire/police departments.

A wisdom board periodically posted on Whitewood's Facebook page displays residents' personal philosophies and insights.

In this time of isolation, Whitewood Gardens' projects show there are creative, beautiful ways to stay connected.



#dontgiveupsigns
dontgiveupsigns.com



THE **CAPLENER** GROUP
at Windermere Realty Trust

PORTLAND REAL ESTATE
Southeast & Northeast Specialists
(503) 232-4763 | thecaplenergroup.com

Homes Now Available in Your Neighborhood



1517 SE 57th Ave.
Hawthorne Hill by
Ethan Beck Homes
2941 Total Sq. Ft.

\$975,000
4 BD, 3.1 BA



1515 SE 57th Ave.
Hawthorne Hill by
Ethan Beck Homes
2846 Total Sq. Ft.

\$899,900
4 BD, 3.1 BA



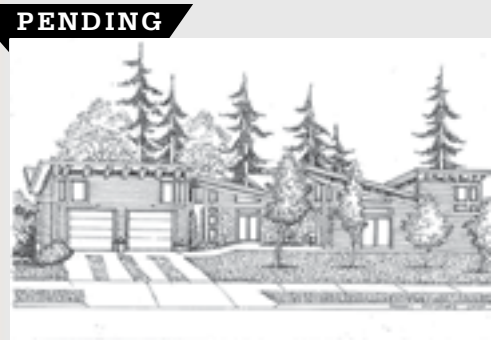
1525 SE 57th Ave.
Hawthorne Hill by
Ethan Beck Homes
2815 Total Sq. Ft. includes
552 Sq. Ft. ADU

\$1,225,000
5 BD, 4 BA



1521 SE 57th Ave.
Hawthorne Hill by
Ethan Beck Homes
3110 Total Sq. Ft.

\$1,125,000
5 BD, 4.1 BA



6653 SE Ash Pl.
2014 Northwest Contemporary
House 3728 Sq. Ft., 3 BD, 3 BA
+ ADU 952 Sq. Ft, 1 BD, 1.1 BA

\$1,750,000



3050 NE 41st Ave.
1927 Tudor
4502 Total Sq. Ft.

\$1,090,000
5 BD, 2.1 BA

PENDING

Note From the Caplener Group

Hawthorne Hill

Local Mt. Tabor resident and award-winning builder Ethan Beck Homes is creating something special at SE 57th Ave. and Hawthorne.

- Modern luxury finishes
- Open floor plans
- ADU options available
- Attached garages
- Generous sized lots
- Three blocks to Mt. Tabor Park
- Walkable to Hawthorne Blvd. restaurants and shops

Now is the time to upgrade. With jumbo loan interest rates hovering below 3%, selling your current home and making a lifestyle improvement is more feasible than ever.

The four available properties are priced \$899,99 to \$1,225,000, with more information in our active listings to the left.



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

