



Image from drugscience.org.uk

Magic in the Mushrooms: Psilocybin as a Healer

By Nancy Tannler

June is Brain Awareness month and Oregon Health Sciences University (OHSU) has been offering a series of lectures on this complicated organ.

The lecture *Psychedelic Therapy: The Science and Safety of Psilocybin*, presented by Chris Stauffer, M.D., was especially significant for residents of Oregon.

According to Ballotpedia.org, Measure 109, which passed in 2020, “allows manufacture, delivery, administration of psilocybin (psychoactive mushroom) at supervised, licensed facilities; imposes two-year development period; creates enforcement/taxation system, advisory board, administration fund,”

The first point Dr. Stauffer clarified is that no classic psychedelics have a current FDA-approved indication for medical use. However, *psilocybe cubensis* and 200 other species of psychedelic mushrooms, whose

active component is psilocybin, are being used in controlled settings to help people manage certain mental conditions.

“Medicalization of the substance helps with the legalization,” Dr. Stauffer said.

Oregon is experiencing epidemics in suicide, depression, anxiety, PTSD, addiction to drugs, alcohol and nicotine. By legalizing these studies, Dr. Stauffer and others like him are able to proceed with psilocybin-assisted therapy, which is proving to be safe and uniquely effective in many cases.

Psilocybin was brought to public attention in 1957 after Robert Gordon Wasson wrote an article, *Seeking the Magic Mushroom*, for Life Magazine.

Wasson was VP for J.P. Morgan and was an amateur ethnomycologist, one who studies the interaction between humans and fungus. This article coined the term “magic mushroom.”

In 1955, Wasson traveled to a small town in southern Mexico to meet Maria Sabina. She was the first contemporary Mazatec shaman to allow a Westerner to participate in psychedelic mushroom veladas (healing ceremonies).

Sabina had been performing the velada mushroom ceremony for over 30 years before Wasson arrived. She served as

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New Proposal Seeks to Improve Building Procedures

By Daniel Perez-Crouse

A public hearing on the Design Overlay Zone Amendments (DOZA) proposals was held May 12.

There were dozens of testimonies with varying points of agreement and opposition at its large tenants and finer details, particularly with its approach to streamlining projects in ways that would limit community involvement of design review.

The Design Overlay Zone, also referred to as “d-overlay,” has been around since 1959. Its purpose, as outlined in DOZA’s staff report, was “conserving and enhancing the appearance of the City of Portland, especially in areas of existing or potential scenic value, of historical note, of architectural merit, or for interest to tourists.”

This essentially boils down to architects having to follow particular rules in given areas. It started downtown, but over time, has expanded to areas like St. Johns, Lents and more.

The stated “primary goal” outlined in the staff report of the project is to “revise the design review program to better support high-quality design in development projects through a process that is efficient and effective.”

Sandra Wood, Supervising Planner at the City of Portland’s Bureau of Planning and Sustainability (BPS), said, “Portland’s Design Review program has been in place since the 1970s, and like any tool, it needs to be refreshed and re-evaluated from time to time.”

Design review generally refers to a process that evaluates the design of a proposal and public input can be given (this varies depending on the project and if it’s a major or minor design).

Three tenets of design are illustrated to guide projects going forward: “build on area context, contribute to the public realm and promote quality and long-term resilience.”

As opposed to seeing buildings as objects, the new plan promotes a city designed for people and in harmony with nature. This might involve better monitoring how projects affect public health, reflect the area and individuals it encompasses and more.

In terms of process, there is a new threshold for projects. “We are proposing a higher level of review for bigger projects and a lower level of review, or an exemption, for smaller projects,” said Lora Lillard, a senior planner at the BPS.

Smaller projects would be something like rooftop alterations for developments with one to four units, which, as the plan says, don’t need to be stymied by regulations of the design overlay zone.

For projects that aren’t exempt, those outside of downtown will have the choice of a more rudimentary and numbers-based “plan check” in place of the Design Review process which would involve more qualitative procedures.

The proposal would allow projects up to 75 feet tall to opt for this plan check

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21st Century Doughnut Economics

By Don MacGillivray

A recent article in *Forbes* magazine has suggested that Portland is dying.

The article’s author stated that Portland’s ranking among major US cities has dropped from 11 to 60. The reasons listed include high property values, a limited housing supply, expensive multifamily apartments, increases in homelessness, a troubled criminal justice system, negative news coverage and a decline in Portland’s

investment potential.

A different economic theory developed in recent years with the unique name of Doughnut Economics (based on the book *Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist* by Kate Raworth) offers another perspective on economic models, describing a pathway toward meeting the world’s needs while saving the planet.

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FUN AND FOOD

Pickleball

A game that combines elements of multiple sports, it’s easy for all ages to learn the game and play. PAGE 4

CSAs in SE Portland

It’s not too late to sign up for a CSA share. Learn more about four SE Portland farms offering them. PAGE 9

COMMUNITY NEWS

Water Safety

Summer fun means time in the water for many. Take time to review some easy water safety tips before taking a dip. PAGE 6

Campfire Safety

It has been a dry spring so it’s more important than ever to be safe when enjoying a campfire. PAGE 7

A&E

High Dive

Get on the High Dive as triangle productions! presents live theatre again with Leslie Ayvazian’s one act play. PAGE 10

Waterfront Blues Fest 2021

The Blues Fest moves to a new locale where music and movies will fill the summer air. PAGE 11

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21st Century Doughnut Economics

from page 1

Image by Kate Raworth

It incorporates both social and environmental well-being into a holistic view of the economy and is a way of describing an economic system within standard business practices that include environmental sustainability and equitable, healthy, thriving communities. It incorporates social issues into business profitability so our economic system can improve people’s lives.

The doughnut has two concentric rings. The outer ring symbolizes the world’s ecological ceiling beyond which lies environmental depletion and climate collapse.

The inner ring is the social foundation on which health, diet, labor and education are measured. The space between the two rings is where humanity is in a safe and just environment.

However, if the impacts of consumption are either inside the doughnut hole or if they extend beyond the outer ring of environmental factors, corrections will be needed.

The Gross Domestic Product (GDP) has dominated our measurement of economic health since the 1930s. Today, the world’s GDP is 10 times larger than it was in 1950.

Economic experts constantly tell us that an increasing GDP brings prosperity. A more descriptive and nuanced method to measure economic health would be more helpful. Both Doughnut Economics and the Genuine Progress Indicator would be better measurements.

The world needs smart, resilient, balanced growth while strengthening rather than depleting the planet’s environment. Unless there is more appropriate management of the planet’s well being, the future becomes increasingly problematic.

Portland has long been a leader in addressing climate re-

lated issues. In 2015, Portland published the first city-level consumption-based emissions inventory that looked at the climate impacts of Portland’s consumer demand.

The Portland 2015 Climate Action Plan won an award for the best climate action plan in the world because of its innovative focus on consumption and equity.

The award came from C-40, a global partnership among the world’s leading cities working to address climate change, financed by the Bloomberg Philanthropies (US) and The Children’s Investment Fund Foundation (UK).

Portland continues to work toward reducing the city’s social and environmental impacts of consumption to improve the health of the planet.

The globalized urban cities of the world have a responsibility to ensure that people and nature can thrive together and Portland is working to incorporate the themes from Doughnut Economics to build sustainable communities in our city.

The Thriving Cities Initiative (TCI) is being explored with city leaders in partnership with community members and local business to address many of the problematic patterns of consumption and production. This will require new ways of thinking about governance, collaboration and implementation.

The TCI is a collaboration with C-40, Doughnut Economics Action Lab, and Circle Economy. Portland, Philadelphia and Amsterdam are pilot cities participating in programs to become socially and environmentally conscious.

The work began in 2019 by analyzing the situation here. City stakeholders were asked to identify and investigate the challenges within our local systems and alternative visions for change were

suggested.

The TCI team collected global examples of solutions to address these issues in meaningful ways. In the final phase, stakeholders will identify potential partners among business, government and the community to develop and implement these strategies.

Portland hosted the first of a series of TCI workshops in September 2019 to explore Portland’s City Portrait. In March 2020, the pilot program was stopped because of COVID-19 just prior to the second workshop.

The COVID-19 pandemic is an illustration of why cities must become safer, more resilient and sustainable.

Last September, Portland hosted an interactive online workshop to explore the integration of the ideas from Doughnut Economics in the wake of current crises.

Participants were reintroduced to the principle of Doughnut Economics and how to rethink and reform governance systems and strategies to ensure greater equality and foster sustainable lifestyles.

The TCI program will continue later this year when the city engages the key people needed to design and integrate the economic solutions.

Compared with America’s other large cities, Portland ranks somewhere around 15. If anything the city is suffering growing pains. The environmental work here is the envy of the world and we can be a leader in Doughnut Economics. The author of the *Forbes* article may not know the whole story.

To view the Climate Change documents prepared by the Bureau of Planning and Sustainability, visit portland.gov/bps/climate-action.

Rs

Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

Some of you know I am a member of the Ways and Means Committee and the Co-Chair of the Health and Human services Subcommittee. Ways and Means is budget and money allocations in state government speak.

As we get ready to end the session at the end of June, much of my time is focused on conversations about our state’s budget and how to distribute funds from President Biden’s COVID-19 Stimulus package – the American Rescue Plan Act (ARPA).

One way some of the federal ARPA funds are being distributed is through local community investments. Each State Representative had a budget of \$2 million and can submit proposals to support local priorities. I thought I would share the projects I am supporting and bit more information about the organizations and the work they do.

The first investment I proposed was in coordination with Senators Jama and Frederick and Representative Bynum. The entire Board of Directors of Portland Business Alliance is making a three-year financial commitment to build a plan focused on transparent and positive outcomes to grow prosperity for Black economic resilience in businesses located across the greater Portland region.

This project required seed

funding from public and private sources and will measure its success on four factors:

1. The creation of intergenerational wealth improvements
2. Jobs and business growth
3. Increase in philanthropic investment
4. Expansion of our tax base for Black residents in the greater Portland region

I am excited about this project and what it could mean for Black entrepreneurs and businesses.

The second investment I proposed was with Representative Maxine Dexter to help fund Central City Concern’s second Peer Respite Center which is part of their Recuperative Care Program (RCP).

The RCP provides post-hospitalization services for low-income and homeless individuals who need additional support for more complete recovery, and hopefully help to end a cycle of re-hospitalization, trauma and homelessness.

Since its inception in 2005, RCP has served thousands of individuals, with over 75 percent resolving their acute medical condition, over 95 percent engaging with a primary care provider upon program exit and over 60 percent transitioning into stable housing.

Building a second peer respite center will allow Central

City Concern to continue this work.

The final investment I proposed was in tandem with Representative Lisa Reynolds to help Street Roots move to a new building. Street Roots publishes a weekly alternative newspaper sold by people experiencing homelessness and poverty to earn an income.

With this new building Street Roots will focus on more workforce development and expand ways for houseless people to earn income. They will also lease their old building in Old Town and are committed to investing in this neighborhood.

I believe these investments will help to improve our quality of life here in Inner SE Portland and prioritize our most vulnerable communities.

I want to mention one other proposal I am supporting.

As you may have seen in my Op-Ed in *The Oregonian*, Representative Valderrama and I are supporting a proposal allowing the state to use our one-time federal funds to issue checks of \$1,000 to \$2,000 to qualifying “essential workers”.

For the last 13 months amid a global pandemic, a national reckoning with racism and extreme wildfires, Oregon’s essential workers masked up, did their jobs and got us through all these



emergencies. They kept services and essential retail running, hospitals staffed and the economy moving forward often at great risk to their own personal safety as well as their families’.

There has been little more than lip service to recognize their efforts and I think it is time for that to change.

Again, thanks to President Biden’s ARPA, our state Legislature has billions of dollars in one-time funds that we can use to jumpstart a recovery and invest in

our future.

Among the many worthy ideas for how to spend this money, I believe we must prioritize essential work pay which is often low paid. Not only is it the right thing to do, but this new round of stimulus checks will improve our economy and make our recovery fair and equitable. We called these essential workers “heroes.” Let’s pay them and treat them like heroes.

Thanks for reading and stay tuned.

CORRECTION: In our May issue’s article, *Post-Pandemic Portland: Will SE Ever Be the Same?*, it was incorrectly reported that the owner of the now-defunct Rocking Frog Cafe at 2511 SE Belmont had planned to sell the business prior to the pandemic.

The Cafe’s owner, Kenneth Pico, responded that this claim is “wildly inaccurate” and that in fact he was evicted by the property owner.

The Southeast Examiner regrets the error.

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The Oddmire Book 3: Deepest, Darkest

By Kris McDowell

William Ritter’s award-winning middle grade fantasy series, *The Oddmire*, is releasing a much-anticipated third exploit of brothers Tinn and Cole this month.

The gripping monster-filled, scary-funny adventure goes beyond entertainment to seamlessly intertwine lessons about understanding who you are, the love of found families and finding one’s way in a wild, unpredictable world.

Oregon-native Ritter graduated from the University of Oregon with degrees in English and Education and currently teaches high school Language Arts.

He made his debut in 2014 with the first book of his four-book *Jackaby* series. The young adult (YA) series was named after his youngest son.

Ritter said, “It’s full of the sort of themes I thought he might need to hear as he got older, but I know it would be many years before he reached the right age for it.”

With *The Oddmire* series, Ritter was writing for a slightly younger group of readers, the middle grade (MG) audience.

“In a much more direct way,” he said, “I wrote that series explicitly for my boys. They were my very first readers and the story is their story. As a result, it is full of messages about families and

brothers, love and identity.”

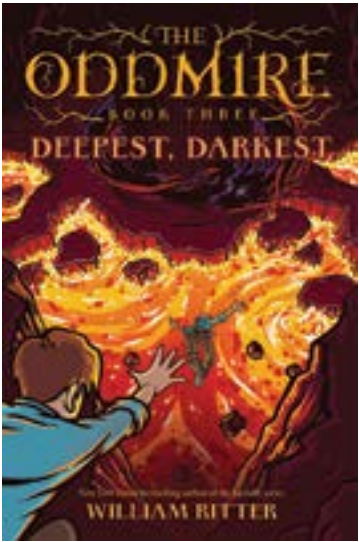
When asked about whether his YA and MG books are suitable for adult readers, Ritter replied, “Middle grade is a tumultuous period of becoming and discovering; a time when the world around you seems to expand by the second into wild, uncharted territory. For kids in the middle grade range, it can feel like absolutely anything is possible, which is as terrifying as it is exciting.

“I don’t need to be the same age as Harry Potter or Aru Shah or Miles Morales to find their stories thrilling and relatable,” he added. “*The Oddmire* does not talk down to its readers, nor does it sideline adults – parents play a very active role throughout the series – but that does not make it anything other than middle grade.”

For readers of any age, who haven’t read the first two books in *The Oddmire* series, Ritter recommends starting at the beginning.

“While each book restates the essential details necessary to keep up with the plot, the emotional arcs of the characters will be far more satisfying when read in order.”

Not sure *The Oddmire* is for you or younger readers in your life? Check out an excerpt below from *The Oddmire, Book 3: Deepest Darkest* below or tune into the Tuesday, June 22, 7 pm livestream reading by the author



at bit.ly/June22Reading.

EARLIER
THE FOREST WHIPPED
PAST THE THING IN A BLUR.

It was feeling things it had not felt in a very long time – and some it had never felt at all. The pain, the cold, the fear...these were all too familiar. But nestled beside them now was something else, an exquisite ache. The Thing could scarcely breathe.

It had failed. It had tried to consume a changeling boy, and it had failed – and then everything had come crashing down.

The boy’s words echoed in its skull. *Nobody ever came for you, did they? That isn’t fair.* The Thing burrowed its face into the soft earth, but that voice was everywhere.

His hand, gentle and warm, had scooped it up, held it close. The boy’s eyes had looked down at it with such pity.

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Summer is Time to Bust Out Your Pickleball

By Jack Rubinger

Pickleball combines aspects of whiffle ball, tennis, ping-pong and badminton. It’s a sport that’s fun, great for all ages and is easy to learn.

So who came up with that whimsical name? After playing golf one Saturday during the summer, Joel Pritchard, congressman from Washington State, and Bill Bell returned to Pritchard’s home on Bainbridge Island to find their families sitting around with nothing to do.

The property had an old badminton court so Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball.

At first they placed the net at badminton height of 60 inches and volleyed the ball over the net. As the weekend progressed, the players found that the ball bounced well on the asphalt surface and soon the net was lowered to 36 inches.

The following weekend, Barney McCallum was introduced to the game at Pritchard’s home. Soon, the three men created rules, relying heavily on badminton. They kept in mind the original purpose, which was to provide a game that the whole family could play together.

Pritchard’s wife, Joan, started to call their game pickleball because “the combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats,” but according to McCallum, they named the game after Pritchard’s dog.

Played at PE classes at Cleveland, Franklin and Benson Tech, pickleball can be played on a regulation tennis court or actual pickleball courts at Sellwood Park and Woodstock Park.

Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net.

“It’s easy to pick up. You can play for a long time without getting too exhausted,” said Milo Rubinger, a local teenager who plays pickleball with his friends at various tennis courts around town.

“There are a lot of levels in terms of getting better,” he said. “But the best thing is that you can

hit the ball hard and get a lot of spin on it. We used in play in PE in high school.”

A pickleball court is the same size as a doubles badminton court, measures 20 x 44 feet and is used for both singles and doubles play.

“We ran a team sports model,” said Sydney Hammond, PE/Health Teacher, Cleveland High School. “Students would learn the rules of the games, have a week or two to practice and then we would run a bracket style tournament. Students enjoyed it – it was one of the ones more students participated in.”

The PDX Pickleball Club started out as a small group of friends and family who were looking to play pickleball close to home within the Portland Metro Area.

The club quickly grew to about 200 members consisting of current and former tennis players, pickleball experts and lots of folks, including children, who were brand new to the game.

Cathy Owen plays pickleball with the folks from the PDX Pickleball Club at Sellwood Park. Owen was recovering from cancer treatment when she discovered pickleball. Now her health has been fully restored.

The non-profit club is restoring and resurfacing the old tennis courts at Sellwood Park this summer using their own money.

“It’s the kind of thing a grandfather can play with a six-year-old and they’ll both have fun,” said one club member. “It’s easier to play than tennis, it’s great exercise and there are tournaments for those who enjoy competition.”

With summer here, many are looking are looking for ways to get outside, take a break from COVID-19 and have a few laughs.

“Exercise is powerful, social and it gives you a natural high,” said Elliot Waksman, Certified Mental Performance Consultant. “It’s important to have something exciting to look forward to on your calendar for mental health and happiness, too. Pickleball offers all these things.”

Pickleball gear is available at Target and Dick’s Sporting Goods. For information about the PDX Pickleball Club, visit pdx-pickleballclub.com.



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Business Association Notes

Division-Clinton Business Association By Erin Nilles

Have y'all been dreaming of the annual DCBA Street Fair? We sure have and we are thrilled to share that we got creative this year to bring you something truly exciting for summer. This year we've created Weekends on Division, a series of pop-up events each weekend throughout the district starting Saturday, August 7. Each weekend, you'll find some of your favorite businesses, restaurants, local artists and musicians at a specific location.

While things are looking up with COVID-19, we will still be cautious and ask folks to wear masks and respect social distancing. We are incredibly excited to share community space with our neighbors so mark your calendars and get ready for lots of fun and excitement in August with Division Clinton Business Association.

If you're a business interested in participating in Weekends on Division, please reach out via email to Honey at dcba.pdx@gmail.com.

Foster Area Business Association By Jeff Lynott

The Foster Area Business Association (FABA) was recently awarded a grant from Venture Portland as part of a District Enhancement project. FABA is using this funding to purchase planter boxes and install them throughout the district. Along with the Venture Portland grant, this project is being supported by local businesses, volunteers, a generous discount on soil from Mt. Scott Fuel and the assistance of local landscaper, PDX.Farm. We're excited to help beautify the neighborhood and continue making Foster an enjoyable place to shop, work, eat, drink and play.

FABA is working on a couple events to support local businesses during the summer months. In June, we'll be celebrating Juneteenth by promoting Black-owned businesses in the district. FABA will be purchasing gift certificates from participating Black-owned businesses and customers will have the chance to win a gift package by making purchases at these businesses June 18-20. When customers post photos of their purchases on social media and tag FABA, they'll be entered into a drawing. The more purchases, the better the odds of winning. For information, follow FABA at fosterarea.com or @fosterarea on Instagram.

In July, FABA will be hosting the "Foster Comeback Tour," a month-long event, in which businesses along Foster will have specials – sales, events, giveaways and other promotions. Each week during the month of July, FABA will be giving away raffle prizes to customers who support local businesses. More details are to come.

Hawthorne Boulevard Business Association By Nancy Chapin

Many of us are wondering whether the positives of our lives being inordinately changed during these past 15 months will ultimately outweigh the negatives. Some lessons from AARP's *What the Pandemic Has Taught Us*: #1. Family Matters # 9. Loneliness Hurts Health and #11. Unleashed Revolution in Medicine.

We have learned how to combine earning a living with taking care of our friends, family and our residential and business neighbors plus our children's schooling. Our business neighbors pivoted pretty rapidly: they started curbside service, takeout meals, online ordering and delivering while those who were depending on them were getting familiar with websites, ordering by phone and taking advantage of that curbside service. Plus, outdoor seating areas have been functional, magical, serviceable, simple, dramatic and so much more. I hope our businesses are able to stay outside if it works for them and definitely appreciate the creativity that has been unleashed.

Yes, this has been a very hard time in some way for everybody and for so many different reasons, too. What is that saying? Stand up, Brush yourself off and Start All Over Again. It feels like that right now and I am grateful that I have had the opportunity for the past 30+ years to be part of this community.

Thank you to each and every person who has kept and is keeping our SE neighborhoods and business districts as healthy as possible – the customers, the service providers, those who kept the doors open and the orders filled. What a ride it has been and is still.

Over half the new curb systems are finished. Good work and drivers reported appreciation of the way traveling through it was managed. They will be safer and easier to navigate. The unpaving/paving will start June 15 at SE 24th Ave. and work its way east. The transition to the new design will be completed starting at 22nd Ave. There will be letters, cards and "Open During Construction" A-frames near businesses as the PBOT Pave & Paint project evolves.

We don't know what type of outdoor summer event(s) we will have; we only know we will get the word out when we know how it will manifest. We don't know how yet – but there will be prizes. Check facebook.com/hawthornepdx or email administrator@hawthorneblvd.com for details as we have them.



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Water Safety Reminders

Metro reminds Portlanders that “You don’t float. Life jackets do.” Wearing a life jacket is the best thing one can do to stay safe in the water. In order for life jackets to do their job, however, it has to fit properly.

Life jackets come in a wide range of sizes made for people of all sizes and weights. Labels list the jacket’s weight range and chest size. Jackets for children include a leg strap as well and those for infants also have a collar.

Employ the shoulder test by pulling the jacket up at your shoulders. If it slides up to your ears, it’s too big. If it stays tight, the fit is correct. Before getting in the water, it’s important to make sure that all zippers and clips are fastened and the straps are pulled tight.

There are other things to keep in mind when enjoying time in the water.

Many of Oregon’s rivers are fed by snowmelt, meaning that even on days when the air temperature is very warm, the temperature of the river can be much cooler than expected.

Cold shock is when your body hits cold water and can

result in dramatic changes in breathing rate, heart rate and blood pressure. Even confident swimmers are at greater risk in cold, calm waters.

When swimming in our rivers, they may look calm on the surface, but they are living bodies of water and in constant states of change.

Water levels fluctuate. Currents change. Boats and jet skis move on the surface and branches, debris and rocks move under the surface. Banks can be uneven, rocky, slippery and have submerged drop-offs.

Water quality is another factor to consider. Sewer overflows are rare but possible, and there are occasional outbreaks of bacterial like E.coli.

The Department of Environmental Quality and the City of Portland’s Bureau of Environmental Services (portlandoregon.gov/bes) regularly monitor bacterial levels in the Willamette River and will issue alerts when needed.

A little bit of planning ahead before taking a dip in your favorite watering hole can help prevent dangerous situations and keep the fun rolling all summer long.

Campfire Safety Checklist

The US Forest Service and the Keep Oregon Green Association encourage people to brush up on campfire safety before enjoying the comforting crackling of a fire to help prevent wildfires this summer.

With last year’s fires still fresh in our minds, it’s important to note that 81 percent of those fires were caused by people. This is greater than the average of 61 percent over the last 10 years.

Escaped campfires can threaten lives, homes and livelihoods, in addition to being costly and destructive. Do your part by keeping in mind the following:

- Check conditions, including weather forecasts and public use restrictions before heading out at keeporegongreen.org/current-conditions.
- Consider alternatives to a campfire, like a portable camp stove for cooking and solar-powered lantern or flashlight for an evening of campfire storytelling.

erected lantern or flashlight for an evening of campfire storytelling.

- Select the right spot if campfires are allowed. Use an existing fire ring or pit in established campgrounds. Avoid placing fires near shrubs, trees (including low-hanging branches), tents, structures or vehicles, and store extra firewood a good distance away.

- If no ring or pit is available, clear the site to bare soil, remove ground vegetation at least five feet on all sides and encircle the fire with rocks.

- Never use gasoline or other accelerants to start or increase your campfire.

- Keep fires small. The larger the fire, the more likely it is to escape and the more likely hot embers will travel long distances. Add firewood in small amounts, only after existing material is burned.

- Attend your campfire at



all times. In just a few minutes, an unattended campfire can grow into a costly, damaging wildfire.

- Have water and fire tools on site. Bring a shovel and a bucket of water to extinguish any escaped embers.

- Drown all embers with water before leaving. Stir the coals and drown them again, repeating until the fire is cold. The basic rule is that if it’s too hot to touch, it’s too hot to leave.

More wildfire prevention tips can be found at smokeybear.com/en and keeporegongreen.org.

Partnership Brings Bridge Lights Back

Nights over the Willamette will once again be vibrantly alive with color due to the replacement of the Morrison Bridge Lights after a 24-month hiatus.

The partnership between the nonprofit Willamette Light Brigade (known for the Portland Winter Light Festival) and Multnomah County has allowed for the creation of the Lighting Partner program.

The program offers opportunities for private citizens and organizations to transform the city through nightly custom lighting on the piers of the Morrison Bridge.

New lights, an in-kind donation of updated LED lighting fixtures by Griven USA and Northern Illumination Company,

LLC, are brighter and three times more efficient than the previous lights.

Program organizers hope both private individuals and public institutions will take advantage of the program to share their messages with the city in a safe and fun way.

To book your personal color scheme, visit lighththebridges.org for available dates. Pricing begins at \$150 per day with discounts for multiple day orders on consecutive dates.

Two June dates have been scheduled for custom lighting. June 4 recognizes National Gun Violence Awareness Day and Wear Orange Weekend. June 7 celebrates the talent of the artist known as Prince on his birthday.



“The Willamette River and its bridges have always created a sense of identity for Portland,” says Ed Slavin, Chair of the Willamette Light Brigade Board of Directors, and owner of Northern Illumination Company, LLC, a local lighting manufacturer’s representative.

“We seek to provide an opportunity for organizations and individuals to enhance our city’s night-time experience and put their own colors out for the world to see. Lighting the Morrison Bridge is a great way to participate in civic discourse.”



Backyard Harvest Program

The Portland Fruit Tree Project (PFTP) offers a variety of programs and services, including backyard harvests. The harvests are a resource for homeowners who have more fruit than they can eat, want to prevent food waste and want their fruit to help feed those who are nutritionally insecure.

From June to November (harvest season), the PFTP works with volunteers to harvest excess fruit from the yards of Portland residents donating the best of it to nearby food security organizations and programs.

Harvests are prioritized where families are unable to pick the fruit themselves and those who have such an abundance of fruit that a big group of volun-

teers is necessary in order to pick it all.

PFTP has a minimum suggested fee of \$75 for each harvest, with all fees and donations going directly to equity-based programming and to alleviate issues of food and nutrition insecurity in the Portland area.

Those interested in having their trees harvested can sign up online at portlandfruit.org/backyardharvests. A limited number of harvest slots are available and requests are reviewed on a rolling basis.

Those interested in volunteering in a backyard harvest can see portlandfruit.org/volunteer to complete a 10-20 minute online training, sign the digital waiver and then sign up to volunteer.

Residential Rent Repayment Extended

Governor Kate Brown has signed Senate Bill 282 into law, extending the repayment period for residential rent accrued during the COVID-19 pandemic.

The bill gives renters until February 28, 2022 to repay

all rent accrued between April 1, 2020 and June 30, 2021. Oregon’s residential eviction moratorium remains in effect through June 30, 2021.

“SB 282 gives the Oregonians hardest hit by economic im-

pacts during the pandemic more time to recover and, thanks to a historic amount of rent assistance in Oregon, we have the resources to help those families get back on stable financial footing,” said Governor Brown.

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Have an event coming up the public needs to know about?

CN Community News

Emergency Broadband Benefit Program

Portland and Multnomah County residents can apply for a new federal benefit for monthly high speed internet access and for computers and other devices.

The Emergency Broadband Benefit is a new Federal Communications Commission (FCC) program designed to help lower the cost of broadband service for eligible households during the ongoing COVID-19 pandemic.

The \$3.2 billion-dollar program provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for qualifying households on Tribal lands.

It also provides up to a \$100 per household discount toward a one-time purchase of a computer, laptop or tablet if the household contributes more than \$10 and less than \$50 toward the purchase

through a participating broadband provider.

One monthly service discount and one device discount is allowed per household. A household is eligible if one member of the household meets at least one of these criteria:

- Has an income at or below 135 percent of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or the FCC's Lifeline program;

- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;

- Received a Federal Pell Grant during the current award

year;

- Experienced a substantial loss of income through job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers;

- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

Access the application with the Universal Service Administrative Company (USAC) using an online or mail-in application. See getemergencybroadband.org or call 833.511.0311 (open daily 6 am-6 pm).

Local information is at the City of Portland, Multnomah County Library, 503.988.5123, portlandoregon.gov/oct/81463 or by calling 211 or 311.

Emergency Rental Assistance Program

Oregon Housing and Community Services is accepting applications for the Oregon Emergency Rental Assistance Program (OERAP), established to help qualified renters who have experienced financial hardship due to the COVID-19 pandemic and at risk of homelessness or housing instability with past due rent and utilities.

This program is not a loan. Those who receive the assistance will not have to pay back funds as long as they are used as approved and not duplicating other assistance programs.

Assistance is offered to all eligible renters regardless of their citizenship or immigration status and will not impact a recipient's eligibility for other federally

funded programs such as food stamps, Medicaid, Medicare, social security, WIC or public housing.

Renters eligible for the program may request rent and/or utility assistance dating back to March 13, 2020 (prior expenses are not eligible).

OERAP will cover up to 12 months of past due rent and three months of forward rent, once all past due rent is paid.

The program will also cover past due utility costs including electricity, gas, home energy services, water, sewer, trash removal, internet, and bulk fuels.

Costs that will NOT be covered include homeowner costs, homeowner utilities, landlord-paid utilities, landlord-paid prop-

erty taxes, property insurance, phone bills and renter insurance.

If approved, in most cases, payments will be made directly to the landlord, property owner or utility company on the tenant's behalf via direct deposit or check.

OERAP funds are not first-come, first-serve. Funds will be distributed based on a formula that prioritizes applications based on need. Everyone who turns in a completed application will have their application reviewed.

Learn more about eligibility, applying and the program itself at oregonrentalassistance.org or by calling 866.698.6155.

The site includes information for landlords on what they can expect when tenants apply for OERAP.

Hawthorne Paving Begins June 15

The Portland Bureau of Transportation (PBOT) will repave SE Hawthorne Blvd. from SE 24th Ave. to SE 50 Ave. starting Tuesday, June 15 as the next step in the Pave & Paint Project.

The paving will continue for approximately three months and construction impacts will include intermittent lane closures, parking restrictions and traffic delays.

On weekdays construction will take place 5 am-4 pm with the possibility of night and weekend work.

PBOT will issue a formal traffic advisory to the broader public closer to the start of construction and will encourage Portlanders to support local businesses during construction through their social media channels.

In the months following

the three-month paving, they will build pedestrian refuge islands, marked crosswalks and add street lighting to improve safety on this high crash corridor.

PBOT invites people to sign up for construction updates and learn more about the project at portland.gov/hawthorne-repave.

Send comments and questions to HawthorneRepave@portlandoregon.gov.

June Events

AHC JUNE WALKING TOURS – The Architectural Heritage Center offers walking tours in June that include the commercial and industrial architecture of Sandy Blvd., Ladd's Addition and more. Visit bit.ly/JuneWalkingTours for more details and to register. \$12 AHC members, \$20 non-members.

PORTLAND ROSE FESTIVAL PORCH PARADE – Through June 13, take a tour of Portland residential and business front porches, front windows, yards and walkways for the Porch Parade. An online map with locations of all registered porches can be found at rosefestival.org/events/2021/porch-parade.



PCC ART STUDENT EXHIBITION – The work of Portland Community College (PCC) art students is on virtual exhibit at pcc.edu/galleries/student-exhibit. An awards presentation and conversation with the jurors will take place via Zoom Friday, June 4, 12 pm. See the website for Zoom link. The exhibit will remain available through the summer term.

LAURELHURST ELEMENTARY AUCTION – Laurelhurst Elementary School holds a virtual auction Saturday, June 5, 6-8 pm. View the catalog at laurelhurstschool.schoolauction.net/shine/catalog. The auction benefits Laurelhurst Elementary and the PPS Parent Fund. Questions? Email gina@laurelhurstauction.org.

LAURELHURST WORKSHOP – Laurelhurst Neighborhood Association presents the second of a two-part, in-person workshop on implicit bias and institutionalized oppression presented by Dr. James Mason. Sunday, June 6, 1-5 pm at the Laurelhurst Club, 3721 SE Ankeny St. Visit laurelhurstworkshops.eventbrite.com for details and to register.

HOOD FEMINISM AUTHOR TALK – Literary Arts, Meyer Memorial Trust and The Women's Foundation of Oregon present a talk by Mikki Kendall, author of *Hood Feminism: Notes from the Women that a Movement Forgot*, Wednesday, June 9, 4-5 pm. Sliding scale fee \$0+. Register for the virtual event at bit.ly/HoodFeminismJune9.

CLEANUP CONNECTIONS WEBINAR – The Association of Oregon Recyclers hosts a panel discussion Tuesday, June 15, 10 am. Presenters from SOLVE, Surfrider, Adopt One Block and the City of Portland will discuss how to best use litter cleanup activities to motivate and create change and ways to continue litter cleanups. Register at bit.ly/AORCCJune15.

JUNETEENTH – The holiday, also known as Freedom Day or Emancipation Day, commemorates the June 19, 1865 announcement of the abolition of slavery and the emancipation of African American slaves. Visit juneteenthor.com for events and details.

JUNETEENTH ON FOSTER – The Foster Area Business Association will promote Black-owned businesses along SE Foster Blvd. Friday, June 18-Sunday, June 20. Visit fosterarea.com for details on participating and enter to win a gift certificate package.

Email details to examiner@seportland.news by the 15th of the month.

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Bw Business Walkabout

Brides for a Cause

BY ELLEN SPITALERI

As tradition has it, June is the most popular month for weddings, but with pandemic restrictions in place, large gatherings are not recommended. However, two things remain eternal: couples are still going to get married and the bride is going to need a dress.

Fortunately, Erin Scharf can help brides get the perfect dress for the right price, with the purchase benefitting women-focused charities in the bargain.

Scharf is the founder of Brides for a Cause, located in the Ford Building at 2505 SE Division St. The nonprofit organization collects and resells donated wedding dresses to raise funds for charity.

Since 2012, Brides for a Cause has collected over 23,000 wedding dresses and given away over \$1,200,000 to various local and national charities across the country.

“Anyone can shop at our store. Our dresses are sold at a discount and are purchased off the rack, so our brides get to take it home that same day,” Scharf said.

90 percent of the organization’s net income goes directly to charities supporting a number of women’s causes, including those promoting positive self-esteem for young women, support

women in the military, provide relief for single mothers, abused women and women who are disabled and that promote opportunities for women’s education and women in the workforce.

Locally, funds raised have gone to a variety of women-focused charities, including Abby’s Closet, Girls Inc. of the Pacific Northwest, Dress for Success Oregon, Human Solutions, and Bradley Angle, Scharf noted.

“Our mission is to provide free prom dresses for high school girls so they can attend the prom and look gorgeous,” said Sally Egland, a member of the Abby’s Closet Board. “Brides for a Cause has supported us since 2012; without their support we would not be able to do what we do,” she said.

Since proms at area high schools have been cancelled because of COVID-19, this year Abby’s Closet has given away \$9,000 in college scholarships and 3,000 dresses to 19 high schools so “students can have beautiful dresses for next year,” Egland said.

Brides for a Cause moved into the Ford Building in 2016 and Scharf said she loves the location, for its accessible parking and roomy space that provides a perfect backdrop for the wedding

dresses.

“We offer a relaxed, welcoming and stress-free environment. Our stylists help guide our brides through the wedding dress process,” she said.

“Our dresses are always changing since we’re off-the-rack, so we always encourage our brides to come back if they don’t find a dress during their first visit,” Scharf added and noted, the price is right.

“We have a new 2021 sale to cater to the 2021 brides, who might have been affected by the pandemic. Brides are able to shop on the 21st of any month and receive 21 percent off their entire purchase,” she said.

The shop will host Brides Across America, a nonprofit committed to gifting weddings and wedding gowns to military and first responders July 5-11.

The 50-percent-off Blow Out Sale will be held all month long in August for selected dresses. The entire store will be 21 percent off on Aug. 21.

Scharf said there are several ways to support Brides for a Cause. “We rely heavily on word of mouth. People can donate their dress, buy a dress from us, volunteer, make a monetary donation and even spread the word,” she said.



Brides for a Cause is located in the Ford Building.
Photo by Spotted Stills.

The organization accepts wedding dresses five years old and newer, as well as bridal accessories, like veils and slips. For more information or questions, email donate@bridesforacause.com.

Brides for a Cause has locations in Seattle and Tacoma and will expand into California this summer.

Scharf said, “Currently, our

stores are open by reservation due to the pandemic. We encourage brides needing a dress in a hurry to come visit us.

“We offer a sustainable, charitable and affordable way to shop for a wedding dress.”

Brides for a Cause
2505 SE 11th Ave., #120
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Go Staying In

Help Build Esperanza's Artist Sanctuary



By Aaron Gilbert MediaPunch/IPX/AP

Portland's own innovative bassist, four time Grammy-winning jazz and R&B musician extraordinaire, Esperanza Spalding (left), has launched a GoFundMe to build the Prismid Sanctuary here in the city where she grew up in. She is attempting to raise \$300,000 for it by June 3.

"My intention and prayer with building this sanctuary is to support the creation of restorative art, in a truly restorative environment. The BIPOC artist Sanctuary I am building in North Portland, will be comprised of a half-acre organic garden, two garden-studios for short-term artist residency, BIPOC eco-poetics reading room, a tea-bar and recording studio.

"This Sanctuary will serve as a long-term artist residency and studio for the development, creation and archive of my own interdisciplinary restoration-themed music projects.

"The environment most conducive to my wellness and creative productivity is one where other frontline cultural-workers are supported and immersed in their own artistic devotions. Hence, my intention for this Sanctuary to serve a very real need among my community for BIPOC artist-led spaces to gather, share ideas and practice regenerative gardening."

See the presentation with pictures at tinyurl.com/PRISMIDSanctuary. The GoFundMe page is at gofund.me/68bb1ae5.

Extras Needed for Milagro's La Bici

Milagro Theatre is in search of passionate, bike-loving extras for their project in-development, La Bici. The episodic video play brings together ideas of bike safety and how it relates to art and the community.

The main character is La Bici, a repurposed city bike. The story follows the bike through songs, and skits to connect with and inform the community. It is an educational video series sharing the sense of freedom and togetherness one experiences from bike riding.

The various episodes cover issues of the houseless community, artists living on the fringe and Gay Pride, while highlighting local musicians, awareness about safety, innovations, community, infrastructure, advocacy, accessibility, environmentalism, repurposing, art, altars and ghost bikes.

If you're an avid cyclist, enthusiast or just simply want to be a part of a fun and educational project, this is an opportunity to be an extra and support local BIPOC art and stories. All episodes will be filmed in SE Portland in and around local businesses beginning June 12 and continuing through June 19.

Interested? Email malan@milagro.org or phone 503.236.7253 by June 4. See milagro.org



Portland artist Connie Cohen painted these three views of Amaryllis. She writes, "I had a love affair with these Amaryllis that bloomed in my bay windows every year. I like to paint them in their process of opening. Every day they change so much. They have just finished blooming again."

Cohen is an award-winning watercolorist who studied painting at the California College of the Arts, receiving her BFA from Pacific Northwest College of Art and a MA from Marylhurst University.

She has painted and worked in visual arts in and around Portland for more than 35 years. She paints pictures in song as well and has four unforgettable albums to stream at conniecohen.bandcamp.com.

SIDESTREET ARTS PRESENTS

Kathy Brock and Alicia Justus

A Collaboration Between Friends

June 2-27, 2021

Online Preview Night:
June 1, 6-7 pm

Studio Talk:
June 13, 12-1pm
details on our website

140 SE 28th Ave., Portland 503 327 8064
info: www.SidestreetArts.com

arts & entertainment

HIGH DIVE



Live indoor theatre returns this month as triangle productions! presents **High Dive** by Leslie Ayvazian, a one-act play with no intermission.

The comic play portrays a small, pivotal moment in a woman's life. While vacationing with her family in Greece, Leslie stands frozen on the high dive above the hotel pool. Below, her son urges her to jump off.

As she balances on the board, she recalls various adventures and mishaps that have brought her to this spot in time.

Lisamarie Harrison (above) plays the balancing Leslie. The show is directed by Donald Horn.

COVID-19 safety protocols for the performances: Must wear a mask before entering and during your time in the space • Temperatures will be checked at the door • Limited seating for only 45 people • All paperless – no paper tickets or programs will be available • Must have a reservation. Tickets not sold at the door.

Performances are Thursday-Saturday, 7:30 pm, with one matinee on Sunday, June 13, 2 pm at The Sandy Plaza, 1785 NE Sandy Blvd.

See trianglepro.org for tickets and other info.

In a multiverse tending toward chaos, remember to always check the latest COVID updates for in-person event changes before heading out.

Portland Storytellers Benefit

Portland Storytellers Guild (PSG) present a performance by its own Eric Foxman called **Yes, It Really Happened!**, Saturday, June 5, 5 pm as a benefit to support PSG storytellers.

Foxman's stories of people and events from many lands make for an hour of goosebumps, smiles and wonder. His true tales for this benefit range from historical oddities, a book and a ship, a man with a penchant for selling, a set of keys and other stories that border on the edge of unbelievable.

Registration is free at tinyurl.com/4wfmv6sn. PSG asks you to consider donating what you can via PayPal to rohrim@mymacmail.com. Donors receive a link to a recording of the performance to watch again later in case you miss some of it or want to see it twice. See PortlandStorytellers.org.

NWFC's Co:Laboratory Classes

The Northwest Film Center's (NWFC) new Co:Laboratory offers online and in-person classes in media arts.

Saturday, June 5, 1 pm; Capturing an Oneiric State: Dreams and Film – Critics and filmmakers have long been aware of the intimate connection between filmmaking and the dream state, but how specifically do artists use the cinema to replicate the ephemeral dream state? Filmmaker Jane Schoenbrun (*We're All Going to the World's Fair*, *The Eyeslicer*) offers a personal tour through the history, theory and practice of dreams on film, from the early surrealism of Maya Deren to present-day masters like David Lynch, and including Schoenbrun's own work. The class will attempt to answer the question: what does it take to effectively transport one's dreams to the screen? Tuition is \$80.

Saturday, June 12, 10 am-3 pm; Working with the Composer – How to find, hire and work with a film composer, from the demo to finished picture. Instructor Mark Orton will guide the discussion with real-life case studies from a variety of feature, documentary and fine art films. Emphasis is placed on strategies for communication between director and composer, the key to making beautiful music together. Filmmakers at all experience levels are welcome, as are musicians interested in film composing. Interaction with the instructor is highly encouraged.

Sign up online at nwfilm.org/classes. The Northwest Film Center is in the Portland Art Museum, 1219 SW Park Ave., 503.276.4249.

Cascade Blues: James Clem



Blues guitarist James Clem

James Clem is June's featured musician on the Artichoke Music livestream of the Cascade Blues Association Monthly Meeting, Wednesday, June 2, 7 pm on the Artichoke Facebook page.

With over 30 years of playing down home roots music, Clem has performed in many styles of the genre and these days, his focus is a mix of acoustic Delta blues, ragtime, vintage country

and swing.

He is also known as a premier ukulele player and has played the Seattle, Portland and Irish ukulele festivals as well as the London Ukulele Cabaret in England. He's toured England, Belgium,

France and Holland.

Here he teaches guitar and has released three recordings: **Stuff You Gotta Watch**, **Sugar Moon** and **Road's Getting' Muddy**.

See jamesclem.com.

Driveway Jazz Returns!



Inka Jam

Summer's nearly here and the time is right for dancing in the streets. There's a new season of the Driveway Jazz series to celebrate and it looks like a good one.

Driveway Jazz is a socially distanced, livestreaming outdoor concert series held in front of a bungalow

in SE Portland. Just go to Tabor Bread, 5051 SE Hawthorne, and follow the sounds of music. Portland's Regional Arts and Culture Council (RACC) has just given the series a grant to continue and that makes the neighborhood happy.

Concerts are Fridays in June at 4 pm. June 4 - **George Colligan Quartet with John Nastos, Eric Gruber and Michael Raynor**; June 11 - **Inka Jam**; June 18 - **Jack Radsloff Group**; and June 25, a double bill beginning at 3 pm – **Portland State Student Ensemble featuring Miette LaPierre**, and at 4 pm, **Jimmie Herrod of Pink Martini accompanied by George Colligan**.

See drivewayjazz.com to ask about in-person outdoor seating. Concerts are broadcast live at facebook.com/drivewayjazz.

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Music Together's Summer Classes

Music Together offers new outdoor classes for summer. After more than a year of exclusively online classes, they are taking Music Together outside again.

Classes in SE are at Sellwood Community House and Tabor Space in the Mt. Tabor Presbyterian Church.

North Portland classes are at Sauvie Island Topaz Farms, Historic Overlook House, and in NE at Tillamook Preschool.

There are four week sessions of twice-weekly classes Monday/Wednesday, or Tuesday/Thursday, July 5-July 29. In the six week session, classes meet once a week.

An online Zoom class continues with their on-demand pre-recorded class July 5-August 14. Registration begins June 2.

See musictogether-pdx.com for more information.

A Collaboration Between Friends

Kathy Brock and Alicia Justus have long been friends and now they've decided to pair up for June's featured show at Sidestreet Arts named, appropriately, **A Collaboration Between Friends**.

The two artists say:

"In going out and about together, we have been drawn to unusual depictions of elderly maternal figures. We have collected and created magnificent titles, assigned special attributes, areas of expertise, and general magical nonsense to these women. Our end goal is to someday put together a practical fortune telling deck involving the Righteous Grandmothers.

"In this show, we have challenged ourselves to blend our work together into single pieces. We have each created a central portrait, we then exchanged to finish one another's backgrounds. Our styles, while very different, are complementary to each other. We both love textile designs, patterns, florals and ephemera. We both work in watercolor/gouache and collage work. Inspired by material culture, and impressed by strong women, here are our Righteous Grandmothers."

This show runs June 2-27. Gallery hours: Thursday-Sundays, 12-5 pm. Online preview: Tuesday, June 1, 6 pm, with the artists' stories about their work. Sunday, June 13, Zoom at Noon visits the artists in their studios. Both meeting links are at sidestreetarts.com.



"Righteous Grandmother of Cottage Industry"

15TH DOLLY PARTON TRIBUTE

Siren Nation's 15th Annual Dolly Parton Tribute returns this year as a virtual concert, Saturday, June 5, 7 pm presented live from the stage portal of the hearty and venerable Alberta Rose Theatre.

Powerful local ladies sing their hearts out for the love of Dolly, who has made the world a much better place and may well be the best female country singer in history.

This year's performers include: The Apricots (formerly Pacific Trio), Ashleigh Flynn and The Riveters, Ezza Rose, Gerle Haggard, Haley Johnsen and Tara Velarde.

The concert is a great cause too as ticket sales benefit the Siren Nation Festival, a November celebration highlighting original work from women expressing in music, art and film.

Tickets are on sale now at tinyurl.com/DollyTribute and include rewatching on demand for a year. There's an option to add a donation to your ticket too in support of Siren Nation, Alberta Rose Theatre and the artists. albertarosetheatre.com.



See and hear a real, honest to goodness, in person album release party live at StrumpDX Guitars, 1415 SE Stark St., Sunday, June 6, 3 pm. Tickets are \$15.

TWANS is the elastic new music trio featuring Mike Lockwood, drums; Andrew Jones, bass and Mike Gamble, guitar. Their new recording is called *LeapDay* as it was recorded February 29 last year.

"Welded from the fruits of their own labors, TWANS set out to dispel current myths, question ideologies and sardonically allude to nuances one would commonly dismiss. Between the three entities, there exists an unyielding desire to connect in another dimension and utilize that interplay to heighten the worth of their songs."

The photo is by Reed Ricker and artwork is by Mike Gamble. *LeapDay* premieres online at twansmusic.bandcamp.com, June 4.

Mirador Magazine for the Cognitive Impaired



SE Portland residents Tavé Fascé Drake and Nikki Jardin have developed an online and print publication for those experiencing dementia, brain trauma, other cognitive impairment and their extended communities.

The idea sparked when Jardin discovered that her aunt, recently diagnosed with Early-Onset Alzheimer's Disease, could no longer easily read magazines she enjoyed. Finding nothing available for this community, she decided to create something.

She brought in Fascé Drake, for her print design skills and her interest due to her mother's Multiple Sclerosis, and the two have designed a periodical with stories shorter than those in conventional magazines – simpler sentences, larger typeface and compelling, non-distractive imagery and colors – and all without looking like a child's publication. Months of research and revision has made *Mirador* real and the first issue is now available.

SE resident Daniel Flessas brought an early version of the magazine to his mother, Yvonne. He thought dementia had taken away her ability to read and was pleasantly surprised to see her engaging with the magazine.

"Mom long ago realized magazines crammed with images and information were too much for her," he said. "The short pieces have been attracting her attention and I think might even be good for revitalizing her mental acuity."

Mirador was created to provide independent enjoyment. Its purposeful design allows for people like Yvonne to share the magazine with their loved ones instead of being shared to. That can go a long way towards preserving dignity, independence, and the bond that keeps loved ones near and dear.

There are additional narration and supplemental materials available online as an extra aid to enjoying its content. There's also a Spanish translation of the magazine on the website.

To order a physical copy, email miradormag@gmail.com. To experience *Mirador* online, go to miradormagazine.com.

New Venue for Waterfront Blues Festival and Summer Events

The Waterfront Blues Festival returns July 2-5, to a new location, less than a mile upriver, at The Lot at Zidell Yards. The 2021 Festival is an in person, distanced event that will also be livestreamed.

Featured artists are Samantha Fish • Northwest Women in Rhythm & Blues • River City Riot! Brass Band • Marc Broussard • Curley Taylor & Zydeco Trouble • MarchFourth • Johnny Rawls • Kevin Selfe • Norman Sylvester • Bloco Alegria • Ghost-Note • Hillstomp • BrassRoots Movement and many others.

Each day is two separately ticketed shows – the afternoon (12-4 pm) and the evening, (6-10 pm) each with the same lineup. There are no multi-day passes or individual tickets this year, and seating pod sales for the general public open at 10 am, June 1 at a limited capacity, in accordance with state and county health guidelines.

Tickets will be sold as two, four and six-person seating pods. Pods will be marked and distanced with at least six feet between each pod. Each pod has chairs and a side table where you are free to dance, sip on a cold beverage and enjoy the music. See waterfrontbluesfest.com.

The Lot at Zidell Yards, 3030 S. Moody Ave., is a new venue with a full stage, large format LED screen, sound system and on-site food and beverages. They are presenting a diverse lineup of live music, movies and events this summer and tickets for these shows are on sale now.

Their June music calendar features: June 3 - **Jenny Don't and the Spurs** • June 4-5 - **The Dandy Warhols** • June 12 - **Cardioid with an opening set by Nick Delffs** • June 18-19 - **Summer Brass with Members of the Oregon Symphony** • June 20 - **Ashleigh Flynn & The Riveters**. Coming, in July - **Ural Thomas & The Pain, Y La Bamba** and more.

The complete music and movie schedule along with tickets, are at thelotatzidellyards.com.



Ghost-Note will be at BluesFest



"The Chelsea" by Jennifer Brommer

Memories Of My Mother + Recent Works By Jennifer Brommer opens at Pushdot Studio, 2505 SE 11th Ave.#104 (in the Ford Building), Friday, June 4, 6-8 pm with limited number of guests in the space at a time. The show continues through July 30.

The exhibit is best described by the artist herself: "My Mother was Paranoid Schizophrenic. I barely knew who she was. I have glimpses filtered through youth and time, as a teen visiting her through the halls of Bellevue Hospital, or living with her during the early 90s in NYC hotels such as the Chelsea. This project is to recreate scenes that took place to understand who she was."

"It's also about me, this kid in the world contending with my mother's mental illness, and the way a child develops a sense of identity in such a setting."

Brommer will present other recent works too. Pushdot hours Monday-Friday, 8:30 am-5 pm. Thanks to the Regional Arts and Cultural Council for the grant to pursue this project.



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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.

Mindful Coloring

Coloring is one of the most underrated balms for stressful times. It's easy. It's convenient. It's affordable. Best of all, it's proven to help relieve stress and reduce activity in the amygdala, the region of the brain responsible for the fight or flight response.

One 2005 study from the Journal of the American Art Therapy Association found that coloring for 20 minutes reduced anxiety in college students. Another study found that mindfulness art therapy helped relieve symptoms of distress in women with cancer.

While coloring fits easily into existing self-care routines, it can also be an accessible way to add habits of mindfulness, positive affirmations and meditative states into your day.

To enhance your morning routine and help prevent stress from arising, try coloring first thing. Place your coloring supplies on your bedside table. Then, each morning see if you can color for 10 minutes before getting out of bed or reaching for your phone (even better: leave your phone in a drawer out of sight).

Likewise, coloring can be used to help you relax and unwind in the evening. Try turning down overhead lights, playing background music or beats and turning off all devices with screens.

Take 20 minutes (or more) to color as you digest the day and prepare for the act of resting and sleep. This is a good time to mix in affirmations as you color.

No matter the time of day, we all sometimes need a moment to just be, to balance our energy and regain our composure. The following shares a simple process to put this idea into action and launch your own mindful coloring practice.

Before you begin, turn off distractions, such as a phone or computer.

Sit down with your coloring page and favorite colored pencils or crayons and get comfy. Prime your mind with a simple affirmation of gratitude: Thank you. I want to be here.

To bring attention to your body, take three big, full belly breaths and rub your hands together briskly to warm them up.

Shake out your fingers and quickly select a color you're most drawn to. Then simply start putting color onto the page.

Breathe. Allow your mind to focus on the act of coloring. Feel the crayon or pencil on the paper. Get intrigued by the lines, the shapes, the visual effects you can create.

How does it feel to physically color? What emotions come up as you go? Allow yourself to get absorbed in the experience. There's nowhere else you need to be.

When you feel finished, take another three big breaths. Repeat an affirmation of gratitude. Clean up your space quietly and store your supplies in the open where you'll remember to reach for them next time.

You may be surprised at how much can change with a simple new habit of coloring for a few minutes each day.

Mackenzie Bakewell is Founder of ZieBee Media. For a free mindful coloring ebook, visit ZieBee.com/color.

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Magic in the Mushrooms: Psilocybin as a Healer

from page 1

a guide on the patient's all-night journey to and from the spiritual realms to commune with God, heal the sick and learn of a cure.

Wasson brought back samples of the magic mushrooms for chemists to study their physical properties and healing potential.

Unfortunately, because of the Controlled Substance Act of 1970, further testing diminished until 2001. Since then the FDA has allowed clinical trials, resulting in breakthrough therapies for some people.

Dr. Stauffer spoke about what types of mental imbalances they hope to mitigate with psilocybin sessions. Major depression disorders, anxiety, PTSD, migraines, obsessive compulsive disorder, anorexia, nicotine, alcohol and cocaine abuse are the major disorders addressed so far.

What the psilocybin does is creates a non-ordinary state of consciousness for four to six hours.

Dr. Stauffer used a visual that showed a small iceberg and a boat floating over an immense un-

derwater world of sea creatures. The iceberg represents the person and the boat is the ego keeping all the underwater creatures (unconscious memories) at bay.

In a safe, monitored environment, these sessions can allow people to safely examine these buried thoughts, ideas and memories.

Prior to the heavy use of magic mushrooms in the 60s, they were primarily used in religious ceremonies to develop a person's deeper understanding of themselves, their purpose and unity with other people and the world in which they live. It was meant as a sacred experience.

They were also helpful in alleviating the existential dread most people experience around dying.

This is what the professionals are studying in their psilocybin experiments today. Results of these sessions are proving that people who do have a mystical experience have a sense of unity, mental clarity, transcendence, positive mood and ineffabil-

ity that last for months and even years afterward.

People who have had the sessions begin to integrate these feelings into their daily state of consciousness. With this greater sense of well being, they are able to deal with the different harmful ways they've learned to cope with the vicissitudes of life in the past.

It should be noted that any type of mind-altering substance can have harmful effects – in other words, a bad trip. That is the reason Oregon Health Authority (OHA) will establish a program to license facilitators and determine what qualifications, education, training and exams are needed.

OHA, along with the Oregon Psilocybin Advisory Board (OPAB), will develop this program over a two-year period.

The US National Library of Medicine is in the process of recruiting volunteers for psilocybin studies in locations across the country. If you are interested in participating in a trial, visit bit.ly/USNLMmushrooms for details.



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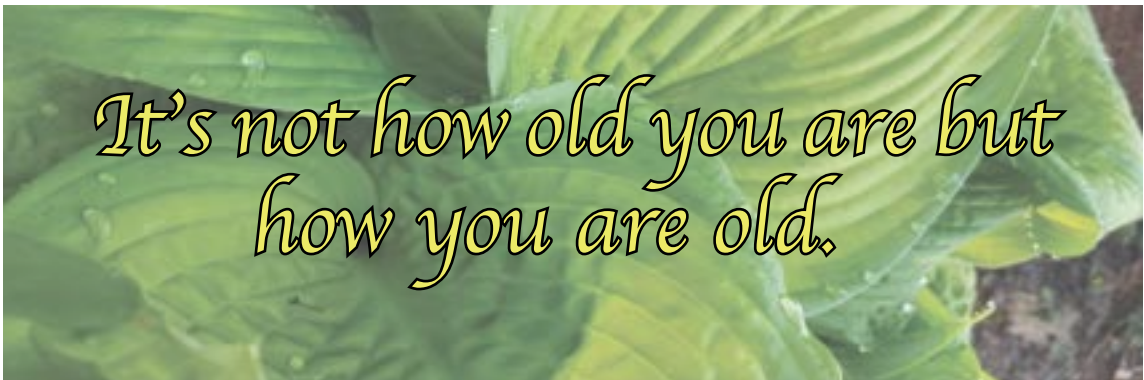


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Neighborhood Notes

HAND
By Jill Riebesehl

The Hosford-Abernethy Neighborhood Association held what might be one of its last Zoom board meetings on May 18. We discussed the situation and decided to wait to make a decision until July at the earliest. Leah Fisher, acting director of SE Uplift, who was in attendance, said there are several ideas being tried as to how to conduct meetings that are a hybrid of virtual and in-person. The possibility struck up much interest, as it would enable more people to attend.

Elections, held annually in May, had five members reupping. We gained one new member. Positions are held for two years and elections are staggered. Returning are Chris Eykamp, Mark Linehan, Michelle Sprague, Michael Wade and Charlene Zaharakis. Rick Nunno, in Portland for two years, joined the Board. The six each briefly said why they are interested in participating, most citing civic engagement and responsibility, and were voted in as a slate. Chris, Board chair, thanked Claud Gilbert and Daniel Amoni, who have left the Board, for their contributions.

The guest for the evening was Kate Merrill, executive director of the Central Eastside Industrial Council. She was invited to brief us on the district as well as its Enhanced Service District, the latter of which operates under contract with the City. She described the Central Eastside Industrial District, which stretches from 12th Ave. to the river and I-84 to Powell Blvd. and includes 1,300 businesses. Kate described the myriad ways the Enhanced Service District is working to help people who are houseless, work with SOLVE to deal with trash, keep the district safe and more.

After discussing the dangers of the rail crossings at SE 8th, 11th and 12th Aves., the Board voted to send a letter to the Portland Bureau of Transportation and any others involved urging prompt action to install signs for pedestrians and bicyclists at the three crossing sites. The signs would direct people to the new Bob Stacey Crossing over the tracks at SE 14th Ave. The signage should be for both north and south bound travelers. Current signs don't adequately inform people stalled by trains, resulting in dangerous situations and at least one fatality.

The next HAND meeting takes place Tuesday, June 15 via Zoom. See handpdx.org for link.

Montavilla Neighborhood Association
By Jacob Loeb

Portland City Commissioner Jo Ann Hardesty attended the May Montavilla Neighborhood Association meeting to answer questions and address members. Topics covered changes within all three of the Commissioners' boroughs and a range of questions from attendees. Much of the conversation centered on challenges experienced in implementing the Portland Street Response pilot program, and how it could expand with support.

Hardesty heads three Portland agencies, two of which are relatively new to her oversight. At the start of the year, the mayor assigned the Portland Bureau of Transportation (PBOT) and the Office of Community & Civic Life (Civic Life) to Hardesty's portfolio.

Commissioner Hardesty perceives a conflict with Portland committed to greenhouse gas reduction and how PBOT receives funding from gas taxes and parking fees. "I can't have a borough in my portfolio that is actually so dependent on things that we are trying to move away from." She wants to find an alternative revenue source for PBOT that can cover the \$5 billion backlog in road upgrades and repairs while supporting our climate goals.

Hardesty described the recent history of Civic Life as having "many challenges over the years." Her work within that organization will be ongoing, but she sees an immediate need for association support. The Commissioner wants to restore the funding for community activities and neighborhood small grants. Funding from Civic Life saw significant cuts during the pandemic. Groups need support now for cleanup activities and general outreach.

She spoke about her third borough with nothing but appreciation. "The hardest working public servants I know are Portland Fire & Rescue (PF&R) folks." That admiration extends beyond the traditional role of the fire department to PF&R's most recent addition, The Portland Street Response (PSR) pilot program. It officially launched in late February with a new approach to emergency calls. The program diverts non-violent calls involving people experiencing houselessness or behavioral and mental health issues to specialists equipped to resolve those situations.

PSR currently serves a small portion of Portland and the Commissioner would like to expand the pilot program across Portland's diverse environments. Hardesty feels it is not a fair test of the program if it only serves one segment of the community. Unfortunately, the majority of City Council is not in support of additional funding. "I'm really excited about the potential to expand PSR throughout the city. I was disappointed that the mayor's budget didn't reflect the same commitment," explained Hardesty.

The Commissioner spoke for an hour and answered a variety of questions. On exiting the meeting, she offered an invitation for additional support by reaching out to her office and encouraged MNA members to stay involved and make their voices heard. A full recording of Commissioner Hardesty's conversation is available at montavillapdx.org/pdx-mna-meeting-podcast.

The MNA Recycle Day is coming up June 12 and the next General Meeting is June 14, 6:30 pm. Details are available at montavillapdx.org/mna-calendar.

Mt. Tabor Neighborhood Association
By Stephanie Stewart

MTNA hosted a community meeting in May on Zoom. Reservoir 6 (the biggest reservoir, closest to SE 60th Ave.) will likely be empty July-November 2021. The Shelter To Housing Continuum project was passed by Council with those changes advocated for by park advocates. In August of 2020, the city commissioned an independent audit of the bureau now known as Civic Life and the audit was withheld by the city until a citizen forced its release to the public (a link to the report is in our newsletter).

Our next meeting is Wednesday, June 16, 7 pm on Zoom. Find links for this and all of our meetings under the "Meetings and Events" tab of our website, mttaborpdx.org. MTNA's monthly newsletter is on our website next to each month's meeting minutes.

North Tabor Neighborhood Association
By Kim Kasch

At the May North Tabor Neighborhood monthly meeting, Rob Hertert from Host2Host gave an informational presentation on short-term rentals in the neighborhood. For info, visit their website, host2host.org.

The next meeting is scheduled for Tuesday, June 15, 6:30 pm and will offer a safety presentation entitled Ask an Activist: Protest Safety, presented by CJ Alicandro offering steps for maintaining your safety

continued on page 15

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Neighborhood Notes

from page 13

during a demonstration. Tips will be included for folks engaging in action as well as neighbors living nearby. Time will be included for questions.

The Neighborhood Association has implemented a free digital newsletter to keep all our neighbors informed. If you would like to subscribe or volunteer as an assistant for the newsletter, visit northtabor.org for more information, or contact the Board at board@northtabor.org.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) meetings are held via Zoom on the second Monday of the month, 6:30 – 8:30 pm. Preregistration is required and the link to preregister is on the Agenda, which is posted to richmondpx.org and sent out to the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

May 11 Annual Board Election Results: All eight candidates were elected: Ann Sandvig, Brian Hochhalter, Claire Cofsky, Debby Hochhalter, Hope Townsell, JoAnne Knowles, Kamal Belkhatat and Madeline Anderson-Clark.

Much of the meeting was a community discussion about the fatal shooting of Noah Terry in October 2020 at the intersection of SE 48th Ave. and Division St., the memorial at the site and the impacts on neighbors from the “drifting” that has been occurring in the intersection since Terry’s death.

“Drifting” is the term for cars doing stationary 360s, which causes immense tire smoke and noise. Noah’s brother, Isiah, and his mother were present, as well as the owner of the property where the memorial is located, the owners of the nearby apartment buildings, Robert King, Public Safety Advisor to Mayor Wheeler and several community members.

Isiah explained that the drifting they have been doing in the intersection has been in memory of his brother and their form of grieving. He acknowledged that the activity is illegal and very disruptive to neighbors and traffic. He explained that he had recently told people in his car community to stop the drifting in light of the complaints he was receiving.

Many people offered their sympathies to the Terry family and empathized with their desire to have a memorial at the intersection. Vandalism of the memorial has become an ongoing point of tension between the car community and neighbors. There was discussion about replacing the memorial with a more discreet form of memorial that would be less susceptible to vandalism.

Overall, it was a very successful meeting with the sharing of several, very different perspectives on a difficult and complicated issue. It is the beginning of an ongoing conversation how to honor the wishes of a grieving family as well as the nearby neighbors and businesses to address safety concerns and the disruption caused by drifting in the intersection.

RNA will have a table at the Sunnyside Farmer’s Market, opening Tuesday, June 1, 3-7 pm, at Central Christian Church parking lot, 1844 SE César E. Chavez Blvd., continuing every Tuesday through September 28.

The RNA’s next meeting is Monday, June 14, when Board officers and committee chairs will be appointed. You do not have to be on the Board to be a committee chair or be on a committee. Please attend the next RNA meeting if you want to be more involved in your community.

South Tabor Neighborhood Association By Tina Kimmey

Summer is almost here and what better way to celebrate than a good old fashioned Neighborhood Yard Sale? Saturday, June 12, 9 am-3 pm, we invite you to participate in the South Tabor Yard Sale. To be included on the official map sign up at southtabor.org under the News heading or on the South Tabor Neighborhood group on Facebook. If you want to help out or participate you can contact secretary@southtabor.org. Maps will be distributed to local businesses the week prior to the event.

We had our annual elections in May with Juan Cummings being re-elected to the Secretary position and Tina Kimmey newly elected to the Chair position. Juan was appointed to the vacant Vice Chair seat. We look forward to the opportunities ahead of us with the re-opening of local businesses and holding more outdoor community activities.

Our meetings are currently held remotely – links and agendas for all meetings are posted at our website, southtabor.org. The Land Use Committee next meets June 15, 7-8:30 pm, and the monthly Board meeting will be held June 17, 7-8:30 pm. Hope to see you soon!

New Proposal Seeks to Improve Building Procedures

from page 1

system; the prior threshold was 55 feet.

This was one of the main talking points brought up by commissioners and testimonials.

Some of the testimonies felt the appeal process can rear its head amid design review and create problematic delays (among other issues), and having a more streamlined path for projects will get more affordable housing built quicker. Others felt the process brings about great results and is necessary to maintain the identity and integrity of Portland.

Commissioner Jo Ann Hardesty questioned if design review unnecessarily delays the implementation of affordable housing developments in a time when they are needed.

Chair of the Portland Design Commission, Julie Livingston, responded by saying design review “gives the neighbors that surround the building, and the broader community, the opportunity to participate in public discourse about the development.”

She added there are “many people who support affordable housing that have true understandings of how their neighborhoods work well and what their neighborhoods need that will come to public forums and provide input for the design/development team that will positively influence the design of the building.”

Hardesty inquired about what is being done to make the design commission as “inclusive” and “diverse” as possible, in order to best reflect the desires of its citizens when these reviews do take place.

Livingston said “We do a lot of outreach all the time to find people that have the skills, the interests and the ability to participate.”

Commissioner Mingus Mapps asked for an explanation “behind banning the design review process from requiring a change in floor area ratio or height. Where’s that coming from, and why’s that a good policy?”

Wood explained the “knowledge about this is that the zoning code and the planning sustainability commission, when they sent a recommendation to council and they adopt the floor-to-area ratios, which is the amount of floor area on-site, that’s the amount of clay a developer is allowed to put on the site.”

She further explained that you can vary the shape and distribution of this “clay,” but you have to work with the same amount.

Katherine Schultz, Director of GBD Architects, echoed this sentiment and said it adds “certainty” for those in the development community and these discussions were had and understood in their public forums.

Commissioners will discuss their amendments to this proposal at a work session May 26. Mayor Ted Wheeler may then decide to schedule another hearing on those amendments if need be.

More details in the proposal’s three volumes at bit.ly/DOZAsummaries. The full May 12 City Council Session can be viewed at bit.ly/May12DOZA. Updates on DOZA can be found at portland.gov/bps/doza.

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THE CAPLENER GROUP

at Windermere Realty Trust

PORTLAND REAL ESTATE
Southeast & Northeast Specialists
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Homes Now Available in Your Neighborhood



1222 SE 57th Ave.
1912 Craftsman
4,686 Total Sq. Ft.

\$ 1,150,000
4+ BD, 1.2 BA



1318 SE 58th Ave.
1932 Tudor
3,209 Total Sq. Ft.

\$ 975,000
4 BD, 2 BA

SOLD



6444 SE Stark St.
1953 Mid-Century
4,556 Total Sq. Ft.

\$1,150,000
3 BD, 2 BA +
1 BD, 1 BA ADU

PENDING



6600 SE Pine St.
1955 Mid-Century Modern
3,010 Sq. Ft.

\$1,150,000
5 BD, 3 BA



547 SE 74th Ave.
1902 Bungalow
1,832 Total Sq. Ft.

\$ 590,000
2 BD, 1 BA



2920-2922 SE 16th Ave.
1957 Duplex
600 Sq. Ft. per unit

\$ 500,000
Two 2 BD, 1 BA units

Community Events

Lake Oswego Festival of the Arts

George Rogers Park
Saturday, June 26 and Sunday, June 27
lakewood-center.org

The 2021 festival will feature a two-day sales event in George Rogers Park that focuses solely on showcasing talented artists. Visitors can also experience live music on two stages, performances, kids activities, artist demos and a variety of food. It's free to the public (donations encouraged) and attracts thousands of festival-goers each year.

Portland Rose Festival Porch Parade

Various Locations
Monday, May 31-Sunday, June 13
rosefestival.org/events/2021/porch-parade

The Portland Rose Festival parades have entertained and inspired our community and visitors from around the world for more than 100 years. This year people can decorate porches and yards with themes representing the Rose Festival, local businesses and family fun. The Portland Rose Festival will produce an online map marking the location of each registered Porch so you can plan a trip around any Portland neighborhood to see and share in the celebration. Unleash your creativity to bring a smile to your friends and neighbors!



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



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

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

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

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

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

To schedule an appointment,
call us at **(503) 232-4763**
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