



Photo by Preschool for All Multnomah County

## Increasing Access to Preschool

By Don MacGillivray

Finding daycare and preschool for young children in Portland has always been difficult. This is especially true for families where affordability is an issue. And over the last few years, COVID-19 has made childcare even less available and more expensive.

Before the pandemic, there was only one preschool opening for every three toddlers. But with the pandemic many parents lost their employment, childcare businesses closed and in-person preschools declined significantly. Those that remained became more expensive with the need for additional staffing requirements and increases in salary. Enrollments were half of pre-pandemic levels. Wait lists expanded with the essential needs of parents with preschool aged children and the lack of programs.

The Oregon legislature recognized the need for change in 2021. HB 2073 was passed to provide the vitally needed resources and improvements for the pre-

school and daycare systems. Titled the “Employment Related Day Care” program, it streamlined the administration of early learning programs to ensure greater access and stability.

The Department of Early Learning and Care was established in January of this year. It also targeted Oregon’s most vulnerable low income families and people of color. The new program covers affordability, flexibility, income eligibility for all children and provides financial stability for childcare providers.

Childcare is also a concern for business. A lack of childcare has forced many single parent households to drop out of the workforce. Working parents must have affordable childcare for the economy to remain healthy.

A child’s years between birth and the age of five are the most important learning years of their entire lives according to many experts. This is when lifelong patterns of brain development and social behaviors are learned. In addition, preschool learning makes the transition to grade school easier and more effective.

The parents’ best intentions, while important, can’t provide the same level of early learning and the positive associations with other children. A reliable and affordable childcare system is crucial to economic strength and resiliency. The US is far behind other developed nations in the provision of early childhood education.

In November 2020, Multnomah

*continued on page 3*

## RIP2: A Commitment to Middle Housing

By Nancy Tannler

City Council voted unanimously to adopt the Residential Infill Project – Part 2 (RIP2) zoning code amendments, going into effect on June 30, 2022. RIP2 addresses several outstanding mandates in the State’s middle housing bill HB 2001.

In 2015, city planners and neighborhood activists began work on the Residential Infill Project (RIP1), which was adopted on August 12, 2020. The recent approval of RIP2 marks the culmination of this extensive planning project that promises more affordable housing in our city.

The biggest change is removing the practice of exclusionary zoning—a restrictive policy that allows for single-family dwellings only in residential neighborhoods. Portland first enacted exclusionary zoning in 1924 when it stopped allowing what was then referred to as “gentle density.” This was the practice of interspersing duplexes, courtyard apartments and mother-in-law additions in established residential neighborhoods.

President Biden’s infrastructure bill is encouraging cities to incorporate more residential infill by awarding communities \$5 million to remove and rework exclusionary zoning policies. This is the first time a government program has ever intervened in city planning policy.

Millennials and middle-income earners

are potential homeowners who are most affected by these old statutes. Millennials are the largest generation to date and have increased the demand for housing by 20 percent. Others simply can’t afford to buy a home in a neighborhood they would like to live in.

There were 40 percent fewer entry-level homes built between 2009 and 2019 than in previous decades. One reason is that zoning regulations in residential neighborhoods limited the amount of property available for development.

RIP2 hopes to create middle housing in Portland’s residential neighborhoods. The intention is to give more people the opportunity to live, work, play, go to school and enjoy the amenities of these neighborhoods without being priced out.

Inner SE is predominantly zoned R2.5 and R5. These lots range from 1,500 sf to 5,000 sf. Middle housing land division allows the 5,000 sf properties to be divided into ADUs, detached duplexes and cluster housing.

The detached duplex allows the existing home to be kept while adding a second single family home. Cluster housing allows for multiple detached homes (3+) on a single-family lot. The lots can be divided for individual ownership.

The city’s permitting bureau will de-

*continued on page 15*

## REACH Hosts Bike Fair

By Jack Rubinger

On June 2, REACH sponsored their first bike fair for residents living in REACH’s SE Portland affordable apartment communities, hosted at 72Foster (5005 SE 72nd Ave). 40 residents left with helmets, bike skills and safer bikes with about 10 neighbors stopping by the event.

“It was a great opportunity to focus on community-building, food security, safety, and healthy living,” said Lauren Schmidt, Fundraising & Public Relations Manager

REACH. “We are thrilled with the success of the event! We hope to have a

Fix-it Fair annually at 72Foster. It’s a wonderful way to kick off the summer with safety in mind! This summer, we hope to host smaller versions of this event at other REACH properties to get free bike helmets to as many youth as possible and promote health and safety while building community,” added Schmidt.

The event concept started with a resident from 72Foster who wanted to use her skills for bike repairs to help her neighbors fix their bikes and make them more usable. 72Foster Resident Services Coordinator, Peg Wolfert, worked with her on

*continued on page 5*

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### HITTING THE ROADS OR TRAILS

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#### Fat Girls Hiking

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#### Album Release and Concert

Deena T. Grossman releases *Becoming Durga* and performs at Leach Botanical Garden. PAGE 12





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# Rs Representatively Speaking

BY STATE REPRESENTATIVE  
ROB NOSSE

Just before I left for vacation and while I was away, we had two more horrifying mass shooting tragedies, one in Buffalo, NY, and one in Uvalde, TX. This is one of our nation’s most serious issues. No other industrialized nation has the kind of gun violence problems that the US has. This just seems to keep happening.

I have been trying to come up with a more hopeful way to talk about this issue in our state and country. So many people are moved to do something and I am told sensible safety regulation is popular in polls, yet we struggle as a country to get this problem under control because of the partisan politics that exists around this issue. Meanwhile, we have elevated the second amendment of the Constitution to something I think our country’s founders would not recognize. The recent US Supreme Court decision overturning a concealed handguns law in NY is a big step backward.

At times, given what I know about the politics of gun regulation in the US, it feels very hopeless. But it actually isn’t. Things can be done and are getting done. Here in Oregon during every term in the legislature I have served, we have taken up changes in the law to improve safety. I am proud that in every legislative session I have served since 2015 we have passed bills to improve gun safety. That includes recent sessions.

**Keeping Guns Out of the Hands of Domestic Abusers** is an Oregon law in coordination with the Violence Against Women Act at the federal level to keep firearms away from domestic abusers.

**Expanding Criminal Background Checks for Private Gun Sales** without a criminal background check this law has closed opportunities for violent criminals and domestic abusers to purchase firearms.

**Extreme Risk Protection Order** allows both loved ones and doctors to petition a court for an extreme risk protection order to prevent suicides and shootings.



**Gun Violence Prevention** protects any domestic violence survivor by preventing people convicted of stalking, domestic violence, under restraining orders, etc. from purchasing firearms.

**Firearm Removal for Stalkers and Domestic Abusers** closed the restraining order loophole ensuring protocols in which courts and law enforcement can ensure that anyone convicted of domestic violence, stalking or who has a restraining order cannot possess firearms.

**Gun Storage and Safety in Public Places** ensured that the boards of public universities, community colleges and school districts can prohibit concealed carry of firearms on campus; it also requires guns to be stored safely.

But of course, there is still more work to be done. More to come, or as I like to say “stay tuned.”

Meanwhile, I hope many of you are also following the news out of Washington, DC. A bipartisan group of Senators has pushed forward national gun safety/restriction legislation. If adopted by the House of Representatives and signed by President Joe Biden, it will be the most significant piece of gun legislation produced by Congress in three decades.

The bill creates an enhanced process for purchasers under the age of 21; includes a background check for purchasers; closes the boyfriend loophole at the federal level and prohibits anyone who has ever been convicted of abuse from purchasing a gun; cracks down on gun trafficking and

straw purchases; lets states create ‘red flags’ laws allowing weapons to be temporarily taken away from people who show risks of violence; and finally, it will allow schools to beef up security and mental health care programs. Many of these concepts are similar to things we have done here in Oregon.

The agreement had the support of 10 Republican Senators who joined the 50 members of the Democratic majority, giving the bill the ability to overcome a filibuster. My guess is that by the time you read this, it will have passed in the US House of Representatives, as Congress will recess for July 4th. It’s significant that the federal government took action to protect the entire country, not leaving this issue up to the states.

Here in Oregon, there are two petitions focused on the rising gun violence in our community. They are being brought forward by Lift Every Voice Oregon. If they gather enough signatures, they will appear on the ballot in this November’s election.

IP17 would require a “permit-to-purchase” to buy a gun. Such a permit requires a completed background check. IP17 would also limit the size of ammunition magazines to 10 rounds. Nine states and D.C. have similar laws enacted.

We should know sometime this summer if these efforts collected enough signatures to make in onto the ballot. Meanwhile, let’s watch and ponder how gun politics might play out in November elections, both nationally and here in Oregon. More on that another time.

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# Access to Preschool

from page 1

County voted nearly two-to-one in support of ballot Measure 26-214 titled “Preschool for All.” It will create a year-round, universal preschool program that is culturally responsive and inclusive for all three- and four-year-old children. It will raise \$105 million a year by taxing families with incomes above \$200,000 and it will subsidize the cost of tuition for 7,000 children by 2026. It is directed by the Multnomah County Department of Human Services and the program is free.

Due to narrow profit margins and low wages, early childhood education has always suffered from heavy employee turnover. Over the last two years the number of licensed preschool providers in Multnomah County dropped from about 1,200 to 800. Another 300-600 new preschool classrooms will be needed to implement goals of the new program. While more commercial space is becoming more available for the needed classrooms, increasing rents are making this transition difficult.

This year there will be 500 new preschool seats available and the number of slots will grow each year until the program reaches universal access for all in 2030. Initially, those children with the least access to early learning will be prioritized. This includes children of color, families with low incomes and those with learning difficulties.

Applications for fall have now closed and enrollment decisions will be announced this month.

In addition, the Portland Public School’s Head Start program serves 760 low-income, three- and four-year-old children. The goal of Head Start is to prepare young children for successful transitions to kindergarten and beyond by building social competence and developing their school readiness skills. The program allows children to grow and thrive in a supportive, nurturing environment with the opportunity for optimum growth and development. Families and children are provided with learning

skills, health and nutrition. They emphasize school readiness and self-sufficiency through partnerships with individuals and in the community.

Head Start is available through the following Portland schools: Sacajawea, Applegate, Clarendon Early Learning Academy, Creston Annex, Grout, Jason Lee, Kelly Center, Sitton and Whitman.

In addition to the public resources dedicated to early childhood development there is the “Spark” program that is a Quality Recognition and Improvement System. It is a voluntary program designed to support and recognize high quality early childhood care programs. It includes some of the following benefits: 1) creating attached, supportive relationships with qualified caregivers and teachers, 2) helping to provide appropriate environments for each child, 3) encouraging experiences that will support a child’s development and 4) developing strong partnerships between families and educators.

The recent programs created by the State of Oregon and Multnomah County are likely to have an excellent impact on the lives of our future citizens and their families. This will correct a major deficiency of Oregon’s educational system and it has the potential of becoming a national model.

## 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:

Over 12 acres of prime central eastside parkland sits locked away from use. Expensively locked away.

Since its disconnection from the water system, Mt. Tabor’s Reservoir 6 is maintained solely as a scenic pair of concrete holding ponds. The water in them (when there is water in them at all) goes nowhere. It sits behind a half-mile of fencing (which needs repair) and is untouchable. The buildings cannot be entered, cannot be booked for events, can only be maintained.

The upkeep of these holding ponds, buildings, fencing and the earthen dams is not cheap. Since finding several voids beneath the concrete bottom of the reservoir, a quarter of a million dollars has been budgeted just to begin evaluation of the problem and to initiate repairs.

Sometimes, past decisions should be re-evaluated. Is an expensive water-hungry scenic novelty the best use of over 12 acres of parkland in an ever-denser city?

Jon Kisling



INHABIT > REAL ESTATE

### Have you considered buying or selling real estate, but don't know where to start in today's market?

Market conditions require an experienced guide more than anything else right now. For 22 years, I have lived and worked in the heart of SE Portland. I was honored to help 45 families buy and sell homes in 2021 alone. I know I can help you too. Let's win in this market together!

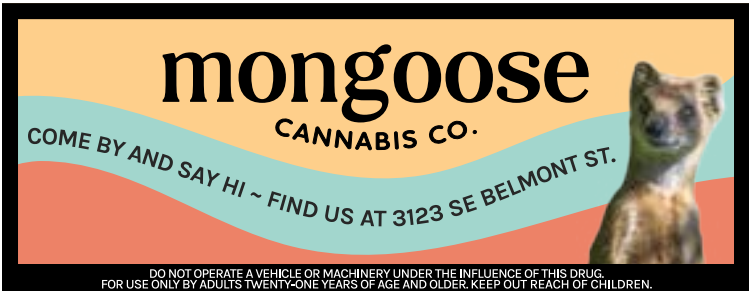


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# One at Home Meets Needs Discretely

By Kris McDowell

In late December 2022 the Oregon Health Association (OHA) Public Health Division added to their End HIV Oregon Campaign with the One at Home Oregon condom distribution program. The program allows Oregon residents to receive a free envelope of sexual wellness supplies (condoms and lubricant) delivered discreetly to their door, up to twice every 30 days.

Each envelope contains 20 condoms and 10 single use packages of lubricant. There are four content types to select from: standard mix (standard sized ONE condoms with a variety of styles - extreme ribs, extra strong, color sensations), XL size, standard + non-latex and non-latex only.

The End HIV Oregon initiative, started in 2016, is a joint initiative with community partners and the HIV/STD/TB Section of the OHA Public Health Division. The initiative aims to eliminate new HIV infections in the state and is composed of testing, prevention and treatment aspects.

At the beginning of the COVID-19 pandemic, Oregon fast-tracked its mail-order home testing program, Take Me Home. The partnership between OHA and Building Healthy Online Communities offers a free mailed, rapid HIV self-test kit to any Oregonian who has not received one in the past 12 months. As reported in the journal *AIDS and Behavior*, the service appears to increase ac-

cess for people who may not seek services in clinics, including first-time testers and people in rural areas.

The One at Home program is a partnership with the company ONE, whose goal is to increase condom use and acceptance and stimulate important conversations about sexual health. In addition to being just functional, the company's condom wrappers feature fun designs that are meant to start conversations by breaking down the stigma around sexual health education with a dash of color and a sprinkle of personality. A sampling of the eye-catching ONE latex condom wrappers can be seen above.

ONE's website reasons, "You don't put art in a drawer... you leave it out to start a conversation. That's why design and art are at the heart of ONE. We love partnering with artists around the world and running our insanely popular wrapper Design Contest. We strive to break down the stigma around sexual health education with a dash of color and a sprinkle of personality."

The Design Contest typically runs in the spring and in fall, offering cash prizes to the winner, runner up, honorable mentions and staff picks while supplying the company with fresh wrapper designs. The spring 2022 contest is being evaluated by the judging panel and public will be able to vote on the top 50 finalist designs

starting in August. Entries for the fall contest are currently being accepted.

ONE partners with other states besides Oregon, including Idaho and Iowa, which have similar programs to Oregon's and are anticipating resuming New York's condom distribution program. Jonathan Modie, Lead Communications Officer at OHA, said, "There are several other states that have a mail-order condom program, although we believe ours is one of the most generous ones out there in terms of the number of condoms and variety we provide. Other health departments with mail-order services include Arizona, Ohio, Oklahoma and Washington, DC."

As of January 2022, One at Home has delivered nearly 97,000 condoms to people in 33 of the 36 Oregon counties. Almost half of all orders are among people under age 30.

The funding for this, and other projects administered by OHA, comes from a combination of resources, to include federal CDC and HRSA-related funding that support HIV prevention and HIV care services across Oregon. Funding for this project is considered stable at this time and there are no plans to end the program due to the success and interest in this service.

The process for requesting a free order at [onecondoms.com/pages/oregon](http://onecondoms.com/pages/oregon) is simple and



Photo by Kris McDowell

requires only a full name and a valid Oregon shipping address (which the website will verify as valid and deliverable). Users have the option to add their age, race/ethnicity and sex/gender identity.

Unlike most online orders, neither a phone number nor an email address is asked for.

More information about both OHA programs can be found at [endHIVoregon.org](http://endHIVoregon.org).

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# REACH Hosts Bike Fair

from page 1

this idea, which then blossomed into a holistic bike safety event for kids and adults throughout REACH’s SE Portland housing portfolio. “As a devoted member of the Portland bike community and lover of all things that sparkle, our Resident Volunteer was thrilled to be helping so many of their neighbors be safe while also hosting the Bike Bling table at the event,” said Schmidt.

“Resident-led events at REACH are the most fulfilling, and this bike event is a wonderful example of the positive ripple effect one person can have on their community,” said Wolfert. “This resident’s desire to share her bike repair talents with neighbors inspired a holistic bike event for the broader community. We are grateful for the collaboration with PBOT and Bikes for Humanity to extend our reach and provide bike education for safer rides for adults and kids in our communi-

ties.”

REACH is working with the Portland Bureau of Transportation (PBOT), BIKETOWN, Bikes for Humanity PDX and others to provide bike repair services, teach kids to ride, bike safety information, as well as raffle prizes and food.

Legacy Emanuel Medical Center’s “Trauma Nurses Talk Tough” program provided 91 bicycle helmets for the REACH event. “As we head into sunnier days, it’s a great opportunity to remind folks about resources in our community to support bike safety and access to alternative transportation,” said Wolfert.

“It was a great experience working at the fair!,” said Andrew from Bikes for Humanity. “Bikes for Humanity PDX has been doing free bike fix events for a dozen-plus years, but had to scale back in-person events due to COVID-19 concerns. It was

wonderful to be back to support such a great community event and help folks get their bikes ready for the summer. Often all it takes to make a bike safe and rideable is 10 minutes in the stand with a trained mechanic. We’re grateful to REACH and PBOT for bringing these resources directly to the people who needed them.”

Safe Routes to School created a bike playground, an installation that will be there all summer. A resident’s booth had a bling station to decorate helmets, which looked super fun on a rare and beautiful sunny day in early June.

Pizza was brought in by Papa John’s and every station had a COVID-19 safety kit.

Raffle prizes were offered from several local businesses, including Red Castle Games, Bella’s Italian Bakery, Otto’s Pizza, Clever Cycles and Recumbent PDX, which donated U-locks.



Photo by REACH

This year marks REACH’s 40th anniversary. What began as a small group of SE Portland neighbors wanting to make a difference in their community has grown into a community development organization creating over 2,700 affordable homes across our region. While REACH has evolved over the decades, they maintain a grassroots spirit. They

remain grounded in the mission of creating affordable housing and opportunities for everyone in our community to thrive.

REACH invites all of SE Portland to join them in celebrating 40 years of creating opportunities to thrive and the vision of people empowered to achieve their goals and enjoying a strong sense of community.

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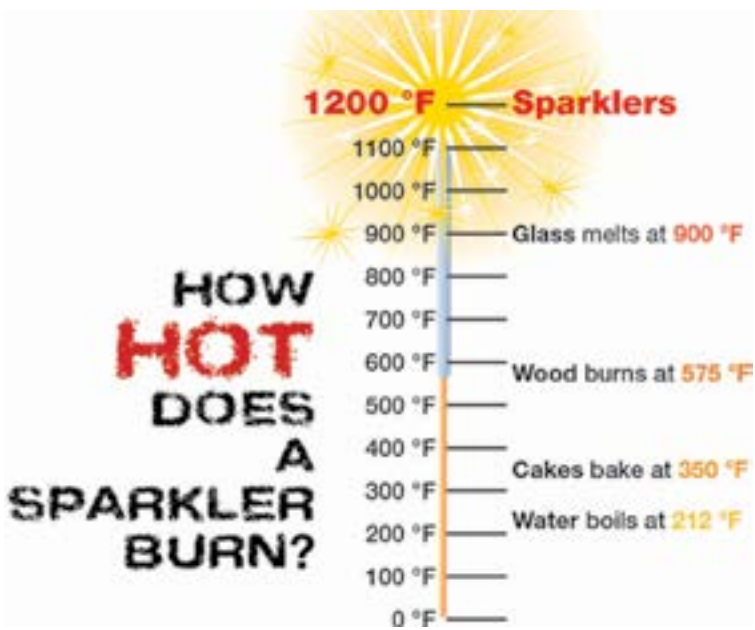


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## Firework Ban Reminder



Due to the annual fires, injuries and deaths associated with the use of fireworks, the City of Portland has banned the use of any fireworks, aerial luminary devices or pyrotechnics until further notice.

After an emergency declaration was signed by the mayor in 2021, the number of fires dropped dramatically and earlier this year Portland City Council unanimously passed an ordinance that banned the sale and use of personal fireworks as climate change increases the risk of deadly fires.

Commissioner Hardesty said, “At the end of the day, this ban is for the safety of our community as we adapt to the unfortunate realities of climate change. I also want to be clear that this ban does not prohibit professional, licensed firework displays like what we are accustomed to watching on the waterfront each Fourth of July.”

In addition to the tragic events and injuries resulting from firework use, they can be traumatizing and harmful to children, animals and a growing number of war veterans who experience Post-Traumatic Stress Disorder.

The Oregon Humane Society, along with other animal shelters, always see an increase in the number of lost dogs and cats that have gone missing on the holiday

and remind owners to keep pets inside as much as possible on July 4, as well as the few days before and after.

All pets should wear a collar with ID tag including the owner’s name and phone number; a microchip is also a good idea. Animals that are agitated should be put into a bathroom or other room with no windows and a secure door. Over the counter medications and prescriptions from veterinarians are also available to ease their stress.

To get in the patriotic spirit without fireworks, the National Fire Protection Association has a few ideas. Glow sticks and red, white and blue silly string are fun for all ages and are a safe alternative to sparklers (which burn at twice the temperature that wood burns at). Be loud and proud with noise makers, which can be found at local party supply stores or made at home. Set up an outdoor movie night and/or throw a birthday party for the USA, complete with cake.

For the sake of our friends and family, our pets and our community, leave the fireworks to the professionals and find other ways to celebrate. There are plenty of creative ideas out there and if you have some, visit us at facebook.com/Southeastexaminer, to share them with our community.

## Help Children Become Better Readers

AARP Foundation Experience Corps (AARPFEC) is looking for volunteers to make a difference in a child’s life by helping them become better readers. The national, intergenerational, volunteer-based tutoring program is proven to help children who aren’t reading at grade level become great readers by the end of third grade.

Fourth graders who can’t read at grade level are four times less likely to graduate from high school and by committing 4-10 hours per week, AARPFEC volunteers can set the foundation for academic promise for years to come.

Older adult volunteers (50+) are placed in a neighborhood school and matched with several students identified by their teachers as struggling readers. In addition to one-on-one intensive reading time, volunteers also

spend time with other students in a classroom, all while building rapport with students and serving as an additional positive adult in the classroom who kids can look to as a role model. Volunteers get to see their students learn and grow as readers and as humans, and the literacy gained will open doors for the students.

Volunteer Pete felt he couldn’t have had a better childhood, having two English-speaking parents who encouraged him to go to school, do well and help him with homework when needed. He feels for children in less fortunate circumstances and said, “I thought maybe I could do something with these kids and it really did change my life.”

He received a card from a student he had worked with for three years, now in fifth grade, who had lived in a Thai refugee camp before coming to the US. In

part it said, “I was given a great gift from you, your time.” Pete says the feeling is mutual.

The Portland chapter of EC is housed within local non-profit Metropolitan Family Service and questions/information about volunteering for the 2022-23 school year can be directed to volunteer@mfs.email or 593.290.9427.

Additionally, there are three opportunities to attend an upcoming virtual informational chat (Tuesday, July 12, 2 pm; Wednesday, July 27; 10 am; Tuesday, August 9, 10 am) at metfamily.org/get-involved/aarp-experience-corps/.

All volunteers must enjoy working with children, be age 50+, commit to serving throughout the entire school year, have proof of US citizenship, complete an application and be able to pass state, criminal and FBI background checks.

## PPS Summer 2022 Programming

The Portland Public School’s (PPS) \$15 million program for Summer 2022 is the most robust programming package in PPS and state history, with more than 50 programs that will provide a wide array of enrichment opportunities.

PPS is partnering with over 50 community organizations to provide a host of free summer enrichment camps for over 7,500 students across programming. A few highlights of the programming include:

### Hand2Mouth

Theater camps will provide students aged 11 -18 hands-on experience in all aspects of theater performance, including a camp for Spanish speakers and learners.

### Feed the Mass

Science is Life and Building Blocks to Success programming that provides practical life skills, STEM and Science Based

education to students of all ages such as food science and preparation and Lego Robotics will be offered.

### Village Resiliency

Wellness Squads will serve middle school students with project based learning and creative expression such as shoe painting/design, candle making and a stress tool kit. The focus is on building social and emotional health, stress management and building healthy identity.

### Play It Forward

The songwriting camp for grade school students will offer the opportunity to try different instruments and publish a songbook printed and distributed to students after camp.

Visit ppsfamilysupports.com for a full listing of opportunities.

Another component of the

programming is over 500 youth employment opportunities in 36 of the programs where high school students can earn significant wages while exploring careers in science, technology, child care, education and the arts.

Those opportunities include 30 student interns with IRCO who will be able to earn \$1,000 stipends to participate in community service and community restoration projects; 40 high school students employed by SEI as assistant coaches and instructors for their summer programs, paying \$16/hour for 30 hours/week; and 18 high school assistant teachers, employed at \$17/hour by Portland Playhouse, that will be mentored in and out of the classroom by a Youth Career Manager.

There is still time for families to enroll their students in programs, including free child care for qualifying families. Please see the menu of options at pps.net/summer2022.

JULY

EVENTS

**CLEAN UP HAWTHORNE** – The Hawthorne Blvd. Business Association invites the community 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.

**AHC JULY WALKING TOURS** – The Architectural Heritage Center (AHC) offers walking tours in July that include Sunnyside/Belmont, Mt. Tabor and other neighborhoods. Visit bit.ly/July2022WalkingTours for more details and to register. \$15 AHC members, \$25 non-members.

**FARMERS MARKET THURSDAYS** – The Montavilla Farmers Market has added a Thursday evening farmers market weekly through September. “Thursdays on the Plaza” will be held 4-7 pm at SE 79th Stark St. and include five farm/food vendors, a beer garden and live music. More at montavillamarket.org/thursday-farmers-market.

**PORTLAND FLEA** – Portland Flea, a gathering for the creators, curators and collectors, takes place Sundays in July (10, 17, 24 and 31), 11 am-4 pm at the Nova Building, 240 SE Clay St. Visit pdxflea.com for a vendor listing and more details.

**PEDALPALOOZA BIKE SUMMER** – The “festival of bikey fun” celebrates 20 years June 1-August 31 with hundreds of different events. Most rides are free and all are open to the public. Visit shift2bikes.org/

pedalpalooza-calendar to join in the two-wheeled fun.

**DD INTERNSHIP INFO SESSION** – Multnomah County is offering an information session on Project SEARCH, a new internship program for people with intellectual and developmental disabilities. Learn more in person Thursday, July 7, 10 am. Email projectsearch@albertinakerr.org for more information.

**PLANT SCIENCE SATURDAY** – Get scientific with your love of the outdoors at Plant Science Saturday, a free, outdoor event July 9, 9:30 am-12 pm at the Oregon Convention Center. The educational activities are designed to foster understanding of and enthusiasm for plant life. More information at plantbiology.aspb.org/plant-science-saturday.

**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, July 9, 10 am-12 pm. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd. Email BBB@hawthorneblvd.com with questions.

**ROSEWOOD SATURDAY CELEBRATION** – The summer market series continues Saturday, July 9, 12-4 pm at The Rosewood Initiative, 14127 SE Stark St. A combination of a makers’ market and resource fair, it’s an opportunity for neighbors to gather and learn. More at rose-





PP&R Pools and Activities Registration Open 988 Mental Health Hotline

Portland Parks & Recreation’s (PP&R) seven outdoor pools are open now through Sunday, August 28 and offer lap swims, water fitness, open play, family swims and limited swim lessons. The openings complement the four indoor pools that are open year-round.

Like 88 percent of parks and recreation agencies across the country, PP&R’s aquatics program is experiencing staffing challenges due to ongoing recruitment and hiring struggles. As a result, swim lessons and family and open swim sessions will only be available at outdoor pools this summer. The exception is Matt Dishman Community Center’s pool, 77 NE Knott St., which will offer limited indoor play swims.

Portland Parks Commissioner Carmen Rubio stressed that PP&R can and will open more lessons, and lessons at Portland’s indoor pools, if it is able to hire and train more aquatics staff. “We greatly appreciate Portlanders’ patience as the Parks Bureau continues to recruit, hire and train the valuable teammates who make PP&R’s services possible,” Rubio said.

“If you or someone you



Photo by PP&R

know is interested in helping kids learn to swim while earning good wages with a flexible schedule, please go to the PP&R website to learn about and apply for available positions. If we can recruit, hire and train more lifeguards soon, then PP&R can hopefully expand swim lesson opportunities throughout the summer.”

Registration for July 25-September 4 classes and activities is currently open. While some registrations can be done in-person or by phone

(503.823.2525), the fastest option is to sign up online at portland.gov/parks/register.

PP&R recognizes that this is not an ideal option for everyone and is reassigning some personnel to assist with phone and in-person summer registration efforts. If you are not able to sign up for your preferred offering, PP&R strongly encourages getting on the waitlist.

A listing of PP&R’s pools can be found at portland.gov/parks/recreation/pools.

Beginning July 16, a new three-digit phone number - 988 - will be available 24/7 for people to call when they or someone else is having a behavioral health crisis or emergency. Short and easy to remember, like 911, the number replaces the existing National Suicide Hotline number, 800.273.TALK.

When someone calls 988, they will be able to reach a compassionate, highly trained counselor who can help address their issue in the least intrusive way possible. The counselor is part of a call center that is linked to a network of service, so the caller can be connected with the right kind of help, from the right type of helper.

The new 988 crisis response system will ensure that someone experiencing a behavioral health crisis receives care in an appropriate setting; reduce the burden on

hospital emergency departments and law enforcement; and meet the unique needs of people most impacted by behavioral health crisis, including youth and people who have a difficult time accessing appropriate health care. It is another option for families and/or caregivers of children, youth and young adults who may currently call a pediatrician’s office during a crisis.

A diverse array of stakeholders, crisis centers, telecommunications agencies, behavioral health providers and people with lived experience are involved in the planning to ensure Oregon builds an inclusive crisis response system.

Funding to implement 988 call centers and infrastructure is currently coming from the General Fund. As the system expands, additional funding will be required and sought by legislators.

2022 Hidden Bottle Hunt

The Oregon Beverage Recycling Cooperative (OBRC) is hosting the 2022 Hidden Bottle Hunt Wednesday, July 6-Sunday, July 10 by hiding six commemorative bottles in parks and trails throughout the state. Clues for the statewide hunt will be posted daily on the Oregon BottleDrop website, obrc.com, leading treasure hunters to the final hiding places.

“Last year’s Hidden Bottle Hunt was the first of its kind, hosted to celebrate the 50th anniversary of the Oregon Bottle Bill,” said Eric Chambers, external relations director for OBRC, the not-for-profit cooperative that

serves as the operational steward of the Bottle Bill and operates the BottleDrop network. “It was so much fun and was so successful at raising awareness about the legacy of Oregon’s Bottle Bill that we decided to do it again.”

Like last year, the 2022 Hidden Bottle Hunt will comprise six separate, simultaneous hunts, geographically dispersed in parks and trails across Oregon. OBRC will release one clue per bottle per day, leading hunters to the final hiding spots.

The lucky winners will get to keep the commemorative bottle and select a BottleDrop Give nonprofit partner to receive a

\$1,000 donation through BottleDrop’s Containers for Change program. Over 5,000 nonprofits across Oregon raise funds for their organizations through BottleDrop’s Give program.

July marks the 51st anniversary of the Oregon Bottle Bill, which Governor Tom McCall signed into law on July 2, 1971. It established the nation’s first beverage container redemption system and it has helped keep Oregon clean and litter free for over five decades. Oregon’s Bottle Bill is also among the most successful in the nation. In 2021, nearly two billion containers were returned for Grade-A domestic recycling.

Summer Concert Series



Leach Botanical Garden invites families to come out every Friday in July for their Children’s Music Series for kid-focused live music. Different artists will perform in the Far Meadow, 11 am-12 pm, with gates to the garden opening at 10 am.

The series begins with Jessa Campbell & The Saplings July 1, Mr. Ben July 8, Kelli Welli July 15, Tallulah’s Daddy July 22 and finishes with Mo Phillips July 29. The concert music is geared toward toddler-aged children, but kids of all ages are always welcome.

Picnicking is allowed on

event days in the Dino Meadow and Far Meadow (the grassy fields in the upper garden closest to the entrance). Attendees are invited to wander and explore the garden after the concert.

So get your tickets, then grab the kiddos, their costumes and a picnic lunch for a rocking good time. Tickets (\$5 for non-members 3+ / free for members and kids 2 and under) at leachgarden.org/events-and-classes/kids-concert-series.

Follow the Garden on Instagram (instagram.com/leachgardenevents) for ticket giveaway opportunities.

woodinitiative.org.

**MT. TABOR SUMMER CONCERT** – Mt. Tabor Park welcomes Grupo Masato, which brings highly danceable music combining Cumbia with Afro-Peruvian sounds Thursday, July 14, 6:30 pm. Arrive early at the park, SE 60th Ave. and Salmon St., for better parking and seating for this free event. Food vendors and kids’ activities on site.

**CLIMATE CHANGE TALK AT LEACH BOTANICAL** – As part of the Garden’s “After Hours in the Garden” lecture series, the Wednesday, July 20 talk will provide an overview of the current scientific understanding of climate change impacts specific to the Portland region and greater PacNW. Doors open at 6 pm for appetizers and garden strolling; Paul Loikith’s lecture begins at 7 pm. Reservations (\$20 non-members/\$15 Garden members) required at bit.ly/LeachLecture.

**COMEDY IN THE PARK** – Kickstand Comedy, Portland’s home for local comedy, and Minority Report, the premiere showcase for Black and brown comedians, present a doubleheader Friday, July 22, 6 pm at Laurelhurst Park, SE 37th Ave. and Oak St. More on the free show at kickstandcomedy.org.

**TUTORING PROGRAM INFO SESSIONS** – The AARP Foundation Experience Corps is an intergenerational volunteer-based tutoring program proven to help children become great readers. Find out more

about the program at a virtual chat Tuesday, July 12, 2 pm or Wednesday, July 27, 10 am at us06web.zoom.us/j/5411234710.

**SYMBIOP FUNDRAISER** – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, July 29, 9 am-7 pm for Wild Diversity. 10 percent of sales will be donated to the nonprofit that aims to create a personal connection to the outdoors for Black, Indigenous, BIPOC and the LGBTQ2S+ communities through outdoor adventures and education. Contact JT at jtju@symbiop.com with questions.

**WORLD NAKED BIKE RIDE** – The annual, worldwide bike ride highlighting the vulnerability of cyclists everywhere and decrying society’s dependence on pollution-based transport takes place Saturday, July 30, 8 pm. Visit pdxwnbr.org for more information.

**MONTAVILLA STREET FAIR** – The Montavilla/East Tabor Business Association hosts the annual street fair with 120+ local arts, crafts, food and retail vendors along with live music and family activities Sunday, July 31, 10 am-5 pm on SE Stark St. between 76th and 82nd Aves. More at facebook.com/montavillabiz.

**WALK + ROLL** – The Street Trust will co-host a community walk + roll and block party with Teatro Milagro Sunday, July 31 to celebrate the Blumenauer Bridge opening. The event kicks off at Teatro Milagro, SE Stark St. at Grand Ave. More information at thestreettrust.org.

JULY  
EVENTS



# Tips to Improve Your Road Trip

By Kris McDowell

Summer is often prime time to head out on a road trip - from a couple days away to a week or more. Whether it's a shorter trip or a longer one, there are some things you can do during your planning to make the trip as fun and relaxing as possible once you hit the road.

### Make sure your vehicle is in good condition

There's nothing worse than setting off for a road trip, only to be stuck by the side of the road. Simple at-home preparations include checking your tire pressure, oil and wiper fluid levels and filling the gas tank. If it's been awhile since your car has been in for an oil change or tune up, think about scheduling that prior to your trip. If you have roadside assistance coverage, make sure that information is easily accessible, just in case.

### Put together things to listen to

Create a playlist for the trip, download an ebook or let each person in the car select something they'd like to listen to along the way. Don't forget to have materials downloaded or an alternate plan (does anyone still have a CD player?) in case you are traveling through areas without connectivity.

### Bring healthy snacks and water

Snacks tend to be a road

trip necessity and while some fun things should definitely be included, try to pack some healthy snacks like fruits, nuts or granola bars and make sure to have plenty of water as well. If your trip goes as planned, these will just be snacks, but if you encounter difficulties, these may well be lifesavers. Make sure to have some for your furry friends, too, if they are joining you.

### Bring your chargers

Besides not running out of juice when you're rocking out to your playlist, you will likely also use a map function on your phone at some point, which can drain a battery quickly. Make sure to have the proper charging cables for everyone's devices (Android, iPhone, tablets, etc). A battery bank may also be a good backup for charging when you're not in the vehicle or when all the plug ins are being used.

### Pack an emergency kit

It's always better to be safe than sorry. Hopefully you won't have to use it but make sure to pack an emergency kit including some essential tools, including a blanket, flashlight, jumper cables and first aid kit. Emergency kits can be purchased at multiple places or you can put together your own from items you likely

*continued on page 9*

## Bw Business Walkabout

### Akadi

By Ellen Spitaleri

The word "akadi" means tasty in Bambara, a native language in West Africa's Cote D'Ivoire, where Fatou Ouattara grew up — that is why she chose it for the name of her restaurant that opened in May at 1001 SE Division St.

"Food has always been a part of me; I grew up cooking with my sisters, my mom and grandmas and also with some of my aunts when I visited other part of the country," she said. "In a typical west African home, girls are expected to know how to cook. So I remember them showing me very early on how to make the essential recipes like attieke and fish or peanut butter stews," Ouattara added.

Attieke is the national dish of West Africa she said, noting that it consists of fermented cassava couscous served with a relished tomatoes/onion mix and a choice of either chicken or fish.

When Ouattara left home to come to Portland to attend Portland State University, she realized that she missed West African food, so she started cooking in her dorm and inviting friends to try her cuisine. One of those friends was George Faux who not only fell in love with Ouattara's cooking, but with her as well, and



*Attieke with fish photo by Akadi*

now the two are married.

After trying her food several times, her friends encouraged her to open a restaurant. So in 2017 Ouattara opened her first Akadi on NE Martin Luther King Jr. Blvd. It was forced to close in 2020, due to pandemic restrictions

Then, in 2021, the TV show "Top Chef" came calling and everything changed. Top Chef Portland scouts came to the restaurant after two-time Top Chef contestant and Portland restaurateur Gregory Gourdet recommended Ouattara's food be featured.

"They tried the food and discussed doing a segment on us, which was very exciting and also scary," Ouattara said.

During the filming of the show, she served popular menu items such as attieke fish, jollof rice, beef suya, some stews and fufu, a dish made with cassava, yams or plantains that have been boiled, pounded and rounded into balls. Puff puff, small, sweet donuts, were served for dessert.

Although the restaurant was closed, the show boosted sales of their Akadi Sauce. Customers had been asking for the popular sauce and Ouattara was able to get it on the shelves at New Seasons Market and Green Zebra groceries.

"We got a lot of promotion from that show. Many people saved the name of our restaurant to try when we reopened and we are still reaping the benefits of being featured," Ouattara said.

She noted that there is a lot to like about the new Akadi on SE Division St. "I love the wood framing and the ceiling with all the plants; it feels very homey. I love the kitchen and the huge area

to prep all the food we serve," Ouattara said. "I love that there is a bathroom for all my customers and my employees; it is truly an upgrade from the old one and I couldn't be happier."

She and her husband divide the major tasks in the day-to-day running of the restaurant, with Faux doing all the background work and Ouattara running the kitchen and supervising the kitchen staff.

She has a few recommendations for diners who have never experienced West African food. "A jollof rice meal is always a good place to start because we have the carbs, the veggies and the proteins all in one plate," Ouattara said, adding that the West African favorite is made from red rice cooked in a flavorful tomato stew served with coleslaw and choice of chicken or fish.

Fufu and peanut butter stew are popular dishes, she said, adding that the stew is made with creamy peanut butter cooked with stewed tomatoes, veggies and African spices. It is served with a choice of proteins, including goat, seafood, beef or chicken. Sides include a choice of rice or fufu.

Ouattara hopes people will be patient when coming to the restaurant, as they are understaffed right now and are doing everything they can to fix that issue. Restaurant hours are Wednesday-Sunday, 5-10 pm.

**Akadi**  
**1001 SE Division St.,**  
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**Akadipdx.com**

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# Fat Girls Hiking is More than Just a Hiking Book

By DAVID KROGH

*Fat Girls Hiking* is a new book by Summer Michaud-Skog, published by Timber Press. Its prime focus is outdoor hikes and nature walks for plus sized people. But interestingly enough, it didn’t start out as a book at all.

A plus sized woman who loves the outdoors, Summer Michaud-Skog noticed there weren’t many people like her out hiking. In 2015 she started an Instagram account called Fat Girls Hiking. Through this account she was able to reach out and promote hiking for plus sized women.

Because of the large interest that she generated, Fat Girls Hiking (FGH) became an organization of plus sized people interested in the outdoors. Many of these, like the author, have been fat shamed over time, but love the outdoors and want to communicate with others who are like minded.

To help the organization get started, Michaud-Skog began keeping track of hikes by their accessibility. She also took note of comments from others who had experienced problems in obtaining plus sized outdoor clothing and gear. Subsequently she began organizing chapters of FGH around the country.

By 2020, there were 37 chapters in the US and three chapters abroad. She then realized she had enough material to produce

a book in support of plus sized hiking when low and behold, she was contacted by Timber Press in Portland about putting a book together.

Although the name of the book and the organization are Fat Girls Hiking, the book and organization are not just about fat girls hiking. In fact, the organization had evolved. “The more people I featured, the more it was clear that Fat Girls Hiking was no longer about what I personally was doing outside—it was a community that rallied around inclusivity, fat activism and accessibility in the outdoors for all people.”

The book does not promote dieting or weight loss and the motto, “Trails not Scales,” is clearly illustrated on the back cover of the book. “There is a 98 percent failure rate for dieting,” according to the author. “Hiking is healthy exercise that you can do at your own pace, plus you can enjoy the outdoors. Many people view hiking, or just being outdoors, as therapy during these trying times.”

The book provides some basic “how to’s” about preparing for hiking, shares commentaries from several FGH members and describes several hikes in Oregon and elsewhere, including locations, features and accessibility.

Both the author and the commentaries have emphasized

the lack of plus sized clothing and gear appropriate for the outdoors. “This is a huge barrier to plus sized people.” Michaud-Skog is hopeful that outdoor apparel and equipment providers will take a hint from the book (as well as other people) as to just how much of a market and demand there is for plus sized outdoor apparel and gear. She has been talking with one brand name of late to promote new plus sized outdoor apparel and is hopeful.

Attributions to indigenous peoples for both the locations of hikes and the commenters’ hometowns is commendably provided. The author stated, “it is important to acknowledge the history of our country, both good and bad.” In addition, “several of the commenters have indigenous heritage and they have encouraged and helped research the attributions.”

The book is for all people, regardless of gender, culture, age or orientation who feel they are marginalized by their weight or accessibility issues. Despite the book’s name, Michaud-Skog says all are invited, including men.

“Hiking” is a broad term and for the author, “hiking is however you define it. I prefer to define it as walking outdoors on a trail, which would definitely include nature walks.” She added that in group hikes, the slowest walker sets the pace. “No one is



expected to do more than they’re comfortable with.”

The author lives in a camper van (as do a couple of the commenters) and though the book clearly supports that lifestyle, she says she isn’t necessarily promoting van living. “But it is part of my story and influence. For me, it offers independence and makes nature more easily accessible.” She qualified this by stating “it obviously isn’t for everybody.”

The book itself is easy to read, informative and those who have been either fat or appearance shamed will find encouraging comments from kindred people. *Fat Girls Hiking* is available to order online at [bit.ly/BuyFGH-book](https://bit.ly/BuyFGH-book) or can be found in store at Powell’s Books, Barnes and Noble and Broadway Books (1714 NE Broadway).

For more information about the FGH organization, visit [fatgirlshiking.com](https://fatgirlshiking.com) or Instagram. [com/fatgirlshiking](https://fatgirlshiking.com).

## Road Trip Tips

from page 8

already own. You may also want to consider a small, portable air compressor for filling tires (or an air mattress if camping) and a jump pack in case you find yourself with a dead battery.

**Make stops to stretch your legs**

Experts suggest that you should get out of your vehicle and stretch your legs every two hours. This can be done efficiently by planning for stops that involve meals, sight seeing or fueling up.

**Don’t drive when you’re tired**

Driving while you’re tired is extremely dangerous because it lowers your reaction time and reduces your ability to focus. Make sure you have plenty of sleep before you get behind the wheel, make regular stops and when there is more than one person able to drive, take turns.

**Agree on sight-seeing stops**

When you set out on your journey there may be interesting sites to see on the way, but if you have a set time frame you may have to prioritize some places over others. Make sure to discuss with your fellow passengers, ahead of time, which are must-see sites to avoid disappointment.

**Agree on a budget**

Depending on who you’re traveling with, this may or not be relevant to your trip. If your fellow passengers are each paying their own way, discuss meals (eating at restaurants, grabbing items from gas stations or bringing meals with you) and accommodations (staying in hotels or camping in tents). The cost of the vehicle and gas may also be things to discuss.

Happy road-tripping!

**Reproductive Freedom Resources**

Planned Parenthood  
503.875.7820  
[plannedparenthood.org](https://plannedparenthood.org)

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[prochoice.org](https://prochoice.org)



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The Concerts at Lincoln Street

The Concerts at Lincoln Street offers two Saturday afternoon concerts in July at Lincoln Street United Methodist Church, SE 52nd Ave and Lincoln St., funded by the PDX Events Action Table, a City of Portland project.

Saturday, July 16 the Brazilian music group Choro da Alegria blends folkloric rhythms with intricate melodies of Brazil, led by percussionist and cavaquinho player Peter Fung. Saturday, July 30 brings the “always spicy” all-woman saxophone ensemble, The Quadraphonnes for a great afternoon of jazz.

The concerts are free to the public and take place at 4 pm. For more information, visit [facebook.com/concertsatlincolnst](https://facebook.com/concertsatlincolnst).

Outdoor Movies at OMSI



Enjoy evenings of movie magic under the stars with the Cinema Unbound Outdoor Movies series, offering 16 beloved cult movies, classic and cinema and family favorites Thursday, July 7-Sunday, July 31. Presented by PAM CUT, the summer screenings will be a complete experience, with giveaways, contests, games and sing-alongs that make the film come alive in new and exciting ways.

Think *Face/Off* with Nic Cage or John Travolta facemasks and a BYO stuffed animal sing-along for *Sing 2*. With dress-up nights galore, plus DJs and specialty drinks, the screenings make for a more eventful night than sharing a pint of ice cream on the couch.

Movies are shown in OMSI’s The Bridge Lot parking lot, 1945 SE Water Ave., so bring your own chairs and take in the themed food/drinks for purchase and pre-show activities (no pets or outside food/drink). Doors open and music begins at 8 pm; films begin at dusk. Schedule and tickets (\$20) at [bit.ly/CinemaUnbound](https://bit.ly/CinemaUnbound).

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Alberta Rose July Music



July shows at Alberta Rose Theatre include a multi-faced queer experience, Jesse Colin Young and Waipuna, among others. “Afterglow: A Post-Pride Extravaganza” from Fused Creative will feature art, film, live music, burlesque, comedy and drag performances from some of Portland’s most celebrated LGBTQIA+ artists Saturday, July 9, 7 pm. The 18+ show is possible thanks to a generous grant from the Regional Arts & Culture Council. Tickets \$10-50.

Jesse Colin Young has influenced and shaped the character of American music for over 50 years and his Highway Troubadour Tour comes to the stage Friday, July 15, 8 pm. Young will be touring as an acoustic duo with his daughter Jazzie Young in support of his new solo acoustic album. Minors allowed with parent/guardian; tickets: \$47-62.

Finishing off the month is Waipuna (pictured above) on Sunday, July 31, 7 pm. Celebrating 12+ years at the forefront of Hawaiian contemporary music, Waipuna consistently wins Na Hōkū Hanohano (Hawai’i’s “Grammys”) Awards every time they have a new album, from 2012 to the present. Waipuna is a collaboration of three talented individuals, all from celebrated Hawaiian musical families - Kale Hanahs, Matthew Kawiaola Sproat and David Kamakahi. They bring a fresh and contemporary energy to Hawaiian classics and to the island sound, preserving tradition while moving it into the 21st century. Minors allowed with parent/guardian; tickets \$28-32.

More information and tickets for these and all of the July shows at [albertarosetheatre.com](https://albertarosetheatre.com).

Jazz in the Driveway

The Driveway Jazz Series returns for its third year, courtesy of funding from the Regional Arts and Culture Council. Held on the lawn in front of a Mt. Tabor bungalow, the free series takes place summer Fridays at 4 pm. July concerts start with vocalist Marilyn Keller accompanied by pianist Steve Christofferson; continue with guitarist Ryan Meagher performing original music with his trio including John Nastos on saxophone and Brent Follis’ Single Malt Music featuring Pink Martini guitarist Dan Faehnle and Phil Baker; finishing with saxophonist Nicole McCabe performing with her quartet.

The in-person events are also live streamed at [facebook.com/drivewayjazz](https://facebook.com/drivewayjazz) and additional information can be found at [drivewayjazz.com](https://drivewayjazz.com) or by emailing [kpolitzer@hotmail.com](mailto:kpolitzer@hotmail.com).

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Brassens 101 Released



Singer-songwriter Eric John Kaiser has been reimagining French music through an American lens for over a decade and has recently released a new mini album, “Brassens 101.” The six-song album is a tribute to French iconic singer-songwriter Georges Brassens.

Kaiser says, “Being raised in a multicultural family in the suburbs of Paris by an American mom and a French dad, Brassens represented for me a certain form of traditional French chanson and music. I’ve always liked his songwriting and storytelling and I wanted to revisit some of his songs with more of an ‘Americana’ and Portland sound.”

To achieve that “Portland sound” Kaiser asked his musician friend and multi instrumentalist Todd Bayles to help. Bayles has recorded with artists like Dirty Martini, Tony Furtado, Rob Stroup and others. He also brought in Patti Kaiser for background vocals; producer Adam Selzer and vocalist Alain Gandit to round out his “dream team.”

The album is available exclusively on Bandcamp, a choice Kaiser made because it is an “all in one” online record store that offers a streaming service, downloads, CDs and merchandise. Kaiser frequently plays at breweries and wineries in the Portland area; find dates, locations and a link to the new album at [ericjohnkaiser.com](https://ericjohnkaiser.com).

The Landlord’s Game



Local theatre collective, The Reformers, is hosting a game night Saturday, July 16, 7-9 pm to help raise funds for the fall production of *The Landlord’s Game*. The intimate night, capped at 15 guests, will offer food, drink, tours of The Reformers’ headquarters, a game created just for the night, a handmade upcycled art piece and “everlasting peace and joy!”

*The Landlord’s Game* was originally scheduled to open in 2020 but the pandemic stalled the adventure. Over the past two years The Reformers have worked diligently to improve what was already a masterpiece. Get tickets (\$75) to the event at [bit.ly/TheReformers](https://bit.ly/TheReformers).





## CMNW 2022 Summer Festival

Chamber Music Northwest (CMNW) brings their 52nd annual festival, entitled *Inspirations & Influences*, to multiple venues across the Portland metro area for five weeks of programming. With 28 mainstage concerts and dozens of free community concerts and performances, the dynamic festival brings music from around the globe, with an array of world-renowned musicians to match, to Portland.

Artistic Directors Gloria Chien and Soovin Kim say, “Our world is full of beautifully diverse cultures that are interconnected in remarkable ways. The exchange of ideas between people from different parts of the world has created a vibrant musical fabric that today’s composers continue to use in their fresh creations. Throughout our 2022 Summer Festival, *Inspirations & Influences*, we will explore and celebrate ways in which composers are impacted by their peers while retaining their own distinct voices. Composers and their pieces will often ‘talk’ to each other on these programs.”

The Summer Festival features nearly 100 of the finest chamber musicians in the world—from string and saxophone quartets to renowned soloists—performing a wide variety of compositions—from classics to new works—by some of today’s great living composers and with musical influences from across the globe.

Find a full listing of concerts and events taking place through Sunday, July 31 at [cmnw.org/concerts-tickets/all-concerts-events](http://cmnw.org/concerts-tickets/all-concerts-events). Single tickets as well as multi-concert subscriptions are available.

## Album Release and Benefit Concert

Composer Deena T. Grossman releases her newest album *Becoming Durga* with a benefit concert and part at the magical Leach Botanical Garden. The night will feature performances by flutist Camila Oliveira, cellist David Eby, guitarist Michael Mandrell, in addition to Mirabai Peart on voice, violin and viola with Grossman on banjo.

The release is the second portrait album for Grossman and is an expansive sonic landscape of natural and spiritual realms masterfully crafted through a variety of cultural lenses. Utilizing Japanese, Hindu and French influences throughout, the overall effect is that of a coherent, multi-cultural artistic vision.

Doors open at 6 pm for the 7:30 pm concert Saturday, July 16 on the East Terrace of Leach Botanical Garden, 6704 SE 122nd Ave. Tickets are \$30 in advance at [leachgarden.org/events](http://leachgarden.org/events) or \$36 at the door. All proceeds benefit the Garden.

## July Shows at Artichoke

Artichoke Community Music’s July events take place most Wednesdays-Sundays, starting the Friday after the holiday weekend with Woodlander + Gary Furlow & the Loafers at 7 pm. The trio of musicians is a longstanding musical brotherhood that has played together since the 1970s.

The music is an upbeat blend of folk, bluegrass, country, Cajun, swing, blues and reggae, among other roots of Americana music. They perform on a variety of instruments with rich three-part harmonies, a strong tilt toward original songs and a well-developed talent for entertaining audiences. All three members—Kerry Canfield, Paul Douglas and Will Hobbs—are singers, multi-instrumentalists and writers.

Other performers during the



month include Lloyd Jones, The Western Flyers, Jody Carroll, and Mookie and the Jazz Cats. July ends with two special fundraising shows for the Portland Music Mural Project and Portland Radio Project Saturday, July 29 and Sunday, July 30.

Additional information and tickets at [artichokemusic.org/LiveMusic.html](http://artichokemusic.org/LiveMusic.html).

## Find Mermaids on the Screen and at the Waterfront

The last week of July is Mermaid Week at the Clinton Street Theater (CST), coinciding with the Portlandia Mermaid Parade that takes place on July 30.

The week’s lineup of movies at CST includes the 1976 Czechoslovakian New Wave film, *The Little Mermaid*, the Portland premiere of *Erzulie* and a bold, genre-defying, horror-musical mashup from Polish director Agnieszka Smoczynska entitled, *The Lure*. All shows at 7 pm, except *The Little Mermaid* which begins at 8 pm. More information and tickets (\$6-\$15 depending on show) at [cstpdx.com/schedule](http://cstpdx.com/schedule).

With the CST shows be-

ing in the evening, there’s plenty of time to take part in or simply show up to enjoy the Portlandia Mermaid Parade & Festival, which starts at 12 pm Saturday, July 30 from Poets Beach along the waterfront (2199 SW River Pkwy).

The “shellabration” of Queer merfolk stands together and in alliance for trans rights, visibility and compassion. The parade is a revitalization of Portland’s long artistic energy and an opportunity for creatives to have a more public forum for fantasy-based self expression. More parade details at <https://bit.ly/3zKkVzI>.

## Denise Krueger at Sidestreet Arts

Ceramicist Denise Krueger’s work is on display at Sidestreet Arts, 140 SE 28th Ave., through July 31. Her hand-built earthenware sculptures, inspired by natural forms and landscapes, use bright and cheerful colors. Krueger often describes herself as a “pod maker,” speaking the sculptures’ look of having been plucked out of tidal pools.

Collectors of Krueger’s work often talk about handing her pieces in formations on walls to create swirling groupings that replicate the rich life of the ocean.

Sublimity Tide Pool (above) was hand-built with earthenware clay and glazed with bright colors and textures that reflect tide pool dwellers. The 4.25” square piece (available for \$55) is one of many



that will be on display.

In addition to Krueger’s works, find ones from Gail Owen and Christopher Delange. Visit Sidestreet Arts in person Thursdays-Sundays 12-5 pm or online at [sidestreetarts.com](http://sidestreetarts.com).

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## Linda Austin Performs at PWNW



Linda Austin photo by Jeff Forbes

Performance Works NW (PWNW) presents Linda Austin’s *3 miles of possible*, a durational work in which Austin animates and travels along a series of spatial paths envisioned as giant drawings, spells and/or runes. These paths are threaded through with a variety of movement scores, choreographies, tasks, interactions with objects, guest artists, texts, songs and sound compositions. Although much of the investigation is movement-based, visual, sonic, textual and discursive interventions touch upon utopian longings, possible world theory and modal logic.

*3 miles of possible* (the first 2 miles) explores the poetic and practical associations of “the possible” in a world of fluctuating personal, material, political and artistic contingencies. In the fall of 2021, Austin presented the first of the three miles that will ultimately be traversed during the course of this solo performance. This July, she unveils mile two. Audiences will have the opportunity to view the first mile only, the second mile only or both miles back to back. All three miles of the completed piece will be performed at summer solstice 2023.

Mile 1 will be performed Sunday, July 10 and Monday, July 18; Mile 2 Thursday, July 14 and Wednesday, July 20; and Mile 1 + 2 Saturday, July 16 and Friday, July 22. All performances start at 7 pm and each mile is approximately 90 minutes. Audiences can come and go, enjoying refreshments in the backyard, or change seats as available during the performance. Tickets/more information at [pwnw-pdx.org](http://pwnw-pdx.org).

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# Wellness Word

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

## Reducing Back Pain During Pregnancy

The good news during a normal pregnancy is that your baby is growing. The bad news is that you are likely to experience back pain. Your symptoms may occur in the pelvic area or the low back, or both; some women may also experience leg pain. Back pain during pregnancy is generally attributed to postural changes (increased low back curve to balance increasing belly weight) and ligament laxity caused by hormones.

Most pregnant women will experience some degree of back and/or pelvic pain during pregnancy. It usually begins in the third month of pregnancy and peaks in the third trimester before declining in severity. Many women report a return to pre-pregnancy levels of low back pain within six months of delivery, but some experience chronic low back or pelvic pain. The 12-month postpartum rate of back or pelvic pain is 37 percent and the six-year rate is 18 percent.

Pregnancy-related low back pain contributes substantially to health care costs. 94 percent of women who experienced low back pain during pregnancy have recurrent symptoms with subsequent pregnancies and two-thirds of these patients experience disability requiring sick leave. Notably, 19 percent of women with pain in an initial pregnancy report avoiding a future pregnancy out of fear of a recurrence of these symptoms.

Fortunately, several effective non-drug strategies can help reduce the severity and frequency of back and pelvic pain: practicing good posture when standing and sitting, sleeping on your side and wearing low-heeled shoes with good arch support. Exercise and spinal manipulation are also very effective.

Medical research teams have found that an individualized exercise program that includes stabilizing exercises and aerobic exercise is effective for pregnant patients with back or pelvic pain. Aerobic exercise during pregnancy is important to overall health, mood management and reduction of fatigue.

Stabilizing exercises can control pain, improve function and enhance overall quality of life. Both forms of exercise can be used not only to treat pain, but also to prevent it. You should consult with your medical doctor before beginning any exercise program.

Researchers have found that spinal manipulation can provide safe and effective relief of back and pelvic pain in pregnant women. Three scientific reviews found that chiropractic treatment during pregnancy is a safe and effective means of treating common spinal symptoms in pregnant patients. Altogether, the current literature suggests that chiropractic treatment is a safe intervention for pregnant women with back and pelvic pain.

Recently, a randomized clinical trial found that adding chiropractic care (four to six treatment sessions) to standard obstetric management provided important clinical benefits to pregnant women with back and pelvic pain. The study, published in *American Journal of Obstetrics and Gynecology*, was conducted with medical doctors and chiropractors.

The Mayo Clinic has also recommended spinal manipulation for pregnant patients. If you are considering chiropractic care, it is recommended that you consult with an evidence-based chiropractor.

*Dr. Hari Dass Khalsa is a chiropractor specializing in the non-surgical treatment of spinal conditions with offices located in the Hawthorne District. Please call 503.238.1032 for more information.*

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# Neighborhood Notes

**HAND**  
**By Jill Riebesehl**

The Board of the Hosford-Abernethy Neighborhood asked Paul Leistner, who has long been involved in citizen participation in Portland for a brief history. He said we did not have a system before the 1970s and there was no system for residents to become involved with city decision-making. Portland established its neighborhood association system in 1974. Leistner described just how active the city was in this, which became recognized as a national standout. The democratic urge was to “push power out to the community.” He emphasized that to be effective NAs must know who lives in the neighborhood. Linda Nettekoven, who was also involved early on, mentioned that the political push included an insistence that “people have the right” to be involved. The relationship between the city and neighborhoods has changed over the years. For example, it was different with Mayors Katz and Potter. Recently, the oversight coalitions and NAs are focusing increasingly more on finding ways to include folks who have been historically left out.

Also on the agenda was Nanci Champlin, executive director of Southeast Uplift. She explained in detail how the coalition can aid SE residents, including but not limited to fundraising and grant writing. She also explained the city’s expectations and requirements of neighborhoods. Among the bonuses, it provides insurance for NA events and for NA Boards’ officers.

Board member Bruce Bikle briefly described an effort by All Good NW to create a temporary sanctuary at 120 SE Market St. for people who are homeless. The process involves taking applications from people who are living on the streets and will include a Good Neighbor agreement. The county is leasing the site in the industrial district for this purpose. Bikle said the city is cooperating with the county program, as are the police.

Allen Field, of the Richmond NA, was happy to announce that Movies in the Park will return this summer. It will be “Raya and the Last Dragon,” on Saturday, August 27, at Sewallcrest Park, 31st Ave. and Stephens St. The Board agreed to provide \$300 for the event.

HAND’s next meeting will be Tuesday, July 19, 7 pm via Zoom.

**Montavilla Neighborhood Association**  
**By Jacob Loeb**

The June 13 Montavilla Neighborhood Association (MNA) meeting featured presentations focused on infrastructure improvements in the area. Nicole Peirce with the Portland Bureau of Transportation (PBOT) provided updates regarding the NE Halsey Street Safety and Access to Transit project. Libby Winter from TriMet supplied information regarding the MAX light-rail Better Red project. Steve Law from Friends of Mt. Tabor Park explained how his group improves the park experience and requested that a member of the neighborhood participate in some of their meetings as a Montavilla liaison.

On Sunday, July 31, the Montavilla Street Fair will return after a two-year hiatus. The event’s activities run 10 am-5 pm on SE Stark St. between 76th and 82nd Aves. The MNA will have a booth with prizes and friendly people ready to talk to you about the neighborhood. Please stop by and say hello if you attend.

The next MNA meeting is Monday, July 11, 6:30 pm. Register for the Zoom link at the MNA website ([montavilla.org/mna-calendar](http://montavilla.org/mna-calendar)). We will discuss the creation of a Parks Committee and the return of a former Board member. Audio recordings of the previous gatherings are available online at [montavilla.org/pdx-mna-meeting-podcast](http://montavilla.org/pdx-mna-meeting-podcast).

**Mt. Tabor Neighborhood Association**  
**By Nadine Fiedler**

MTNA hosted a community meeting June 15 on Zoom. Our special guests were Goldann Salazar and Yvette Perez-Chavez from City Commissioner Mingus Mapps’ office. The discussion focused on the reservoir in Mt. Tabor Park that is currently empty and in need of repair due to some voids that have opened up under the reservoir floor. City Council passed a binding resolution in 2015 to keep the reservoirs filled, so the discussion covered topics such as funding and timeline for the repairs and the binding nature of this resolution. Salazar will bring these concerns to Commissioner Mapps and has promised to come back and report during the August MTNA meeting.

MTNA will host its next community meeting on Zoom Wednesday, July 20, 7 pm. All neighbors are invited to attend. Find links for this and all of our meetings under the “Meetings and Events” tab of our website, [mttaborpd.org](http://mttaborpd.org).

*continued on page 15*

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# Neighborhood Notes

from page 13

## Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting on June 13. Zoom meetings are the second Monday of the month, 6:30-8:30 pm. The link to preregister is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Several members from the redevelopment project team for Peaceful Villa Affordable Housing introduced themselves and gave an overview of the redevelopment plan of the affordable housing complex on SE Clinton between at 46th and 47th Aves. There are currently 70 units. Plans are to develop the four-acre site to accommodate 180 units. They are in the early schematic design phase. A Community Advisory Committee (CAC) was formed to get input from a variety of interested parties and stakeholders. To get on the email list for CAC meetings, contact Pamela Kambur, pamelakambur@homeforward.org. Construction is expected to begin 2024 with residents returning 2026.

Nanci Champlin, SE Uplift Executive Director, gave a presentation of the programs and services SEUL offers.

The Board welcomed its newest Board Members—Richard Bruno and Matt Tucker—and returning/re-elected Board Members Heather Flint Chatto, Simon Kiperzstok and Allen Field. Officers were appointed (Chair: Debby Hochhalter; Secretary: Allen Field; and Treasurer: Simon Kiperzstok), as well as Committee Chairs and RNA Representatives/Liaisons. The Board held a Board Orientation.

The May 21 Richmond Spring Clean Up was huge success. We were visited by a record number of vehicles dropping off bulky waste and materials for recycling (styrofoam, electronics, metal). An enormous amount of reusable items were repurposed in our U-Price-It rummage sale and the plant sale was the largest we’ve had—most of the plants were donated by Fred Meyer, which has always been a big supporter of this event. A huge thank you to Automotive Parts for providing the light bulbs for the free taillight bulb replacement service offered by CNB-Seen.org. We are already thinking of ways to improve next year. If you’d like to be a volunteer next year, contact richmondnasecretary@gmail.com.

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

## Sunnyside Neighborhood Association By Gloria Jacobs

The Sunnyside Neighborhood Association held its annual Board Elections for the June meeting and voted in three new members—Emily McCadden, Chris Waldmann and Cole White. Congratulations to the newest members to represent and serve the Sunnyside community.

Ash Hester’s term as SNA President has ended. Many thanks for her years of involvement on the SNA Board! In her letter to the neighborhood via our newsletter, here’s what she shared: “I close with my complete gratitude for having had the opportunity to serve Sunnyside. My term is now complete and I will be stepping down from my role as the SNA President. There is much that I have learned through the process. I made many connections and got to see the organization develop a strong foundation. I’m excited to see the SNA continue this momentum and be the example within the city of Portland that local government does have a high impact. Be well and stay involved.”

The Sunnyside Neighborhood Community Cares (SNACC) Committee will hold its monthly meeting Thursday, July 21, 6:30-8 pm. Weather permitting, we hope to meet outside at Laurelhurst Park. Last month we discussed strategic planning for the Sunnyside Shower Project. We will be continuing this conversation and picking up any new topics relevant to the community that emerge over the next few weeks. Check the Sunnyside Neighborhood Association website for details about the agenda and location of the meeting or email emmccadden@gmail.com.

There is no SNA General and Board meeting for the month of July due to organizing officer roles and preparing for the August meeting.



# Business Association Notes

## 82nd Avenue Business Association By Nancy Chapin

Discussions continue as we all work on how to help 82nd Avenue serve all of its constituents. The neighbors, the businesses, the children and the larger community may not yet know the services and amazing array of eating and drinking establishments that are waiting to please their taste buds and tummies. First things first, though. More lighting, sidewalks and safety devices are on the drawing board and being installed. The kickoff of TriMet’s Rapid Transit line will be a great party at PCC Saturday, September 17. Details later!

The Around the World in 82 Dishes Committee is signing up this year’s participants for the event scheduled for Saturday, October 22-Sunday, November 6. Go to 82ndaveba.com/your82dishes/ for more information.

## Hawthorne Boulevard Business Association By Nancy Chapin

The Hawthorne District and Dairy Hill Ice cream hosted a Juneteenth, PRIDE Month and Father’s Day Celebration on June 19 with local DJ Switch brightening up the day with some made you want to move music! We introduced A Day of Celebration page, which took visitors to the shops that were hosting specials or fundraisers. Check it out at hawthorneblvd.com/juneholidays.

The next Boulevard Beautification Bunch Clean-up will be on Saturday, July 9, 10 am to Noon. Bring your own picker, gloves and bucket or we’ll have a few at Dairy Hill to borrow. Would you like to do a little more? Go to Adoptoneblock.org and get your own free set up.

The 39th Annual Hawthorne Street Fair is gathering a great group of vendors and musicians to entertain our neighbors and friends Sunday, August 28. There are still some sponsor slots left on the very cool poster so if your company would like to be a Name Sponsor, a Stage Sponsor or contribute to the financial success of the event, contact administrator@hawthorneblvd.com or call 503.775.7633 for the details.

# RIP2: A Commitment to Middle Housing

from page 1

termine what is needed to upgrade the sewer, storm water, water and access to meet service capacity for these projects. The developer is responsible for upgrade costs, if they are needed.

RIP2 also permits condo development on these same neighborhood properties. The condo separates ownership without dividing the land. An example would be a house with a detached duplex. This arrangement could mean single ownership or owned separately as condos. A condo designation allows for multiple units on a shared utility line providing the system can meet the service capacity.

There are also bonuses for developers who build affordable housing. This comes about due to a change in the Floor to Area Ratio (FAR) allotment. FAR is a measurement that considers the building’s floor area in relation to the size of the lot/parcel. RIP2 will allow the measurement to increase if more housing density is built.

RIP2 allows additional infill housing density for lots zoned R7: 4,200 sf; R10: 6,000 sf; and R20: 12,000 sf. This zoning is rare in *The Southeast Examiner’s* distribution area.

Heather Flint Chatto, Planner + Urban Designer, LEED AP, is a community activist who spent five years involved in the Division Design initiative. Chatto said there are a lot of good, progressive ideas in the RIP2 policy, but she is concerned that the outcome will turn out differently than the intention.

In Chatto’s testimonial before City Council on RIP2, she said infill should be something the people can participate in. Her concern is that regular homeowners don’t have the money to build or the technical knowledge or time to navigate codes. The tendency will be to sell to a developer who is more likely to do a tear down, losing even more of the naturally occurring affordable housing (NOAH).

Chatto is a proponent of hidden density, meaning building more duplexes and ADU’s in attics, garages or basements. This is a climate-progressive approach that keeps the aesthetics of the primary structure intact. RIP2 permits more of this type of housing development.

“Where the rubber hits the road,” Chatto said, “is the budget.” She said the one thing she has learned after nine years of community advocacy here in SE is that unless we add a financial toolbox of incentives to make the policy really work as intended we won’t get the outcome intended.

Chatto hopes to see incentives that will promote adaptive reuse over demolition, technical assistance to help lay people do it themselves, low-interest loans and fee waivers to make hidden density more attractive. She believes there needs to be even more innovative solutions to open up affordable and sustainable housing alternatives.

The RIP2 document is detailed and technical, but the table of contents makes it easy to navigate for any specific information. It can be read in its entirety at portland.gov/bps/rip2.



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## Neighborhood Happenings

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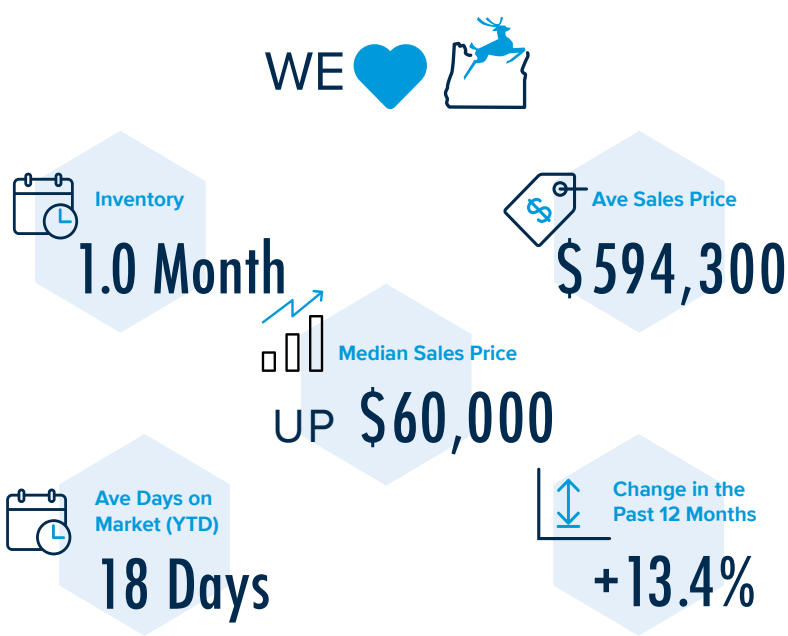
**Waterfront Blues Festival**  
[waterfrontbluesfest.com](http://waterfrontbluesfest.com)  
Friday, July 1 - Monday, July 4  
Tom McCall Waterfront

2022 marks the 35th anniversary of the Waterfront Blues Festival and its first time returning to downtown Portland since 2019. The festival features a lineup of blues, soul, funk and R&B artists as well as some of Portland's favorite food trucks, wineries and breweries.

**Portland Night Market**  
[pdxnm.com](http://pdxnm.com)  
Friday, July 8 - Saturday, July 9, 4-11 pm  
100 SE Alder St.

Come through for a night of food, music and celebrating Portland's best makers and creators on the Central Eastside. Portland Night Market showcases many unique local businesses and is a free, quarterly event open to all ages.

## HOW'S THE PORTLAND MARKET DOING?



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