



BPS Strategic Plan

By Don MacGillivray

In recent years, Portland has undergone significant challenges including COVID-19 health issues, racial concerns, forest fires and climate change. While everyone has been stressed by these conditions, the city is working to help those citizens who are greatly distressed.

The Bureau of Planning and Sustainability (BPS) plays a large role in creating many of the conditions that affect our city and its people through their plans, policies and regulations. These affect growth, land use, businesses, the environment and many other aspects of city life.

Recently, the BPS issued their Strategic Plan for 2021-2024 to address the problems of recent years. The focus is on

transforming systems, policies and institutions to make Portland more equitable and healthy, prosperous and resilient.

The BPS Plan provides leadership and a strategic direction toward stabilizing neighborhood communities and preventing displacement, the decarbonization of buildings and transportation, and making improvements to plans and policies.

The Plan addresses 1) economic, social and environmental issues, 2) climate justice and resiliency, 3) housing access and affordability, 4) the creation of family-wage jobs, 5) land use protections and urban design, 6) historic preservation and 7) natural resource conservation.

In collaboration with community organizations, agencies and partners, the latest Strategic Plan has an emphasis on low-income communities and Black, Indigenous and People of Color (BIPOC). The economic setbacks during the COVID-19 epidemic have exposed many problems centered in racial communities.

It also focuses on expanding opportunities for meaningful community engagement and working with ethnically diverse teams to create inclusive, multicultural solutions.

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RIP2 Moves Forward After Amendment Discussions

By Daniel Perez-Crouse

The final stages of the Residential Infill Project Part 2 (RIP2) approached as the Planning and Sustainability Commission moved to adopt amendments at its February 8 meeting. The meeting saw clear approvals and mixed opinions on a few “rushed” proposals that had unclear implications for developers and residents.

As noted on the Planning and Sustainability (BPS) section of RIP2, it “addresses several outstanding mandates in the State’s middle housing bill HB2001.

“This bill requires Metro cities to allow duplexes on all lots where single homes are allowed and allow other types of middle housing such as triplexes, fourplexes, attached houses and cottage clusters in many residential areas.”

The first part of RIP mainly addressed the residential zones from R2.5 to R7 (these are single dwelling areas classified by how many lots are allowed per a certain amount of feet – so, R7 would be one lot per 7,000 feet).

RIP2 addresses housing types allowed in all residential zones. This includes many specific actions and initiatives, like permitting duplexes and other types of middle housing on buildable lots in the R10 and R20 zones.

In their discussion among the nine amendments, some, like numbers eight and

nine (these contained more minor, technical alterations), were passed without any real discussion.

Amendment one is in response to assessing the feedback to have wildfire risk as a constraint for additional middle housing density and deciding not to enact that constraint for multiple economic and safety factors. It passed with minor concerns that may need to be revisited later down the line.

Discussions were more involved when it came to Amendments five through seven.

Amendment five, broadly speaking, seeks to create a “pathway” for side-by-side units that can be divided into their own lots for fee-simple ownership and mirror bonuses for affordable fourplex, fiveplex and sixplex homes. This allows for the possibility of larger sites and alternative standards for smaller project sites.

Jeff Bachrach, Land Use Attorney at Bachrach Law, said, “I’m not comfortable with the whole approach. If accomplishing what we are calling the sixplex side-by-side requires allowing more coverage and reducing setbacks, I think that is going to have a somewhat significant impact on the character of this product.”

Bachrach ultimately felt it was too early to start tinkering with RIP1 initiatives

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How to Prepare for a Disaster

By Nancy Tannler

As you are reading this article, somewhere in the Cascadia Subduction Zone a small tremor will take place. In the past month, there have been 67 quakes in Multnomah County. Although they were small, they continue to occur.

The last big earthquake was in 1700 and scientists predict they happen on an average of every 240 years. That is why it is a good idea to be prepared for the big one and/or any other disaster.

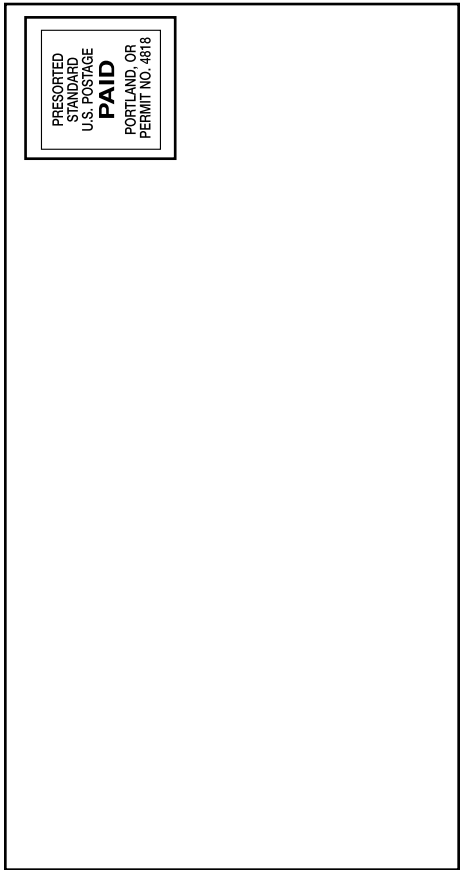
Ajeet Kaur regularly taught work-

shops on emergency preparedness before the pandemic. She had a few good tips on where to begin your preparation as well as a list of websites to download brochures on everything you will need to know.

“The first thing to establish,” Kaur said, “is a plan for where to meet outside if there is an earthquake.” Once the immediate danger has passed, check your surroundings and make sure everything is safe.

It is important to know where your

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Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

This month I have been in Salem a lot as we rush to pass bills and improve budgets in a 35-day window. As I mentioned in the January column, the Oregon Legislature is a seasonal legislature.

We have a 160-day “long session” every odd year and a 35-day “short session” every even year, plus special sessions when the need arises. During the “short session,” as you might imagine, everything happens at a much more accelerated pace.

Deadlines come quickly and even bills with widespread support can struggle with procedural hurdles. With all that in mind, and the ever-present possibility of a Republican walkout (which I am very happy we have not seen so far), I will avoid giving too many concrete predictions.

You never really know how the “short session” will end until it does. We are reading every bill out loud, line by line, word for word though.

Instead of guessing at what the next couple weeks will bring, I thought it helpful to talk about the important bills Democrats are bringing that are still alive in the process and that have some momentum behind them.

One bill I have been hearing a lot about is HB 4058. This bill establishes a program to distribute emergency air conditioners and air filters to eligible households. Last summer, we experienced heatwaves and wildfires. 60 people died during the last heatwave in Portland.

Oregonians deserve access to affordable, efficient and safe heating and cooling during extreme weather events and HB 4058 will put funding aside for that purpose. This legislation will save lives and I completely support it. I am optimistic it will be-

come law soon. There is a lot of support for this bill.

Another important priority is getting more shelter space. Oregon has one of the highest rates of people experiencing unsheltered homelessness (meaning they are sleeping outside, in a tent or a car).

In 2019, Oregon Housing and Community Services commissioned a study of shelters in our state that found Oregon is one of four states where more than half of people (61 percent) experiencing homelessness don’t have access to shelter.

We are way behind on where we need to be in shelter capacity and, while we are funding more shelters, we need to act immediately to solve this problem.

In 2020 we put started Project Turnkey, which converts hotels, motels and other spaces into both temporary shelters and long-term housing.

Increasing funding for this effort so we can get our unhoused neighbors into shelters and off the streets is crucial. The current situation is untenable and we must give people a place to go and off the street. This is exactly what Project Turnkey has been doing and with more funding they can do more of this crucial work.

Both proposals, HB 4058 and more money for Project Turnkey, are going through the Ways and Means process where we will decide how much funding we can afford to put towards these priorities. Again, I am hopeful we will properly invest in both programs.

Without making this column way too long, I want to mention some other very important bills we are advancing.

HB 4075 would ensure that crime victims, including burglarized small businesses, receive restitution for the harm they have



experienced.

SB 1510 would reduce traffic stops for infractions like broken taillights that aren’t dangerous, so police can focus on addressing dangerous crimes.

HB 4045 would invest in programs to break the cycle of community violence.

Finally, the earned income tax credit bill, HB 4157, would send \$600 to more than a quarter million Oregonians to help low- and middle-income families.

These are only a small number of the important bills we are working to pass, and I will provide more updates in my weekly newsletter as things progress.

If you want to receive those updates, reach out to me at rep. robnosse@oregonlegislature.gov.

There are lots of other bills on my radar, and if you have bills you strongly support or want to know my view on, please reach out as well.

Short session is certainly chaotic but I’m proud of the work we are doing and hopefully we can get important priorities across the finish line.

For the April column expect a summary of big-ticket items that passed – like saving the Elliot State Forest or the Governor’s Future Ready Oregon Proposal workforce initiative or making sure people don’t lose their health care (Oregon Health Plan/Medicaid) when the pandemic ends.

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Safety Within Portland Public Schools

By ISABELLA SMEJTEK,
FRANKLIN HIGH SCHOOL’S
THE FRANKLIN POST

During the 2018-2019 school year, there were numerous incidents within the Franklin High School community concerning shooting threats and physical violence on or near campus.

Announcements that there was a threat written in bathroom stalls were frequent. Students during that time experienced feelings of anxiety and uncertainty around coming to school.

Returning to in-person school after being online for the last year has brought up memories of those feelings of anxiety, as well as questions regarding current safety precautions within Portland Public Schools (PPS). More specifically, at Franklin.

While health safety due to COVID-19 has been predominant since 2020, there remain numerous safety concerns that persist within schools, ranging from fights in the hallways to fires and earthquakes to shootings and threats thereof.

Safety protocols regarding natural disasters are widely known within school buildings, as almost every student has evacuated their building and lined up outside on the field or street or has practiced what to do in the event of an earthquake.

While these drills are regularly practiced, few students understand or have any knowledge of the protocol that activates when threats of violence or violence itself occurs.

If a safety concern such as a shooting threat or an on-campus threat were to occur, the first people to respond are campus security guards.

School security guards patrol the hallways daily, making sure students are getting to class on time, but more importantly, watching for signs of conflict and to be on-call in case of an emergency.

If an emergency, threat of violence or other safety concern occurs, the main role of security guards is to control the situation.

Franklin security guard Osa Esene touched on this, saying, “The first plan is to keep it under the table as much as possible... and obviously make sure everybody’s safe in the process... We attack the issue on a lower scale and then keep everybody safe.”

This is something which was emphasized by Franklin Vice Principal Scott Burns. Similar to Esene, Burns discussed the importance of the protocols in place, especially in relation to severe safety threats, which contain the situation and try to resolve it internally as best they can.

The district and Portland Police Bureau (PPB) are contacted only if the situation cannot be contained.

Security and administrators communicate with the district in the event of a written threat. Along with this, as lead security guard at Franklin, Esene communicates with the district daily to revise safety precautions and communicate about safety concerns.

Franklin’s security guards are unarmed and they are encour-



Kaben Humphery-Butler (left) and Osa Esene (right), two of Franklin High School’s on-site security guards.
Photo by Isabella Smejtek

aged to build rapport with students. Esene shared the reason he became a security guard to begin with.

“I didn’t look at it as becoming a security guard, I was more interested in working with kids. You got to be flexible in the role of security, but also as a mentor, big brother, dad, uncle, best friend.”

Esene extends his work at Franklin as the men’s varsity basketball coach as well.

Vice Principal Burns is the administrator overseeing safety, health and security in the building. He works with the emergency response team, which includes school security, regarding evacuation, emergency responses, lock-out and lockdown plans.

Although safety protocols cannot be discussed in detail for safety purposes, “It’s also important...to inform everybody about...those protocols,” Burns says.

In the event of a lockdown, the entire district follows similar protocol: locks, lights and out of sight. This is conducted on a teacher by teacher basis, as every room requires different responses depending on its layout.

While individual schools have immediate protocols they follow, the district also does preventative work to try to broadly limit the threat to the safety of students.

Catherine Burkhardt, Security Specialist for PPS, runs volunteer background checks and monitors access control requests and emails. She is cross-trained in multiple security and operational roles, along with managing alarms and coordinating with first responders.

Her role ensures the people who have access to a school building have cleared background checks and she stays updated on current safety issues occurring within the district.

In the event of a non-contained emergency, members of the PPB are contacted and first responders will be sent to the site to help manage and contain the

situation.

There is always room to improve, something which was acknowledged by everyone interviewed.

Burkhardt noted in the last three years, PPS security services have doubled their number of office staff as well as employing more Campus Safety Associates, so there is now a broader security coverage than ever.

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Really Good Stuff Vintage and Collectibles Reopens

By ELLEN SPITALERI

As Evan Shlaes was on his way to work on the morning of October 5, 2021, he saw two fire trucks headed in the direction of Really Good Stuff, his shop at SE 13th Ave. and Hawthorne Blvd. “Then I saw a huge pillar of black smoke and I had a real bad feeling that got worse the nearer I got to my store,” he said. Streets were blocked off, so he parked as close as he could get and he ran into Justin Frey, one of his employees who had been in the back of the shop seconds before the fire. Frey had smelled something and walked out the front door. “Just as he turned back to grab his pack, an explosion rocked the building and a thick acrid cloud of smoke came pouring out from the rear. He was very lucky and I was relieved to find him unscathed,” Shlaes said. While the fire crew was still mopping up embers, Shlaes called a friend and asked him to bring his truck. The men sneaked past the yellow tape and began an attempt to rescue another employee’s jewelry and tools by reaching through the broken front window. “The fire marshal saw what we were up to and I figured we were going to get the boot, but he said we had five minutes to grab what we could.”

Then the men were told that things were still too dangerous for them so they had to back off but they had managed to save about 80 percent of the tools and all the employee’s inventory. “I asked when we might be able to go back in and see if anything else was salvageable and was told that we’d have to wait for the official investigation to conclude and that it would be days if not weeks,” Shlaes said. “Of course, looters were under no such constraints and my neighbor Jenna says she witnessed truckloads being removed that very night. She reported it to the Portland Police along with the license numbers of the vehicles involved but nothing has ever come of it,” Shlaes said. Later, he and his helpers managed to get a few things out that the looters had passed up, including a big neon clock with Really Good Stuff painted on it that miraculously survived, and a few of his own tools. Shlaes first opened Really Good Stuff in 1993 in a duplex he owned at SE 31st Ave. and SE Division St., selling an eclectic mix of collectibles and antiques. When he outgrew that space, he moved to a storefront at SE 32nd Ave. and SE Division St. In 2002 he expanded again to the store on SE Hawthorne Blvd. which housed vendors selling jewelry, brass and reed repair, vinyl records, vintage clothing and more. In the aftermath of the fire, which destroyed his shop, two restaurants and a vintage furniture store, Shlaes noted that he lost 30 years of his life in the fire and about a quarter of a million



Owner Evan Shlaes, wife Maggie and store dog Barney
Photo by Dick Trtek

dollars in inventory and fixtures. He did not have fire insurance. “I was really low and trying not to show it. I considered retiring, but I couldn’t see myself spending the rest of my days tending my lawn or selling stuff to other store owners,” Shlaes said. Then Claes Almroth, his vinyl record vendor, phoned and told Shlaes about a storefront for rent at 3629 SE Division St. “I was just blocks away when he called, so I pulled over to take a look. I saw a big, empty, dingy place with holes in the floor, holes in the ceiling, no heat, no electricity and no water. It smelled of mildew and dust. The basement was underwater and filled with trash,” Shlaes said. “I’ll take it,” he said, to the surprise of the real estate agent, his friends, and even himself. He had seen that the site had “terrific Feng Shui, lots of natural light, space for a real workshop for me and a studio for Justin and Brian,” two of his store vendors. He loves the neighborhood with its foot traffic, restaurants and other boutiques on the street and was especially delighted that the old convenience store left a big, illuminated sign over the sidewalk. That’s where his late store cat Tommy’s six-foot visage can

survey Division St. next to the shop’s logo. Shlaes fixed the leaky basement and used it for storage while he and his friends worked on the walls, floor and ceiling. As for stock, many people came together to help Shlaes outfit the new shop – too many to count, he said. “I cannot thank them or the friends who donated their time and labor enough. Amazingly, we were able to re-open December 1, just nine weeks after the fire,” he said. As he settles into his new space, Shlaes said “People should buy whatever makes them happy and when they do, it makes me happy. It’s the reason we’ve been successful when so many other businesses like mine have failed, and why, after just shy of 30 years, I still look forward to heading down to the shop six-and-a-half days a week.” “The other reasons I can’t stay away,” he added, “are the friendships I’ve made with my customers, the camaraderie I share with Brian and Justin, the pleasure I get from fixing old, abandoned, broken things and making them useful or beautiful again and the thought that today could be a day that something really, really cool turns up on my doorstep.”

RIP2 Moves Forward

from page 1

like this. Moreover, he addressed the “huge opposition” RIP1 had in relation to how these larger developments, let alone sixplexes, would look in neighborhoods and that it may be too early to start “tinkering” with RIP1 in this instance

Erica Thompson, Vice Chair and Associate at Hennebery Eddy Architects, continued this opposition saying, “I’m concerned that we are adding code complexity and it’s not giving us a whole lot of benefit.”

She said she supports an approach where they would engage nonprofit developers between now and future discussions with Portland City Council to develop and vet more effective solutions.

Oriana Magnera, Climate and Energy Policy Coordinator at Verde, believed the issues involved in this amendment demanded more time, thought and engagement from the people who would be impacted by it.

Amendment six featured concerns with its increase on the FAR (floor area ratio), which is currently the same for triplexes and fourplexes, to encourage fourplex development and larger units.

Bachrach didn’t understand its purpose since sixteen fourplexes are already being developed.

Thompson said, in its defense, that, “I think with the lot coverage protections in place, we are disincentivizing fourplexes. Whether sixteen is a resounding success, I don’t have a great sense for that, but if you’re not getting FAR to build for it, then there’s a disincentive to go beyond three.”

However, Katie Larsell, Executive Director at Oregon Unitarian Universalist Voices for Justice, felt this may have been a bit rushed and will be more of an incentive to build nice, but expensive, fourplexes.

As a result of some of these concerns, amendments five and six did not pass. Larsell said the units would likely be better than

what is currently in development (increased size), while still preserving the FAR bonus for developers choosing to make affordable units in their fourplexes. This general sentiment was echoed by other members.

Amendment seven, which would allow triplexes, fourplexes and affordable multi dwelling structures with five or six units on smaller size lots than is currently allowed, passed with some resistance at five favoring and three against.

Eli Spivek, Owner, Orange Splot, LLC said, “My hope is to do away with the minimum sizes. If you can fit it, you can fit it; and if you can’t, you can’t. I don’t see a benefit to the public from preventing the building of small units.”

Some potential issues with the future analysis of RIP1 being impacted with this change and problematic expectations set for developers were expressed as well.

Sandra Wood, Principal Planner, BPS, said it might set off a bad chain of events where people are told they could fit something in a smaller lot, but then can’t meet setbacks or building coverage and need to submit a land use review which leads into other complications.

Amendment seven ultimately passed and there were noticeably high spirits after making it through all of them. They concluded by accepting motions to revise their documents to reflect these updates and move forward with recommending City Council adopt the RIP recommended draft volumes 1-3.

There is a lot of history and technical details involved in this particular initiative, so to learn more, head over to portland.gov/bps/rip2.

While an official date has not been determined, it’s outlined that City Council will hold public hearings on the RIP2 Recommended Draft beginning in the spring.

How to Prepare for a Disaster

from page 1

gas and water shut off valves are (PGE has tips at bit.ly/PGEGasOff). If they require a special tool to close them down be sure to put it there now.

Next, Kaur advises to check in with others. Signs placed in the window saying HELP or OK are a good way to let your neighbors know your status. Printable versions are available at bit.ly/HelpOkSigns.

Most people aren’t aware that in the case of an earthquake there are 50 Basic Earthquake Emergency Communication Nodes (BEECNs), Kaur said. This is where you can get information and request emergency assistance when phones and computers aren’t working.

Volunteers will staff them within 24-48 hours of an emergency. Find the BEECN nearest you at bit.ly/BEECN.

The general rule is to have at least three days worth of easy to prepare food and enough water for two weeks per person.

A hot water tank can store 40-120 gallons of water and can be transformed into a water source. Just be sure to have a clean, flexible tube available (see bit.ly/AccessWaterFromHeater).

If you have lost power, it is best to find a place outside if you need to use a campstove to cook with. It is dangerous to use them indoors due to the fumes.

Other common sense ideas Kaur spoke of is to keep small-

denomination bills around in case ATM and credit card machines quit working.

Having a pair of shoes under your bed in case disaster strikes in the night and glass shatters is another.

If you really want to be prepared, Kaur suggests you have a to go bag ready with a zip drive in it containing your important documents etc.

A battery operated or wind-up radio is a good item to own so you can find out what’s going on. KOPB 91.5 FM, KUPL 98.7 FM/970 AM, KXL 750 AM will all be broadcasting emergency information. You can sign up for an emergency broadcast alert on your cellphone or computer at portlandoregon.gov/pbem.

A brochure that details a budget friendly plan to build an emergency disaster kit is available at bit.ly/EmergencyKitInfo.

It describes a 24-week plan to gather a few items per week in order to prepare your family for any emergency.

Since the pandemic, summer block parties have been put on hold. These were always an

easy way to begin a communication tree on your block. Hopefully by this summer they will recommence, making it easier to gather your neighbors’ information. This shared information should include all pets.

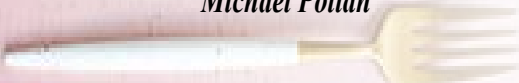
“What’s most important to consider is how to take care of the basics,” Kaur said.

We mainly think about food and water but what about a latrine? There are a couple of easy methods you can familiarize yourself with using either buckets or by digging a hole in the ground (more at bit.ly/LatrineHowTo).

Robert Quinn, Multnomah County Emergency Management, said they still accept general preparedness presentation and training requests. They have printed material available to the public for any emergency situation. Request a presentation to a group at bit.ly/MultCoRequest.

Large and small emergencies take place around us every day. Most of them are able to be handled with common sense but if/when something big occurs, it is always best to be prepared ahead of time.

Eat food. Not too much. Mostly plants.
Michael Pollan



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Brownies Made With Zucchini Can Be Delicious



If you’ve made it past the title – congratulations! You may be thinking that putting vegetables into a dessert sounds like a poorly-conceived idea to sneak additional nutrients into the mouths of reluctant vegetable eaters. It might be the case sometimes, but I cross my heart and swear that isn’t the case here.

A friend introduced me to this recipe from Amanda Rettke and her blog, I Am Baker (iambaker.net), and as soon as I had my first bite, I knew I had to have the recipe.

Unlike many recipes that use zucchini, this one does not require the zucchini to be drained and squeezed of as much moisture as possible. In fact, this recipe requires the water contained within the zucchini to work.

Like many brownie recipes, this one comes together quickly and makes it a great go-to dessert. While they bake you’ll have ample time to clean up any evidence that vegetables were used.

An added bonus for some is that they are vegan. Just like you won’t notice the vegetables, you also won’t notice the lack of eggs or butter.

Zucchini Brownies

- 1/2 cup vegetable oil
- 1 1/2 cups granulated sugar
- 1 Tbsp vanilla extract
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 tsp baking powder
- 1 tsp salt
- 3 cups finely shredded zucchini - DO NOT DRAIN
- 1 1/4 cups semi-sweet chocolate chunks

Preheat oven to 350 degrees and prepare a 9x13 pan with butter (or baking spray) and line with parchment paper. Allow parchment paper to go up the sides for easy removal.

In a large bowl, combine oil, sugar and vanilla until fully incorporated.

Add flour, cocoa, baking soda and salt. Mix until combined. **Batter will be very dry.**

Fold in zucchini by hand. Allow batter to rest for 5 minutes.

Add in chocolate chunks and stir again. Batter should appear more wet. If not, let it rest for 5 more minutes and stir again. Spread brownie mixture into the pan and bake for 25-35 minutes.

Brownies are done when an inserted toothpick is removed with crumbs. There should not be wet batter on the toothpick.

Nominate a Parks Champion

Portland Parks Foundation’s (PPF) annual Parks Champion Award honors individuals who make outstanding contributions or provide significant service to a Portland park, community center, natural area, community garden, park-related program through volunteer service.

PPF will make a grant of \$1,500 on the recommendation of the honoree to a community organization that aligns with PPF’s vision to help Portland communities create more equitable access to nature, play, health and places of connection.

Nominations are accepted

through Thursday, March 31, midnight. The easiest way to make a nomination is to submit PPF’s online form. Nominations can be mailed or emailed.

Eligibility criteria include individuals who volunteer time for a public park, natural area, community garden or community center and those who volunteer for a park-related or recreation program.

All ages are eligible to be nominated and past nominees are eligible to be nominated again. Eligibility details can be found with the application.

Past nominees have includ-

ed volunteer basketball and soccer coaches, garden clubs, neighborhood trail cleaners, advocates for accessible playgrounds and park events organizers.

All nominees will be notified of their nomination and applications will be reviewed by community members. All nominees will be celebrated and the Parks Champion Award will be presented to the honoree at the Friends and Allies Summit in May.

Visit bit.ly/ParksChampionAward for full details and to nominate the Parks Champion in your life.

Volunteer with Friends of Laurelhurst Park

Plans are in the works for Friends of Laurelhurst Park (FLP) 2022 work parties. Despite a few setbacks in 2021 (late seasonal start due to COVID-19 and scorching weather in August), much was accomplished.

Shrub beds and woody areas got spruced up with pruning, weeding out invasive plants and a whole lot of mulching.

Portland Parks and Recreation staff give FLP volunteers guidance and project support and

are fun to work with.

Highlights of volunteering include meeting folks from around the city as well as working alongside new and longtime neighborhood residents. New faces are welcome to join the ever-changing group; come support this beautiful historic park.

Work Parties are held on the second Thursday of the month, 9 am-12 pm. Dates are April 14, May 12, June 9, July 14, Aug. 11, Sept. 8 and Oct. 13.

Cancellations or changes in the work party schedule will be posted on the park kiosk near the Parks building on Ankeny St.

Volunteers meet at the blue-green Parks building (3600 SE Ankeny St. on the park’s north side). Please bring work gloves and wear work shoes/clothes. All tools are supplied.

Contact Peggy Glascock at peggy.glascock53@gmail.com or 503.459-9248 to receive email updates.

March Fix-It Fairs

The City of Portland offers a regular lineup of free Fix-It Fairs connecting Portland residents with experts and each other, to learn simple, low or no-cost ways to save money and be healthy all year. March online events range from gardening to cooking to safety.

The Office of Community and Civic Life’s (OCCL) Community Safety Program presents two safety trainings.

The first is Tuesday, March 1, 3:45-4:30 pm, and covers the responsibilities of pedestrians and drivers with the goal to decrease pedestrian fatalities and serious injuries.

Register at bit.ly/OCCLpedestrian to increase your knowledge and make the community safer for everyone.

The OCCL’s personal safety webinar on Tuesday, March 8, 10-11 am empowers attendees to follow their intuition, learn how to become comfortable with being assertive, learn de-escalation



skills and options for escape and how to support others in the community.

Register at bit.ly/OCCLpersonalSafety.

The OSU Extension Service Master Gardener Program also has two Fix-It Fairs in March, the first, Saturday, March 5, 10-11 am. Vegetable Gardening Tips will get gardens ready to grow to ensure a bounty of tasty vegetables this spring and summer.

Learn from an OSU Extension Service Master Gardener how to select the best site and/or containers to grow veggies, fertilize and grow transplants from seed.

Register at bit.ly/OSUVegGardenTips to learn low cost options and planting plans.

The second is Ask a Master Gardener, Saturday, March 19, 11 am-12 pm, a live Q&A event.

A panel of Master Gardeners, dedicated to cultivating resilient and healthy communities through sustainable horticulture education rooted in science, will answer questions.

Sign up to ask, and learn from others’ questions at bit.ly/MasterGardnerQA.

Cook First PDX and the Montavilla Farmers Market present Fixin’ to Cook Sauces Thursday, March 10, 2-3 pm. The cooking demonstration covers three, scrumptious, easy to make meals of roasted veggies topped with a fresh sauce.

Get ideas for ways to put more vegetables on the table by registering at bit.ly/CookSauces.



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Have an event coming up the public needs to know about?
Send your Community News announcements to examiner@seportland.news by the 15th of the month.



Community News

School Exclusion Deadline Extended

Multnomah Public Health has extended the deadline for school exclusion by two months. The extension until April 20, will allow families to make sure their children have their required vaccinations or proof of non-medical exemption to avoid being excluded from school.

State law requires that all children in schools, preschools and child care facilities have current records of immunization.

Required immunizations are divided into age/grade categories. Age two months to starting pre-Kindergarten have different requirements than Kindergarten-12th grade.

A listing of immunizations can be found at bit.ly/ORImmunizations and includes base requirements for full-time college and university students.

Each year ahead of the deadline, health departments across the state send letters to families with children whose vaccination records are incomplete.

This year, to accommodate challenges to vaccine access and pandemic-caused medical staff shortages, Oregon Health Authority allowed local health departments to delay immunization reporting and exclusion deadlines.

Exclusion orders were mailed to families of children in preschools, child care and private

schools February 9. Exclusion orders will be mailed to families of children in public and charter schools March 2.

Public Health Director Jessica Guernsey said, "We know that the pandemic has created challenges for families in terms of routine vaccine access. We hope giving families additional time to access vaccines will help children stay in school."

Families with health insurance are encouraged to seek vaccinations from their regular medical providers.

Vaccinations and primary care, with no out-of-pocket cost, is available to children ages 5-18 at any of Multnomah County's nine Student Health Centers, located in high schools.

Both Cleveland and Frank-

lin high schools have a Student Health Center and a full listing of the Centers, including hours and contact numbers is at bit.ly/StudentHealthCenters.

Multnomah County also operates seven primary care clinics which provide low-cost family health care to all Multnomah County residents, including those who are low-income and uninsured. Clinic locations and hours are at bit.ly/MultCoPCC.

Vaccinations are the most effective way to protect children from preventable diseases such as whooping cough, mumps and measles.

The Centers for Disease Control offers a listing of safety information by vaccine, common vaccine safety questions/concerns and more at bit.ly/CDCvaxinfo.



Free Eviction Defense Services

Portland Housing Bureau has contracted with Oregon Law Center and Portland Community College to provide free legal service to low-income renters facing eviction, regardless of immigration status, through the Eviction Defense Project.

Renters who receive a termination notice or a summons for an eviction court case must contact the Eviction Defense Project before the first appearance date in order to receive help.

To determine if there is a case the Project can represent a renter in, call the Project at 888.585.9638 or fill out the contact form at oregonlawcenter.org/eviction-defense-project. Renters need to provide their name, case number and court summons date.

From there, a lawyer or paralegal will follow up to get

more details on the case. That will help the Project know if the eviction is illegal or if there is a case against the landlord.

Renters will be made aware of their options and if there is a case, the Project may be able to defend them in court.

If the cause for eviction is nonpayment, there are special protections that apply. Renters can't be evicted for nonpayment while their rent assistance application is pending if they have provided their landlord with proof that they have applied for assistance on or before their first eviction court date or June 30, 2022, whichever is sooner.

There are hundreds of millions of federal rent assistance dollars available to help Oregonians and those who are having difficulty paying their rent should

apply for assistance. Visit oregonrentalassistance.org or 211.org to apply.

The Eviction Defense Project reminds renters that no matter what, it is important to show up in court and call them before signing anything.

Failure to show up in court may result in an automatic ruling against the renter, even if they have applied for assistance.

Eviction paperwork provides instructions on showing up and some courts are allowing renters to call in to their hearing instead of showing up in person.

The Project encourages renters to call them before signing any settlement agreements with a landlord.

More about the Eviction Defense Project at oregonlawcenter.org/eviction-defense-project.

March Events

CLEAN UP HAWTHORNE – The Hawthorne Blvd. Business Association invites people to help keep Hawthorne Blvd. Clean every Monday at 11 am, meeting outside Dairy Hill Ice Cream, 1428 SE 36th Ave. No registration in advance, just show up with a large trash bag, wearing gloves. Garbage pickers, small rakes and shovels helpful.

SATURDAY SAMBA CLASSES – The Lions of Batucada offer instruction on playing Samba and a wide variety of instruments every Saturday, 11 am-12:30 pm at Cerimon House, 5131 NE 23rd Ave. Visit lionsofbatucada.com for more, including sliding scale pricing.

THINK EQUITY, THINK COMICS – Participate virtually in an exploration of comics Tuesday, March 1, 6-7:30 pm as a part of Everybody Reads 2022. Register for the free event at bit.ly/EverybodyReadsEvents.

JAI HO DANCE PARTY – A part of Everybody Reads 2022, join in a virtual, joyful celebration of movement and dance lead by DJ Prashant Wednesday, March 2, 6-7 pm. Register for the free virtual house party at bit.ly/EverybodyReadsEvents.

SHEBREW BEER FESTIVAL – The 7th annual SheBrew Festival, a collaboration between the Human Rights Campaign and the Oregon Brew Crew, takes place Sunday, March 6, 12-7 pm. The all ages event focusing on womxn in craft beer, cider and mead is held at Castaway, 1900 NW 18th Ave. Details and tickets at shebrew.beer.

EVERYBODY READS 2022 – The culminating event of Everybody Reads 2022 takes place Thursday, March 10, 7:30-9 pm. The in person event will be held at Arlene Schnitzer Concert Hall. Details and tickets at bit.ly/EverybodyReads2022.

W2D VIRTUAL EVENT – The Willamette Women Democrats (W2D) host Speaker of the House Dan Rayfield and two Labor Commissioner Candidates Thursday, March 10, 4:30 pm. Event details and free registration at w2dems.com.

LEARNING FROM APANO – Saints Peter & Paul Episcopal Church and APANO host a community conversation about the shared past, present and future of the Asian American experience in Portland. The in-person event is held Saturday, March 12, 10 am-12 pm at 247 SE 82nd Ave. Event speakers and information at spp-pdx.org. The event will be streamed live at bit.ly/March12APANO.

NIGHT MARKET – The 82nd & Woodstock Night Market: Skateboarding Edition is Saturday, March 12, 4-10 pm at The Old Pawn Shop, 5939 SE 82nd Ave. Skateboards, skate art, clothing, accessories, food, beer and cider. More at bit.ly/MarchNightMarket.

OREGON OTTER BEER FESTIVAL – The Elakha Alliance's festival is Saturday, March 12, 6:30-10 pm at OMSI, 1945 SE Water Ave. 13 unique otter-themed beers, live music and local vendors at this 21+ event that benefits marine ecosystems. Tickets and more details at bit.ly/OtterBeerFest.

SPRING GARDEN FAIR – Leach Botanical Garden holds their annual Fair Sunday, March 13, 10 am-2 pm. Seed exchange, scavenger hunt, tool sharpening, Master Gardener info table and more. 6704 SE 122nd Ave.

UN CLIMATE CONFERENCE HIGHLIGHTS – The League of Women Voters of Portland presents a panel discussing the recent UN Climate Conference that was held in Scotland. The virtual event is Wednesday, March 9, 4-5:30 pm. Details and registration at bit.ly/LWVMarch9.

AHC BUILDING STORIES – The Architectural Heritage Center unveils several video shorts with stories behind both familiar and lesser known places in the city, Tuesday, March 15, 5 pm. Register for this fundraising event at visitahc.org/special-events.

STYROFOAM DRIVE – Girl Scout Troop 12811 is holding a styrofoam drive Saturday, March 19, 10 am-12 pm (or until full). Bring your "PS" or #6 recycling symbol styrofoam to the front of Mt. Tabor Middle School, 5800 SE Ash St. A small fee will be collected to help fund a trip this spring. Questions? Email gstroop12811@gmail.com.

TRASH CLEANUP – Join Willamette Riverkeeper, Tuesday, March 22, 9-11 am for a trash cleanup along the Eastbank Esplanade. Capacity is limited and advance registration required. RSVP and details for the free event at willamette-riverkeeper.org/event-calendar.

OUR STREETS PDX FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, March 25, 9 am-7 pm for ourstreetspdx.org. 10 percent of sales will be donated to the nonprofit, feeding people in need. Contact JT at jtyu@symbiop.com with questions.

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BPS Strategic Plan

from page 1

Many economic challenges impacted low income workers and small businesses of BIPOC owners. The Legacy Business program will help to prevent displacement of independent businesses and implement zoning and other regulatory improvements.

It is important to build trusting relationships with community partners and to help them play vital roles in shaping their futures. The BPS will provide accessible, easy-to-use open data portals to allow the public to be informed and participate in local decision making.

Portland has been a leader in work on climate change and climate justice for many years. Climate justice shifts power in decision-making about climate solutions and investments to those who have historically have been impacted, but not involved, such as BIPOC communities.

Creating healthy communities with access to transportation options, improved air quality, less reliance on fossil fuels and healthier natural environments are the focus of this work.

By developing a Green Economy, Portland will be able to lower carbon emissions and be more resource efficient. This includes regenerative economic practices and systemic approaches that capture and reuse material and energy.

This plan will decarbonize local transportation by focusing on electrically-powered freight

and passenger vehicles and strengthen renewable fuel standards to displace fossil fuels for cleaner fuels.

The intensity of carbon production will be reduced in ways that will allow Portland to have 100 percent clean energy by 2030.

By updating the environmental zoning of the city’s floodplain, a variety of natural systems will be protected. Residents suffering from extreme heat and poor air quality will have access to air conditioning.

The Plan will improve recreational options and access to nature in the vicinity of homes and apartments.

The adoption of zoning tools will preserve existing affordable housing and adopt fair housing zoning policies to encourage development of multi-family housing in inner Portland.

Portland will keep pace with population growth by developing climate-friendly housing that is affordable for everyone.

East Portland lacks many of the facilities and services that are available to most Portlanders. These neighborhoods will be prioritized for resiliency improvements according to this plan.

Increasing tree canopy will be a priority along with expanding multi-family zoning in transit centers and corridors.

The operation of our waste collection system must become more efficient and affordable and this includes improvements to

garbage, recycling and composting collection services. These services will be more affordable as waste is recycled and reduced. Public trash services will be expanded for residents of multifamily communities in North, NE and SE Portland.

One of the major sources of funding for the implementation of the Plan’s projects is the The Portland Clean Energy Fund, created through local ballot measure #26-201 in 2018.

This Fund invests in green jobs, healthy homes and a variety of climate-friendly projects. It will support workforce development in the green economy while prioritizing BIPOC communities and other disadvantaged groups with capacity building grants for local service organizations.

BPS’ three year strategic Plan compliments many of the existing plans within the Bureau. The City’s Comprehensive Plan, known as the Portland Plan, governs the work of the BPS until 2035.

Another important document is the Climate Action Plan that made Portland a leader in the field of environmental planning.

This new three year strategic plan adds many important ideas regarding racial equity, environmental stewardship and land use improvements.

Access the full Strategic Plan at tinyurl.com/PDXStrategicPlan.

Literary Arts 2022 Fellowship Recipients Announced

Literary Arts received over 500 applications for the 13 fellowships to be awarded for 2022.

Judges from out-of-state spent several months evaluating the applications, using literary excellence as the primary criteria, to select 11 writers and two publishers to receive the fellowships.

Two Oregon Literary Career Fellowships were awarded, each worth \$10,000, to Carl Adamshick (poetry) and Dane Liu (young readers), both of Portland.

Adamshick’s books include *Curses and Wishes*, *Saint Friend* and *Receipt*. He received the Walt Whitman Award from the Academy of American Poets for the first and an Oregon Book Award for the other two.

Liu’s debut children’s book, *Friends Are Friends, Forever*, is a Junior Library Guild Gold Standard Selection, an Indie Next Pick and a Best Book of the Year (BCBB). She advocates inclusive children’s literature to build connections, spark empathy and inspire social change.

Literary Arts awarded fellowships of \$3,500 each to nine writers, to help them initiate, develop or complete literary projects, and two publishers.

Fiction

Tony Ardizzone’s books include *The Whale Chaser*, *In the Garden of Papa Santuzzu* and *The Arab’s Ox: Stories of Morocco*. In *Bruno’s Shadow*, set in Rome and Croatia, is scheduled for Spring 2023 publication by Guernica

Editions.

Creativity consultant and writing coach Clemantine Guirado has published short stories in *Best New American Voices*, *Rainbow Curve*, *Comet Magazine* and *580 Split*.

Laura Herbst writes about girls and women who overcome troubled families, tyrannical figures and oppressive thinking. Her work has appeared in *The Sun*, *The Timberline Review*, *North Carolina Literary Review* and elsewhere.

Jamie McPartland, writer and editor, has had her essays, short fiction and articles featured in publications such as *Guernica Magazine*, *Washington Square Review*, *Litro* and the *Rogue Valley Messenger*.

Nonfiction

Chinese American author Jessica Yen’s work explores the intersection of memory, family, culture, language and history. Her work has appeared in *Fourth Genre*, *Oregon Humanities* and *Best American Travel Writing*, among others, and she is currently working on a memoir.

Poetry

Rebecca Bornstein has had her work appear in *Tinderbox Poetry Journal*, *The Baltimore Review*, *jmww*, *The Boiler*, *The Journal* and elsewhere. Her first poetry collection is currently in the works.

Genevieve DeGuzman writes in the borderlands of the

continued on page 15



“While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.” - Patience Strong

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LEGAL NOTICE

If you owned or lived in a residential property in Southeast Portland in 2016, a class action lawsuit may affect your rights.

A court authorized this notice. This is not a solicitation from a lawyer. La información proporcionada en este aviso está disponible en español en www.StructuralsSettlement.com.

Plaintiffs and Precision Castparts Corp. and PCC Structurals Inc. (“PCC”) have agreed to a Settlement of a class action lawsuit brought by three residents within Southeast Portland against PCC, alleging that certain metal emissions from PCC’s production process contaminated the air in their neighborhood and their properties. Your legal rights are affected whether you act or not.

The Settlement guarantees PCC will install \$1.95 million in certain enhanced pollution controls at its facilities and it creates a \$12.5 million Settlement fund. After Court-approved costs and fees, the Settlement fund will be used for payments to eligible Class Members.

ARE YOU AFFECTED?

If you owned or resided in one or more of the affected residential properties on February 17, 2016, then you are a potential Class Member. A map depicting the area included in the lawsuit can be viewed at www.StructuralsSettlement.com. You are not a Class Member if you were a temporary guest residing on covered residential property or otherwise lacked legal property rights in a residential property that is within the class. Also not included in the class are PCC and any of its subsidiaries, affiliates, owners, offices, or employees; governmental entities; the judge to whom this case is assigned and that judge’s immediate family.

YOUR RIGHTS AND OPTIONS

FILE A CLAIM: Filing a claim will allow you to receive money under the Settlement if you’re eligible. Funds will be distributed to eligible Class Members as a residual cash distribution. To qualify for payment, you must timely submit a claim form, a copy of which is available at www.StructuralsSettlement.com, postmarked no later than April 9, 2022.

ASK TO BE EXCLUDED: If you exclude yourself from the Class you will not receive any money from the Settlement. But you keep any rights to sue PCC separately about the claims in this lawsuit, or about any legal claims that arise from, relate to, or are in connection with airborne emissions from the PCC facility.

OBJECT TO THE SETTLEMENT: If you’re a Class Member and you don’t exclude yourself, you can object to the Settlement if you don’t like any part of it. You can give reasons why you think the Court should not approve it. The Court will consider your views.

WANT MORE INFORMATION?

If you have any questions or want to review documents that have been filed in this case, including the detailed Notice that describes how to exercise your rights and the deadlines to do so, please visit www.StructuralsSettlement.com. All dates are subject to change. Please check the website for updates.

877-316-0125
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Bw

Business Walkabout

Kanji Fusion Restaurant

By Jack Rubinger

Division St. has a new Chinese and Japanese restaurant, all in one, headed by Sushi Chef Jake Wu. It's called Kanji Fusion.

Kanji are a set of logographic characters from Chinese script which forms a major part of the Japanese writing system.

"I just thought Kanji was a good fit because we do Chinese and Japanese food and also, when I was learning sushi, my Japanese teacher gave me the nickname Kenji," explained Wu.

Wu and crew opened Kanji Fusion several months ago. A desert place was there before, but closed due to COVID-19. Set in a long, narrow space with a couple of paintings on neutral walls, the restaurant looks fresh and new.

"A lot of times people do order a little bit of both Japanese and Chinese dishes," he said.

He said business so far has been good and hopes more people in the neighborhood will stop by to check out spicy Szechuan dishes like Szechuan Shrimp and Cantonese dishes like Mongolian Chicken.

"There's been a lot of take-out and a lot of to-go," said Wu, who heads a staff of five to six people, including a chef who just focuses on Chinese food. Wu's wife helps out on the weekends.

His thinking in opening the restaurant was that there aren't many Chinese restaurants in SE Portland. He and his partner Ethan Li liked the space and the neighborhood. Earlier in the pandemic, Wu and Li had lost their jobs working at another Chinese restaurant.

The two have been friends for years and have both been in the restaurant field their whole lives, so they came together to open Kanji Fusion.

When Wu was younger, his family owned a Chinese restaurant in Vancouver.

"Our restaurant in Vancouver was a great Chinese restaurant which my parents owned and operated until they retired. My dad was a Chinese chef for close to 30 years," he said.

Szechuan crispy tofu has been popular among vegans and vegetarians. House tangerine ribs are the chef's special. Also well-liked are pan-fried noodles pre-



Kanji Fusion Restaurant
Photo by Jack Rubinger

pared in the Cantonese style.

"We're noticing that people tend to do spicier now," said Wu.

In the cold of winter, the hot and sour soup has been a hit and he's thinking sushi will bring customers in for something cool.

For family-style dining, there are big, round tables in the back which can be equipped with a lazy Susan for sharing. The back room can accommodate about 20-30 people.

Kanji Fusion offers a wide array of sushi rolls, sashimi, nigiri, appetizers and salads on the Japanese side of the menu which can enjoyed from the sushi bar.

They have an \$11.50 lunch special menu and a bar stocked with sake and beer.

"In winter, hot sake warms the body up and enhances the flavor of food," he said.

"We're learning how to get through this COVID -19 time, but this is a popular area, and we're hoping our specials will catch on

in the neighborhood," said Wu.

Originally from China, Wu now lives in the Woodstock area with his wife and toddler. For fun, Wu takes off to Mt. Hood for snowboarding. He's been sneaking Olympics highlights when he has a chance.

Restaurant hours are Wednesday, Thursday, Sunday and Monday 11 am-2:30 pm (lunch) and 4-9 pm (dinner). Friday and Saturday they are open 11 am-2:30 pm (lunch) and 4-9:30 pm (dinner).

They are closed Tuesday.

Kanji Fusion Restaurant
3113 SE Division St.
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kanjifusion.com



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Go Going Out

Antigone At The Border



Photo by Liana Kramer

Antigone At The Border is the new onstage production at Milagro Theatre. The story is based on Sophocles' epic about a headstrong girl who speaks truth to power in a struggle between God's law versus man's law.

The story has been reframed to take place in these current times, near the US-Mexico border. It centralizes themes of immigration and families affected by the Deferred Action for the Childhood Arrivals (DACA) policy.

When the body of her deceased brother is ordered to be left in the desert, DACA recipient and humanitarian aid worker, Antigone Guzman, confronts her uncle, Creon Cardenas, the newly-appointed border patrol chief of the Thebes sector.

This postcolonial reimagining of the Greek classic explores the age-old questions of membership and belonging to hopefully spark a conversation about the effects racism and bias have on immigrant communities.

Written by Marc David Pinate and directed by Reina Solunaya, the play is based on interviews with DACA recipients and Latinx Border Patrol agents. It sheds light on the emotional labor and mental health toll experienced by Latinx border communities affected by US immigration policy. It was co-commissioned by the International Sonoran Desert Alliance, Su Teatro and Milagro.

Performances are at Milagro Theatre, 525 SE Stark St., March 11-26, Fridays-Saturdays at 7:30 pm and Sunday at 2 pm. Tickets are \$20-\$27 (with discounts for students and seniors) and can be purchased through Milagro.org or by calling 503.236.7253.



The Festival of Migrating Crows wants to combine your poetry, theater, dance, film and visual art into a celebration of Portland's migrating wonders, to honor these flying trickster friends.

Portland is home to one of our country's great migrations and some years there are an estimated 15,000 crows heading here. Though they may be noisy and a nuisance to some, they are highly intelligent, crafty and creative corvids to their many fans.

The festival is for people with a crow fondness. Anyone who feels excitement at the great numbers flying or roosting in a tree is invited to create and participate. The John Daniel Teply Gallery has put out a call for artists, offering \$100 and \$150 each for dance, film and one-act plays. The gallery is working on a location for their event and pop-up store. They plan to open March 1. The event will be held April 1, a day of a new moon and the perfect time to celebrate tricksters.

For info, contact the gallery at tinyurl.com/CrowFest.



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Photo by Windie Chao

Heavy Metal Headbang

Books with Pictures presents Melissa Meszaros reading from her new book, *Heavy Metal Headbang*. It's in the store at 1401 SE Division St., Friday, March 11, 5 pm.

Meszaros was on her way to a Judas Priest concert with Portland friends in 2018 when she was hit by a car as she crossed in a crosswalk. After an extended hospital stay and rehabilitation, and the legal and medical battles, she had to challenge her own fractured self.

Traumatic brain injuries are mysteries not always understood and Meszaros, after a retinue of many therapies, has found a way back from the place where she barely recognized her own being. Her new book is a journey for us all.

Meszaros said it best in an interview with Jak Hutchcraft in UK's iNews this month:

"My story isn't mine anymore, it belongs to people who are coming out of brain injuries, or people that are coming out of trauma. I hope that it gives people solace and lets them know that they're not the only people going through these things. They can get to the other side. Nothing is impossible if you just keep going at it."

BooksWithPictures.com.

Alberta Rose March Music

Alberta Rose Theatre, 3000 NE Alberta St., presents live performance of many flavors each month. Here's a taste of March's music shows:

Friday, March 4, 8 pm – Pert Near Sandstone • Laney Lou & The Bird Dogs – Minneapolis' Pert Near Sandstone's midwestern roots music crackles with energy and joy for a different modern string band music. Laney Lou & the Bird Dogs are a Bozeman, Montana band, with four-part harmonies and a rocking sound. \$19-\$23

Friday, March 11, 8 pm – Rachel Baiman, Vivian Leva And Riley Calcagno – Fiddler Baiman has played with Molly Tuttle, Kelsey Waldon, Kacey Musgraves and Amy Ray, at the Kilkenny Roots Festival in Ireland, the Mullum Fest in Australia and the Kennedy Center Stage in Washington, DC. \$18-\$22

Thursday, March 17, 8 pm Eileen Ivers – A special St. Patrick's Day concert! This Irish Fiddler is so boldly imaginative and virtuosic she has altered the genre. She's Grammy-awarded, Emmy-nominated and has guested with 50+ orchestras and musical notables. \$35-\$45

Tuesday, March 22, 8 pm – On A Winter's Night – Patty Larkin, John Gorka, Christine Lavin and Cliff Eberhardt are beloved songwriting artists. \$38-\$57

Sunday, March 25, 8 pm – Willy Porter – Willy Porter has been searching for the shaman that lives inside his guitar for two decades and 10 albums. Equally accomplished as a guitarist, singer and songwriter, his songs weave a universal perspective about the questions, struggles and triumphs of human existence in his own thoughtful, masterful and entertaining way. \$25-\$30

Full vaccination and masks are required for entry to all shows, Fully vaccinated minors okay accompanied by a parent or guardian.

See AlbertaRoseTheatre.com.



Eileen Ivers



Rachel Baiman

A Walk in the Woods



"Morning Sun Grayscale"

ing collection of works may be the perfect temporary fix.

TeSelle's lithographs are eye-popping works, using classic and contemporary hybrid techniques. Pictured here are two examples.

Drawing on hand-ground glass plates, his prints combine the clarity and incisive line of etchings with the feel of lithographs. His life-long love for the pencil generate fine detail and light.

The monthly Online Preview is Wednesday, March 2, 6 pm and First Friday Artwalk is March 4, 5-7 pm. The artists will be there.

See SidestreetArts.com for links.

A Walk In The Woods is the March group show at Sidestreet Arts, 140 SE 28th Ave., opening First Friday and up through March 27.

The exhibit pays tribute to the grandeur of the forests. Artists Jennifer Foran, Rebecca Arthur, Davis TeSelle, Kirsten Etmund and Bob Stensland's visual interpretations of the woodlands appear just when we need them the most.

Hard to find time for a hike in the woods? This relaxing and inspir-



"Winter Alders"

CMG'S CONFLUENCE AT HOLOCENE

Creative Music Guild's (CMG) Confluence Series presents the duo of Tim Berne and Gregg Belisle-Chi Wednesday, March 3, 8 pm at Holocene, 1001 SE Morrison St, Ste 101. Tickets are \$20 at the door.

Berne plays alto sax and Belisle-Chi is a guitarist and their debut duet, *Album Mars*, has recently been released.

Berne has performed internationally since 1982, making 50+ recordings as a leader for labels such as Soul Note, Sony, JMT and ECM records. Belisle-Chi is an Asian-American guitarist and composer from Brooklyn.

The evening opens with a set from Portland's pianist and synth queen, Saloli, with sonic landscapes followed by Vancouver BC oud and guitarist Gordon Grdina's outside jazz, improvisation and Arabic music. Grdina is a JUNO award winner.

See CreativeMusicGuild.org for more.

On the Laurelthirst Stage

The Laurelthirst Pub's live music calendar for March looks a lot like it did in the Before Times. Shows are free unless a cover is listed.

This month's highlights:

• Wednesday, March 2 – QuEasy Gumbo (The Quick & Easy Boys w/ Steve Kerin play New Orleans music, 6 pm • Larry Yes & The Optimist Club, 9 pm

• Thursday, March 3 – Lewi Longmire and the Left Coast Roasters, 6 pm • Blue Darling (EP release) with Barna Howard and Weezy Ford, 9 pm, \$10

• Friday, March 4 – Portland Family Band, 6 pm • Denver and friends, 9 pm, \$10

• Saturday, March 5 – The Resolectics, 6 pm • The Dead-henge Trio, 9 pm

• Sunday, March 6 – Freak Mountain Ramblers, 6 pm

• Saturday, March 12 – Kris Deelane & the Hurt, 6 pm

• Kassi Valazza Band / Buffalo Kin, 9 pm, \$10

• Tuesday, March 15 – The Pagan Jug Band, 6 pm

Proof of vax, a negative COVID-19 test within 48 hours and masks required for indoor attendance. There's an improved outdoor seating area too.

Laurelthirst is at 2958 NE Glisan St. See Laurelthirst.com.

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Humbird At Strum



Humbird

Minneapolis based indie folk artists Humbird fly into Portland, celebrating the release of their sophomore album, **Still Life**.

The tour goes through 10 states, landing here Saturday, March 26 in the guitar parlour of Strum Guitars, 1415 SE Stark St. #C. The all-ages show starts at 7 pm and \$10 tickets are available at the door.

Still Life is about a house with each song a different room.

It's a shimmering sound with space and melodic invention and propelling heart-rhythm, weaving through the rippling events that took place in Minneapolis in 2020 – a chronicle of a city reckoning with anger, grief and white supremacy, while the whole world watched.

Siri Undlin wrote the album during a time of isolation and distant togetherness. She and producer Adelyn Strei recorded and produced the songs into a 10-song soundscape.

"It is a letter to the future," they say. "Humbird wants you to smell the lilacs in the front yard and the tear gas in the streets. Humbird wants you to hear how hope is actually a verb."

See HumbirdMusic.com and listen in.

Sharing the SALT



"Topaz" by Sandra Chandler

SALT – A story of the land and landscape is a new show of photos by Sandra Marill Chandler, up on the walls of Pushdot Studio through March 31. The gallery, at 2505 SE 11th Ave., # 104, is in the Ford Building.

Chandler's new photos features her aerial interpretation of the color patterns upon the salt evaporation basins of the San Francisco South Bay. The brilliantly-hued pockets and tactile textures are ever-

changing and dazzling.

Growing up in San Francisco, Chandler says, "I have always been captivated by the South Bay salt pond's vibrant colors, captivating textural shapes and intriguing graphics as seen from airplane windows.

"As I have grown as a photographer, I have become attracted to aerial landscape photography and have come to appreciate a fresh perspective of our earth. These photographic moments prompt a sense of space, a moment of drama and new ways of perception – for us all."

See salt.photography and sandrachandler.com for more about her work. See PushdotStudio.com for more about the show.

Robots Don't Tell Jokes

Robots Don't Tell Jokes is the third album of fun songs for families by children's songwriter, Kelli Welli. Welli (aka Kelli Caldwell) performs for kids and has released two award-winning children's albums. Last year she was the Grand Prize Winner in the Children's category of the 2021 John Lennon Songwriting Contest. She (as Caldwell) is also a "serious" songwriter in the acoustic music world.

The production on her songs cover a lot of sound ground with many kinds of happy music. There are country and zydeco tunes, poppy sing-alongs and even a bit of Irish punk. The musical arrangements are attractive to the ears – especially young ears – and the subject matter ranges from fried pickles, the colors of the rainbow, a stinky shoe and a nursery rhyme sung in Japanese. Welli is overflowing with an ebullient personality and a healthy dose of absurdity.

Her friends on the record include kid song artists, some beloved for their performances in the area. Friends like Red Yarn, Flor Bromley, Kymberly Stewart, Twinkle Time, James Dallas, Elena Moon Park and others. The musicians are creative and articulate and the most fun part is the voices of children and adults (ducks and dogs too) weaving throughout the recording in fun asides. It's a smart, bright, fun album – the kind children will want to hear and sing along with over and over and over and over.

Caldwell lived in SE Belmont area for eight years and moved to SW six years ago. She does a regular kids show at the Sellwood Community House, 1436 SE Spokane St., the last Friday of each month at 10 am.

Robots Don't Tell Jokes will be available April 15 on 8 Pound Gorilla Records. Find out how to order, get the kids and listen to Welli at KelliWelli.com



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Raising Hazel perform in concert, Saturday, March 5 at Artichoke Music, 2007 SE Powell Blvd. It's an 8 pm live in-person show simulcast on Artichoke's YouTube and Facebook channels. Tickets are \$20 to attend in person.

Avery Hill (Portland), Jasper Lepak (Minneapolis) and Mandy Troxel (Orcas Island) are **Raising Hazel**, an acoustic folk trio who are "raising their voices, raising their children and raising hell" in their own musical way, unapologetically. They are multi-instrumentalists with songs about the truths of life, relishing the simple and unpacking the complicated.

They sing with the earnestness of Hazel Dickens, one of the first women in bluegrass and a fierce advocate for women and worker rights.

The multitasking mamas' songwriting, harmonies and attitude are energetic and empathetic. Their songs are stories passed down around the timeless kitchen table and the group represents what women have always known: there is a lot one can do on her own, but the richest experiences are the ones we share together.

More at RaisingHazel.com. Tickets at ArtichokeMusic.org.

Artichoke's Spring Cleaning Sale is March 1-5, noon to 7 pm each day. A wide collection of folk instruments and gear must go. See the website for featured items.

Short takes
...arts news of note

MUSIC MILLENNIUM'S IN-STORE SERIES returns to 3158 E. Burnside St. this month featuring: Friday, March 11, 6 pm, **Portland Punk Band Glacier Veins**, in performance and signing their new album, *Lunar Reflections* • Friday, March 18, 6 pm, **Siam Jem** from Pomona with performance, signing their new album *I Saw A Swan*. • Saturday, March 12, 5 pm, **Jerry A. Lang** of Portland punk band **Poison Idea**, does an in-store book reading and signing for his new memoir, *Black Heart Fades Blue*. In 1980, Lang formed Poison Idea and the band performed over 30 years. The book is not an apology or a nostalgic catalog of events, but an exploration of an unconventional life. See MusicMillennium.com.

IN CHARACTERS OF FIRE: MUSIC'S RELEVANCE is the Metropolitan Youth Symphony (MYS) Orchestra's Spring concert held Sunday, March 6, 7:30 pm at the Newmark Theater, 1111 SW Broadway. Under conductor Dr. Raúl Gómez-Rojas, the MYS students present the music of Black composer William Grant Still (the first African-American to conduct a major symphony orchestra), contemporary American composer Andrea Reinkemeyer and student composer, Rohan Srinivasan. The program includes Symphony No. 1 in A flat Major, Afro-American Symphony, by Still; Smoulder, by Reinkemeyer; and Rhythms in Motion, by Srinivasan. Tickets: \$11-\$43 at Play-MYS.org, or 503.239.4566.

PORTLAND'S BLUE CRANES' NEW VIDEO for the song Tatehuari (from their new album *Voices*, spotlighted last month) is a collaboration between the band and singers Edna Vazquez and Luz Elena Mendoza. Now it is becoming a YouTube video hit, racking up over 314,000 views since its February 8 release. Join in the excitement and tune in to watch this powerful video of a breathtaking song. Vazquez said, "Tatehuari is about the regeneration of our soul and spirit after pain, through fire." Watch the video at tinyurl.com/tatehuari.

THE VERY HUNGRY CATERPILLAR SHOW by Oregon Children's Theatre continues Saturdays and Sundays through April 24 with shows at 11 am and 2 pm at Winningstad Theatre, 1111 SW Broadway. Based on Eric Carle's book, tickets are available online at OCTC.org.

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2 an evening with LUNASA	17 EILEEN IVERS
3 TONY STARLIGHT Will Lift Your Spirits	18 DAPPERLESQUE
4 PERT NEAR SANDSTONE LANEY LOU & THE BIRD DOGS	19 JOHN MCCUTCHEON
5 ELTON DAN & THE ROCKET BAND an Elton John tribute	22 ON A WINTER'S NIGHT Patty Larkin John Gorka • Christine Lavin Cliff Eberhardt
6 MORGAN JAMES	23 CHRIS SMITHER
7 DERVISH	24 ANA POPOVIC
10 LIVE WIRE RADIO WITH LUKE BURBANK	25 WILLY PORTER
11 RACHEL BAIMAN + VIVIAN LEVA & RILEY CALCAGNO	27 FALL IN LOVE WITH FLAMENCO
13 PETER MULVEY	30 MASTERS OF HAWAIIAN MUSIC George Kahumoku, Jr. Sonny Lim Jeff Peterson

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Ww

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.

Pitfalls of Natural Remedies in the News

In the last half of January, we saw two exciting studies released about the potential therapeutic benefits of hemp compounds like CBD and CBDA in fighting COVID-19.

The first study came from Oregon State University, the second from the University of Chicago. Both indicated that various hemp compounds showed the potential to theoretically prevent COVID-19 infection in human cells. To be clear: hemp, CBD and CBDA cannot prevent or treat COVID-19.

While these studies got picked up everywhere from Oregon Public Broadcasting to Forbes, the news was gone as fast as it arrived, and probably for good reason. Although the findings were very exciting, the results shouldn't be taken too far.

A detailed reading would show that the studies were done in tubes, not humans, and the doses were generally so high (no pun intended) as to render them irrelevant to human subjects, at least for now.

As someone who has an advanced degree from a natural medicine institute, moments like this always raise two very conflicted emotions: hope and frustration.

Hope comes from my deep-seated belief in the power of plant-based medicine. In the ability to strengthen our immune systems through healthy habits, whole foods, herbal remedies and mindfulness.

Of course, none of these will make you immune to COVID-19, but your body will be much better prepared to fight off the potentially deadly virus.

It is probably important

here to note that I am vaccinated and boosted. Although I wholeheartedly believe everything I said, I also trust the scientific review process and believe in the efficacy of the widely available vaccines.

Frustration comes from the click-bait times we live in, where legitimate news media needs to be nervous about people oversimplifying science and making their own illogical conclusions.

Frustration also comes from money-grubbing entrepreneurs who use a headline to sell unproven medicine and rip off typically low-income individuals.

Additionally, I get frustrated because I know that no naturally occurring plant, herb, root, spice or seed will ever get the complete research needed to gain complete recognition as a valid treatment for any disease. Why? Well, money of course.

Research trials cost huge sums of money and we won't see that kind of investment in something that can't be patented and owned. Even if some lab did grow their own strain of, say, lavender and prove through rigorous research that their lavender helped promote restful sleep, that research could still only ever be legitimately used to talk about their lavender.

That isn't to say that all hope is lost. Websites like Healthline (healthline.com) and World's Healthiest Foods (whfoods.com) still produce amazing research-backed information about the potential therapeutic benefits of thousands of natural remedies.

Statista (statista.com) estimates the US alternative medicine industry to still be around \$21 billion in 2021.

Between the opioid epidemic and growing awareness of broad antibiotic resistance, it feels like the momentum has shifted away from pharmaceuticals for now. Consumers are becoming increasingly skeptical of taking a simple pill to cure themselves and natural remedies offer both anecdotal and research-backed proof of efficacy.

If the Great Resignation has taught us anything, it's that people are really starting to speak up for their own health and wellness.

Also, as we discuss the myriad ways to deal with climate change in the 21st century, shifts towards sustainable and holistic healthcare share tremendous overlap with lowering carbon emissions.

If people are encouraged to undertake healthier behaviors – eating more vegetables, getting more outdoor activity – those will hopefully replace more unhealthy and polluting ones along the way.

I hope it is safe to say that unhealthy humans and an unhealthy planet are inextricably linked and we need to correct both if we are to survive this century.

So while little blips in the news can simultaneously cause hope and frustration, the longer view reassures me that growing support of natural remedies and holistic healthcare will continue to inspire positive change in the coming decades. Or, at least, I hope so.

Andrew Harmon holds a master's in nutrition from the Natural University of Natural Medicine here in Portland.

BA

Business Association Notes

Hawthorne Blvd. Business Association
By Nancy Chapin

Not only was the Boulevard Beautification Bunch (BBB) out on the second Saturday in February, but many businesses' staff people have been sweeping and cleaning and they have allowed the Saturday volunteers to put collected garbage into their trash containers.

Speaking of trash containers, we send our appreciation to the City for those that have recently been installed on the Boulevard. They are emptied on Tuesdays and Thursdays.

We look forward to having the ability to clean up the graffiti, too, as we get permissions and matching paint from business owners. Next BBB Cleanup: Saturday, March 12, 10 am-12 pm.

The HBBA Annual Meeting is open to all and takes place on Zoom Thursday, March 24, starting at 6:30 pm. Contact administrator@hawthorneblvd.com for details.

Come take a walk on the Boulevard, share a meal, buy a present, enjoy a movie, appreciate the imagination of the outdoor seating opportunities, breathe deeply and enjoy!

82nd Ave. Business Association
By Nancy Chapin

We will be celebrating the arrival of spring with our first monthly cleanup of 2022 on Saturday, March 26, 10 am-12 pm. We're not sure which of our four sections will start the fun this year, however, SOLVE will know.

The 82nd Avenue of Roses Parade, "Roses in the Heart of Portland," is waiting until 2023 to "hit the road again." There will soon be a virtual parade to remind us of the good times and to support the Parade's Presenter, 82 Roses Community Enrichment Coalition, in getting us ready for 2023!

Keep up with us at 82ndaveba.com.

As

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from page 13

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Monthly Neighborhood Zoom meeting took place Tuesday, February 15, 6:30 pm. There was a brief discussion about the City of Portland changing the city charter – basically the way the city is run. If you are interested in more information, visit portland.gov/omf/charter-review-commission.

The guest speaker was Josef M. West, AIA, West-Architects (west-architects.com/people). West gave a slide presentation on the upcoming construction project of the new 33-unit complex that will include several ground-level retail spots. This construction project is located at 53rd Ave. and NE Glisan St. (5327 NE Glisan St.). These dwelling units will be approximately 580-1000 square feet.

Join us at our next monthly meeting, Tuesday, March 15, 6:30 pm via Zoom. The Zoom link is available at northtabor.org. The March presenter will be a Metro Council candidate.

The NTNA is looking for neighbors to join the communication committee. Board membership is not required to participate in a committee.

Richmond Neighborhood Association
By Simon Kipersztok

The Richmond Neighborhood Association held its monthly meeting Monday, February 14. Meetings are held via Zoom the second Monday of the month, 6:30-8:30 pm. The link to preregister is on the Agenda, posted on the RNA’s website, richmondpx.org, and sent to the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

The RNA resumes its annual Spring Cleanup and U-Price-It sales this spring, Saturday, May 21, 9 am-1 pm at Central Christian Church, 1844 SE Cesar E. Chavez Blvd. It will partner with nonprofit CNB-Seen (cnb-seen.org), to provide taillight repair to help people of color and historically under-served populations avoid pretext stops by the police for broken taillights.

RNA is hoping to resume its free summer movie event at Sewallcrest Park, scheduled for Saturday, August 27 to show “Hidden Figures.” Portland Parks & Recreation has not yet formally announced the movie schedule, but we are hopeful the summer movie program will happen. RNA is partnering with several organizations to table at the event and give demonstrations on programs to encourage kids, especially girls, to pursue their interest in science, math and engineering. More details forthcoming later in the year.

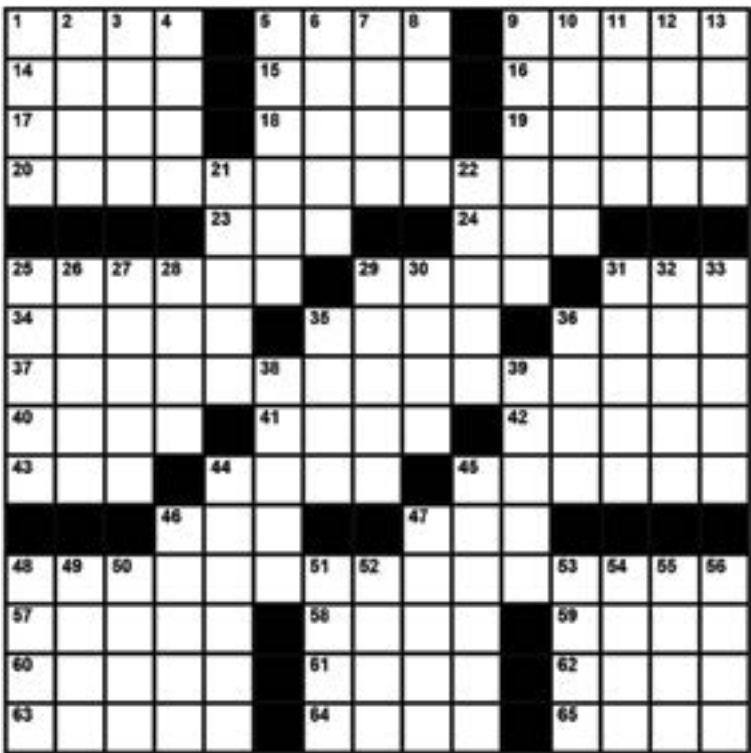
The RNA’s Houselessness Committee is making Hygiene Kits to provide to Hygiene4All and Beacon PDX to help people experiencing homelessness.

Matt Tucker will take over as the Richmond Newsletter Editor.

The next RNA meeting is Monday, March 14.

Rhyming Descriptives by Myles Mellor

- Across**
- 1. Ball in a basket
 - 5. Old Fords
 - 9. High points
 - 14. County west of Wyoming
 - 15. Encircle
 - 16. Orange container
 - 17. Counter to
 - 18. “Deal ____ Deal”
 - 19. “Magna” follower
 - 20. Like Mark Twain or Voltaire
 - 23. Commotion
 - 24. Java setting
 - 25. Hollywood stars
 - 29. Water carrier
 - 31. Brit. legislators
 - 34. Divert
 - 35. Philosopher David
 - 36. Coin across the border
 - 37. Like much scientific evidence
 - 40. Three spot card
 - 41. Wood sorrels
 - 42. “I give up!”
 - 43. ID on a 1040
 - 44. Puffins, e.g.
 - 45. Flashes
 - 46. Elder
 - 47. Attack legally
 - 48. Like Yeats and Wordsworth
 - 57. Madonna title role
 - 58. Protein filled veggie
 - 59. Jolly Roger feature
 - 60. Pertaining to the kidneys
 - 61. Arabian gulf
 - 62. NYSE banner events
 - 63. Goldmember star, last name
 - 64. Skater Lipinski
 - 65. Email confirmation message
- Down**
- 1. Astronomical unit
 - 2. “Rule Britannia” composer
 - 3. Beatles girl with a “little white book”
 - 4. Diamond of note
 - 5. London’s business insurer
 - 6. Common sculpture



- 7. Spanish “gentlewoman”
- 8. See
- 9. Build up
- 10. “Skyfall” star
- 11. Pulitzer winner Connelly
- 12. James of jazz
- 13. Pop musician
- 21. Categorize
- 22. L’Enfant Plaza designer
- 25. Chucks
- 26. Middle East chieftains
- 27. Light measure
- 28. See
- 29. Deer stalkers
- 30. Rascals
- 31. Pilgrimage destination
- 32. Sacred song
- 33. Undersides
- 35. “Darn it!”
- 36. Ponderosa or Scotch
- 38. Tag, ____ it!
- 39. King or queen
- 44. Records of events
- 45. S.A republic
- 46. “Norwegian Wood” instrument
- 47. More devious
- 48. Skin, suffix
- 49. World Series of Poker regular Phil
- 50. Ivy growth
- 51. Future attorney’s exam, briefly
- 52. Star Wars Jedi
- 53. Wading bird
- 54. Deal with
- 55. By and by
- 56. For fear

Answers found on page 13

Literary Arts Recipients

from page 9

literary and speculative with her work found in *Iron Horse Literary Review*, *Uncanny Magazine* and others. Nominated for the Best New Poets of 2020 and 2021 anthologies, she was winner of the *Atticus Review* 2020 poetry contest.

Young Readers

Jenn Reese’s *A Game of Fox & Squirrels* was an NPR Best Book of 2020, a finalist for the Andre Norton Book Award and Oregon Spirit Book Award. *Every Bird a Prince* is coming out later this year.

Drama

Melissa Fonzino writes screenplays and is working on her first novel. In 2020 she advanced to the second round of consideration for the Sundance Institute Screenwriters Lab and her feature film script, *And They Lived...*, is currently under option.

Publishers

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They produce two or three full-length columns annually. All funds earned through book sales, subscription orders and contributions are used for the creating of new books of poetry.


Two Plum Press produces slim columns of literary works, both contemporary and classic. Titles include works of poetry, essays, fiction, philosophy, visual art, travel and food writing.

They operate similarly to an independent record label, where the artists are tied to one another through their friendships, common location, history and collaborations.

Recipients will be honored at the 2022 Oregon Book Awards ceremony Monday, April 25, 7:30 pm along with the winners and finalists of the 2022 Oregon Book Awards. The event takes place at Portland Center Stage at The Armory and tickets can be purchased at literary-arts.org.







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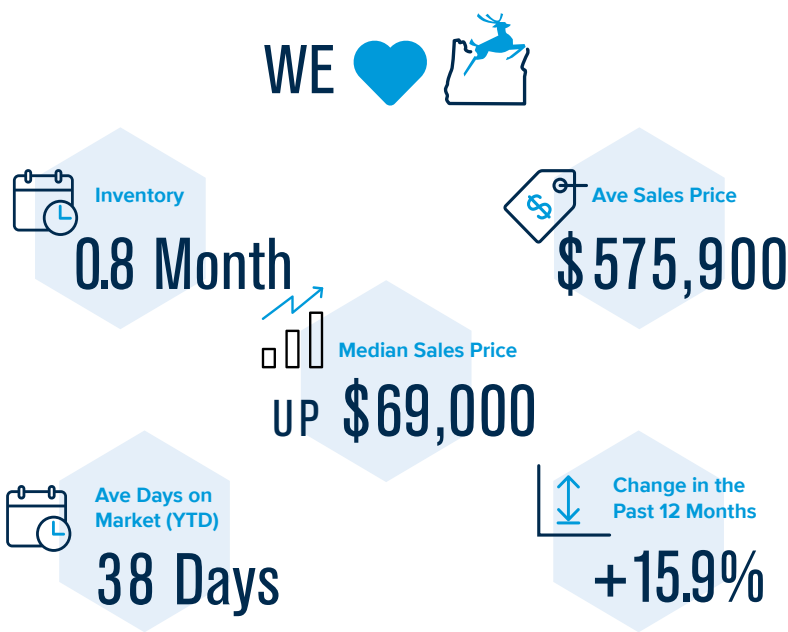
Shamrock Run
shamrockrunportland.com
Sunday, March 13

The largest running and walking event in Oregon showcases the best of downtown Portland.
Register today for races ranging from 5k to a half marathon and enjoy a celebratory beer at the finish line!

Tom McCall Waterfront Cherry Blossoms

The cherry blossom trees on the waterfront are about to be in full bloom. While there hasn't been an official prediction yet on what days the trees will be at their peak bloom, you can bet the best time to visit will be mid-March to mid-April.
The blossoms are the most beautiful indication that spring has sprung!

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