

Building a Better Childcare System

By Nancy Tannler

What has become known as a “child-care desert” has Oregon parents scrambling to find affordable, reliable places for their children while they are at work. The problem has been plaguing parents since before the pandemic and COVID-19 only exacerbated the problem.

Policy for the People is a radio Podcast on KМУZ that explores public policy. In a recent podcast, Alejandro Qural interviewed Andrea Paluso, Executive Director of Family Forward, and Mary King, Economics Professor, Portland State University, about why childcare has become a problem.

Paluso cofounded Family Forward 12 years ago, initially using the organization to advocate for paid family leave.

Since then, Family Forward has been on the front line, organizing parents and other caregivers to take action to change a system that does not value or support caregivers and their families.

Paluso cited a statistic that puts childcare into perspective, “It costs \$13,000 a year for infant care here in Portland, half of some wage earner’s income. The estimated fair rate for childcare is designated at seven percent of a family’s income.”

“The economic problem,” King said, “began because historically we have not equalized wages for women.” Childcare workers are receiving only slightly more than minimum wage for this labor-intensive job. These jobs are disproportionately done by women of color and immigrants and many rely on government subsidies like food stamps to survive.

Representative Rob Nosse said that they had been working on several bills to relieve the childcare crisis before COVID-19. Now it has become a state of emergency for parents, providers and kids across Oregon. The pandemic highlighted that childcare is essential to the infrastructure of our economy. Unfortunately, many of these workers are choosing not to return to childcare.

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Portland Police Union Contract Finalized

By Don MacGillivray

The Portland Police Union (PPU) contract is now complete and final after a lengthy, contentious process. The previous contract was expected to expire June 2020 and be replaced by a new contract after a six month negotiation process. Due to the COVID-19 pandemic and the many racially violent protests that summer, the contract renewal was put off for one year.

A contributing factor was that Portland voters overwhelmingly approved a ballot measure for an independent Police Oversight Board to provide more police accountability. In addition, a number of police reform bills were adopted in the Oregon legislature in 2021 and 2022. The US Department of Justice settlement agreement of 2012 was also still in force and pressuring the PPU to change.

The City wanted the contract negotiations to be open to the public, but the PPU wanted them closed. 11 negotiation meetings were held after January 2021 and agreement was reached on only 30 of the 68 articles, leaving many contentious issues unresolved. In July 2021, the negotiations moved into closed door mediation sessions with no public communication about what was happening.

In January 2022, an agreement was announced and the new four-year, 120-page police union contract was made public.

It was unanimously approved by City Council and 90 percent of the Portland Police Association (PPA) members.

Greater police accountability and transparency is one of the important improvements that advocates wanted from the new contract. In November 2020 more than 80 percent of Portland voters voted to establish the independent Police Oversight Board (POB) to replace the much-criticized Internal Police Review Board and the Citizen Review Committee.

The newly established POB will review officer accountability and various methods will be used to sanction police officers. It is expected to be up and running within the next year or two. In the new contract, the PPB has the right to challenge the still undefined POB to City Council, but they will not be able file grievances against its existence.

A new approach to the accountability issue includes adding the entire PPB discipline guide as part of the PPU contract. The discipline guide defines the consequences for officer misconduct and objectifies the process of enforcing its rules. These can range from non-disciplinary command counseling, a reprimand, suspension or termination.

Too often the Mayor and City Council have had difficulty holding officers ac-

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PPS Budget Planning Deepens Divide Between Teachers, District

By Oscar Ponteri, Franklin High School’s *The Franklin Post*

Following a projected drop in enrollment, Portland Public Schools (PPS) has outlined a budget plan to cut roughly 107 teachers from district elementary and middle schools, causing backlash across the PPS community.

Since the declaration to cut “student-facing positions” was made in mid-February, the district and educators have each made their case for how to spend the district’s approximately \$700 million for the

2022-2023 school year.

The PPS “general fund” operates as the primary fund used for day-to-day operations, covering staff, transportation, materials, supplies and utilities. The fund is combined from local revenue and money from the statewide school fund grant. How much of this money PPS receives depends on enrollment in PPS schools in relation to other districts around the state.

As a result of the COVID-19 pan-

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GRAB A BOOK, GRAB A BURGER

Jeff Wallach’s New Book
The Elliot brothers’ story, introduced in *Mr. Wizard*, continues in *Everyone Here is From Somewhere Else*. PAGE 4

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Montavilla’s main street theater has made some changes. See what’s new and what’s staying the same. PAGE 7

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A 24-page sequel to the best-selling comic book biography of Dolly Parton is now available. PAGE 10

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Business Association Notes

Hawthorne Blvd. Business Association
By Nancy Chapin

The Boulevard is getting more active every day! Dairy Hill Ice Cream now has indoor service and other businesses are opening up, too. It is also great to see the unique seating areas that continue to serve food and drink outside.

The Boulevard Beautification Bunch (BBB) had our second monthly clean-up Saturday, March 12 and the next one will be Saturday, April 9, 10 am-Noon. The BBB is growing and letting the community know Hawthorne businesses and neighbors care about how the district presents itself. It is also good to see that many people are taking care of a block or two in between the monthly clean-ups.

Applications are now available for the Hawthorne Street Fair (HSF), scheduled for Sunday, August 28. Find HSF applications to print off and send in on our website, hawthorneblvd.com, which has other new features as well.

Plans are in process for a week-long event to celebrate the moms in our lives. Watch for the roll out in our May update.

We are looking at a possible location for a permanent Portland public street plaza. If you have a suggestion for a location, please let us know at administrator@hawthorneblvd.com.

82nd Ave. Business Association
By Nancy Chapin

PBOT is working on getting Oregon State Route 213 (82nd Ave.) ready to transition from ownership by the state to the city of Portland. We are hoping to see many changes in pedestrian safety measures: sidewalk and street lighting, sidewalks, curbs, corner ramps and continued access to businesses and services on and near the Ave.

TriMet’s Rapid Transit project is nearing completion. There will be a celebration in September.

The Association is planning its annual meeting in May. That will be a time to celebrate our successful monthly clean-ups which started again this March. Check out 82ndaveba.com/cleanup for dates and to sign-up. We will also kick-off the 2022 “Around the World in 82 Dishes” event at the annual meeting.

Lasting over three weekends from October 29-November 13, we are looking forward to special events, special prices and celebrating the more than 250 eating and drinking establishments on and near the Ave. Please share your ideas for “Around the World in 82 Dishes” with the Board and the Planning Team at 82ndaveba@gmail.com.

The next Zoom Board meeting (open to all) will be held Tuesday, April 19, 3:30 pm. Email us at 82ndaveba@gmail.com for the link.

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

In March I wrote this column before the legislative session ended. I tried to avoid making too many predictions, not knowing how all the chips would fall. I have been burned on predictions before. This month I am providing a summary of how the session played out, highlight some important bills and some of what I got done.

But first, I want to say what a nice surprise it was that the session did not drag on to the bitter end. Republicans had slowed down the progress by requiring that bills be read word for word before a vote, a practice we routinely skipped for many years but have been forced deal with again recently.

This means hours spent with a computer reading bills while we try to accomplish other things. However, the day before we adjourned, Republicans let us to suspend the rules and skip this step. That meant we could get through the remaining bills and adjourn mid-day Friday, March 4. There also wasn't a walk out.

While the reading of the bills got a bit annoying, behind the scenes I was glad to see friendlier relations in Salem. The 2021 special session had left relations between Republican and Democrats pretty bruised.

While I never want to sacrifice important progressive priorities that Democrats want to pursue, there are ways to create some camaraderie among all of us in Salem and this past session felt like a positive step in that direction.

I think the new Speaker and new majority and minority leaders all gave each other a little bit of grace and hopefully that bodes well for the 2023 session. Of course, we have an election to get through first. We'll have to see how it all turns out.

Back to the items we passed in this session, we addressed a massive budget surplus and really got a lot done.

We allocated \$400 million to respond to and prevent homelessness, increase the supply of affordable housing and keep people in affordable homes. These investments will address immediate statewide needs, including more

shelter capacity, rapid rehousing, resource referrals and services.

Students learn best when they are in classrooms five days a week. We knew teachers and schools needed more support to be successful coming off the pandemic. We made a \$300 million education investment, including funding to recruit and retain critical staff, like teachers, nurses, school counselors and substitutes, so that our kids can stay in healthy, safe learning environments.

For the second consecutive year, the state will support summer learning activities. This will include support to help high school students stay on track for graduation, provide mental health support for kids and help communities develop day camps, park programs and tutoring.

To help small businesses meet their workforce needs, we supported over \$200 million in investments in career pathways and programs to retain and attract workers in critical sectors.

We invested \$100 million to stabilize the childcare work force and increase access to affordable childcare statewide.

Oregonians who received the Earned Income Tax Credit (EITC) in 2020 will receive a one-time \$600 stimulus payment. This means about a quarter million Oregonians in low-wage jobs will receive a direct payment to help cover the costs of everyday necessities like groceries, prescriptions and diapers.

We passed a bill that prevents police officers from stopping motorists for some minor infractions, in hopes of preventing potentially dangerous confrontations. They will issue a citation via the mail instead.

We also are now one of eight states in the US that will correct an historic wrong and phase in overtime pay after 40 hours of work for farm workers.

One of my bills, to improve pay for workers in the behavioral health space, passed. It has two parts: first, there's an emergency grant fund to ensure this workforce, which has been underpaid for decades, gets money as quickly as possible; second, another piece that was placed in a differ-



ent bill increases the payments we make to Medicaid/Oregon Health Plan providers of behavioral health and mental health services by an average of 30 percent permanently.

Lots of these investments are longer term so we will have to monitor them and see how things develop. Hopefully the pandemic is finally behind us as Omicron peters out, more and more people are vaccinated and we learn to "live" with the virus. Ideally, this will mean fewer "special sessions" this summer and fall but you never know.

For the next few columns, I will likely focus on local efforts here in Portland.



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Everyone Here is From Somewhere Else

By Jack Rubinger

Mysteries, comedy and atmospheric Irish golf abound in this stand-alone novel that also continues the stories of brothers Phillip and Spencer Elliot first explored in the novel *Mr. Wizard*, written by Jeff Wallach, who has been a resident of Portland for 25 years.

“I was surprised to learn that I wasn’t quite finished with Phillip and Spencer Elliot and their search for meaning and—in this book—their desire to find their true homes,” Wallach said.

The action takes place in settings ranging from 1950s Brooklyn to New York’s Catskill Mountains, to present day Portland and the fictitious Irish golf town of Ballydraiocht.

Mixing touches of movies like *Dirty Dancing*, television series like *Outlander* and books by J.D. Salinger, *Everyone Here is From Somewhere Else* is at times funny, nostalgic, sad and a bit eerie.

Wallach, who has worked as a columnist covering golf, fitness, travel, financial and consumer matters, has a light touch in this book which moves quickly from locations to time frames to perspectives, as members of a family trace their roots, their parents and influences who shape who they are

“I believe that the power of place is an important factor in determining who you are in life,” said Wallach, whose own mother

shocked him by revealing that he had a Scottish great grandfather. That led Wallach to get a DNA test.

In the book, which is somewhat autobiographical, he decided to make the key ancestral characters Irish because “they’re more entertaining and funnier.”

This novel also sheds light on how families fracture when people die. How we react to death varies from shock to denial to acceptance.

There’s also a bit of Portland in *Everyone Here is From Somewhere Else*, which describes fine dining experiences in the Hawthorne neighborhood, explorations of spooky cemeteries and the world of real estate and commercial development.

One of the characters is trying to learn the history of a residential eight-plex building in the Buckman neighborhood and turns up some fun and helpful info. The entire novel was written in a duplex just off Hawthorne.

Some of the Portland scenes even felt nostalgic for Portland’s pre-pandemic period when business was booming and people were getting out and about. While *Everyone Here Is From Somewhere Else* was started before the pandemic, the characters in the book show pride for their city. Things have obviously changed in Portland since the pandemic.

“I’m sympathetic to the unhoused,” said Wallach. “But at

the same time, I don’t want to see our neighborhoods destroyed.”

Everyone Here is From Somewhere Else was published by Open Books, an independent multi-genre publisher supporting community growth through independent bookstores and libraries. Open Books publishes literary, contemporary and historical fiction; timely, entertaining and educational nonfiction; and subject-specific narrative poetry. Wallach explained that the traditional publishing route used to include an advance for authors and publishers would print 3,000-5,000 copies of a book, which readers could purchase in bookstores.

The big catch was that if the bookstores didn’t sell enough copies of the book, the publisher had to pay to ship the books both to and from the bookstore. Small presses, like Open Books, can’t afford to deal with bookstores this way, so Wallach sells the books through his publisher, via Amazon, and on his own website, jeffwallach.com.

“If you’re not a blockbuster author, it’s an extremely difficult world to break into,” said Wallach. “Publishing has become a rough contact sport and is particularly difficult for fiction writers not named Stephen King. These days we not only have to write the books, but also market and promote them.”

Wallach, who has taught writing at a variety of schools,



Author Jeff Wallach

workshops and writers’ conferences, holds a bachelor’s degree in English from Vassar College and a Master’s Degree in Fiction Writing from Brown University.

He has plans to revisit the Elliot brothers in a future book. For now, he’s working on a project with different characters and different subject matter.

“I have a sense of what’s next for the brothers, but right now I’m taking a slight detour,” he explained.

Wallach clearly enjoys his characters, their arguments and their celebrations. The book is a fun read and kept this reader on his toes with twists, turns and surprises.

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Police Union Contract

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countable. When appropriate, officer penalties will be in the form of mediation, retraining or additional education.

The City is working to expand the Portland Street Response (PSR) program that dispatches a mental health worker and a fire bureau paramedic to non-violent 911 crisis calls. The PPU is afraid that this will reduce the size of the police force. The new police contract allows for the expansion of the PSR while the City works to increase the number of police officers.

The PPB is currently more than 100 officers below the size approved for Portland, which requires many officers to work overtime. A committee made up of staff from the PPB, the Fire Bureau and Emergency Communications will work ensure that there is effective integration of the various departments. It is expected that the PSR will respond to about five percent of 911 calls currently answered by the police.

One of the incentives given to the PPU was salary increases. To stem the contraction of the Portland police force, current officers will receive a \$5,000 bonus when the new contract takes effect and another \$2,000 bonus after two years. New recruits will receive a \$5,000 hiring bonus.

Other non-sworn specialists and employees will receive \$3,000 retention bonuses. Rehired police officers will also receive the \$5,000 bonus. In addition, officers will receive 13-20 percent pay increases, as well as cost of living increases and pay incentives, for extra training, higher certification levels or advanced college degrees. The issue of outside employment remains as an unresolved issue for future discussion.

The 13 months of discussion have left several difficult issues yet to be resolved. One of these is about the use of body cameras. Nearly every large city police force currently uses them, but there are a wide variety of rules concerning how this is done. It is expected to cost approximately \$2.6 million for the 600 or more body-worn cameras. The details involve who gets to see the video and when and how the videos are used. The details will be determined through discussions among City Council, the US Department of Justice and the PPA.

Some believe the new contract will help everyone find common ground by working together, while others worry that the PPU remains too recalcitrant and opposed to the public safety changes that are needed in Portland.

Building a Better Childcare System

from page 1

“We are experiencing really high turnover in childcare employees right now,” Paluso said. One of the big changes is the decrease in small home-based providers. Statewide there were 45,000 slots available in private businesses prior to the pandemic; now the numbers are about 15,000.

The increased cost of living and low wages makes it difficult to run a business in normal times. The pandemic has really impacted the viability of maintaining those businesses.

Rep. Nosse said that Oregon has made sizeable investments in early learning and childcare over the last several years but action on the distribution system has not kept pace with these investments.

“In 2021 the state got started making improvements with HB 3073. We just passed HB 4005 and also did a lot of budget/funding for childcare in HB 5202,” Rep. Nosse said.

Another important improvement was the passage of HB 3073, introducing the One Integrated Eligibility system. Representative Karin Power has taken the lead on ensuring these bills made it before the legislature. HB 3073 minimizes the bureaucracy by consolidating all early childcare services into one state

agency. This will include licensing, registration and the distribution of state and federal childcare funds.

County Commissioner Jessica Vega Pederson and her team put together Ballot Measure 26-214, Preschool For All, passing with 76 percent of the voters in favor of the bill in November 2020. This program will benefit young children and parents by providing access to quality, affordable preschool. Enrollment is underway now. See multco.us/preschool for additional information.

Rep. Nosse said, “Universal childcare is still the optimal goal but universal preschool is certainly a step in the right direction.”

Federally, The Build Back Better bill 220-213 was passed by the House of Representatives in November 2021, but is stalled in the Senate. This legislation, one of the biggest the country has ever seen, creates a childcare and early learning entitlement program for children under six. It provides another means for families to access affordable, high-quality childcare

in the setting that best meets their needs.

The US falls short of the standards set in many other industrialized countries in regard to family leave and childcare. Back in the 1970s when other countries were beginning to subsidize childcare, conservatives in the US argued that the government should not be involved in raising children. We have just begun to reassess that decision.

The local advocacy group Family Forward, Family Forward Action and our Representatives Nosse and Power are leading the fight to pass bold, statewide laws that will make life better for people to raise children here in Oregon.

As a society we have started to look at some uncomfortable truths about equity in the workplace. Spotlighting the childcare desert is an opportunity to raise public awareness about the reasons for the problem and the importance of choosing to invest in programs for the children and our future.

Eat mostly plants, especially leaves.
Michael Pollan



Sharia Mayfield

Multnomah County Chair



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An Egyptian-American Muslim Democrat, Sharia Mayfield went to Stanford and Georgetown before becoming a national security advisor to US Senator Ron Wyden. She then joined the Oregon DOJ where she handled criminal, civil commitment, prison and constitutional matters. She is running against 3 Commissioners who've been in power for years and apparently think they deserve a promotion to be Chair. What do you think?

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Make Technicolor Treats With Peeps



Some people can’t imagine an Easter basket without Peeps, some can’t imagine why anyone would want to eat them and then there is a group of people who will only eat Peeps if they are stale. Somewhere in the middle of all of that is what I think Peeps are perfect for: crispy cereal treat bars.

As far as I’m concerned those simple, three ingredient cereal bars get elevated a few notches in eye appeal and flavor when Peeps are used in place of standard marshmallows. My theory is that the dusting of colored sugar on the outside of the Peeps is the reason for both.

Beyond the basic tenants of using only one color of Peeps per batch and deciding if you want to go with the name brand Kellogg’s Rice Krispies or a similar crispy rice cereal, the only thing that one needs to do is figure out how many Peeps are equal to a bag of marshmallows.

This takes just a small math calculation to adjust your existing recipe from the weight of the bag of marshmallows to the weight of each package of Peeps. It will sound like/feel like you’re buying a lot of Peeps, but trust the math or simply follow the recipe below that has been adjusted for you.

One final tip, if you’ve always melted your marshmallows in a pan on the stove, I implore you to try it in the microwave. It’s a game changer.

Crispy Cereal Treat Bars

3 Tbsp butter
4-7 packages Peeps*
5 cups crispy rice cereal
Cooking spray

Coat a 9 x 13 inch pan with cooking spray.

In a large microwave safe bowl, heat butter and Peeps on high for 3 minutes, stirring after 2 minutes. Stir until smooth.

Add crispy rice cereal and stir until well coated.

Using a buttered spatula or waxed paper, press mixture into prepared pan. Let cool and cut into squares.

* 5-count packages of classic chicks and 4-count packages of classic bunnies each weigh 1.5 oz. Round up and use seven packages of this size per batch.
10-count packages of classic chicks and 8-count packages of classic bunnies each weigh 3 oz. Use four packages of this size per batch.

MCL’s Digital Lending Continues to Grow

In 2021 the Multnomah County Library (MCL) reached a record-breaking 4.8 million digital book checkouts. “Patrons enjoy the diversity of material and ease of access and their high level of use shows that,” said Kady Ferris, MCL Electronic Content Librarian.

The digital checkout milestone illustrates the continued growth and importance of digital lending of e-books and audiobooks, especially after a prolonged period of building closures due to the global pandemic. MCL is the number six library public system worldwide in total digital circulation.

E-books and audiobooks are available to readers through Libby, the award-winning library reading app created by OverDrive 24/7.

In combination with a valid library card, any major device, including Apple, Android, Chromebook and Kindle, can be used to access digital books. The vast digital collection includes romance, mystery, biography, children’s books and more.

The top borrowed e-book in 2021 was *The Book of Delights* by Ross Gay, the 2021 Everybody Reads selection. The collection

of essays is a record of the small joys that are often overlooked in the course of busy lives and a celebration of the beauty of the natural world.

Starting off 2022, this year’s Everybody Reads’ title, *Good Talk*, by Mira Jacob, is the most borrowed e-book.

Audiobooks, the present-day books-on-tape, offer another option for readers. *Braiding Sweetgrass*, by Robin Wall Kimmerer, took the top spot for audiobook titles borrowed from MCL’s digital collection in 2021.

Botanist and professor of plant ecology Kimmerer weaves indigenous knowledge, plant science and personal narratives to show that the awakening of a wider ecological consciousness requires the acknowledgement and celebration of our reciprocal relationship with the rest of the living world.

Digital access for the entire community is supported by increasing the e-book and audiobook collection size for Spanish, Chinese, Russian and Vietnamese language content. MCL is also adding numerous titles, including anti-racist works, to the catalog with no holds/no waiting.

The MCL Library Connect

program has grown to reach tens of thousands of K-12 students in Multnomah county acquired a library card using their student ID. By having access to digital library resources anytime from anywhere, they can better navigate the challenges of virtual learning, even if it isn’t possible to make it into a library location.

The library has also expanded other virtual services, such as technology help, tutoring and programming for youth and adults.

Community members have the opportunity to shape the content of MCL’s selection by making suggestions for additions. These suggestions are reviewed on a weekly basis for future purchases.

Don’t have a library card? Anyone living in Multnomah (and several surrounding counties) is eligible for a free card and applications can be completed online.

Once completed, card holders have instant access to e-books, audiobooks, streaming media and more. Physical cards can be picked up with photo ID within six months.

Get yours at mulcolib.org and get borrowing.

Student Movie Making Contest

Water, whether from rain or hose, carries pollutants to our rivers and streams through storm drains, ditches and more direct means.

The Regional Coalition for Clean Rivers and Streams’ “The River Starts Here” is holding a contest and soliciting 25- and 55-second videos focused on water pollution created by Clackamas, Multnomah and Washington County students in grades 9-12 as of September 2021. All public, private, charter and home school students are eligible to apply.

The Coalition, a partnership of public agencies in the Portland-Vancouver metro area, is dedicated to educating the public about the impact of stormwater runoff pollution on the health of our rivers and streams.

Interested students are en-

couraged to imagine their video as a way to teach others about the actions they can take to protect water and use their creativity to grab viewers’ attention, keep them watching to the end and leave them with an “aha” moment.

Action, comedy and/or emotion can be used to get the point of the video across. And don’t forget to give it a cool movie name!

A total of five, \$500 first prizes will be awarded in two theme content areas: Our Drinking Water/Don’t Dump That! and Everyday Actions Add Up.

One of the five awards will recognize a BIPOC videographer and another will be awarded to the People’s Choice winner. Criteria to determine the winner will be the video that receives the most



community views, likes and comments on [theRiverStartsHere](https://www.youtube.com/channel/UCtheRiverStartsHere) YouTube channel May 20-26.

The deadline to apply is Sunday, April 24. Two entries are accepted per student, with a separate application form needed for each entry.

For more information, tips and link to the application, visit theriverstartshere.org/video-contest/.



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Community News

Arts Tax Deadline: April 18

The annual Arts Tax is due at the same time as your federal tax return, which this year is Monday, April 18. Filing and paying the Arts Tax (or claiming an exemption) can be done online, by mail or in person. There are no extensions available and residents are required to file even if they do not owe the tax.

The tax is \$35 for each Portland resident age 18 and older that earns income above the federal poverty level and has \$1,000 or more income. Those whose income is below the federal poverty level may request an exemption to paying the tax.

To file, residents need five pieces of information: name, address, email address, Social Security number and date of birth. Visit [portland.gov/revenue/pay-](http://portland.gov/revenue/pay-arts-tax)

arts-tax to pay online, file an exemption or download the Art Tax Return to send in by mail or return to the Revenue Division in person at 111 SW Columbia Street, Ste. 600.

The net revenues from the Arts Education and Access Income Tax provides six public school districts in the city of Portland - Centennial, David Douglas, Parkrose, Portland Public, Reynolds and Riverdale - with at least one certified arts or music education teacher for every 500 Kindergarten-5th grade students.

Through grants, the Regional Arts & Culture Council (RACC) distributes the remaining funds to partners and increases arts access to underserved communities. RACC decides which non-profit Portland arts organiza-

tion will get funds based on their contract with the City.

From 2012 (the first tax year the tax was applied) to 2020, just over \$99 million was collected. Nearly \$63 million was disbursed to schools, approximately \$25 million went to the RACC and the remaining funds allocated to collection costs.

Unpaid Arts Taxes will be assessed a \$15 penalty the day after it is due (April 19), with an additional \$20 penalty assessed if it is unpaid six months or more after the due date. The Revenue Division will make multiple attempts to encourage taxpayers to file and pay before it is referred to a third-party collection agency.

Questions can be directed to ArtsTaxHelp@portlandoregon.gov or 503.865.4278.

The Academy Theater Goes "First-Run"

The historic Academy Theater in Montavilla, a neighborhood favorite since 2006, began operating as a "first-run" theater in March. The decision by owners Heyward Stewart, Julie Stewart and Ty Dupuis wasn't reached lightly.

For many years the Academy Theater enjoyed a thriving following as one of the few remaining second-run theaters in Portland. Then COVID-19 hit and they were forced to be closed for more than a year. The pandemic also caused a seismic shift in the way movie studios began handling the release of new content.

First, major movie studios began distributing new releases through online streaming serv-

ices, then last summer, they began releasing movies to theaters at the same time they made DVD and Video on Demand (VOD) releases available.

The latter meant that by the time content finally reached second-run theaters like the Academy, demand for the movies was nearly non-existent.

Even with a change in January when the studios agreed to begin waiting 45 days from the initial theatrical release before making content available on DVD and VOD, it was a move that was only helpful to first-run theaters.

Along with a shift to first-run offerings, the Academy Theater has raised ticket prices. The increase is just the third since they

opened in 2006. Tickets for adults are now \$9 and \$6.50 for seniors and children. Matinee pricing is still being discussed.

Even with these changes, owner Hayward Stewart offers a reassuring message, saying, "Our wonderful staff, beautiful interior and great food and beverage offerings will remain the same."

The owners are hopeful that the change will put the theater on track toward a more predictable and stable business model and allow them to take advantage of new trends in the theatrical release market.

Movie schedules and information can be found at academytheaterpdx.com or by calling 503.252.0500.

Call for High School STEM Projects

Students ages 15-18 around the world are invited to share their innovative solutions to sustain and protect the natural world as part of the 2022 Spellman High Voltage Electronics Clean Tech Competition.

The competition is designed to foster a deeper understanding of STEM (science, technology, engineering and math) related concepts, including recognizing outstanding talent and preparing the next generation of globally competitive innovators.

"As we enter the second decade of the Clean Tech Competition, our world is continuing

to face growing challenges to which we must find solutions," said Spellman HV President Dr. Loren Skeist.

"These young students will play a critical role in developing answers which will make an impact on our natural world. The submissions continue to push boundaries and give us hope that we will overcome energy and environmental challenges we face today."

In the 2015 competition, entitled "Feed the World," Team Catlin Gable took first place with their project Water Trotter aimed at solving the problems stemming

from the lack of access to food and clean water.

Registration for the competition (free) is open through April 22. 10 finalist teams will be announced online June 9 with the global finals taking place August 11.

The first place winner will receive \$7,000, second place \$5,000, third place \$3,500 and fourth to 10th places will each receive \$1,000.

More information and applications can be found at cstl.org/cleantech/. Perhaps you can be the second Oregon competitor to take a top 10 spot.

April Events

AHC APRIL WALKING TOURS – The Architectural Heritage Center (AHC) offers walking tours in April that include Kerns, Montavilla and other neighborhoods. Visit bit.ly/April2022WalkingTours for more details and to register. \$15 AHC members, \$25 non-members.

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.

SPRINGWATER CORRIDOR CLEANUP– Willamette Riverkeepers hold a trash cleanup Tuesday, April 5, 9-11 am., meeting at 403 SE Caruthers St. The event is free and open to all ages. Details and registration at bit.ly/April5Cleanup.

VIRTUAL JOB FAIR– The free 2022 Urban League of Portland Career Connections Job Fair takes place Tuesday, April 5, 10 am-2 pm online. Career seekers can update their resume, practice virtual interview skills and more at bit.ly/ULPDXjobfair.

BBB CLEAN UP– The Boulevard Beautification Bunch (BBB), a joint effort between the Hawthorne Boulevard Business Association and neighborhood associations, invites you to help beautify the boulevard Saturday, April 9, 10 am-12 pm. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd. See Hawthorneblvd.com/BBB/FAQ for more information.

LWV ELECTION RESOURCES– The League of Women Voters will post online voting information on vote411.org starting Monday, April 11 and on lwvpdx.org Monday, April 18. Printed and video guides as well as video forums will follow later in April and early May, all providing reliable, nonpartisan information relating to the May 17 election.

W2D CANDIDATE INTRODUCTION – The Willamette Women Democrats (W2D) welcome eight candidates running for Multnomah, Clackamas and Washington county offices at a free, virtual program Thursday, April 14, 4:30 pm. After introducing themselves and presenting their priorities, there will be time for a Q&A session. Registration at w2dems.com is required to attend.

STRIDE FOR SENIORS – The Meals on Wheels fundraiser is a family friendly walk that supports homebound older adults experiencing food insecurity and social isolation. The fifth annual event takes place Saturday, April 16, 9:30 am-1 pm at Portland International Raceway. Visit bit.ly/StrideForSeniors for details and to register.

NO COST CHILDREN'S HEALTH FAIR – The Multnomah Dental Society hosts a free event for children ages 5-18 Saturday, April 16, 10 am-2 pm. The mobile dental clinic, offering free screenings and treatments, will be at Sacred Heart Fellowship Hall, 3850 SE 11th Ave. Inside there will be free lunch, games and more. Email lora@multnomahdental.org with questions.

DEPAVE FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, April 22, 9 am-7 pm for depave.org. 10 percent of sales will be donated to the nonprofit, empowering disenfranchised communities to overcome social/environmental injustices and adapt to climate change through urban re-greening. Contact JT at jtyu@symbiop.com with questions.

HYGIENE OUTDOORS CLASS – The free class, part of Rewild Portland's Free Skills Series, will cover a range of topics to ease people's minds and keep them smelling fresh and feeling good when spending extended time outdoors. Visit bit.ly/RewildClasses to register for the Saturday, April 23 event, held 10 am-12 pm at St. Francis Park.

ROADKILL CLASS – The free class, part of Rewild Portland's Free Skills Series, will cover the uses of roadkill, laws, hazards, what to do with it and how to make the most of it. A demonstration of how to process small game (squirrel) is included. Visit bit.ly/RewildClasses to register for the Sunday, April 24 event, held 2-4 pm St. Francis Park.

OREGON BOOK AWARDS – Literary Art's 2022 Oregon Book Awards honors the state's most accomplished writers across multiple genres Monday, April 25, 7:30-9:30 pm at Portland Center Stage at The Armory. Purchase tickets (\$12-\$65) at literary-arts.org/event/2022-oregon-book-awards/.

VERSELANDIA! – Literary Art's annual Verselandia! Youth Poetry Slam Championship takes place Thursday, April 28, 7 pm at Arlene Schnitzer Concert Hall. Purchase a ticket (\$10-\$70) to cheer on students from Portland and East Multnomah County public high schools as they compete for poetic glory at bit.ly/2022Verslandia.

RIVER CLEANUP– Willamette Riverkeepers hold a cleanup of the Holgate Channel Tuesday, May 3, 9 am-12 pm. The free event is best suited for ages 16+. Details and registration at bit.ly/May3Cleanup.

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.

Bw Business Walkabout

Oscar's Burgers

BY ELLEN SPITALERI

At Oscar's Burgers, the impossible is possible — at least in the plant-based burger world. During the pandemic, the restaurant, located at 3500 SE Milwaukie Ave. across the street from the Aladdin Theater, survived on take-out only.

It is now open for dining inside and outside during the summer. Diners can choose to sit outside on a secluded patio, complete with a water feature.

Oscar's serves the Impossible Burger and Beyond Chicken plant-based, breaded tenders exclusively, said owner Charles Barker. He noted that he chose Impossible Burgers because the "flavor is good and they are designed for meat eaters who want to reduce their meat consumption and carbon footprint."

"There are great reasons to eat them — they are healthier to eat and they are greener for the environment. Plant-based prod-

ucts use less land and water, and generate fewer greenhouse gases to produce," he said.

The Impossible Burger is made mostly from soy, he noted, but also contains coconut and sunflower oils, along with natural flavors, a small amount of potato protein and other ingredients.

The menu offers two sizes of burgers, served on an organic bun with lettuce, tomato, onions, pickles and the house-made "O" sauce. The burgers can be served as combos, with fries and a soda.

The Beyond Chicken sandwich combo is served with a side of fries, soda and sauce. Sides include shoe-string fries, sweet potato fries, coleslaw made with vegan mayonnaise and onion rings made with Walla Walla sweets dipped in a beer batter. Sliced jalapenos, plant-based cheese, plant-based bacon and mushrooms are popular add-ons.

A breakfast sandwich is also

available and features an Impossible sausage patty "that is spiced to taste just like sausage," Barker said, adding that it comes with scrambled, locally sourced tofu.

Everything on the menu is completely vegan, even the milkshakes and dishes of soft-serve ice cream.

"Customers love our milkshakes. We use an Oatly base that tastes like soft-serve ice cream," Barker said. He noted that Oatly just started in 2021 and is "an innovative plant-based milk company."

Shakes come in four flavors: vanilla, chocolate, strawberry and mocha and soft-serve comes in vanilla, chocolate and swirl. Toppings include Oreos, chocolate sauce, strawberry sauce and sprinkles.

Oscar's Burgers is a local family business named after Barker's son, Oscar, who is the menu tester and cook. His daughter, Chloe, designs all the graphics and nephew, Harry Barker-Fost, provides technical support.

Barker, who grew up in Portland, trained as a chef and has worked in many different restaurants in Portland, the Oregon Coast and beyond.

His family bought the former Whynot Tavern property in the Brooklyn neighborhood in 1978. Over the years they have used it as offices, a restaurant, a catering kitchen and apartments that have helped revive the area.

"The Whynot opened right after Prohibition ended and lasted 40 years" in that spot, Barker said. Barker and Calkins Real Estate took over the spot, 1979-1991, giving way to London Catering, 1992-1998, Lulu's Diner was at the site, 1999-2000, followed by



Owner Charles Barker
Photo by Dick Trtek

Sala, 2001-2003.

Most recently, the site housed Sanborn's, a breakfast café, 2004-2020. In March of 2021, Barker opened Oscar's Burgers at that time for take-out only. He felt the time was right to open a climate-friendly restaurant and customers have supported the "simple concept" of plant-based foods.

He added, "People love it. We have a 4.9 rating on Yelp."

Oscar's is open 11 am-7 pm, Wednesday-Sunday and is closed Monday and Tuesday.

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PORTLAND FRUIT TREE PROJECT

PPS Budget Planning

from page 1

demic, PPS projected an eight percent decrease in overall enrollment for the 2022-23 school year. These findings clash with estimates made by the Oregon Department of Education (ODE) in February 2022, which suggest that weighted enrollment (a composite in which special needs or at risk students are counted as more than one student) will only decrease by 1.65 percent. Despite projections of fewer students in the district, total funding is expected to increase.

Because there’s a predetermined education allotment from the state and enrollment is down across the state, funding per student is on the rise. According to ODE estimates, PPS will receive \$9,376 per weighted student in the 2022-23 school year, up from \$9,032 this year.

This will make for a total of \$507.6 million, over \$2 million more than in the 2021-22 year. In combination with the additional state funding, the 2022-23 general fund balance will see a total increase of \$26 million from the 2021-22 year. Regardless of the increase, the district insists that it is not nearly enough to maintain teachers.

PPS projected that their general fund expenses will rise by \$44 million going into the following school year. The increase is mostly staffing costs, up \$26 million, and transportation costs, up \$13 million. At a February PPS Board meeting, the district shared a projection in which, at the current rate of spending and staffing, PPS would be facing a large budget deficit by 2024.

Declining enrollment, in combination with a looming budgetary crisis, has led the district to call for a staffing reconfiguration, eliminating 107 “school-based staff,” 83 of which are classroom teaching positions. 61 educators will be cut from K-5 homerooms, 31 from middle schools and four from overall physical education.

High schools will gain seven teachers and overall arts education will gain five. “If we don’t have the money to pay for [staff], the cuts are going to have to come from somewhere,” says PPS Board Member Eilidh Lowery.

The Portland Association of Teachers (PAT) argues that cutting staff is unnecessary. “Right now, we are not facing a budget deficit. We don’t have to make any cuts at all. So it is incredibly disconnected from the way we talk about schools when we are jumping to make cuts to student services, when we don’t even have a budget cut to necessitate it,” says PAT president Elizabeth Thiel.

Already exhausted educators worry that cutting staff will lead to larger class sizes. “There is nothing that matters more to a teacher’s ability to reach their students than having small class sizes,” says Thiel. “The more you know your students and the fewer [students] you have, the better your ability to actually tailor learning to meet the individual needs of those human beings.”

Teachers aren’t the only ones voicing their displeasure. Five members of Oregon’s legislature and the BIPOC caucus sent a letter to the district leadership

sharing “frustration” that “budget cuts were all aimed at direct student contact positions.”

PPS refutes the claims that staffing cuts will lead to a drastic increase in class sizes, citing projections that show nearly 98 percent of all classrooms are staffed below maximum class size thresholds. This data, based on PPS enrollment data rather than that of the ODE, shows the average size of K-3 classes will be 22 students in the 2022-23 year.

At the center of the funding debate is Portland’s historically underserved students of color. Testing conducted in fall of 2021 and published in *The Oregonian* showed that black fourth graders were a year behind in reading and two and a half years behind on math.

Lowery believes that targeted interventions, such as summer school, reading specialists, extra mental health workers and tutors, are the ways to help underserved students. “We are making choices about investing in our black and native students, which means we will be cutting classroom teachers.”

Staffing allocations are the first step in a lengthy process to finalize a district-wide budget. In “phase two,” Superintendent Guadalupe Guerrero will propose a finalized budget, to be approved by the board in June.

Letter to the Editor

Editor’s note: Letters to the Editor should be less than 300 words and The SE Examiner reserves the right to edit them for length or content.

To the Editor:

On April 15, the Arts Education and Access Fund income tax is due. What exactly is this for and why do we need to pay it?

In 2012, residents in the City of Portland voted to support arts education through the Arts Education and Access Income Tax Fund, the “arts tax.”

What was left out was the emphasis on education and access. Why do we need arts education in our schools? Arts are core to education, especially coming out of a global pandemic.

This measure funds one arts educator for every 500 students in six school districts—Centennial, David Douglas, Parkrose, Portland, Reynolds and Riverdale. Annually, the \$35 provides arts organizations and artists grants administered by RACC. Students and organizations have benefited from this funding.

As the Chairwoman of the AEAF Oversight Committee, it has been my honor to be on this

committee for five years.

In 2020, our goal was to re-frame the fund, encourage our six school districts, arts organizations and Portland residents to call it AEAF, have a logo redesign through a student competition and have school websites and arts organizations (that get AEAF grants from RACC) display the logo on their sites. This improves the visibility of the measure and shows how your funding supports all of us in our community.

Our last step involves you. We want your stories of how the arts have impacted your lives. We invite you to share those stories with us and RACC. Instagram/Facebook/Twitter @R_A_C_C @RegionalArts and tag it #PDX-aeaf #WhereArtThouPDX #ArtsEducationforAll #CreativeEconomy #ArtCreatesHope.

Thank you! Your \$35 is due April 15. This is a reminder that the arts impact us 365 days a year.

Laura Streib, Chairwoman
AEAF Oversight Committee



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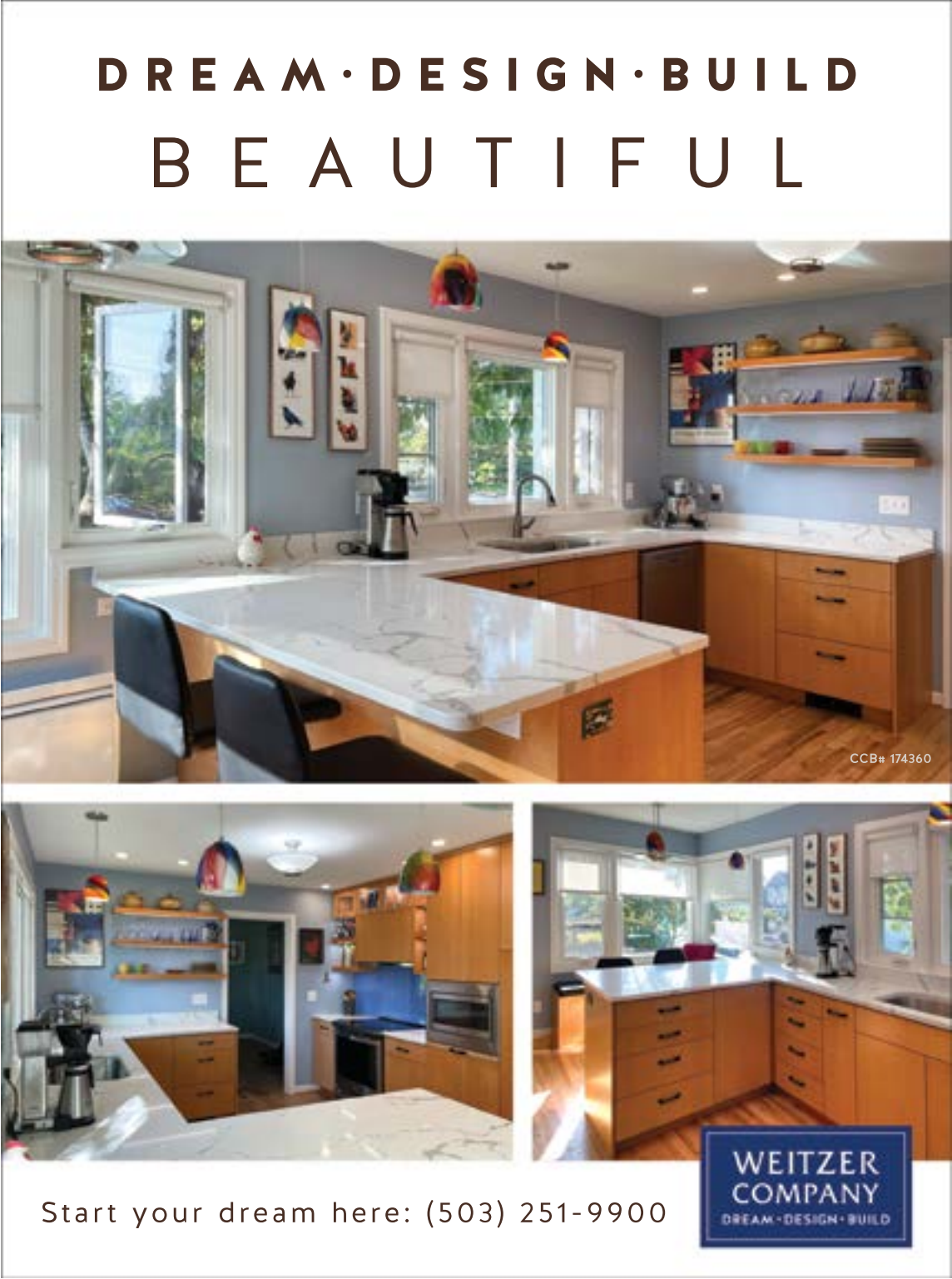
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April at Sidestreet Arts

April's featured artists at Sidestreet Arts, 140 SE 28th Ave., are Ha Austin and Michael Lam. Their works will be on display and available for purchase Thursdays-Sundays, 12-5 pm through May 1.

Ha Austin's porcelain wares are thrown on the potter's wheel to create a functional canvas. She draws whimsical designs, applying layers of under glazes or colored slips to leather-hard pottery and then carves off parts of the layer(s) to expose the clay body below. The result is a contrast of images and patterns.

Her creations are fired in a gas kiln to create art for the table that is unique, durable, dishwasher/microwave/oven safe and sure to brighten your day.



Ha Austin ceramic bowl with lid

Michael Lam is a urologist by training who has found a creative outlet using the medium of photography to observe and capture beautiful nature scenes. The details in his landscape photos are brought to life by his finding of the subtle balance between light and dark.

More at sidestreetarts.com.

PJCE Welcomes New Executive Director

Portland Jazz Composers Ensemble (PJCE) has recently welcomed a new Executive Director succeeding Douglas Detrick, who served the organization 2013-2022.

Meg Marrow, also known as Meg Samples when DJ-ing on KMHD Jazz Radio, brings a broad range of experience that will help the organization grow with her talent for building relationships among stakeholders, building an audience for jazz and working with a team to achieve goals.

Detrick, who will stay with PJCE as Interim Artistic Director as part of a planned transition, said, "Meg is the right leader for this time of growth and change. She understands the music, she knows the community and most importantly, she is committed to the values we hold dear in jazz."

Morrow comes to Portland from Kentucky where she graduated from the University of Louisville Jamey Aabersold Jazz Studies Program, was Music Director for Girls Rock Louisville and percussion instructor for Kentucky School for the Blind. She currently hosts the AM Bridge on KMHD, teaches private lessons and volunteers for Pacific Northwest Search and Rescue.

In addition to their new Executive Director, PJCE released a large ensemble record from the Aaron Space Cosmic Orchestra, led by young composer and drummer Eli Knowles, entitled "Night On Earth." Reminiscent of Duke Ellington's "Black, Brown, and Beige" but with a modern outlook, the album is available at pjce.bandcamp.com/album/night-on-earth and wherever music is sold or streamed online.

Their "Maxville to Vanport" program goes on tour this month, visiting Eugene, Bend and Longview, WA before returning to Portland as part of the Vanport Mosaic Festival at the end of May. For dates and more information, visit pjce.org.

Ruth Ross at Pushdot Studio

Ruth Ross' exhibit, "August 6, 1945 • 8:15 a.m." kicks off with an opening reception at Pushdot Studio Friday, April 8, 6-8 pm.

The works in the exhibit were inspired by the horror she felt when she learned, as a child, about the bombing of Hiroshima.

Ross says, "I wanted to honor the memory of the victims of the devastation of Hiroshima. And, perhaps, put to sleep my own unrest and rage."

"I have incorporated images into a body of work that combines cyanotypes with textile and stitching to attempt to convey my enduring response to the tragedy. I wanted the results to be beautiful to my eyes, yes, but the key element, the 'heartbreakingness,' would be my mission and challenge."

After a career as an art director for Random House, Ross moved from New York to Portland where she began working with metal to create one-of-a-kind pieces of jewelry.

For the past 15 years, she



Tea towel by Ruth Ross

has returned to her primary art practices: painting, printmaking, photography and now, textile.

The exhibit runs through Friday, May 27 in Pushdot's space in the Ford Building, 2505 SE 11th Ave., Suite 104. The gallery is open Monday-Friday, 8:30 am-5 pm; free admission.

Visit pushdotstudio.com and ruthrossart.com for more information.

Dolly Parton Sequel



Comic book and graphic novel publisher TidalWave Comics has released an all new, 24-page comic book sequel to the best-selling "Female Force: Dolly Parton," the latest entry in the comic book biography series that focuses on female empowerment.

Written by Michael Frizell with art by Ramon Salas, the all-new story features a special cover by famous comic book artist Joe Phillips. "Revisiting Dolly Parton's story has been fun! I'm happy we had the opportunity, and the space, to talk about Dolly's philanthropy," said Frizell.

That philanthropy includes a foundation in her name, the creation of the Imagination Library that donates books to millions of kids and she even pays students to stay in school.

For more information on TidalWave or to purchase the comic book, visit titalwavecomics.com.

Camino del Flamenco

The Espacio Flamenco student show "Los Caminos del Flamenco" will be performed at Imago Theater for one night only, Saturday, April 16.

The performance is an opportunity for the professional performance group to share what they've been working on during the pandemic in living rooms, backyards, parks and online, through heat waves and snow storms.

The special show will celebrate the accomplishments of their community and funds raised will go towards the opening of the new Espacio Flamenco Studio.

Doors open at 6:30 pm with the performance beginning at 7:30 pm at Imago Theater, 17 SE 8th Ave. All attendees must show proof of vaccination and wear properly fitting masks while inside the theater.

Tickets (\$15) available at loscaminosdelamenco.bpt.me/ and more about Espacio Flamenco at espacioflamencopdx.com/.

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21 JUDY BLUE EYES CROSBY, STILLS & NASH Tribute with members of The NowHere Band + CSN guitarist Jeff Pevar

22

23 LADY SINGS THE BLUES a tribute to BILLIE HOLIDAY

27 MAKANA

28 Chamber Music Northwest presents IMAMI WINDS We Cannot Walk Alone

29 BOOKLOVER'S BURLESQUE the Sci-Fi Edition

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Movie Madness University

Movie Madness University is Hollywood Theatre's film education program offering four-week classes held at the Movie Madness Miniplex. April brings two offerings - Staging the Screen: The Musical Movie and Crash Course: Jane Campion.

Staging the Screen: The Musical Movie on Wednesdays (April 6, 13, 20 and 27) takes a look at how the movie musical has always been its own distinct form, not just adaptations of stage musicals, by examining four musicals that originated as films.

This course, taught by nonfiction/experimental filmmaker/performer, writer, educator and organizer Max Swanson, will revel in the experiments that directors and composers have dreamt up by making the screen the stage, with a focus on works that are uniquely cinematic. Expect some classics you might not have known originated as films and some deep cuts that push the form in truly experimental ways.

Then on Thursdays (April 7, 14, 21 and 28) Hollywood Theatre's Membership & Grants Manager Destynee Norwood leads Crash Course: Jane Campion, a low-intensity look at the visionary writer/director whose latest film, *The Power of the Dog*, is nominated for 12 Academy Awards. The course will examine four of Campion's feature films that, while disparate in genre and tone, showcase Campion's willingness to deeply invest in the psychology of her characters, with an eye for both the uncanny and the tender.

All classes start at 7 pm at the Movie Madness Miniplex (4320 SE Belmont St.). Concessions will be available for purchase, including beer, wine, non-alcoholic beverages and the best food for movie watching: popcorn. For specific titles that will be featured in each course, email education@moviemadness.org with "class titles" in the subject line.

Proof of vaccination and masks are required for all students and instructors. Registration at bit.ly/MMUregistration (\$60 Hollywood Theatre/Movie Madness Members/\$75 non-members). Class sizes are limited to 18.

Cantores in Ecclesia

Cantores in Ecclesia, conducted by David Hill, performs James MacMillan's *Seven Last Words from the Cross* Wednesday, April 13, 7:30 pm at St. Philip Neri Church, 2408 SE 16th Ave.

MacMillan's large piece is in seven movements, each reflecting on one of the dying statements of Christ as recorded by the gospels.

Choral and orchestral conductor David Hill is renowned for his fine musicianship and has had his talent recognized by several impressive appointments. His long association with Cantores in Ecclesia began in 1987 when the choir sang for Mass at Westminster Cathedral in London. Since then, he has conducted the choir on several occasions.

For over 30 years Cantores in Ecclesia has specialized in Gregorian chant and sacred polyphony within the liturgical context of the Latin Mass of the Catholic Church. Singing for concerts and



David Hill photo by John Wood

liturgies at home and abroad, they have also recorded CDs and established themselves as a leader in liturgical performance, winning gold medals in international competition.

Tickets (\$25 general, \$20 seniors/students) for the performance are available at the door or in advance at sevenlastwords.brownpapertickets.com.

Buckman Art Show & Sell

The Buckman Art Show and Sell returns to Buckman Elementary (SE Stark St. and 16th Ave.) in person for its 32nd year Saturday, April 9, 10 am-5 pm. The event features over 90 professional artists and craftspeople, plus student art vendors and three sessions of "Make your own hammered hoop earrings." Here is a peek at a few of the artists:

Susan Thomas (below) works with bright colors in oils on and pastels of fantasy animals, still life and urban landscapes. Her oils have won Best of Show at the Oregon Society of Artists.



Mixed media artist Erica Gibson sculpts thoughtful characters from reclaimed or vintage wood, metal and clay. Her inner thoughts are combined with stories embodied in intriguing materials.

Kim Nickens (below) is a 3D paper artist inspired by Quilling, an art form that is over 500 years old. Her whimsical work, framed behind glass and ready for hanging, has interesting details that keep the viewer looking for more.



Metalsmith jewelry artist Shannon Berke, will offer three small sessions to allow participants to make their own hammered hoop earrings. \$25 classes start at 1 pm; sign up at the volunteer table.

More information at buckmanartshow.weebly.com/.

Hitting the Alberta Rose Stage in April



Alberta Rose has a full slate of shows in April and is no longer requiring masks or proof of vaccination, although both are highly recommended and encouraged.

Seattle band Rise up presents the music of Hamilton and Broadway Saturday, April 9. They have performed at and sold out top venues throughout the Pacific Northwest, including their previous shows here.

Judy Blue Eyes (above) - Crosby, Stills & Nash Tribute Featuring Members of the Nowhere Band, with CSN Guitarist Jeff Pevar, hits the stage Thursday, April 21. Feeling the acute void of singing with other people, Averill (along with fellow Nowhere Band-mates Sarah King and Jason Wells on vocals and David Langenes on guitar and vocals) met casually in Averill's backyard. "After less than a dozen rehearsals scattered over a year, we realized we had learned 12 tunes," said Averill, going on to say, "Since then we've begun diving into Neil Young material for a longer show."

Rounding out the band is a stellar cast of Portland-based musicians, featuring Jenny Conlee (Decemberists) on keys, Ned Failing (Mexican Gunfight) on drums and Greg Hyatt (Berthalline) on bass.



As April draws to a close, internationally acclaimed slack-key guitarist, singer, composer, philosopher, activist and one of Hawai'i's cultural ambassadors to the world, Makana (above), performs. Virtuoso and versatile, Makana's distinctly original sounds are infused with the spirit of Hawai'i and defy description.

He uses over a hundred tunings to fashion a massive, resonant, symphonic sound without the use of loop pedals or gimmicks. His live performances are an exhilarating ride through the breadth of slack key, folk, bluegrass, ethnic and jazz.

Doors at 7 pm, show at 8 pm for all three shows. Advance tickets available at albertarosetheatre.com and at the door (unless sold out). Minors are allowed when accompanied by a parent or guardian.

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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.

What the Halitosis: Exploring the Impact of Lifestyle Choices Beyond Oral Health

According to the National Institute of Health (NIH), the term "lifestyle" can be defined as, "a general way of living which is based on the interplay between living conditions and individual patterns of behavior as determined by socio-cultural factors and personal characteristics."

What many individuals tend to forget, however, is just how important the lifestyle they live is regarding not only their physical health, but also their mental and emotional health and well-being.

Any certified healthcare professional will be the first to tell you that a number of lifestyle factors can hold significant sway over the course of your body's overall health.

For instance, think about how stressful the events of the COVID-19 pandemic were and how that stress may have affected or impacted your health. If you're experiencing a lot of chronic stress, that is going to relate to your overall oral health, including the acidity levels in your system as well as how many cavities you end up getting.

Since stress reduces salivary flow in your mouth, this means that you don't have the washing away effect saliva normally provides your body's oral health. This can then lead to you experiencing a buildup of bacteria in your mouth which can cause inflammation along with an inability to neutralize the acidity of the oral cavity.

In addition, our bodies' ability to consume good bacteria can stop bad bacteria from entering the stomach and ending up within the digestive tract. To put it more simply, an imbalance of good vs bad bacteria in your mouth can cause a disruption of the brain-gut axis, wreaking havoc on the body's digestive health as well as our mental health.

A large number of studies have shown that the oral microbial community and intestinal microbiota may be related to the

development of Alzheimer's disease. This association may be direct (e.g., pathogenic or harmful bacteria may directly invade the brain) or indirect (e.g., pathogenic bacteria may trigger whole-body inflammation, leading to central nervous system inflammation).

In either case, this disruption is brought about via bad bacteria entering our bodies through our mouths.

Now that we have a better understanding of the connection between our lifestyles and their impact on our oral health, here are some basic steps you can take to improve it.

Combine vitamin D3 with calcium and magnesium supplements

Unless you're very active about your health through lifestyle and diet, most people aren't getting the critical minerals and vitamins found naturally through diet.

Sometimes, one of the best solutions is to supplement, especially with vitamin D3 (5,000 IUs daily). Vitamin D levels can be checked by a simple blood test from your doctor.

Combining D3 with magnesium and calcium will work together to help not only with your bone health, but also dental health by helping to remineralize your teeth.

Calcium, which is needed for strong, healthy teeth, cannot be absorbed without D3. If enough calcium is not absorbed through diet, the body will steal from bones and teeth to get it. However, calcium supplementation without magnesium results in soft enamel, as magnesium is needed to activate vitamin D.

Supplements and probiotics for microbiome balance

Other supplements, like the fat-soluble vitamins A, D, E and K, are extremely helpful in absorbing the vitamins your body needs to help your teeth rebuild

themselves and strengthen your enamel.

Taking probiotics is one way to help reestablish microbiome balance and is actually good for your entire GI tract, which goes through the gut and your mouth to bring a more balanced bacterial population.

Toothpastes and flossers to remineralize teeth

Hydroxyapatite or fluoride toothpastes, like the Risewell and Hello brands, can also help to remineralize the teeth. Using alcohol-free mouthwash or coconut oil-pull is preferred since alcohol dries out your mouth.

Daily use of traditional floss, including Risewell's Hydroxyapatite floss or a water-flosser, like Philips Sonicare AirFloss Ultra, can help to disturb the populations of bacteria and encourage the good kinds to thrive.

Finally, tongue scraping is another great tool to help reduce oral bacterial load and reduce salivary acidity.

The health of each element of our bodies is all related. Chronic stress ultimately leads to inflammation in your mouth which creates a more welcoming environment for the bad bacteria that can reside within deep gum pockets, potentially causing oral issues such as periodontal disease. They may also enter the bloodstream cause problems in other parts of the body.

If you lead a lifestyle that is either inherently more stressful or prone to higher levels of stress, this can lead to a buildup of bad oral bacteria. This can translate to health problems like abdominal discomfort, unexpected weight gains or difficulty losing weight around your midsection, as well as fatigue, mood changes and lasting skin conditions.

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Neighborhood Notes

Buckman Community Association By Susan Lindsay

The Buckman Community Association will host a public Candidate Forum virtually Thursday, April 14, 7:00 pm. All candidates for Multnomah County Chair and Portland City Auditor have been invited. Neighbors are invited to attend and submit questions which will be submitted directly to the candidates. These two positions are critically important for (County Chair) services related to public safety, help for disabled, elders and the unhoused, public health and (City Auditor) accountability of City expenditures, conflicts of interests and fiscal commitments. Find out the candidates' positions and learn about their plans if elected.

All are welcome and we especially invite residents of our nearby eastside neighborhoods to attend and be involved. The regular BCA monthly meeting link will be used. If you need the link, email buckmanboard@googlegroups.com. To reach the BCA anytime or to get on the agenda email buckmanboard@googlegroups.com or visit buckmanpdx.org.

HAND By Jill Riebesehl

Slightly warmer weather coupled with Daylight Savings teased HAND with dreams of spring and summer. The Hosford-Abernethy Neighborhood for many years hosted an ice cream social in Piccolo Park. Perhaps we can resume that sweet activity, or join with another neighborhood, in a summer activity. Stay tuned.

At our March meeting, we heard from Willie Levensen, with the Human Access Project, regarding all things Willamette River. The river has been used for decades by industry and for urban sewer outflow. The non-profit aids reclamation projects, such as beach reclamation and cleanups, but also sponsors fun on the river: the mayoral swim, the valentine's dip and The Big Float X, which will be July 9. The website, humanaccessproject.com, has information about river swimming in our area.

The Access Project collaborates with myriad of government agencies and others to clean up and create beaches and build swimming access points. Among accomplishments so far: three urban beaches, another coming along near the Burnside Bridge and the Kevin J. Memorial Duckworth Dock alongside the Steel Bridge. A project on the drawing board within our neighborhood's borders would create river access for swimming and docking small craft from a five-or-six ladder dock near the Hawthorne Bridge. On the other side of the Ross Island Bridge is the knotty problem of how to eradicate summer toxic algae blooms in the Ross Island lagoon. The Human Access Project and others, including OSU researchers, have been searching for solutions.

We hosted two other visitors at our Zoom March meeting. Kate Merrell from the Central East Industrial District (CEID) brought us up to date on the successes of their Enhanced Service District (ESD), which is up for renewal at City Council. HAND and the CEID's borders overlap, and we supported their proposal four years ago. We agreed to renew our support. The only other ESD is in downtown Portland, but other commercial districts are eyeing the concept. Businesses within ESDs fund most activities, which include but are not limited to public safety, cleanup and homeless problems.

Vadim Mozyrsky also joined us to answer our questions about how he would handle situations of interest to our neighborhood. He is currently a candidate for a City Council seat.

HAND meets via Zoom (although perhaps in person soon) at 7:00 pm every third Tuesday. All residents, property owners and people who own businesses are welcome.

Montavilla Neighborhood Association By Jacob Loeb

The March 14 Montavilla Neighborhood Association (MNA) meeting featured speakers from Portland's Neighborhood Emergency Teams (NETs) and CNBSeen. Both groups work to save lives through different means. However, they each rely on community education and volunteer support.

The Tabor-Villa NET team leader, Courtney Yan, returned to the MNA to update the membership on the organization's latest efforts. NETs are supervised by the Portland Bureau of Emergency Management (PBEM) and staffed by volunteers. Selected participants join a locally coordinated network of trained community members who will respond to a natural disaster. Much of the group's training centers on earthquake emergency response with classes taught by Portland Fire & Rescue and PBEM.

Currently, they are working to fill volunteer gaps within the NE portions of Montavilla and supply our network of emergency response caches in the neighborhood. Yan explained that most training and new volunteer orientation halted during the pandemic but will resume soon. There are opportunities to become trained and assist with the Tabor-Villa NET or the Basic Earthquake Emergency Communication Node (BEECN) program. Contact Yan at cyan.taborvilla@gmail.com for more information on joining the volunteer effort.

The founder of CNBSeen (cnb-seen.org), Don Merrill, explained how his program reduces traffic stops by replacing none functioning vehicle lights. The free program aims to reduce police stops and alleviate interactions that could become deadly for people of color. He hopes to find local partners to host these events and donate the replacement bulbs for the vehicles.

The next MNA meeting is Monday, April 11, 6:30 pm. Details are available at the MNA website (montavilla.org/mna-calendar). Audio recordings of the previous gatherings are available online at montavilla.org/pdx-mna-meeting-podcast.

Mt. Tabor Neighborhood Association By Midge Pierce

Report every crime, build diverse coalitions and advocate for specific safety measures were key take-aways at a special SE Safety Forum co-hosted by the Western Seminary, site of recent arson, and Mt. Tabor Neighborhood Association. Following a rash of gunfire and crime in the area, the Forum was held in lieu of MTNA's monthly March meeting.

Addressing residents' fears and frustrations, Assistant Police Chief Brian Ossenkop and East Precinct Commander Erica Hurley were candid in their assessment of police force limitations. Staff shortages mean slower response times, despite Portlanders expectations for immediate assistance for 911 calls. Life threatening calls are priorities. Shootings may pull-in all officers on duty, angering residents experiencing lesser crime like thefts and car break-ins.

The loss of once familiar neighborhood patrols interacting with Portlanders in positive ways has weakened community connections and contributed to public distrust of police. Paperwork backlogs further undermine confidence in the bureau's follow through and policies. Retaining officers and recruitment are growing challenges as officers are lured away by more police-friendly cities, Hurley concluded.

Because resource allocation is data driven, areas like Mt. Tabor with statistically lower crime may get

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Neighborhood Notes

from page 13

less focus. That’s why reporting every crime is critical according to community organizer Leticia Kleinberg. Yet, only 50 percent of recent crime victims in the Mt. Tabor area filed police reports according to an online survey by Kleinberg and safety advocate Kate Merrill. Kleinberg’s presentation stressed the importance of both filing and following-up on every incident even if Portlanders believe their reports are ignored. She encouraged holding officials accountable and naming specific crime mitigation programs in testimonials to both City Council and County Commissioners. See her recommendations at bit.ly/SafetyAdvocacyRecommendations.

Civic Life Community Safety Coordinator Jenni Pullen presented an array of free training from home security inventories to a Neighbors Together program that replaced Neighborhood Watch, retooled because of concern over bias. The new program aims to connect Portlanders with each other and foster inclusivity with diverse groups. Portlanders can learn how to look out for each other and request training at portland.gov/civic/communitysafety/resources.

Other speakers and the entire two- hour Southeast Safety Forum can be found at bit.ly/SESafety_10MAR22.

Register for the next Mt. Tabor meeting, Wednesday, April 20, 7 pm, at bit.ly/April20meeting. All neighbors are encouraged to attend so they too can participate in finding positive outcomes for neighborhood issues that arise.

North Tabor Neighborhood Association By Kim Kasch

The North Tabor Monthly Neighborhood Zoom meeting took place Tuesday, March 15, 6:30 pm. We discussed the new building developments in NTNA.

Two guest speakers running for office in the May 17 primary elections presented their reasons for running for office together with their agenda items.

Metro Council District 6 candidate Terri Preeg Riggsby (TerriforMetro.com) spent time discussing her background and agenda goals: 1) Healthy Environment, 2) Government Accountability & Transparency and 3) Disability--All Abilities Advocacy.

City Commissioner Position 3 candidate Kim Kasch (kimkaschforportland.com) presented her background and agenda goals: 1) Affordable Housing/Houselessness, 2) Mental Health/Safety, 3) Climate Solutions and 4) Supporting Local Businesses.

Kim Bandy was introduced as the new SEUL liaison for NTNA.

Please join us at our next monthly meeting, which will be on the third Tuesday of the month via Zoom, at 6:30 pm. The Zoom link is available at northtabor.org. The NTNA is looking for neighbors to join the communication committee.

Richmond Neighborhood Association By Brian Hochhalter

The Richmond Neighborhood Association held its monthly meeting March 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, which is posted to the RNA’s website, richmondpx.org, and sent to the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Michele Pinkham, NARA NW, provided an overview of the many social services, events and programs they provide. Their mission is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need. Visit naranorthwest.org for more information.

Reed Dow, building owner, announced “Farmhouse Carts” in the lot at SE 35th Pl. next to Division, behind Cibo Restaurant. Reed is working with the tenants and the neighborhood to create a pleasant, family friendly gathering space with many dining options.

Heather Flint Chatto updated us about the proposed affordable housing project on the site of Peaceful Villa after meeting with a representative.

May 10 Annual Board Election: The annual RNA Board election will be May 10, 6:30-8:30 pm, in front of Central Christian Church, 1844 SE Cesar Chavez Blvd. RNA meetings will be at Central Christian when in-person meetings resume. Like the last several years, people can vote in-person or drop off ballots (emailed to the listserv and on our website) at the church. Please note that people have to bring their own ballots. At the Monday, May 9 RNA meeting, candidates will give brief candidate statements.

Seven two-year seats are up for election. The deadline to announce candidacy is Monday, April 11. You can announce via email to richmond.pdx.chair@gmail.com by then or at the Tuesday, April 12 RNA meeting.

Richmond CleanUp Resuming: Saturday, May 21 will by our Spring CleanUp for mixed/bulky waste, recycling (styrofoam, metal, electronics) and U-Price-It-Sales for reusable items and plants. No demolition, remodeling or construction debris. We are partnering with CNBSeen to do taillight repair to prevent pretext stops by the police of BIPOC individuals.

Our next meeting is Monday, April 11. Please attend to be more involved in and informed about your community.

Sunnyside Neighborhood Association By Gloria Jacobs

During March’s Sunnyside Neighborhood Association meeting, we welcomed a group of interested neighbors who joined us to hear from TVA Architects (tvaarchitects.com). They walked us through their development project at 4406 SE Belmont St.

The March meeting of the Sunnyside Neighborhood Community Cares Committee (SNACC) discussed the Sunnyside Shower Project (SSP) Needs Assessment which was conducted to shine a light on barriers to the service, unmet needs, core strengths, as well as finding paths to move the project forward. Findings are available online at sunnysideportland.org/category/snacc. We also discussed additional projects that the SNACC Committee might consider taking on to provide further aid to the houseless community, such as administrative and paperwork assistance. We plan to continue this conversation in our next meeting Thursday, April 21, 6:30-8:00 pm at The Formation Lab (838 SE 37th St.). We hope you’ll join us.

The SNA April meeting will be held at the Sunnyside United Methodist Church (3520 SE Yamhill St.) Thursday, April 14. Meeting details and the agenda will be posted on the SNA website (sunnysideportland.org) on Tuesday the 12th. The General meeting will be 7:00-7:30 pm, with the Candidate Forum to follow directly after, 7:30-9:00 pm. A discussion with Metro candidates Duncan Hwang and Terri Preeg Riggsby begins at 7:30 pm; the discussion with City Council candidates Jo Ann Hardesty, Vadim Myzorzsky and Rene Gonzales starts at 8 pm. If you would like to submit a question beforehand, email board@sunnysideportland.org.

We are still seeking a Land Use & Transportation Chair as well as a Newsletter Communications & Advertising Coordinator. To learn more, please reach out to board@sunnysideportland.org.



Get in the Loop

By KRIS McDOWELL

You may have noticed some light blue boxes popping up at Fred Meyer in the last few weeks and displays/signs inside the stores. Both are part of a program from the global reuse platform, Loop, to help reduce waste created by packaging through a reuse stream rather than a recycling stream.

Loop partners with brands and retailers to shift from a disposable to a durable supply chain which enables consumers to responsibly shop for a wide variety of commonly used products. In addition to the US, Loop is operating in France, the UK, Canada and Japan and will be launching in Australia later this year.

Kroger, the parent company of Fred Meyer, is the first US grocery retailer to launch Loop in select Fred Meyer stores (25 in the Portland metro). Kroger’s group vice president of corporate affairs, Jessica Adelman, said, “Kroger’s commitment to embrace innovation on our path to Zero Hunger | Zero Waste aligns perfectly with Loops’s mission to create a convenient circular packaging solution for consumers.”

On the eastside of Portland, the NE Weidler St., NE Glisan St. and SE Hawthorne Blvd. stores offer an assortment of lead-

ing brands in Loop packaging grouped together.

Look for the Loop display inside the stores with products in containers that have been redesigned to be waste free. The refillable, reusable containers contain products from brands like Clorox, Gerber, Nature’s Path, Simple Truth, Seventh Generation and more. More brands and products are being added on an ongoing basis, a listing of which can be found at exploreloop.com.

Once the products have been used, customers bring the empty containers back to the store and drop them off in the store’s Loop collection bin. Customers are charged a small packaging deposit upon purchase, which is fully refunded via the Loop Deposit app (loopmobileapp.com) once the package is returned.

The empty packaging is collected by Loop in their blue boxes, cleaned and made ready for reuse again and again. They work hand in hand with industry leaders including Ecolab to guarantee the highest standards of safety at every stage.

Loop is yet another way for Portlanders to keep material from filling landfills, complementing our blue rolling bins and services like Ridwell.



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Caplener Group Homes For Sale




2635 NE Sumner St.
2011 Craftsman
1,962 Total Sq. Ft.

\$749,000
3 BD, 2.1 BA



136 SE 74th Ave.
1928 Bungalow
1,932 Total Sq. Ft.

\$595,000
3 BD, 2.1 BA



PENDING


8054 SE Salmon St.
1908 Bungalow
2,022 Total Sq. Ft.

\$499,000
3 BD, 1 BA



3801 SE Woodward St.
1910 Craftsman
2,822 Total Sq. Ft.


\$Call Listing Agent
3 BD, 3 BA



SOLD

6215 SE Salmon St.
1955 Mid-Century
2,144 Total Sq. Ft.

SOLD
\$1,330,000
3 BD, 3 BA



PENDING

3934 SE 29th Ave.
1909 Bungalow
1,944 Total Sq. Ft.

\$499,900
2 BD, 1 BA

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Neighborhood Happenings

Community Events:

The Get Down
thegetdownpdx.com
Friday, April 8 - Sunday, April 10

The Get Down is a 400-capacity music venue and event space featuring state of the art sound and lighting in a newly remodeled space. Check out their Grand Opening the second weekend of April. Located at 615 SE Alder St., Suite B.

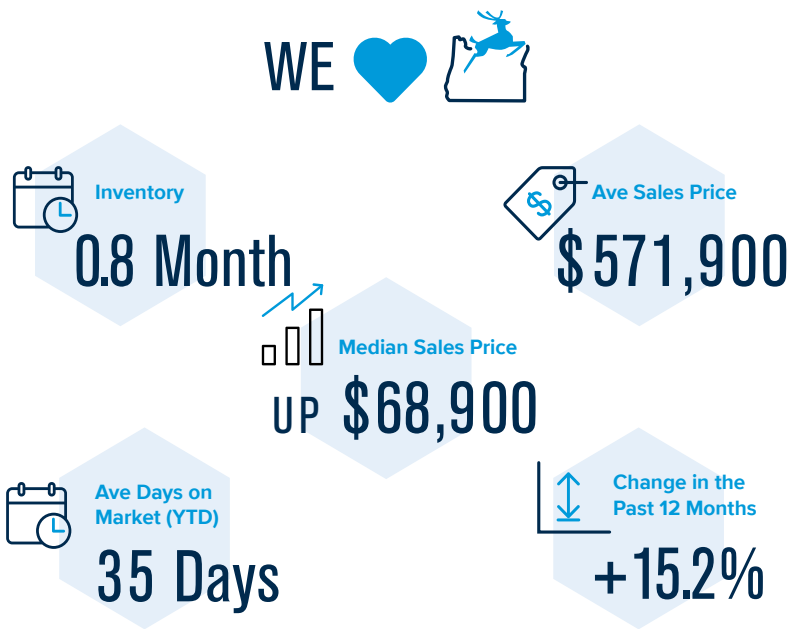
Wooden Shoe Tulip Festival
woodenshoe.com
Through Sunday, May 1

This year is the 38th Annual Wooden Shoe Tulip Festival. Experience the beauty of 40 acres of tulips while enjoying food vendors, a craft marketplace, a wine tour or even a hot air balloon ride.

Coming Soon!

Be sure to keep an eye out for the opening of a new location of Blind Onion Pizza & Pub on SE Belmont St. and 60th Ave. in the old Cheese Bar space.

HOW'S THE PORTLAND MARKET DOING?




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Data is courtesy of the RMLS.



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