



L to R: Heather Middleton, Britt Urban, Tremaine Clayton and Haika Mushi
Photo by Portland Street Response

Portland Street Response Launches

By Nancy Tannler

The Portland Street Response (PSR) program launched their first four-person team on February 16 in the Lents neighborhood. PSR is an alternative to sending the police to mental health calls and homeless issues. They do not respond to criminal or emergency calls. Although the need for this service is greatest in downtown Portland, Robyn Burek, Program Manager for Portland Fire & Rescue Portland Street Response, said they chose the Lents neighborhood for several reasons.

There has been a 20 percent increase in distress calls coming from this area and the size of the area, a five-mile radius, is manageable for this trial run response team. There are 35,000 people living here and over 150 different languages are spoken, making it one of the most diverse neighborhoods in Portland. The PSR pilot program was approved by City Council in November of 2019 but was slow to start due to COVID-19. Burek said that after all the civil unrest resulting from the death of George Floyd in June of last year, City Council agreed to increase PSR budget from the initial \$50,000 to \$4.8 million. City Commissioner Jo Ann Hardesty and Mayor Ted Wheeler are strong proponents of this program. The first PSR team includes a firefighter/paramedic, a mental health clinician and two community health workers. The firefighter/paramedic and mental health clinician will respond first by going directly to a person in crisis and providing

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Mt. Scott Community Center as a Homeless Shelter

By Daniel Perez-Crouse

Since November 2020, The Mt. Scott Community Center has been a 24-hour homeless shelter with 75 beds and it will remain this way until spring. Portland Parks & Recreation Director, Adena Long, said, "Portland's parks and community centers belong to all of our neighbors and PP&R is here to serve all Portlanders, especially those that need us the most." Denis Theriault, Communications Coordinator at the Joint Office of Homeless Services, gives insight into Mt. Scott's recent developments, in addition to painting a broader picture of the goals and processes behind shelter spaces. Theriault notes that many think of shelters as places where people line up at night, hoping to get lucky. However, Mt. Scott is mainly referral-based; you can't just show up and get a bed. Moreover, he says it has been at near or full capacity since November. People who get placed on wait lists for Mt. Scott may have reached out to shelter services beforehand or were referred by others in their community. "Before a shelter opens, you want to have a good sense of who's in line for those beds," said Theriault. From there, they communicate with people two weeks prior to opening and verify if they still want a bed. The purpose behind the referral sys-

tem is when people secure this bed, it is theirs. People can also bring their pets and belongings. "You don't have to choose to leave your animal outside - that's your family member too," he said. It's not a shelter specified for a particular gender, so couples can be together at Mt. Scott with their beds placed next to each other. Having the location open 24-hours means there's no required time to be there and giving people their own space is, as Theriault says, a way of providing some stability in a trauma-informed way. "We don't want people to feel like they can't come because they have to leave something or someone behind," he said. To clarify, Mt. Scott is primarily for adults without any special circumstance or need that would require a unique space. For example, those who have children would go to a family shelter. Theriault says the goal is to prioritize locals of a given area for shelters. Although, with temporary shelters, this is less of a priority. "No guarantees. We take folks in from anywhere that needs shelter, but we are always open to that conversation." Speaking of that "conversation," he says there was action made to invite people camping at Laurelhurst and recalls about 20 joining the center from there. This is not the first time Mt. Scott has

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Multnomah County Justice System

By Don MacGillivray

Over the summer, Portland's impassioned demonstrations and accompanying riots have received national attention. Law enforcement in Portland has been seriously scrutinized, but the other half of the justice system deserves to be inspected equally. Both are undergoing review and change by state and local government. Multnomah County is introducing reforms within the criminal justice system concerning cash bail, pretrial detention, charges on misdemeanors and the ways ri-

oters are treated following their arrest after the nightly demonstrations. This puts some of the offenders back on the street with the opportunity to continue their disruptive behaviors which may make maintaining order more difficult for the authorities. Simultaneously, the public is calling for reductions in police budgets and in these troubled times, many experienced police officers are considering retirement. Lawmakers are condemning the violence while they rework the laws that have his-

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BUSINESS WALKABOUT Fermenter Cultured and fermented food business moves to a larger space, offering dining, take-out and delivery. PAGE 8 Montavilla Farmers Market The year round market has expanded to make space for the nearly 40 community-minded vendors. PAGE 9	COMMUNITY NEWS PP&R Summer Programming Programming is back on the menu for Summer 2021 with offerings for all ages. PAGE 7 Vaccine Cost Covered All health plans in Oregon (private, Medicare and OHP) will cover the cost of the COVID-19 vaccine. PAGE 7	A&E New George Colligan Album Theoretical Planets, Long Term Goals just released from Portland Jazz musician. PAGE 10 Adrienne Stacey Show A Lightness of Being, A Bursting of Joy at PDX Commons on Belmont. PAGE 11
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Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

I can recall many moments in my lifetime that reveal the sometimes stark differences in the ways people of color experience policing and daily living in the US versus what I experience as a white male, but I cannot remember one galvanizing the culture, particularly the white part of our culture, in the way the murder of George Floyd has.

Maybe it was the pandemic with more of us having time on our hands due to being unemployed, not in school or working from home. Maybe it was how social media made sharing and resharing about what happened so easy.

Maybe it was Donald Trump's presidency and his racism brought to the attention of all of us so regularly in a way that we have not experienced with any other president I can remember.

Or maybe it was just that finally enough of us white people are starting to get it – that something has to be done about racism in policing and criminal justice as well as in health care and education and our economy.

We have to address these issues if the lives of Black, Indigenous and People of Color (BIPOC) are going to get better and we are going to be a less racist nation.

Here in Oregon, people of color and their organizations have more representation in the Oregon Legislature than in any other moment in our state's history and certainly more than I have seen in any of my previous terms in office. This a solid development.

They have organized into a formal caucus within the legislature calling themselves the Oregon's Legislative Black, Indigenous & People of Color (BIPOC) Caucus.

The 12-person BIPOC Caucus includes state representatives Teresa Alonso Leon (D-Woodburn), Janelle Bynum (D-Clackamas), Diego Hernandez (D-Portland), Mark Meek (D-Oregon City), Andrea Salinas (D-Lake Oswego), Tawna Sanchez (D-Portland), WLnsey Campos (D-Aloha), Khan Pham (D-Portland), Ricki Ruiz (D-Gresham), and fellow senators James Manning (D-Eugene) Lew Fredrick (D- NE and North Portland) and Kayse Jama (D-East Portland).



The Caucus is advocating for over 40 different pieces of legislation under 10 themes which include:

1. Police accountability: Putting laws in place that hold individual police officers and police organizations accountable to the community for racist conduct and behaviors that disproportionately target BIPOC populations.

2. Criminal justice reform: Eliminating legalized slavery in Oregon's prison system and eliminating wealth transfers from their communities through the justice system.

3. Economic opportunity: Providing targeted support for BIPOC workers and BIPOC-owned small businesses who have been disproportionately impacted by the COVID-19 pandemic so they can remain open and can be successful.

4. Education: Removing student achievement barriers at all levels by enhancing school environments, reducing over-testing and prioritizing student voices when it comes to education policy.

5. Healthcare access: Expanding and providing for greater access to culturally sensitive, linguistically appropriate mental, behavioral, physical and telehealth by BIPOC providers and acknowledge racism as a public health crisis.

6. Housing and homeownership: Expanding options for building housing and attaining homeownership while providing for community voice in property development.

7. Expand access to democracy: ensuring equitable access to the ballot and voting rights and the ability to run for office.

8. Equitable, welcoming and transparent government: Working to make the Capitol more accessible to communities, lobbyists, non-native English speakers and potential legislators.

9. Revenue reform: Because BIPOC communities are disproportionately affected by an inequitable tax system.

10. Protect and expand critical social services: Ensuring equitable services and support for the most vulnerable among us.

Each of these themes have several different proposed pieces of legislation that will attempt to make them happen.

Helping to pass bills that make our state less racist and improve the lives of BIPOC communities is very important to me. Due to word and space limits I won't be able to highlight every bill coming forward, but I will endeavor to keep you informed about various pieces of legislation the BIPOC caucus is prioritizing.

If you write to me and ask to subscribe to my legislative newsletter at rep.robnosse@oregonlegislature.gov, I can also send you a copy of their 11-page platform with the bill numbers and summaries of what each of them would do.

More to come about efforts to undo and dismantle racism as the session moves forward. Thanks for reading and stay tuned.

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Webinars Focus on Racial and Housing Equity

By David Krogh

Ever since the death of George Floyd in Minneapolis last May, there has been an increase in awareness of the Black Lives Matter movement and groups calling for racial equity reform. Two recent webinars focused on racial discrimination and housing equity which directly relate to Portland.

In January, the Fair Housing Council of Oregon (aka FHCO - fhco.org) held a webinar discussing the history of racism in Oregon. Although there are existing laws promoting equal access and making discrimination illegal, that's not how things got started in Oregon.

Samuel Goldberg, Program Assistant, said white pioneers flocked to Oregon after the Oregon Treaty of 1846. Then in 1850, the Oregon Land Donation Act gave land grants to pioneers, but only white pioneers.

In the meantime, over 60 Oregon Native American tribes lost 80 percent of their populations due mainly to epidemics brought by the pioneers.

A territorial ban of Blacks was initiated in 1849 and was subsequently incorporated into the Oregon State constitution in 1859; an exclusion not removed until 1927 that paved the way for

racist deed covenants being used in Portland up until recently.

Chinese citizens faced similar treatment although they were initially welcomed into the state to work on railroad construction, mining and farming. They were subsequently excluded from further entry in 1882, with a repeal taking place in 1945.

The 1920s saw a rise in Ku Klux Klan (KKK) activity in Oregon with 58 separate groups at one time that included Oregon Governor Walter Pierce (1923-27) as a supporter.

In the 1930s, realty groups and mortgage lenders created maps with red lining that identified neighborhoods dominated by Black and other ethnic groups. These maps were used to restrict lending to residents in those areas while at the same time, served as a resource for developers who wished to pick up lower-valued properties for redevelopment.

FHA home loans were established in 1934, but because of discriminatory actions, fewer than two percent of home loans were issued to nonwhites by 1962.

During WWII, Japanese Americans west of Hwy. 97, were interned and lost all of their ownerships. At the same time an

influx of about 20,000 Black people, mainly from the South, arrived for shipyard and other jobs in Portland. They lived mainly in the Vanport and Guilds Lake areas at the time.

After the Columbus Day Storm of 1963, many Black citizens left the area or moved into North Portland. Gentrification and highway construction since then have caused the displacement of several thousands.

After Martin Luther King Jr.'s death in 1968, stronger anti-discrimination laws were passed promoting equity, although they have not been equally applied.

In January, Smart Growth America, (smartgrowthamerica.org), offered three webinars focusing on racism and equity in the US. Moderated by CEO Calvin Gladney.

He said political leaders for many years did not consider racial equity as part of their actions and this included gentrification and displacement, bans on multi-family housing, highways through poor and Black neighborhoods, etc. He called on policy makers to change their mindset and movement.

Dr. Andrew Perry, author of *Know Your Price*, spoke about policies that have historically de-

valued housing in Black neighborhoods by 45 percent or more, depending on the city. Similarly, Black businesses have not been given the same opportunities for loans and assistance as have white businesses.

Perry is encouraged by President Biden's executive order promoting equity and strongly urges citizens to support local minority businesses.

An additional problem Dr. Perry brought up is that of tax burdens. He gave Detroit as an example where property values declined dramatically for Black owners but County Tax Assessors did not re-assess the properties to reflect the loss in value.

Subsequently, the owners were still paying high property taxes while their properties lost value. This has led to many foreclosures and is common in several cities.

Dr. Perry encouraged community involvement, especially as part of budget proposals in order to better address disparities. Leaders need to be listening to the public and budgets need to be balanced with equity in mind.

For example: instead of large police budgets, how about a focus on neighborhood stabilization and affordable housing?

The third day of this webinar series focused on the legacy of racism in transportation. Dr. Destiny Thomas, CEO of Thrivance Group, stated emphatically that much of transportation planning is racist in nature.

Historically freight routing, highway development and even bicycle and pedestrian routes are often developed without consideration of neighborhood make-up or quality of life. The push for density in urban centers is creating overcrowding to the point of developing its own forms of equity and quality of life problems.

Beth Osborne, Director of Transportation for America, stated that transportation and infrastructure projects need to include an equity assessment that both talks and listens to neighborhoods rather than ramming through an agenda that adversely affects equity with potential racist outcomes. Too many urban renewal projects result in "urban erasure" due to a closed eye to equity.

Moderator Calvin Gladney summarized, saying transportation is not a silo issue. It is part of a comprehensive analysis of housing and quality of life, etc. Infrastructure projects need to address all of these or equity will not be achieved.

To See or Not To See

By Nancy Tannler

Observing the night sky without the background illumination of city lights is a profound experience. Almost everyone has a fleeting memory of seeing the expanse of our solar system and witnessing this beauty.

Regrettably this experience is becoming unavailable to most people due to our overuse of incandescent light. Research is revealing that light pollution is affecting humans and other living beings both subtly and overtly.

In his book, *The End of Night*, author Paul Bogard explains how the gradual disappearance of true darkness is a loss for humans' physical and mental health, societal relationships and ecosystems. Bogard writes about cities that have taken action to mitigate this problem and how we can too.

He points out that most people no longer realize that they have lost seeing the depth of darkness. We can observe a few of the brighter stars and planets and the moon, but we don't see the sky lit up like when Vincent Van Gogh was seeing the deep blues and colorful stars depicted in his famous paintings. It's a rare experience for us in the city to see our Milky Way galaxy.

The Bortle scale was developed in 2001 by John E. Bortle. It is a nine-level numeric scale that measures the night sky's brightness. An example of Class 9 is the Luxo Sky Beam in Las Vegas, where only a few of the brightest stars, planets and the moon are visible since the sky shines with artificial light.

Class 1 allows us to see the constellations, Milky Way,

the Triangulum Galaxy, globular clusters, etc. The only place Class 1 is available in America is at sea and west of the Rockies in southern Utah and the Oregon desert. Most of us live in a Class 5 or above.

So why does this affect us? Beginning with the animals, "The overuse of artificial light ruins the habitat of nocturnal creatures," Bogard said. "It confuses them; think of moths."

Another example is sea turtles who have been laying their eggs on beaches forever. When hatchlings are born, they head towards the light, which until recently was the sea, although now,

the glow of civilization has them heading in the wrong direction often becoming dehydrated, run over or handled by well-meaning humans.

There has been a controversy for years about why high-rise buildings blaze with light all night. Over 400 species of birds migrate at night and these buildings have proved to be hazardous to their flight because they are drawn to the light. In addition, it's a waste of electricity.

Despite the bad rap bats get, they are one of our best bug catchers, especially of the unpopular mosquito. Studies show they are becoming disoriented and dying

because they don't know where they are in the light.

Thomas Edison's discovery of the incandescent light in 1878 changed our lives an added hours to our day, keeping us safe at night. In researching his book, Bogard looked to history to draw conclusions about what's different now with 24/7 light.

People went to bed in the dark, which could mean any time after 4 pm in the winter. So if they slept until dawn that could be 12-14 hours in bed. Most people don't need that much sleep. So they would have what is known as

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Affordable Housing Project Planned for Montavilla

By MEGAN McMORRIS

The corner of NE 74th and Glisan St. has been the talk of the ‘hood – and the subject of bar bets at the watering hole across the street – as of late.

Covering one block from 73rd to 74th, the former site of Trinity Broadcasting Network (TBN) is prime real estate that could make or break this eclectic stretch of NE Glisan.

It’s a street informally known as Auto Row, where new shops, restaurants and breweries are sandwiched between auto repair shops, old-time neighborhood barbershops and ethnic stores.

It’s a mixed-class, mixed-raced slice of the neighborhood already teetering in perfect balance, where any decision could tip the scales of the street. Understandable, then, that eyeballs (and theories) are directed that way.

During a recent Montavilla Neighborhood Association meeting, rumors were finally put to rest as Metro unveiled what’s been happening behind the scenes all along. In partnership with the Portland Housing Bureau, Metro has acquired the property in order to build 120-150 units of affordable housing and PHB will choose a developer in late spring.

“Metro is proud that the 2018 voter-approved affordable

housing bond and associated partnerships resulted in projects such as this one, contributing to the region’s supply of affordable housing,” says Choya Renata, Metro’s community engagement manager.

She was speaking of the \$652 million bond earmarked for permanently affordable homes for seniors, working families, veterans and others in need.

“The housing built at this site will bring over 100 affordable homes to an area where immigrants, low-income people and others are being pushed out by the gradual effects of gentrification,” she adds.

The project is in its early stages and will likely take several years, during which the community will have an opportunity to provide their vision through a variety of future neighborhood meetings.

A recent Metro survey allowed respondents to vote on preferred use of outdoors space, suggestions for possible ground-floor tenants and other areas by March 1.

In the meantime, Metro has arranged a two-year lease (begun in November ’20) with the African Youth & Community Organization (AYCO). Founded in 2009, the organization provides services such as tutoring for e-learning,

rental assistance, a multi-use athletic center, food and community kitchen, conference room, office space and mental health and social services.

Founder and Executive Director Jamal Dar, a Somali refugee himself, calls the new center their Dream Center. It is an expansion from their previous SE 122nd Ave location.

Their aim, says Dar, is to purchase space in the ground floor once the developer is in place, but nothing is yet set in stone.

“This neighborhood is a hub for the African population and it’s within walking distance for many of our clients, so that’s why we’re hoping to purchase space on the ground floor; at least that’s our plan for now,” he says.

Dar credits being athletic himself as a youth (he had track and field scholarships to both USC and UCLA) with affording him more opportunities in life, which is why AYCO has an athletic-based emphasis.

“Soccer, for example, is a universal language,” says Dar, who emigrated to America at age 16. “Playing sports is always what has motivated me and helped me to keep on the straight track.”

AYCO’s motto: “Settle the past, engage the present, and hope for the future” is something he



Photo by Megan McMorris

considers often when he weighs the responsibility he’s taken on.

It keeps him going when the dying mother gives his organization custody of her children after she’s gone on or when desperate parents call for help with their drug-addicted son. “They call me Uncle Jamal,” says Dar, a father of eight himself.

“Sometimes, I have no answers myself, and I don’t know what to do, but the only thing I can say is yes, because these peo-

ple are trying to fulfill the American dream and are falling through the cracks, so that’s why we have to exist,” he says.

“It’s important for these kids to have role models that look like them, who understand what they’re going through as refugees. And there’s nothing I won’t do for these kids.”

To find out more about AYCO and to get involved or donate, visit aycoworld.org.

Laurelwood Park Construction Underway

By ELLEN SPITALERI

It has been a long time coming, but construction has finally begun on improvements to Laurelwood Park, a third-of-an-acre green space at the intersection of SE Foster Road and SE Holgate Blvd.

The triangle of land has been a Portland Parks & Recreation (PP&R) property since 1923 but was never fully developed until now.

In 2013, the Laurelwood Park community chose a design concept centered around a new plaza, although it wasn’t until 2019 that the project received \$1.4 million in funding.

Construction is underway now, with completion anticipated in late summer or early fall, said Mark Ross, PP&R’s public information officer.

“We are using Parks System Development Charges (SDC), not General Fund tax dollars, to expand the capacity of Laurelwood Park,” he said.

“SDCs help ensure that Portland’s quality of life keeps pace with our growing and changing city by providing additional parks and recreation facilities needed to accommodate growth,” Ross noted, adding that these funds cannot be used for running PP&R swimming pools, for example.

The completed park will feature pathways that extend from the plaza and provide connections to Foster Rd. and an adjacent property to the east, two lawn areas, individual planting areas and a location designated for an art installation.

“PP&R will be working with the Regional Arts & Culture Council (RACC) on the type of art which will be installed at the park,” Ross said. “A percentage of the budget for capital projects funded by SDCs are dedicated towards art installation in partnership with RACC.”

An arbor will be located on the south side of the plaza to act as both shelter and a community icon. Seat walls will extend along the Holgate Blvd. and Foster Rd. frontage to provide seating and protection from the busy roadways.

“The intent is to create a signature public space that will serve as a centerpiece for the continued development along SE Foster Rd.,” Ross noted.

New trees will replace trees that had to be removed during the renovations and new sidewalks will be added around the park for safer and increased access.

Ross said the pandemic has made it clear that parks are vital for mental and physical health.

“Parks, trails, trees and natural areas make a city more livable, desirable, peaceful, cooler in summer and provide places for relaxation, reflection and recreation,” he added.

“Creating a new signature space for community members to gather is at the heart of the mission of PP&R,” said Ken Rumbaugh, PP&R’s community engagement coordinator.

“As COVID-19 public health and safety protocols allow, we look forward to Laurelwood Park being a popular spot for volunteers, with neighbors lending a hand to further beautify and improve the revitalized park,” Rumbaugh said.

“Once complete, leashed dogs will be welcome in Laurelwood Park; [and] dog owners are expected to properly obey all leash and scoop laws,” he added.

Rumbaugh said the most rewarding part of the Laurelwood Park project has been “taking neighbors’ input and working collaboratively, working with our staff and neighbors on the planning, design and construction processes and creating a place where neighbors can gather and make memories.”

Sean McClintock, chair of the Foster/Powell Neighborhood Association, described the park



Image by Portland Parks & Recreation

as being in the heart of the business district, where it will occupy a key place in the community.

He thanked PP&R “for the partnership they created through the process to involve the neighbors.”

For him, the significance of the park is that “the city is acknowledging not only the opportunity to make improvements to benefit businesses, but is also providing an opportunity for recreation.”

Travis Ruybal, PP&R landscape architect and project manager for the Laurelwood Park improvements, said he was thrilled with the final design outcome.

“Speaking for everyone at PP&R, we are all excited to deliver this project for our community, Ruybal said. “I believe this development will activate the

park in a positive way while providing a public plaza as a warm and welcoming gathering area, to further enhance the vibrant neighborhood.”

Before construction on Laurelwood Park could begin, workers had to remove campers from the site.

“It is heartbreaking seeing people who are living outdoors. None of our parks and natural areas are designed for people to live in, but sadly that activity has occurred for years, and continues now,” Ross said.

He added, “When houseless neighbors are willing to accept help, our staff works patiently and compassionately to connect them to social services providers for assistance. This is the case with everyone we encounter living at a PP&R property.”

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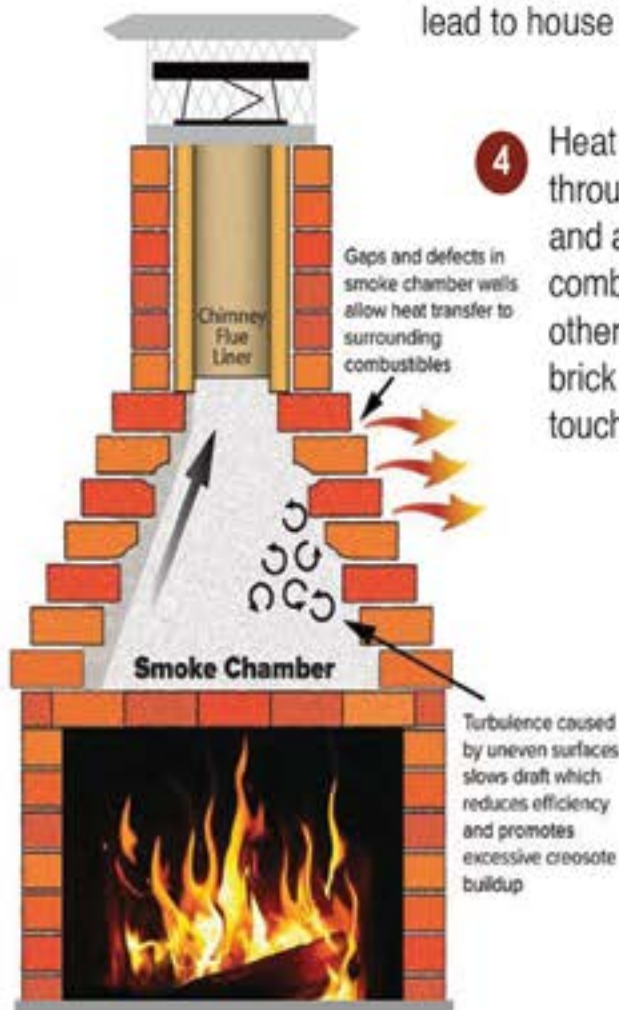
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March Recycling Tips - A Tale of Two Chairs

By BONITA DAVIS, SE RESIDENT
AND MASTER RECYCLER

Every year my ready-to-bloom daphne is the signal that *now* is the time to start planning what will be growing in the garden and containers in the coming year. Last fall I completed a small, covered deck area in my shady backyard, giving me another incentive to get garden season started.

Now all I need are some comfy chairs to enjoy the space; chairs that are inviting, can withstand remaining outdoors and undercover year round and that are durable. It's a tall order and the search has begun.

Fondly, I remember my pair of Adirondack chairs with their matching ottomans. It took repeated trips to Saturday Market before I took the plunge to buy the beautiful handcrafted native cedar chairs from a local woodworker.

For years they sat as a well-coming pair under the rhododendron in the front yard, then later served as deck chairs. The natural finish was preserved with stains and sealers, then glossy paints in shades of grey, jade green and watermelon red and kept the chairs looking great.

Underneath the surface, however, our moist climate took its toll. The latex paint bubbled, screws became loose, wood-grain raised and rot began on the legs and seat. After 25+ years, the chairs were re-homed to a skilled woodworker who had plans to repair the damaged parts and transform the chairs into rockers – a win for us all.

What influenced me to spend that sum of money on chairs that are now in their third decade? It was the experience of the chairs I had purchased before the Adirondacks.

The first was a set of white

plastic resin chairs. Deeply discounted, the chairs were ridiculously cheap. I thought I had scored a bargain. By the second season, they had stained, chipped, bent and cracked.

I replaced them with some trendy mid-century knock-offs made of wire and coated in a bright red rubberized finish. By the end of that summer, the shiny red had faded to a dull whitish pink and veins of rust released brown stains at the soldered joints.

More critically, both sets of chairs could have caused injuries when a plastic chair leg bent and a metal soldered joint gave way as friends were sitting in them. In less than two years, eight chairs went to the landfill. What a waste of materials, time and money. Those chairs were no bargain!

My intentions are set for my next chairs: Metal (powder coated) or wood, sturdy and comfortable, used or new. Cushions can come later. My preference is for locally-crafted or vended to support our economy. My search will begin in SE Portland with a stop at the garden section at Monticello Antiques, 8600 SE Stark St. Next it's over to the consignment stores Artifact Creative, 3630 SE Division St., and Village Merchants at 4035 SE Division St.

Something new might be a possibility at Natural Furniture, 7960 SE Stark St. or Portland Nursery, at either 5050 SE Stark St. or 9000 SE Division St. I am already being tempted by their online spring gardening classes.

I am going to take my time and think this through. It is not an emergency, but a careful decision making process. The new chairs are meant to be with me a long, long time, just as my wonderful Adirondacks were.

Mt. Tabor Park Seeks Volunteers

As spring rolls around Mt. Tabor Park would like to use the visitor center as a focal point for several ecological and cultural activities to take place on Saturday mornings in April and May.

They've developed a list of possible activities that will evolve depending on interest and specialties, but all will relate in some way to the character and ecology of the park.

In order to make this happen the park is looking for activity leader volunteers interested in sharing their knowledge and expertise with park visitors. These leaders will develop an activity plan, determine the audience for the activity and offer a preferred schedule to present the activity.

Visitor center volunteers and the Friends of Mt. Tabor Park will handle recruitment of participants, registration, notifications

and set up requirements (tables, canopies, chairs, water, attire requirements, etc.). The activity leader needs only to show up on Saturday morning at the predetermined time, welcome participants and begin the activity. Activities would generally run one to two hours in length.

Some activities would be presented only one Saturday morning, while others might be presented on several Saturday mornings. One week might cater to kids with another week to adults.

All of this depends, of course, on the status of the COVID-19 pandemic. Converting a springtime program into a summer program is a possibility depending on safety protocols.

Interested? Contact Hap Pritchard at pritchap@spiretech.com or call 503.880.4383.

Earthquake Ready Burnside Bridge Draft Open for Public Comment

The public is invited to review and comment on the Draft Environmental Impact Statement (DEIS) for Multnomah County's Earthquake Ready Burnside Bridge project.

The project is designed to ensure the community has at least one downtown Willamette River bridge that could be used after a major Cascadia Subduction Zone earthquake.

Multnomah County's project team analyzed the impacts of the preferred alternative (a new Long Span bridge) and several other alternatives in the natural

and human environment, as well as impacts on climate change, equity and public health.

An online open house (available 24/7) has been established to provide an easy way to access the full DEIS including technical reports, an executive summary and short summaries of each technical report. "Attend" the open house at burnsidebridge-eis.participate.online.

Comments can be submitted through Monday, March 22 at the open house by calling 503.423.3790; by emailing burnside-eis@multco.us; or by

postal mail to Burnside Draft EIS, 1403 SE Water Ave, Portland, OR 97214.

After the comment period ends, the project team will respond to comments and do further analysis that will be included in the Final EIS to be published Fall 2021. Once the Federal Highway Administration issues a Record of Decision approving the Final EIS and the preferred alternative, the project move on to the design phase.

Construction is expected to begin as soon as 2024, pending funding.

Final Pave & Paint Design Announced

Portland Bureau of Transportation (PBOT) has released the final road striping and safety plan for the upcoming paving project, dubbed Pave & Paint, on SE Hawthorne Blvd.

The project, scheduled to begin in early summer, will repave SE Hawthorne Blvd. between SE 24th and 50th Ave. and will combine repaving with re-striping and safety improvements in order to save on labor and materials.

Based on two rounds of community engagement, including a survey of more than 1,000 Portlanders, PBOT is moving forward with the project by reconfig-

uring Hawthorne into three lanes: two travel lanes and a turn lane, on the section being repaved.

PBOT has installed similar lane configurations on other major city streets and research has shown they significantly improve safety for all users.

Vision Zero safety data shows that Hawthorne is one of the city's most dangerous streets, especially for pedestrians.

Participants in PBOT's community outreach cited improved safety for people walking or using a mobility device as one of their top priorities for the project.

To further improve safety

for pedestrians and people biking across Hawthorne, PBOT crews will install median islands at key intersections. Street lighting will also be improved to increase visibility for people walking, biking or using a mobility device.

180 curb ramps will be improved to ensure they meet the latest ADA accessibility standards. This part of the work has already begun and is scheduled to be done this June.

Additional information about the project can be found at portland.gov/transportation/planning/se-hawthorne-pave-and-paint.

Report Recommends PPB Improvement

The City Auditor's Independent Police Review found that the Portland Police Bureau (PPB) does not provide officers with enough guidance on when to engage interpretation services and which resources are appropriate for communicating in interactions with non-English speakers.

The Review noted that inconsistent use of language services may not violate PPB policy, but recommends changes be made to strengthen effective communication and build trust.

A community member's trust in police is heavily tied to the ability to communicate effectively and be understood. Communication in a person's most comfortable language is a critical aspect of police encounters.

Even if officers try their best, confusion or frustration by

a community member still matters. Even one negative interaction with a law enforcement officer can shape a person's trust and experience of the entire justice system.

Common themes across complaints include being denied an interpreter when requested, miscommunications and confusion when officers use a person's family member to interpret and searches occurring without the informed consent of a community member.

Additionally, the Review received complaints that officers sometimes do not use a bilingual officer or other translation methods, such as the language line, and do not give clear justification on why they don't.

The most recent population analysis by the City of Portland

estimates that approximately one in 12 Portlanders are considered to have limited proficiency with the English language.

Areas with higher concentrations of people with limited English proficiency, including East Portland neighborhoods, are similar to the areas where the PPB reports the most dispatched calls for service.

The three areas identified where officers need more guidance are providing a clearer standard for when a language service is needed, a prohibition on informal forms of interpretation and translation, and clearer guidance on when it is appropriate to use a bilingual officer versus a certified interpreter or the language line.

For the full report visit bit.ly/PPBimprovements.

Junior Naturalist Program Launches

Since COVID-19 restrictions required the cancellation of the Hoyt Arboretum's popular youth field trip program in spring of 2020, Hoyt Arboretum Friends have been experimenting with other ways to reach Portland youth.

One way is by launching the new Junior Naturalist program for youth, ages 7-12 years old.

The program offers self-led outdoor activities for youth and families monthly and is free to all families.

Those who register will receive a monthly email with STEM (Science, Technology, Engineering and Math) focused projects and activities that can be done at home, in your neighborhood or at Hoyt Arboretum. (The

Arboretum grounds open daily, 5 am-10 pm).

Each month celebrates a seasonal theme (January featured bugs) to explore environmental science topics and guide youth on hands-on activities.

Sign up at hoystarboretum.org/learn/youth/junior-naturalists.



Community News

PP&R Restores Summer Programming

In February, City Council unanimously approved Portland Parks & Recreation's (PP&R) Fiscal Year 2020-21 Supplemental Budget.

They also approved an interfund loan to allow access to resources from the Parks Local Option Levy (approved by voters in November 2020), resources that would typically not become available until November 2021.

The Levy resources will allow PP&R's recreation program to transition from a model that depended heavily on charging fees to a service-driven model focusing on racial equity and eliminating costs as a barrier for Portlanders who need programming the most.

PP&R's primary goal is to keep the community healthy and to protect the public from the spread of COVID-19.

Their summer programming is designed to meet public health guidance and to be flexible as conditions change. Some sites and programs may need to operate at reduced or restricted capacity due to COVID-19 guidelines.

All summer programming, participant capacity limits and locations are subject to change based on the most current health guidance. PP&R's summer 2021 programming include:

Free Lunch + Play will serve over 100,000 meals to enjoy in

parks or take home. Families will also receive free art and music at Free Lunch + Play sites.

Summer camps in the form of outdoor day camps, sports and art camps will be available at 20 locations across the city.

Environmental education nature day camps for ages 5-12, guided Ladybug Nature Walks and family programs will connect youngsters to the natural environment.

Environmental education jobs and volunteer offerings will provide the next generation of environmental leaders opportunities like the Teen Nature Team for middle school students and the Youth Conservation Crew for 14-19 year-olds.

Fitness in the Park will provide an expansion of outdoor fitness programs including yoga, exercise and Zumba classes.

Outdoor swimming pools will open for life-saving swim lessons, water fitness classes, lap swims and swim team activities. Indoor pools will only open if public health conditions allow.

Community centers will provide staging for outdoor events, prioritized to protect public health, and

access will be limited.

Outdoor camps and classes from The Multnomah Arts Center and the Community Music Center.

Art and cultural activities will be hosted all summer long at East Portland's Gateway Discovery Park.

Interactive fountains and park splash pads are anticipated to reopen.

Senior Recreation, now called Lifelong Recreation, will offer virtual programs and outdoor activities for older Portland residents.

Teen Force outdoor, drop-in programs for young adults will be provided in coordination with Free Lunch + Play events.

Live virtual programming from the Adaptive & Inclusive Recreation (AIR), Lifelong Recreation, Portland Parks Preschool and Arts & Culture programs.

SUN Community Schools, a collaboration between Multnomah County and PP&R, will offer outdoor summer camps.

For more, see portland.gov/parks/news.

March Events

SOIL ECOLOGY WORKSHOP – Explore the fascinating and important world of soil biology and farm practices that can nurture it with guest educator Jen Aron of Blue Raven Farm during an online workshop Wednesday, March 3, 5:30-6:30 pm. Register for the sliding scale workshop (\$5-\$15) from the Portland Fruit Tree Project at bit.ly/SoilEcologyWorkshop.

CENTRAL EASTSIDE CLEANUP – Join SOLVE, the Central Eastside Industrial Council and community members for litter cleanup in the Central Eastside Industrial District Wednesday, March 3. Pre-registration at bit.ly/LitterCleanupMarch3 is required. Staggered event check-in 8:45-9:30 am. The event runs through 11:30 am. Paid parking available nearby the meeting location, 160 NE 6th Ave.

GROW YOUR OWN PRODUCE – Wednesday, March 3 and Thursday, March 11 Permaculture Rising offers an online class *Indoor Seedstarting, Early Season Plantings & Perennial Veggies*. Facilitator Marisha Auerbach will discuss the importance of good compost, crop rotation, crops that perform best in this climate and more. Both classes start at 7 pm. Register at bit.ly/PRMarchClasses. \$25 per class; discounts on multi-class packages.

BEEVENT POLLINATOR CONFERENCE – The 7th Annual BEEvent Pollinator Conference takes place online Saturday, March 6, 9 am-4 pm. Topics presented include creating a bee haven, a look at native bee declines in North America, bees of the Willamette Valley, an update on the Oregon Bee Atlas Project and more. \$20. Register at [/bit.ly/BEEvent2021](http://bit.ly/BEEvent2021).

FRIENDS OF MT. TABOR ANNUAL MEETING – Join the Friends of Mt. Tabor at their annual meeting Monday, March 8, 6:30 pm on Zoom. The meeting will include a presentation by Geoffrey Donovan on the importance of the urban forest in quality of life and reveal who is this year's recipient of the Friend of the Year Award. Visit taborfriends.org to register.

PLASTIC FILM RECYCLING WEBINAR – The Association of Oregon Recyclers will present a panel conversation about residential plastic film recycling and the status of film end-markets Tuesday, March 9, 11 am-12:30 pm. The free webinar will be moderated by Chaz Miller, NERC Board of Directors, and feature four speakers. Register at bit.ly/FilmRecycling.

CLIMATE CHANGE PANEL DISCUSSION – Portland League of Women Voters will record an online panel discussion with local and state experts including Tim Miller, Director for Oregon Business for Climate, who are taking actions to address the climate emergency and environmental justice. The recording will be available at lwvpdx.org on and after Friday, March 12.

NAMI MULTNOMAH – Join the National Alliance on Mental Illness (NAMI) Multnomah for an overview of their programs, classes and events. They promote improved access to services, increased opportunities for recovery, reduced stigma and discrimination and increased public understanding of mental illness. Register for the Tuesday, March 16, 11:15-11:45 am webinar at bit.ly/NAMImultnomah.

RE-INVENTING PORTLAND – On Thursday, March 17, 5 pm Portland Parks Foundation presents their next Green Dreams talk entitled *Re-inventing Portland: Parks, Public Space, Memory and Justice* with Liz Ogbu, designer, urbanist, racial and spatial justice activist. Cost: \$0-\$20. Register for the event at bit.ly/GreenDreamsMarch.

SKATE POP-UP AT LLOYD CENTER – Rose City Roller's popular "winter break" outdoor skating days have been extended through the end of March. Held in the open-air, covered parking garage, there are two sessions available each Saturday and Sunday. Full details and tickets (\$10 or \$20 with gear rental) at bit.ly/RCRPopUpSkate.



STRIDE FOR SENIORS – Mark your calendars for Meals on Wheels' 4th annual Stride for Seniors event Saturday, April 24, 9 am-4 pm. Teams and individual walkers can pick up t-shirts, walker kits and a free breakfast at any of the four walker drive-through kiosks in the metro area. Pick one of their adventure trail walks to follow and see a live afternoon program online. Register at mowp.org/events/stride-for-seniors.

COVID-19 Vaccine Cost Covered

While getting an appointment to receive a COVID-19 vaccine might be challenging, one thing no one should be concerned about is the cost.

The State of Oregon requires private health benefit plans in Oregon to cover most of the costs of vaccination for COVID-19, including the cost of all doses of the vaccine, associated supplies, and expenses for administering the shot, such as staff time.

The Oregon Health Plan and Medicare programs do not charge patients for costs of vaccinations.

State Public Health Director Rachael Banks is encouraging all providers to bill patients' insurance for any vaccination costs and avoid asking or expecting patients to cover vaccination administration costs.

She said, "There should be no financial barrier to getting the vaccine, whether it's a co-pay or administrative fee. Even small costs can be a big burden for people with limited resources, particularly considering the economic challenges people have faced for the last year."

Oregonians who have questions about their insurance coverage are encouraged to contact their Coordinated Care Organization, insurance company or agent.

For additional questions or concerns, consumer advocates are available.

Oregon Health Plan: 800.273.0557

Medicare: 800.633.4227

Commercial insurance plans: Call the Oregon Division of Financial Regulation at 888.877.4894

PP&R EAGLE Caddie Program Open

Portland students currently enrolled as ninth-graders are encouraged to apply for the Portland Parks & Recreation (PP&R) EAGLE Caddie Program.

"The EAGLE program is a wonderful way for young people from diverse backgrounds to gain professional experience, learn about golf and to see firsthand the other wonderful opportunities available with Portland Parks & Recreation," says PP&R Director Adena Long.

Students do not need experience in the game of golf to apply as an EAGLE caddie. Qualified students are paid an hourly wage as golf caddies on Portland Parks Golf courses.

EAGLE caddies receive work credit hours with mentors

who monitor students' progress and help guide their success.

EAGLE Caddie Eligibility Requirements:

- Only freshmen students currently enrolled in public or private high schools within the City of Portland are eligible to apply for this three-year program
- Participants are required to work up to 20 hours during the summer
- Must have good attendance in school
- Students must maintain a passing grade in all classes
- Students and their family must meet the program's financial (low-income) criteria
- Participants must enroll in the three-year EAGLE Caddie

Program with the expectation of completing it and

- Must submit two (2) letters of recommendation from a school counselor and/or teacher
- Must have achieved an 8th grade cumulative grade point average (GPA) of at least 3.5
- Must have a passing grade in all enrolled 9th grade classes (provide GPA if applicable).

The deadline for EAGLE applications is May 7.

For more information on the program, visit portland.gov/parks/sports/eagle-caddie-scholarship or contact PP&R's Carolyn Lee at carolyn.lee@portland-oregon.gov or call 971.930.6762.

Bw Business Walkabout

Fermenter

By Jack Rubinger

Business is good at Fermenter, which specializes in cultured and fermented foods for home and to go with items like ready to eat sandwiches.

Aaron Adams' plant-based "beneficial bacteria emporium" moved from its original location and took over the Farm Spirit space on Belmont St., streamlining both restaurant concepts into a single location. The converted space is now open for lunch, dinner, take-out and delivery.

In its new 1,000 square-foot home, Fermenter continues its celebration of all things probiotic created in small batches and sourced from within 105 miles of Portland.

The former Farm Spirit dining room has been converted into a delicatessen setting, offering guests soups, sandwiches, bowls, salads, provisions and sides ready to eat or to take out and prepare at home.

"We support local agriculture, healthy and wholesome vegan food, delicious and craveable," said Adams who is both chef and owner. "Our goal is to balance innovation and tradition, so while we offer burgers and

sandwiches, we prepare them in exciting ways, like right now we're looking at adding Japanese style pickles to several items."

Something new for Fermenter customers is a box subscription delivery service, which will go for about \$80 a month and feature items not normally found in the store.

During Portland's long and damp winter, people are enjoying items like tempeh bacon which is cured with brown sugar, salt and smoked in applewood. Also hugely popular are Adams' craveable Fermenter burgers.

A vegan Reuben sandwich with hazelnut cheese on a deli rye pullman loaf with ruby kraut and koji beets is a big hit. The beets are peeled and smoke-cured.

Everything at Fermenter is 100 percent vegan. Many items are made in-house, including sauerkraut, kimchi and tempeh (which goes into the tempeh burgers. The tempeh is marinated in a Shio Koji blend of smoked onions, which breaks down proteins and creates a nice sweetness and savoriness. They also whip up Icelandic style vegan yogurt.

"We're a tightly-knit

group," said Adams. "We focus on our customers. Our goal is to make people feel good when they come in the door."

Dan Dionne started as a customer visiting Fermenter at least one to two times a week from opening to becoming friends with Adams.

"It's by far the best food I've had in Portland. It's weird because I've been a junk food vegan for 21 years. There is something about what they do that satisfies those cravings but in a healthier way," said Dionne.

"They serve you something that on paper can seem so simple, but the fact is that there is so much hard work and love that is put into creating these recipes and dishes they are serving, that sometimes take weeks to create. These dishes aren't just thrown together. There is so much thought and care put into them on so many levels," he said.

Fermenter
1403 SE Belmont St.
www.farmspiritpdx.com
503.380.0136



Photo of and by Aaron Adams

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2021 Metro Central Community Grants

The 2021 Metro Central Enhancement Community Grants program is funded by a \$1 surcharge on each ton of waste processed at the Metro Central Transfer Station.

The grants benefit the neighborhoods of Forest Park, Cathedral Park and Linnton; the NW District Association and the NW Industrial Area; and an area of the St. Johns neighborhood directly adjacent to the St. Johns Bridge.

A committee of local residents annually reviews applications and selects projects to fund. and approved funding for nine projects in the 2021 grant cycle, awarding a total of \$277,659.

Project duration is one year unless otherwise noted.

Friends of Trees

\$18,280 to support Community Tree Care with Youth Leaders in Cathedral Park Neighborhood, a program intended to build viable career pathways in urban forestry for underserved youth and youth of color.

Youth gain paid experience pruning young trees in the Cathedral Park Neighborhood alongside Friends of Trees staff.

St. Johns Food Share

\$12,500 for St. Johns Food Share Energy Efficient Refrigeration, which will fund the purchase of two energy-efficient industrial refrigerators and back-up power units.

This additional refrigeration will help promote food safety, greatly reduce food spoilage and enable St. Johns Food Share to reach additional households in the grant target area – an expected increase in 150 households annually.

The Forest Park Conservancy

\$30,000 for Green Jobs Training and Internship Program, a year-long workforce development program for young adults of color that will provide paid work experience with government organizations on projects that promote recreation and education improvements to Forest Park.

Neighbors for Clean Air

\$35,000 for the Deconstructing Diesel Campaign, an effort to educate NW Portland residents about the most dangerous sources of air pollution and the effects it has on community health and the environment.

In addition to education, the campaign will focus on mobilizing NW residents to help effect changes to state and local diesel emission regulations.

Portland Harbor Community Coalition

\$20,000 for the Braided River Campaign, an engagement program elevating voices of communities impacted by environmental justice issues along the Willamette River.

A wide range of partners

will be engaged to increase awareness about the untold history of the first residents along the Willamette River through storytelling and street art.

Community Alliance of Tenants

\$60,000 for Tenant Leadership Development and Civic Engagement, a program that supports low-income renters' rights to advocate for healthier and more stable living conditions in the grant target area.

Participants engage in community activism and become leaders in their own buildings, neighborhoods and communities.

Store to Door

\$50,000 to support Bringing Nourishment and Connection to Homebound Seniors, a program that provides Portland-area seniors and people with disabilities with affordable, volunteer-based grocery shopping and delivery service to their door.

Expanding these efforts will foster independent living for recipients, increase social supports and provide access to low-cost or no-cost services.

Linnton Community Center

\$11,879 for *Give Linnton's Children Safety and Clean Air to Breathe*, a capital project to reopen Linnton Community Center's preschool for underserved young people, which was closed

continued on page 19

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Montavilla Farmers Market

By Jack Rubinger

Down-jacket wearing Portlanders will appreciate the fact that Montavilla Farmers Market will be open in February, March and April this year, although the official season starts in May.

Market manager Lisa Hall was cheerful, excited and optimistic about kicking things off with a winter season, expansion into the second lot and several friendly, innovative and community-minded vendors.

This year, the market will include 39 vendors, including Felton & Mary’s Artisan Foods, much-loved for home-style BBQ, the earthy Mindful Mushrooms and Fiddlehead Farm, one of the biggest farm vendors.

Notable too, are Twisted Croissant for their savory and sweet pastries and The Urban Acre Homestead, which features winter produce, tea blends, bitter greens and herbs and seasonal jams.

The folks from Mindful Mushrooms report that business has been steady. They said since COVID-19, it seems more people have been interested in shopping locally.

“Farmers markets offer a safe way to social distance because they are outdoors,” said Mindful Mushrooms’ Riley Seigny.

“The vibe is relaxed and the customers and vendors are so sweet and friendly. Customers are eager to learn and love trying new things. We’d love shoppers to check out our new grow your own mushroom kits. We’ll also be launching a new line of other products.”

Roxana Campbell from Felton & Mary’s Artisan Foods have been vendors at the Montavilla Farmers Market for several years. Theirs is a family-owned business with roots in a local restaurant called Campbell BBQ which was around from the late 1980s to 2006, off SE 87th and Powell Blvd.

They sell three flavors of BBQ sauces, a spice rub and Paw Paws Link Sausages along with fresh bagels, veggies, honey, sausages, tamales and African cuisine.

“Montavilla Farmers Market has been excellent for us,” said Campbell. “This was our first

market and we really enjoy the community of vendors and the community that comes out faithfully each week. The atmosphere is very chill and friendly. All the vendors really are like family and we support each other in many ways.”

While we are all still dealing with COVID-19, Montavilla Farmers Market asks customers to not come to the market if they are sick, to wear a face covering at all times while in the market, to maintain six feet of social distancing and to send just one shopper per household.

The market schedule for 2021-2022 is every Sunday from May to November 21. From December to April, the market is open the 2nd and 4th Sundays of the month. Hours are 10 am-2 pm.

Montavilla Farmers Market
7700 SE Stark St.
montavillamarket.org
503.902.4858



Photo by Lisa Hall

To See or Not To See

from page 3

“first sleep” and “second sleep.”

During first sleep, people would often wake up around two or three in the morning. Instead of lying in bed thinking they can’t go to sleep, people would get up and do something.

Often they would go out in the night and visit with neighbors who were also awake. Bogard points out that this is still going on in Africa to this day – people being out and about late at night.

After a few hours, they would head back to bed for “second sleep” and then get up in the morning as usual. In today’s world when we wake at 3 am, we call it insomnia and treat it as such. Bogard thinks it might just be an inherent reversion back to first and second sleep.

Melatonin is responsible for controlling our sleep-wake cycle and is only produced in the dark. The lack of it causes insomnia and that, in turn, exacerbates physical and mental health disorders with diabetes, obesity and depression on the top of the list.

Being in light all the time confuses our Circadian rhythms too, a natural internal process regulating our sleep-wake cycle every 24 hours.

Glaring streetlights, yard lights, billboards, office buildings and interior lighting beam bright every night. Despite all of these, we are beginning to learn about light pollution.

People rationalize the reason this is necessary is to stay safe. It has become our misconception that more light means more safety. Recent statistics reveal this isn’t necessarily so.

Most petty crimes, ones we predominantly light up for, occur during the day in big cities, while more serious crime happens at night. While Bogard does not suggest a return to the completely unlit nights of centuries past, he does make a strong case to carefully consider where and how light is deployed in order to provide sufficient nighttime illumination for safety without creating glare and other unwanted effects.

The International Dark Sky Association (IDA) was founded in the US in 1988 when founders David Crawford and Tim Hunter first recognized there was a problem. Since that time there are 103 IDA protected areas in the world. The awareness is growing.

Cities around the world are beginning to rethink street lighting, especially since many are switching from incandescent to LED lighting.

One important choice is the color of the light, white or yellow. Amber offers enough light to see by but does not release as much light into the atmosphere. It shines more like twilight.

Small things the rest of us can do is make sure our porch and yard lights are shielded, choose IDA approved light fixtures and bulbs and set an example by turning off lights.

As one naturalist said, the sky is “the world’s largest cathedral.” We could all go to church every night just by changing how we light up.

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Performance Works NorthWest presents Linda Austin and Alie Hankins in an offering phonetically expressed as /ə 'sɪŋɡəl pɪŋk klaʊd/. It streams online Friday-Sunday, March 26-28 at 7:30 pm.

Austin and Hankins live in the gap of their own comings and goings, conjuring a space lush with twinings and branchings, nurtured by the energetic life of their bodies and the imaginative and material phenomena they investigate.

"Landscapes populated by seemingly incongruous concepts, structures and desires, arise and dissolve. Inspired by surrealist artists Gertrude Abercrombie and Leonora Carrington, and the "uncanny fictive spaces" in the writing of Jen George and others, the duo juxtapose movement, object, words and song to celebrate and/or bemoan the unstable, precarious grounds of existence," says the press.

Austin's movement creates non-linear, poetic works of eccentric wit, teetering on the edge between the immediately apprehensible and resolutely mysterious. She is co-founder and Artistic Director of Performance Works NW and was active in the New York dance and performance community of the 80s and 90s. Her awards include the 2017 Foundation for Contemporary Arts Merce Cunningham Award and the 2019 Oregon Arts Commission Fellowship.

Hankins (pictured above) creates works that toy with the destabilization of persona through uncanny physicality, wry wit, and skillfully layered imagery. She is an inaugural member of FLOCK: a dance center and creative home to Portland's experimental dance artists and teaches workshops nationally.

They hope a live project will premiere later this year, but for now, everyone is invited to participate and perceive. Tickets are pay what you will at pink_cloud.eventbrite.com.

Silver Linings & Blessings in Disguise

Spoken word meets the written word in **Silver Linings and Blessings in Disguise**, Portland Storytellers Guild's monthly Saturday evening event streamed on Zoom, March 6 at 7 pm.

The tellings explore a brighter side to troubling events, and are especially timely drawn from the books of local authors Jeanne Anderson, Edward Hershey and Rob Luck.

Hawaiian-born Luck, has lived in the Northwest for over 25 years and is the bi-racial son of a Samoan dancer descended from a "talking chief" and a Marine veteran of World War II. A television and radio personality in Hawaii, his book, *Tides of Wailuna*, celebrates his island heritage.

Elementary school teacher Anderson's stories of her childhood, fairy tales and Shakespeare enriches students' lives by exploring everyday issues from many perspectives. Her book, *One, Two, Three - Play With Me*, is a compilation of these "tiny stories."

Hershey draws his stories from a deep well of bi-coastal life and sports writing, news reporting, municipal government and organized labor. He has written books on baseball and police hostage negotiation, was a basketball announcer and, for many years, a mainstay of the George Polk Awards in journalism. His memoir, *The Scorekeeper*, was a finalist for the 2018 Oregon Book Award.

Tickets are \$10 a household at tinyurl.com/PSGSilver-linings and attendees have a week's online access to the performance.

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Metropolitan Youth Symphony Spring Concert

The Metropolitan Youth Symphony's (MYS) Spring Concert features premiere pieces by the Youth Orchestra Commissioning Initiative (YOCI).

The project, initiated by Portland Youth Philharmonic, New Jersey Youth Symphony and MYS features remote performances of new works by women and composers of color.

"MYS is thrilled to be part of this collaboration, as we are firm believers in the importance of performing the music of composers from communities that have been historically underrepresented on the concert stage," says Music Director, Raúl Gómez.

On the Spring Concert program are *Elysian Grace* by Grammy-nominated jazz violinist Regina Carter; Seare Farhat's *SPEM IN ALIUM*, designed for three antiphonal groups of strings; Katie Palka's *flock*, inspired by the composer's observations of geese; and Bernardo Quesada's *El Niño de Isabel*, a tribute to his bloodline; a mix of French, Spanish, Mayan and Costa Rican ancestry.

The Spring Concert premiere is Saturday, March 13, 7 pm on the MYS YouTube channel. The program is free, but requires registration. Register at: tinyurl.com/MYS-spring to receive a link to the concert. Donations are welcome in lieu of a ticket purchase.

See playmys.org.

Pushdot Gallery Employee Show

Pushdot Gallery, 2505 SE 11th Ave., Suite 104 in the Ford Building, presents their **Employee Group Show** through March 26.

Julio Cantu, Drew Cornwall and Lincoln Miller present individual works exploring the year-long plus pandemic. Cantu presents recent illustrations while Cornwall and Miller exhibit photographic works.

Admission is free and gallery hours are Monday-Friday, 8:30 am-5 pm. Admission requires an appointment and mask when visiting. Pushdot practices social distance guidelines and cleans the area frequently.

See pushdotstudio.com or phone 503.224.5925.

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Dawn Panttaja, Gia Whitlock & the Boing of Spring



Tall Vase With Red and White by Gia Whitlock

When Portland turns the corner from Winter, floral pinks and bright cheerful blossoms burst out around the town. Sidestreet Arts is in full-bloom too featuring Gia Whitlock's floral paintings and Dawn Panttaja's ceramic vessels in a show opening March 3.

Whitlock's multi-media bouquets burst from their vases in her floral paintings. Pink and purple flowers adorned with snippets of patterned paper and polka dots spill over their vases. Tulips and peachy-pink lilies shoot up into creamy-colored shapes filling the spaces around each floweret. Budding, boisterous blossoms arrest the viewer's eye while delighting in the creaminess of its color.

Inspired by early 20th century art pottery, Panttaja's mid-range stone-ware vessels have a definite mythological quality. A winged siren perches atop a deep green watery vase, her tail swishes the surface. Winged nymphs study the inside of ceramic vessels and seem curious. Each vessel is heavy and substantial and the surface is a mix of porcelain wash, copper oxide and glaze, giving each a milky white and green color.



Water's Edge - Dawn Panttaja

Tuesday, March 2, 6-7 pm is the online preview with a slideshow and an opportunity to buy the art online before the gallery opens. The artists will share how they create their artwork and what their inspirations were. See the website for details.

Sunday, March 14, at Noon is the Artist Talk Series. The artists give us a peek into their studios and visit with the audience. Don't forget that it will be Daylight Savings Time by then.

The gallery is open at 140 SE 28th Ave. Thursday through Sunday, 12-5 pm. Zoom details at sidestreetarts.com. 503.327.8064

March Livestreams at Artichoke



Artichoke Music, 2007 SE Powell Blvd., hosts two livestream events this month. See artichokemusic.org.

Wednesday March 3, 7 pm: Karen Lovely and Ben Rice – Broadcast live on Artichoke Music's Facebook feed of the Cascade Blues Association Blues Hour, the duo (pictured above) represented CBA at the International Blues Challenge in Memphis. Lovely has received four Blues Music Award nominations, three Blues Blast Award nominations and multiple Muddy Award nominations and wins. Guitarist, vocalist and songwriter Rice was nominated for three Blues Music Awards and inducted into the Muddy Award Hall of Fame. See karenlovely.com and benrice-live.com.

Saturday March 20, 2 pm: River City Folk hosted by Tom May – May's guest for the first RCF live stream of the year is Artichoke's Executive Director, Bob Howard. River City Folk celebrates its 40th year of broadcasts and has been recorded onstage at Artichoke since about 2013. See tinyurl.com/rivercityfolk.

New Theoretical Planets Album

PJCE Records has released George Colligan's new album, **Long Term Goals**, his second as drummer-leader of the group, Theoretical Planets.

Known as an award winning pianist/keyboardist, Colligan is also a multi-instrumentalist playing drums, trumpet and bass. The new album is filled with compositions highlighting



LONG TERM GOALS

the timbre of a chord-less group. There are tunes Colligan lays out on to let the other players explore his inspired collective compositions.

The band features Colligan on drums; Jon Lakey on bass, Nicole McCabe on alto sax, Joe Manis on tenor sax, Nicole Glover on tenor sax and Noah Simpson on trumpet. Listen to advance tracks and purchase at tinyurl.com/gcolligan.

Go

Staying In

arts & entertainment



In Partnership with the Oregon LatinX Leadership Network (OLLN), Milagro is launching three COVID Public Service health videos through YouTube and social media. Accompanied by music as people are saved from COVID exposure by Capitán Contra Covid, each PSA features a reminder to always wash your hands, the importance of wearing a mask and to stay six feet apart.

The PSAs were filmed at La Bonita restaurant, 2138 SE Division St., in the early morning hours before they opened for lunch. Early arrival customers stared in awe at the superhero dancing the Cumbia.

The videos were created by Teatro Milagro Artistic Director, Dañel Malan, with music composed by Daniel Delgado Soto. Mandana Khoshnevisan, who has directed several plays for Milagro, directed the PSAs and ShadowPa Pictures did the filming and editing.

Ajai Terrazas Tripathi is Capitán Contra Covid, and locals Aurora Hernandez, Jose Gonzalez, Dañel Malan, Dulce Lopez and Juan Luis Martinez joined in the fun dancing with Capitán to help promote these important messages.

See them for yourself by visiting Teatro Milagro on YouTube and Instagram @teatromilagro.

3 Nights of Chris Smither at Alberta Rose



Chris Smither fort of your Oregon home.

by Joanna Chattman

Each night is a different show and each has a 48-hour replay window so you can re-watch the performances again. **March 13: Leave The Light On** – Smither performs songs from his record in its entirety. **March 20: Master Class** – Watch as Smither breaks down how he plays his songs and provides commentary on how the songs came about in conversation with Peter Mulvey. **March 27: Night Of The Blues** – A solid hour of his original and traditional blues tunes.

Tickets are \$20 for each night and \$50 for the bundle of all three. A portion of each ticket sold benefits Alberta Rose.

Also Saturday, March 13, 7 pm – Alberta Rose presents **Junction** featuring Portland companies, A-WOL Dance Collective, Tempos Contemporary Circus, Ela FaLa and push/FOLD together for the second year from the beautiful Alberta Rose stage.

Each company creates a different piece for this livestream, combining dance, acrobatics, physical theater, aerial movement and a fusion of movement and expression all rolled together. A \$25 ticket gets you access to the Live Stream plus the archived concert on demand.

Tickets available at tinyurl.com/ARTJunction.



Kerry Politzer (left), SE Portland resident and jazz pianist, performs with her Quintet, in a livestream from The 1905, Monday, March 29, 6-8 pm, online at facebook.com/The1905.

The group features Noah Simpson on trumpet, Joe Manis on saxophone, Jon Lakey on bass, and a drummer TBA. Donations are appreciated, but not required.

Politzer is on the jazz faculty at Portland State University and University of Portland and also performs with her group Bossa PDX and Portland Jazz Composers Ensemble (PJCE). She has received two RACC grants to explore Brazilian composers and has released six albums as a leader.

See kerrypolitzer.com.

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My Life As I Want to Tell It - Gracie Hansen

Donnie Horn and triangle! productions present a new streaming presentation, **My Life As I Want to Tell It - The Gracie Hansen Documentary**, presented as a replacement for their previously-announced March show, **Significant Other**.

The hour-long documentary tells the tale of Hansen from her humble beginnings as a child in Shreveport Louisiana to her run for Governor of Oregon in 1970. Hansen grabbed the world by its horns and when she ran for governor here, her slogan was **The Best Governor Money Can Buy**.

The documentary is voiced by Juliana Jaffe who played Hansen in the 2014 musical **Gracie: A Musical Adventure**.

The show was written and directed by Donnie Horn and the video is by Ian Anderson-Priddy. Horn has gathered quite a collection of videos and photos into this video debut.

The show streams March 4-20 on the fiveohmtv channel, and tickets are \$15 for 24-hour viewing. Fiveohmtv is a New York-based production company helping theatres produce content.

The link to the show is tinyurl.com/triangleGH. See trianglepro.com for more.



Delgani's Pieces of America

Oregon's Delgani String Quartet's sixth season celebrates the coming of spring with **Pieces of America**, a kaleidoscopic look at 20th-century musical styles, presented in individual movements.

In a concert of musical hors d'oeuvres highlighting the many musical traditions that coexisted throughout the 20th century, **Pieces of America** moves through hymns and folk songs to the rejection of tonality, to the present-day traditions with works by young and living composers. It begins with the folksy simplicity of George Chadwick and experimental styles from Elliot Carter and Ruth Crawford Seeger until it meets the mesmerizing compositions of John Adams and Caroline Shaw.

Three live cameras cycle throughout the performance to give audience members a more dynamic look into what is happening.

See the livestream Sunday, March 7, 3 pm and Tuesday, March 9, 7:30 pm. Tickets are \$28 and \$5 for students. All ticket holders and season subscribers will have season-long access to guest artist interviews, pre-concert lectures and two livestreamed performances.

See Delgani.org.

Submit to Portland Book Fest 2021

Submissions to the 2021 Portland Book Festival are open now through June 4, 2021. The Fest features a diverse group of contemporary authors in conversations, panels and presentations and takes place in early November.

To be considered, books must be published in the 15 months preceding the Festival and are accepted from submissions on a rolling basis. Send your submission the earliest you can.

You will be notified if you're selected no later than September 2021.

For information on how to submit a title for consideration, go to tinyurl.com/PDXBooks.

A LIGHTNESS OF BEING, A BURSTING OF JOY



"Crystalline Light" - 17"x38" hosted her work closed in these times, she sends this message to her fans: "I realize how spoiled I was, being able to share with others about my work at shows, events or classes and I miss that. It is so vital for me to know how you feel about it. However I will admit you've been sitting on my shoulders all the while. Come and see how we did together."

Her Portland studio features a display of her work and is the location where she teaches small classes (her current round of classes are already full). Her website, adriennestacey pottery.com, features her work too.

"I am on Facebook and Instagram," Stacey writes, "pretty much the best way to see my work. Folks can have safe pick up from my inner SE Portland Studio by appointment. Call 503.232.4393 and text or leave a message."

PDX Commons is cohousing for active seniors and offers exhibit space to local artists. See pdxcommons.com



"Bathos" - 14"x20"

CMNW Presents Goldmund Quartet

Chamber Music Northwest (CMNW) presents The Goldmund Quartet in an online premiere, Saturday, March 20, 7 pm. The show will be streamed at CMNW.org and available through Saturday, March 27. The concert was recorded at the Bibliothekssaal Polling in Bavaria, Germany.

One of the most exciting young string quartets in the world, the Goldmund Quartet's playing has been awarded prizes at major competitions such as the Wigmore, Melbourne and ARD Munich. In this concert, the Quartet performs chamber works written by Puccini, Strauss and Schubert on their historic set of Stradivari instruments once owned by the great virtuoso Niccolò Paganini.

The Quartet consists of Florian Schötz, violin; Pinchas Adt, violin; Christoph Vandory, viola; and Raphael Paratore, cello. They've performed classical and modern works for more than a decade and their inwardness, intonation and phrasing inspires audiences worldwide. Named Rising Stars of the 2019/20 season by the European Concert Hall Organisation, the Nippon Music Foundation awarded them a full set of Stradivari instruments.

An All-Access Pass is \$49 and single concert tickets are \$20. Both available at tinyurl.com/CMNW21.



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S2HC Offers Remedies for the Houseless

By Nancy Tannler

The Shelter to Housing Continuum (S2HC) will file an ordinance to adopt the new codes for City Council’s approval this month. This joint effort of the Bureau of Planning and Sustainability (BPS), the Housing Bureau and Joint City-County Office of Homeless Services has retooled a few city codes to better address the homeless crisis.

Due to the urgency of the situation, the committee recommends these new codes be adopted before the housing emergency declaration expires on April 4, 2021.

The report contains amendments to the Portland City Code that would provide safe, decent and affordable shelter and housing to everyone in Portland. These changes would ensure that this continues, even when we are not in crisis.

The S2HC project expands fair housing laws by increasing what is considered to be shelter and housing and will lower the barriers so non-profit, for-profit and public-sector housing sources can provide more places to live.

Here is a recap of the code changes being recommended: more flexibility for shelter siting; establishing outdoor shelters for community use; expanding group living allowances; and allowing permanent occupancy of recre-

ational vehicles and Tiny Houses On Wheels (THOW). There will be no change to the current code regulating how many THOWs are allowed per property.

Currently, houseless individuals are camping in random places throughout the city. S2HC hopes to give these people legitimate places to camp. The places people are camping now are permissible due to the Title 15 housing emergency declaration.

“The new ‘outdoor shelter’ zoning code allows for a variety of configurations,” said Eric Engstrom, Principal Planner, BPS.

For instance, a vacant parking lot, preferably linked to a church or other social service, would be made available for car or tent camping, yurts or small cabins. Some would also provide hygiene facilities for those housed there. An example of this is Kenton Woman’s Village.

Re-purposing existing vacant buildings for shelters or housing is another way to provide more housing. The Joint Office has opened new shelters in existing buildings like the Laurelwood Center on SE Foster Rd., previously a grocery store.

This could include using old schools, stores, motels, offices and senior care facilities to create more co-housing, dormitory and single-room occupancy

living arrangements.

To ensure there will be room for everyone, it is recommended that the new code increase the number of people allowed to live in these places.

Allowing RVs to substitute for tiny house allotments on personal property will increase Portland’s ability to absorb the homeless. The problem with RVs is that they are not connected to the sewer. That would be remedied with traveling wastewater collection trucks.

There will be no camping in natural areas, environmental zones or parks. There will, however, be access to restrooms in 70 city parks, some 24/7.

Al Burns, AICP, Senior City

Planner, presented a series of maps showing available properties for use as outdoor shelters.

The maps depict the potential for shelters throughout the city with lots that are at least 5,000 sq. ft. There are still many under-developed sites, especially in SE.

Burns says the best-case scenario is to allow outdoor shelters on any available properties, not just vacant properties. There is plenty of suitable zoned urban land. The impediment is the cost of purchasing land, development and operations.

The idea that SE Portland would receive the majority of shelters was a matter of concern. Marc Jolin, Joint City-County Office of Homeless Services, put the Commissioners’ minds at ease when he spoke of geographic equity.

Jolin said one consideration that determines where to site a shelter is access to services, also adding that another good reason to evenly disperse shelters is the hope that the people would build a connection to the community.

Denis Theriault, Communications Coordinator, Joint Office of Homeless Services was clear that these facilities take a long time to establish, so there won’t be an influx of new shelters anytime soon. Theriault said many institutions work independently outside of city/county offices.

The Church of the Nazarene off of I-205 is an example. There

are several tiny house shelters on this property not funded by the city or county.

There is however, a budget for any organization that would like to participate as long as the project meets the approval of the city. The Joint Office is actively seeking alternative ideas from the community about properties that have the potential of becoming a shelter.

The S2HC amendments to the Portland City Code will not go into effect unless first adopted by an ordinance of Portland City Council.

For more information visit portland.gov/bps/s2hc.



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Crossword Answers

Turn to page 17 for the puzzle.

1	S	2	W	3	A	4	M	5	A	6	W	7	A	8	Y	9	O	10	L	11	D
12	H	E	R	O	13	M	A	R	E	14	B	E	E								
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Laurelthirst Pub Perseveres

BY GABE FRAYNE

On a soggy Saturday evening in Portland, a band called The Resoelectrics belted out a rendition of *Have Mercy* from the stage of the Laurelthirst Public House on NE Glisan St. while co-owner Lewi Longmire adjusted his headphones and checked a laptop propped up on a pair of milk crates in front of the band.

“Thanks everybody, thanks for letting us be ourselves,” says guitarist and lead vocalist Tate Peterson when the song has ended.

The live audience for this three-member band consisted of Longmire, an employee straightening up the bar, a friend of Longmire’s sitting on a bar stool and one journalist. Piled high on the pub’s tables – including the billiard tables in the back room – are slabs of sawed wood, power cords, wrenches, hammers and paint cans. “We’re redoing the bar tops,” Longmire explains.

The scene appears light years removed from the Lau-

relthirst’s pre-pandemic bustle, but is barely 12 months in plodding calendar time.

Despite the pub’s decision to livestream regular performers on weekends, Longmire admits that “we have been hanging on both thanks to the support of our community, who has donated money during this closure, and then the advocacy of the local venue association,” which has secured modest grants for the pub.

Portland’s iconic “roots music” venue is housed in a brick building that began its existence in 1911 as a pharmacy. In the 1930s, it became a pub, but it wasn’t until the 1980s that it began featuring live music. Over the next two decades it established a reputation as a showcase for local talent.

“I first went to the Laurelthirst in the late eighties,” recalls Michael Hurley, a veteran of the 1960s folk revival who recorded his first album with the

legendary Folkways label in 1963 and now lives near Portland.

“At that time they were not featuring a lot of live music and didn’t have the stage,” he said. “Things at the Laurelthirst had changed a lot when I first appeared in 2002 and I was treated like King Farouk.”

Unfortunately, the Laurelthirst’s easy years did not last long and the pandemic is only the latest crisis the pub has faced since 2016. In that year the pub’s previous owners came within days of selling the building to developers who planned to make a quick date with the wrecking ball.

Longmire, who was the pub’s booking agent at the time (as well as a regular performer), partnered with three associates to buy out the club and continue “serving the community and keeping music going and being a neighborhood place.”

Two years later, the new owners purchased the building



Photo of The Resoelectrics by Greg Homolka

itself, which includes two rental apartments, using \$135,000 raised through a crowd-funding campaign. They christened the new ownership corporation Double Skunk LLC.

It turned out, however, that Double Skunk’s timing was not propitious. Also in 2018 the Portland City Council was debating various options to force the owners of unreinforced masonry buildings (URMs) to undertake costly seismic retrofits in anticipation of The Big One. The

Laurelthirst, along with various other Portland music venues, was squarely in its crosshairs.

Late in the year, the Council approved a mandate that would have left URM owners little choice but to either undertake the retrofits or sell their properties. Longmire and his associates suddenly found themselves staring over a financial precipice.

“There was no public fund-

continued on page 16

Mt. Scott Community Center as a Homeless Shelter

from page 1

taken on shelter duties. “We used Mt. Scott as a social distancing shelter earlier in the pandemic,” said Theriault.

Prior to that, he says, the center has been a shelter buffer on particularly cold nights when there were surpluses of 300-400 people needing solace and safety.

When preparing the location to become a shelter again, Theriault said they knew how the location worked and that made its transition relatively straightforward. “We’ve built a relationship with Parks and understand how to manage that space.”

The transition wasn’t without bumps however. Theriault detailed the difficulties of managing a shelter amidst the pandemic, dealing with the issues of space,

services and more.

This is why one of Mt. Scott’s obvious perks is its size and flexibility with a big gymnasium where people can eat and a readily-available outdoor area. “You need all of those pieces to create a safe shelter environment,” said Theriault.

Theriault stressed the importance of keeping people masked up to facilitate safety. There are reportedly masks all around the center and staff have them to quickly offer if people forget.

“People who are dealing with trauma or behavioral health issues make it harder to remember all the time,” although Theriault says most folks are pretty good about it.

Another issue is community members are not able to help provide like before.

“The limits on volunteering are a challenge. We have to procure food, make sure people have hot meals and make sure there is a good chain of custody on the food so it stays COVID safe for workers.”

At Mt. Scott, people get three meals a day. “They don’t have everyone eating right at the same time. They do that in shifts to make sure there is room in the cafeteria. Not everyone wants to be there for every meal, either.”

He adds, this is because some people are running errands, have places to go or even need to be at their job.

There are attempts for them

to receive the same support services that would be offered at other annual shelters, but as Theriault says, this is slightly less of a priority for a temporary location.

With spring nearing, the center will soon close, but there is flexibility with the end date. This is to make sure people either transition to a different shelter, or ideally, get rent assistance and moving into housing.

“You want to spend time with folks making sure you give them those options,” Theriault said, adding that some leave on their own accord.

When asked why people might turn down shelter at a place like Mt. Scott, Theriault had many reasons.

“It’s only been about five

years since we overhauled our system, so people may think things are the way they used to be still. And there are still privately operated shelters that operate with some of those more traditional access limits.”

He said others may not want to stay at a particular location if it’s far from their networks or they may struggle with congregate living situations in general; preferring self-reliance or a village-style shelter instead.

In a recent statement made in *The Oregonian*, a former resident of Mt. Scott who was removed claimed to have a bad experience. When asked about this,

continued on page 19



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Wellness Word

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

Eating a More Plant-Based Diet for Health and Fitness

You may have heard of the many benefits of eating a more plant-based diet. Doing so will give you a beneficial increase in fiber, vitamins, antioxidants and phytochemicals.

This can help reduce your risk of type 2 diabetes, high cholesterol, coronary artery disease, heart disease, high blood pressure, dementia, stroke and some cancers.

It can help you lose weight (reduce BMI) and increase your energy, which can help improve your workouts, both cardio and weightlifting.

If you are eating a whole-food, plant-based diet, you can often eat larger portions of food without the need to restrict as much as you would with animal-based products. This is because these foods are more dense in nutrients but lighter in calories, saturated fat and cholesterol.

How can you do this? Most people do best by changing one meal at a time (breakfast, lunch or dinner), or finding a substitute for each animal-based product, one at a time. This gives your body time to adjust to a new way of eating so that it's sustainable.

You can begin with the animal-based foods you don't like as much. There is a plant-based substitute for everything, and even though processed foods are less healthy, you can use them temporarily or occasionally while you are making the switch.

You will want to eat a wide variety of whole (unprocessed) plant foods to give you plenty of healthy fats and proteins as well as carbohydrates, which are found in most plant foods.

Here are great basics to start with. Of course, avoid any foods you are allergic to:

- Fruits and veggies in their whole form (not juice), including avocados
- Beans, lentils, legumes, whole grains and oatmeal
- Healthy oils like olive oil (in moderation)
- Nuts, seeds (flax, chia, hemp), nut butters and tahini (sesame seed butter)
- Tofu, tempeh, seitan or other meat substitutes. Most grocery stores have a well-stocked vegan/vegetarian section.
- Plant milks: soy, almond and oat. Try several to find what you like.

To ensure you are getting all your nutrients when you first begin, you may find it helpful to track not just your protein, but all nutrients through a website or app such as cronometer.com.

Other excellent and helpful websites are theveganrd.com, vegannutrition.org and vegan.com, which have great information and recipes by plant-based Registered Dietitians.

Other advice for a sustainable plant-based diet:

- Make sure you are eating enough calories.
- Remember that plant foods are more nutrient dense, but less calorically dense. If you're hungry all the time or low on energy, you may not be eating enough.
- Eat a wide variety of plant foods throughout the week.
- Try everything once. You can then figure out what you enjoy the most. Don't feel like you have to eat something you dislike.

• Check out the many vegan recipes online, or invest in a plant-based cookbook (or several).

• Write down a few simple go-to meals for breakfast, lunch and dinner you can make quickly and easily when short on time.

• Cook in advance any bulk foods like beans, rice or pasta. They will keep in your refrigerator for several days, and it will make putting meals together easier.

• Meal prep in advance and bring healthy snacks if you work or will be gone from home so you won't get too hungry.

• Allow your gut bacteria to get used to the increased fiber intake by transitioning slowly. This can reduce problems with gas and bloating.

• Have an addictive food such as bacon or cheese you can't give up? There is always the option to leave these things in your diet (in moderation) or slowly reduce them.

Research as you go along. There are countless YouTube channels and social media accounts dedicated to demonstrating how to make healthy plant-based recipes. There are also great documentaries you can check out, including "The Game Changers" and "Forks Over Knives."

What about taste? Again, try everything. Through trial and error and over time, you will find plant foods you love, and love you back.

Happy eating!

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NN

Neighborhood Notes

HAND
By Jill Riebesehl

The Hosford-Abernethy board met this chilly, snowy month via Zoom and held wide-ranging conversations on our neighborhood's needs and problems, such as how we can best ease the lives of neighbors living on the streets; how best to participate in wide-ranging civic efforts by the city on houselessness; how we might view a suggestion being floated for sanctioned camping; and last but not least, learning how the city decides where to place its red portable toilets.

We hashed over the future of neighborhoods being able to alert and offer solutions to the city from our on-the-ground perspective. We are excited that perhaps one dangerous situation we have long spoken out about on Hawthorne Blvd. at SE 23rd Ave. might soon be addressed.

Another larger one rearing its ugly head again, and as usual, lies at the west end of Division and Clinton streets. There, freight trains, cars, trucks, pedestrians, students, bicyclists and buses are all competing for safe and efficient use of the limited number of streets. This struggle branches out into the residential section of Hosford-Abernethy as well as the Central Eastside Industrial District, which lies within our boundaries.

We hope constructive options can result from all of our talk and we encourage everybody who lives and/or shares our geographical section of the city to join us the third Tuesday of every month at 7 pm. Sign in and offer your thoughts, observations and suggestions and, yes, feel free to share your problems – we may be able to help you.

A coalition of SE neighborhoods is looking forward to a Zoom meeting with Portland Commissioner Jo Ann Hardesty, one of whose charges as of the new year is the Office of Community & Civic Life, on Thursday, March 4, 6:30 pm. Details can be found on the HAND website, handpdx.org.



Neighborhood Notes

Montavilla Neighborhood Association By Jacob Loeb

Three groups shared information regarding their projects at the February Montavilla Neighborhood Association (MNA) meeting. Representatives from the Portland Bureau of Transportation (PBOT), African Youth & Community Organization (AYCO) and Metro presented to the online attendees.

Nicole Peirce, Capital Project Manager for PBOT, offered details regarding safer intersections and better access for non-motorists on NE Halsey St. Winston Sandino, the project manager for the 70s Bikeway project, joined Peirce. Both projects overlap on Montavilla's section of NE Halsey St.

Several traffic calming components will transform NE Halsey St. into a safer roadway. The triangle-shaped traffic divider at NE 68th Dr. will expand its sidewalks and gain some "green space" at the center. Alongside the divider, the I-84 offramp will no longer allow direct merging onto eastbound Halsey St. Instead, drivers will need to turn left onto NE 69th Ave. before turning right onto Halsey.

Reduced travel lanes on NE Halsey St. will create a uniform width along the road, allowing for one car lane in each direction. New buffered bike lanes along the road's edges join a consistent center turn-lane. Additionally, several crossings on NE Halsey will gain improved crosswalks and pedestrian islands.

The most significant change to traffic on the busy street will come from a mini-roundabout at NE 80th Ave. That addition will divert cars heading to the I-84 overpass and NE 81st Ave. around a small, raised island. Not only will it slow vehicles, but pedestrians crossing Halsey will have improved visibility to motorists. PBOT's presentation concluded with additional information regarding the 70s Bikeway project, which will enhance crossings at major intersections along 80th Ave.

Executive Director for AYCO, Jamal Dar, shared information about his group's mission. It offers support services and youth mentoring for the African immigrant and refugee community. Located on NE 74th Ave. and NE Glisan St., this organization serves a growing population of people with East Africa origins in AYCO's recently opened Dream Center.

Athletics and academic support are among the many services offered. They assist hundreds of students and families adjusting to a new life in Portland.

AYCO relocated to Montavilla to expand its programs and capabilities in a larger facility. They now offer physical and mental health services along with expanded one-on-one mentoring. Dar concluded his presentation with a promise to return later this year and provide more details about the organization's enriching programs.

Metro representatives Choya Renata and Patrick McLaughlin outlined the development process for a proposed low-income housing project at the former Trinity Broadcasting Network site. Two years from now, Montavilla will gain 120 new households on NE Glisan St., providing affordable housing to the area. Ahead of that development, Metro will survey the community to gain insight from residents and future tenants. The results of the survey will shape the project's Statement of Values.

The Statement addresses four community-driven project requirements and it will accompany Metro's solicitation for a project developer. It encompasses the community's desires regarding outdoor space on the property and the level of community design input. Further, it will shape the type of ground-floor activities that are supportive to the community and residents. Finally, the Statement outlines what onsite services and programming will best assist residents at this location.

Developer selection begins in spring. The Statement of Values will play a small part in the overall selection process. However, the interested developers will need to speak to the Statement within their proposal. The chosen developer will engage the community again, looking to shape the project's design through three meetings. Construction will begin in 2023, providing much-needed housing in the neighborhood.

To address expanded community interest in neighborhood development, the MNA Board approved a new Land Use Committee. Headed by Land Use & Transportation Chair Adam Wilson, it will extend the community involvement with area development and provide a focused meeting space for those issues.

The next MNA meeting will be online via Zoom Monday, March 8, 6:30 pm. Join live or listen to audio recording of the event at montavillapdx.org

North Tabor Neighborhood Association By Kim Kasch

The next meeting takes place Tuesday, March 16, 6:30 pm and features speaker Greg Bourget, from Cascadia Action. He will speak on Portland's industrial air pollution and its impact on North Tabor Neighborhood specifically. Greg will be able to answer any questions about industry or diesel particulate exposure for your neighborhood. His presentation will be from about 7-7:15 pm.

In April we will have a guest speaker on Emergency Preparedness (more information coming soon). Visit northtabor.org for updates.

Richmond Neighborhood Association By Brian Hochhalter

The first Richmond Neighborhood Association monthly meeting of 2021 was held Monday, February 8. Agendas are posted on richmondpx.org and sent out via the RNA Announce listserv. Recordings of monthly meetings are linked on our website. Meetings will be via Zoom until further notice. Preregistration is required and the link to preregister is on the agenda. To be added to the RNA's listserv, email richmond-nasecretary@gmail.com.

The RNA Board held our annual retreat in January and performed a SWOT analysis: strengths, weaknesses, opportunities and threats. At our February meeting, we discussed the retreat and ways to actualize our goals.

The RNA hosted Electrify Now's co-founder, Brian Stewart, for an informative presentation on the benefits of transitioning to electric power and away from natural gas. His presentation covered where emissions come from, what can we do about it and how can we transition away from the burning of fossil fuels in practical ways. Visit their website at electrifynow.net to review four actions you can take to dramatically reduce your carbon emissions.

State Representative Rob Nosse attended the meeting to discuss a letter he drafted to Multnomah County Chair Debra Kafoury and Portland Commissioner Dan Ryan regarding the need for emergency sanctioned sites for homeless persons to camp. The letter is requesting a commitment to create sanctioned sites throughout the city to eliminate homeless camping at schools, parks and in the public right of way. After a lively discussion, the Board voted to endorse the letter but to add a request that the City maintain an ongoing dialogue with, and allow input from, the SE Uplift District Coalition and SE Neighborhood Associations on site location and management issue.

It was announced that the Richmond, Hosford-Abernethy, Creston-Kenilworth, Kerns and Buckman neighborhood associations will join together to host a community Zoom meeting with Commissioner Jo Ann Hardesty on Thursday, March 4.

The meeting included committee reports, housekeeping and budget issues. The RNA's next meeting is Monday, March 8, 6:30-8:30 pm. The agenda request form is on the RNA's website.



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Book Looks at Criminals in Portland's History

By David Krogh

Portland Rogues Gallery: A Baker's Dozen Arresting Criminals from Portland History is the latest in a long series of books by Arcadia Publishing on the history of crime in Portland.

Published in February, this will be the fifth book about Portland by local author J.D. Chandler, and his fourth specifically on crime in Portland.

This history is not written in a straight-laced academic history book style. Rather, the author does his best to discuss each Rogue as a story.

For those who know nothing more about Portland's crime scene other than the police brutalities and riots of recent days, they will be shocked. If you thought Chicago was the only city historically with mob bosses, illicit gambling houses, bordellos, racketeering, bootlegging, robberies and mayhem, guess again.

The criminal activity has been a part of Portland's history virtually from its establishment as a city, and chronologically through today.

Portland's first police chief and the person who is most referred to as the initiator of Portland's police force, was a man named James Lappeus. He arrived with his wife in Portland in 1852. An opportunist, he built a public house/saloon called the Oro Fino and because of experi-

ence as a Mexican War volunteer, was able to get himself elected as city marshal.

He subsequently served as marshal and metro police chief off and on from 1859 to 1883, while at the same time running a saloon, theatre and gambling house (at a time when gambling was illegal).

Although he established a stable police force and helped to make Portland a "civil" community, he was known for bending the rules. His breaks in police service were largely due to scandals.

The author suggests, "He set the pattern for law enforcement in Portland that still exists in the 21st century, including the use of the police for political ends, a reputation for corruption and selective enforcement of laws, and impunity in matters of violence."

Another featured Rogue was brothel proprietor, Carrie Bradley, ultimately accused of murdering a man named James Brown in 1881. While under investigation in 1882, she was allegedly approached by Police Chief Lappeus to allow her to leave town for consideration of a \$1,000 payment.

Chief Lappeus was subsequently accused of bribery and his law enforcement career thus ended in 1883 even though he was ultimately exonerated. Bradley, on the other hand, was found

guilty and served three years in prison until pardoned in 1886 at which time she and a henchman partner moved to the Mt. Shasta area to establish another brothel.

Those are only two of the baker's dozen of characters brought to life in Chandler's book about criminals in Portland's past, which continues up until the very recent present, and ending with the arrest of serial killer Bud Brown in 1991.

Most, if not all, of these characters are not commonly known to the average Portlander. Yet the range of crimes and timelines are astounding. It's almost as if the history books are trying to protect the public from the truth about Portland's crime filled past.

Chandler's descriptions are well researched and include substantial information. In fact, almost too much information is provided.

There are so many characters and plot turns involved with some of these Rogues and so many asides, it is difficult to keep the storylines straight at times. Part of the problem seems to be that many of these people and situations have been previously introduced in earlier books by the author.

If the first of the author's books you read is *Portland Rogues Gallery*, you might experi-

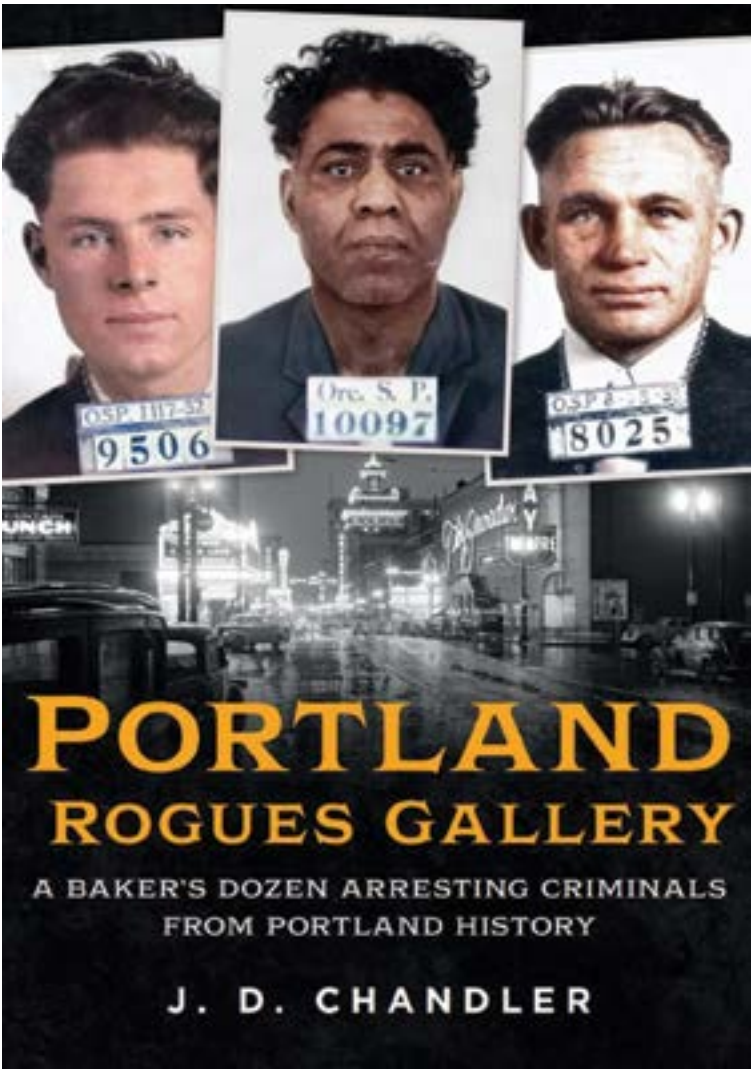


Image from Arcadia Publishing

ence some confusion, but don't let that distract you.

When asked how he got into criminology history, Chandler responded, "The murder of a close friend (James Lee, Seattle cab-driver in 1991) got me interested in the impact murder has on individuals and the community."

He now lives in Portland and likes to write about it.

"Every city has a substantial history of crime, but Portland's history is manageable with a small pool of individuals to be familiar with. Portland's history provides a good window into the course of urban development in the old west, as well as a manageable and interesting look at the history of urban violence in

America."

Asked which of his baker's dozen was the most interesting to him he responded, "If I had to choose one of them, I would choose Tom Johnson. Johnson was Portland's Black vice-king from 1920 to 1964. In addition to being a crime figure, Johnson was also an important supporter of the Civil Rights movement and Portland's Black community."

Portland Rogues Gallery: A Baker's Dozen Arresting Criminals from Portland History is available at most local independent bookstores and online. Read more at portlandcrime.blogspot.com and weirdportland.blogspot.com.



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Laurelthirst Pub

from page 13

ing available, or [planned] to become available, for privately-owned URM building owners to conduct city mandated retrofits," recalls Bart Yanoch, a co-owner who served on the most recent URM Committee Workgroup.

"There is no arguing seismic upgrades are positive and beneficial to our communities — they just went about pushing for that in a really, really, poor way."

Months later, the mandate became moot when a judge ruled against the City in a lawsuit brought by URM owners. Yanoch says the Laurelthirst has been "partially upgraded" and the owners have looked into further retrofit options, but in the meantime the Council has suspended the debate over standards during the pandemic.

In the back room of the Laurelthirst, Longmire mused over how to describe the impact the shutdown has had on the pub. "I don't even know what word you would use...complete impact," he says finally. He says that the

business is hanging on because it drastically cut expenses such as utilities, insurance and licensing right from the outset of the shutdown.

Longmire said the pub makes no money from its weekly livestreaming. "Basically, we are livestreaming music to keep some sort of cohesion to our community and provide music for the people as we always have," he explained, though he added that he does solicit donations for the bands and pub staff.

The Resolectrics, for their part, seem happy to be performing, if only digitally, from one of their favorite venues.

Peterson, the guitarist, sums up his gigs at the Laurelthirst this way: "For a lot of people who, you know, they're not white collar, they have a fixed income or whatever, but they love music, they can go in there, stop in for a beer, drop another five bucks in the tip jar and don't feel like they have to spend half their paycheck just to see music."

Multnomah County Justice System

from page 1

torically worked to incarcerate many at risk minorities and low income people because of racism and problematic behaviors.

The District Attorney’s Office with over 70 deputy district attorneys is divided into three divisions.

Division 1 is composed of units for Juveniles, Domestic Violence, Child Support and the Child Abuse Team. Division 2 is made up of units for Misdemeanors and Trials, Gangs, Community Courts and the Neighborhood D.A. Program. Division 3 works with Pretrial Pleas, Arraignments, Fraud, Vehicles, Burglary, Theft, Drugs, Vice, Aggravated Assault, Attempted Murder, Child Abuse and more.

Many of the criminal defendants in our courts are not able to afford a defense within the criminal justice system. Indigent defendants are represented by publicly-supported attorneys organized as an independent, non-profit law firm called the Metropolitan Public Defender (MPD).

MPD was created in 1971 and works in Multnomah and Washington counties and they have a staff of more than 145 attorneys, legal assistants, investigators and social workers, among others. They provide quality legal representation for more than 15,000 low-income individuals each year.

Also available are the Multnomah Defenders, Incorporated; a non-profit, public interest law firm providing quality legal representation for adults and juveniles.

Among the public defenders’ methods is the harm reduction diversion program providing “treatment first” to de-felonize

and divert illegal drug possession cases. There is the Clean Slate program that retroactively removes fines and fees. The Justice Reinvestment project works to shift the discussion about prison sentences toward meeting the needs of the defendants.

Most criminal prosecutions in the US are settled with plea bargains, not jury trials. A plea bargain is an agreement in which the defendant agrees to plead guilty to a reduced charge when it is offered by the prosecutors. This helps the defendant by resolving a complex and difficult situation quickly and it avoids the expense of a jury trial.

Currently, 85-95 percent of criminal cases result in negotiated plea bargains. However, some believe that this practice may not be in the best interests of the defendants.

A plea bargain requires the defendant to waive the right to a jury trial, the right against self-incrimination and the right to confront witnesses which are all protected by the constitution. Convictions can have a variety of severe long term repercussions.

The Supreme Court has held that plea bargaining is constitutional as long as the consequences of the guilty pleas are understood by the defendants and that they are agreed to voluntarily.

In 2015, Multnomah County began working to improve and develop their internal justice systems that involve data analysis, pretrial assessments and the reduction of jail beds as a means to make public safety more effective and efficient.

The John and Catherine MacArthur Foundation’s “Safety and Justice Challenge” has pro-

vided \$2 million in 2017 and another \$2 million in 2020 to help with this work.

Ballot measure 11, passed in 1994, increased incarcerations within the jail population and included unfair and ineffective practices affecting low-income inmates as well as those with mental and substance abuse issues.

In addition, Multnomah County is identifying strategies to correct inequitable treatment of racial and ethnic populations within the justice system.

Multnomah County’s new District Attorney is Mike Schmidt, whose term began this year. In the election last May, he received 76 percent of the vote indicating that his progressive vision has the support of the public. He is expected to make positive changes within our criminal justice system.

After graduating from the Lewis and Clark School of Law Schmidt worked at the Oregon legislature as director of the state’s Criminal Justice Commission before becoming a Multnomah County deputy district attorney. He intends to work toward legal reforms and make public safety in this county less punitive and more effective.

The story about the role of Multnomah County in the criminal justice system is compelling and complex. It is as important as the questions regarding police reform.

Many believe that there are changes that will make law enforcement and the courts less biased and of more value for everyone. This is an important undertaking for Portland, the state of Oregon and the country.

5 Things Retirees Will Wish They Had Known Sooner

Many people planning for retirement anticipate their post-working years eagerly, ready to relax after a life of toil. Others plan with greater anxiety, unsure whether they even have an identity without their jobs.

It may be that retirement these days is far different from either of these points of view envision.

“We all have made decisions based on the information we had at the time, but later realized we would have planned differently if we knew then what we know now,” says Patti Hart.

Hart is co-author with her husband, Milledge, of *The Resolutionist: Welcome to the Anti-Retirement Movement*.

“That’s definitely true,” she adds, “when it comes to planning for retirement.”

The Harts don’t even think of themselves as retirees, but as *resolutionists*; constantly challenging themselves to improve.

“I’m busier now than I’ve ever been,” Milledge said. “I’m

using this time to be a better me than I could when my days were structured and my time was spoken for.”

With that, the Harts share five things future retirees may wish they had known sooner:

Retirement is not what it used to be

Most people’s vision of retirement is built on what people around them did, but that vision is outdated.

“Many of us watched our parents or grandparents settle into a quiet, nondescript life,” Milledge says. “We’ve seen the stereotypical portrayal of aging and irrelevant retirees on TV shows and in the movies.”

Many retirees today are much more vibrant than those stereotypes and have no intention of sitting quietly on a front porch while the world passes them by.

People have more time in this phase of life than previous generations

Anyone who expects retirement to be a few short years tacked on to the end of their working life could be in for an awakening.

In actuality, this period could last 20-30 years or more. The average 65-year-old man can expect to live another 18 years and the average 65-year-old woman nearly 21 more years, according to the Social Security Administration and those are only averages.

“Some people could spend more years in their post-career life than they did building their career,” Patti says. “Knowing and understanding what that means will help you plan better.”

It’s important to constantly prepare for the next phase

The Harts acknowledge they should have been planning earlier than they did. Instead, time slipped by.

“The horizon is closer

continued on page 19



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Portland Street Response Launches

from page 1

ing immediate stabilization for a medical or psychological crisis. If the person in crisis will benefit from and is open to more available services, the two community health workers take over and help the individual find them.

In a few months, they will have a special van equipped with food, water, hand-warmers, blankets and medical supplies. Until then, the team will use one of the fire department’s SUVs designated for the PSR.

Previously these types of calls have been answered by police officers who arrive on the scene quickly, but only have time to try and de-escalate the situation

before being directed elsewhere. The PSR will have the time to thoroughly assess a situation and care for the individual completely. These non-emergency calls can take up to 50 minutes.

Currently 911 or the non-emergency police number (503.823.3333) are the numbers to call for PSR. Burek said people are sometimes reluctant to call the police when they see someone in crisis. PSR hopes to build out their call center including a 311 number for non-criminal calls.

PSR is coordinated by Portland Fire & Rescue because they are connected to the 911 system, they built a foundation with their

Community Health Assessment Team (CHAT). Plus, Burek said, “PSR is separate from the police and is trusted by the community.”

In order to keep the citizens updated and aware of any developing situations, PSR is on Facebook and Twitter and their website, portland.gov/streetresponse, will be updated regularly. In the future, Burek said they will have flash alerts for the media.

The team now works Monday-Friday 10 am-6 pm. In July, the program will expand with another team that will allow 24/7 response in the Lents neighborhood. The city plans to add more locations and teams in 2021.

Mt. Scott Community Center as a Homeless Shelter

from page 13

Theriault could not get into specifics of the individual for “safety reasons.”

However, he expressed sadness over the situation and said the individual did not fully represent challenges they faced; further explaining there were unreported incidents related to them and multiples attempts/steps were taken before reaching the point of exclusion.

Ultimately, despite touting its merits and progress, Theriault says shelter is not the way to end homelessness. “The quicker folks can leave shelter for housing, the better our system is. Then we can help more people with the same number of beds.”

He says thousands of additional beds could be built, but there might not be a place for people after leaving shelters and

funds would be better spent on affordable housing.

This is why there has been a push to improve shelters in the meantime, based on occupant feedback, with increased services, more privacy, specified approaches, and more “...because folks are spending so much time there. It’s a band-aid, but we’ve got to make it a much better band-aid,” he added.

2021 Metro Central Community Grants

from page 8

due to COVID-19.

This grant funds purchase and installation of a new air filtration system to filter pollutants caused by traffic on Hwy. 30 and mitigate air-born viral transmission of COVID-19.

The grant also funds the purchase of a new automatic electronic defibrillator (AED).

Friendly House Inc.

\$40,000 for the Friendly House COVID-19 Support for Children and Families, a Virtual Learning Support Program (VSLP) for children and families in the grant target area.

This pilot program assists families with distance learning challenges and provides support

for financial and emotional hardship families are experiencing due to the COVID-19 pandemic.

Friendly House will train VSLP teachers to provide online support for elementary school children, help them with online schoolwork, improve organizational skills and bolster social connections.

5 Things Retirees Will Wish They Had Known Sooner

from page 9

than it looks,” Milledge says. So, when should you get serious about planning for those post-career years? Right now would be a good time,” he says. “But definitely, the sooner the better.”

Retirees must redefine their metrics

The Harts say it’s important for people to redefine how they measure success in this phase of life because it’s different from how they likely measured success in their career days.

“The goals are likely to be more qualitative than quantitative,” Patti says. “For example, one of our metrics one year was to enhance our celebrations.

“We found that many holidays and special events were filled with unnecessary stress and were too materially focused. We decided to eliminate event-driven gift-giving.”

That simple change improved their lives substantially.

Being a resolutionist is fun

If someone had told the Harts when they were in their 30s that their “retirement” years would be filled with so much fun, laughter and fulfillment, they may have been skeptical.

“We laugh more now than we’ve laughed at any other stage in our life,” Milledge says. “This phase is instilled with so much

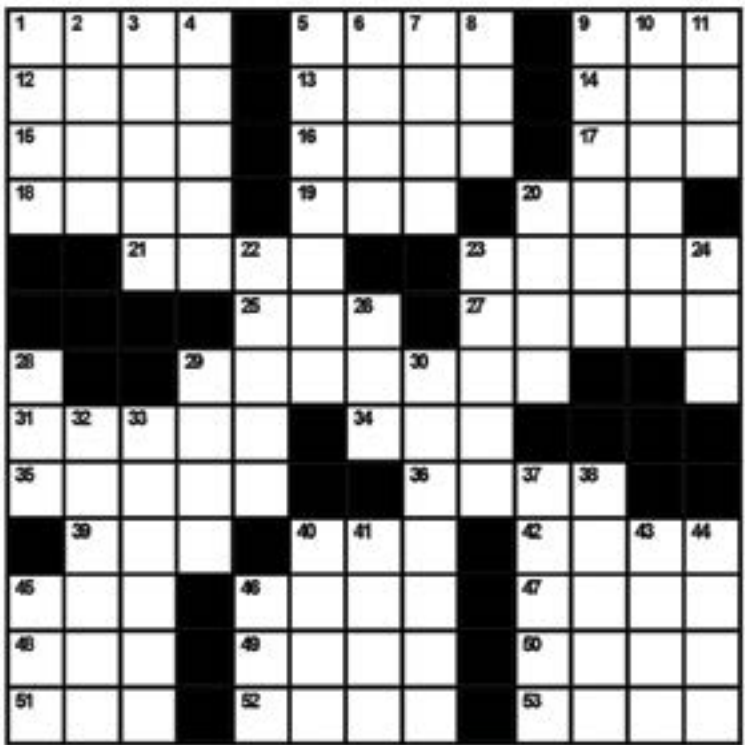
adventure, and it’s a feeling that comes from within rather than the happiness of achieving a certain stock price.”

“I wish I had known sooner that I could say goodbye to the corporate world and still be interesting and relevant,” Patti said.

“I wish I had known that retirement is yours to define. I successfully defined my role in the business world, but it didn’t dawn on me that I could also reinvent retirement. I don’t know why. It seems perfectly obvious now.”

Patti and Milledge Hart, co-authors of “The Resolutionist: Welcome to the Anti-Retirement Movement.”

Work Your Noggin'



Across

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

53. Coin receiver

Down

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

Answers found on page 12



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Community Events

March Virtual Events

Shamrock Run
March 14
shamrockrunportland.com

The Shamrock Run will celebrate 43 years in 2021. Due to COVID-19 restrictions on large gatherings, Portland's longest running tradition will be taking place virtually in 2021. Sign up online to receive your t-shirt and tote!

Portland International Film Festival
March 5-14
cinemaunbound.org
Offering both virtual and drive-in options

A program of the Northwest Film Center and the Portland Art Museum, the Portland International Film Festival (PIFF) centers on both artists and cinematic storytellers who are bold enough to interrupt the status quo and focus on those changing for whom, by whom and how cinematic stories are told.

Featuring 10 days of 80+ films, programs, events and drive-in experiences with work from over 34 countries, PIFF 44 is a fest that celebrates the ever-changing connection between cinematic creators and audiences.



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



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