



Photo by Oregon .gov

Child Care Services Expand to Better Serve Oregon Families

By Audrey Lynch, Franklin High School's *The Franklin Post*

The Education Related Day Care (ERDC) program announced its commitment to expand its care to more homes and families across Oregon on January 1. In order to be eligible for this program's benefits, which are specific to individual childcare needs, you must be an Oregon resident, currently employed or attending college or high school. Another requirement is having an income below the 200 percent federal poverty level, which as of January 2022 is \$13,590 in yearly income and a qualifying child or children.

In 2021, the ERDC lowered copays to better serve low income families, with the current average copay being \$14.50 per month. According to Oregon.gov, "[The ERDC] currently helps working families pay for child care, including registration fees." It also states that "[the] ERDC works

with partners to help families find quality child care." This expansion makes it possible for non-working students and overnight workers to receive more care and coverage.

Before this expansion, all students seeking childcare under the ERDC had to have employment in addition to being a full or part time student. Now the ERDC will provide students with child care hours to fit their personal needs, as long as they meet the criteria.

This expansion also covers those who need childcare during personal medical leave, as well as caring for someone outside their household if needed. This expansion is crucial for guardians who need more flexibility in their child care. According to KATU News, "These changes mean students can receive either up to 20 or 40 hours [per week] of child care hours [depending] on their hours in school."

The Oregon Department of Education's Early Learning System Director Alyssa Chatterjee explained that, "for high school and GED students, not having to work may mean they are able to complete their high school diploma with fewer demands on their time. For college students, this may mean they can achieve their degree more quickly and with less expense."

Chatterjee went on to explain that this change will provide a better sense of security for caretakers furthering their education by knowing that their children will receive the care they need. "Once in the program, they get peace of mind knowing their provider has been fully vetted, including a background check," says Chatterjee.

All providers must be listed and approved by Oregon Department of Human Services (ODHS) in order for caretakers to receive the ERDC benefits. The only exception being if the provider is "license exempt," which is provided through the Early Learning Division's Office of Child Care (ELD and OCC).

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OHA Sets Stage for Psilocybin Services

By Jack Rubinger

The Oregon Health Authority (OHA) has adopted the final set of administrative rules needed to launch the nation's first regulatory framework for psilocybin services. Angela Albee, Oregon Psilocybin Services (OPS) Section Manager at OHA, said that her office has been busy fielding service inquiries, reviewing applications and conducting site inspections and background checks.

"People have expressed concerns about safety," said Albee. "But there are also folks who aren't aware of the research related to psilocybin. There are thousands of years of indigenous practice and the knowledge that comes from that, plus decades of practice in the unregulated space. The research renaissance is really showing the benefits of psilocybin."

Albee explained that the OHA is starting with just one species of psilocybin and testing labs will be set up to test these products for potency. They've put a lot of hours into the rule-making process, with over 70 pages of rules focused on safety.

The rules implement the Oregon Psilocybin Services Act, Ballot Measure 109, which is now codified in Oregon law. With the adoption of these rules, the OPS section began accepting applications for four licensure types on January 2, 2023: manufacturing, laboratory, service centers and facilitators. OHA's role includes the regulation of these licensees.

Persons operating outside of the system may be subject to criminal penalties from local or state law enforcement. Clients can only access psilocybin at a licensed service center during an administrative session.

The look and feel of these licensed service centers are open to interpretation depending on the needs of clients. Some may feature outdoor access so folks can feel the grass under their feet. Others may have more of a traditional clinical vibe. "Service centers might be co-located with another business," said Albee. "Every center might look a little different. Some may offer a resort model or an urban setting. There might be one-to-one sessions or group sessions, too."

A local SE Portland nonprofit—the Synaptic Training Institute—is now providing training for the implementation of Measure 109. On a cold, early winter weekend, 20 students learned basic counseling skills, discussed ethics case studies and supported each other through low dose ketamine journeys. The students' goal is to become psilocybin facilitators under Oregon's Measure 109. The Synaptic Training Institute launched their unique training model to increase accessibility into this new field.

Though no psilocybin service centers have opened, costs could be a barrier to entry. Facilitator licenses cost \$2,000 per

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Television Waste Disposal Tips

By Arashi Young

Many people choose to upgrade their television during winter. Holiday sales, beginning in November and lasting until spring, encourage consumers to clear the shelves to make room for new TV models. It's a yearly retail cycle that can lead to a lot of waste and a lot of confusion about the best way to get rid of electronics people no longer want.

Before buying a new set, consider purchasing a used one. Buying used goods reduces the impact of manufacturing—getting more use out of the resources that went into design, production and transport of products. Used or refurbished TVs will often sell for a fraction of the cost of a new model.

If purchasing new, the Oregon Department of Environmental Quality (DEQ) suggests looking for energy efficient products that carry the Energy Star label.

Some TV models also have fewer environmental impacts during manufacturing. For example, some models use recycled plastics in their components. The

Global Electronics Council has created a tool to rate and suggest more environmentally friendly TVs, known as the Electronic Product Environmental Assessment tool (PEAT.net).

TV packaging disposal

A new television set often comes with a lot of packaging—some can be recycled and some should be thrown in the trash.

The cardboard box can be recycled if it is clean and dry; otherwise it is trash. Flatten cardboard boxes and cut up any boxes larger than 3 feet in any direction. Plastic wrap and plastic strapping should be thrown into the trash.

Styrofoam packaging can't be recycled at home, so skip the curbside recycling bin. The Agilyx facility in Tigard accepts Styrofoam for free (agilyx.com).

Getting rid of unwanted TVs

In Oregon, it has been illegal to dispose of TVs in the garbage, landfills or

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Rs Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

Most of you already know I have been in working in our Capitol in Salem since early January as the Oregon Legislature is now officially “in session.” I am commuting four days a week and so far have been able to spend Fridays in the District.

In the January edition of this column, I gave a preview of my legislative priorities, the Democratic Caucuses priorities and what I expected to happen this session. This month I want to highlight some of Portland and Multnomah county’s priorities.

A lot of my legislative priorities revolve around issues that are important to my constituents, but a lot of work goes into coordinating all the different branches of government that touch these issues. For our corner of the world this means trying to make sure that the City of Portland, Multnomah County, Metro and Portland Public Schools are all in regular communication and pulling in the same direction. The more coordinated we are, the better chance we have of getting our priorities implemented.

This is not easy. If you follow the news, you see it play out in the tension between the city and the county and even with my colleagues in the legislature who have different priorities, even though we are all Democrats. That is why it is more important than ever that all the various governments in the metro area try to unite and get on the same page. To that end I have been working with the county, the city and my other Portland area legislators to try to get all our ducks in a row.

To be clear, the city and county have too many priorities for me to cover in their entirety but let me highlight three key ones. The topic I hear from my constituents about the most often is housing and homelessness. The city wants help convincing the rest of the Legislature to fund a request from the Oregon Mayors Association. The request was announced in October. It calls for \$100 million in funding from the state to address the challenge of



homelessness annually.

Meanwhile, the Governor has said she planned to introduce a \$130 million package of legislation that would focus on getting 1,200 unsheltered homeless residents off the streets within a year. The county has not given me a specific dollar ask, but has emphasized its support for building long-term housing and requested an increase in funding for long-term housing vouchers to help stabilize individuals and families, as well as an increase in funding to address the cost of building supplies for affordable housing.

The next topic I hear a lot about is behavioral health. The city is focused on expanding crisis stabilization services, especially for those impacted by methamphetamine and fentanyl. The city is also focused on the funding allocated by Ballot Measure 110 going out more quickly and efficiently to fund these services.

Multnomah County is also focused on getting a greater share of Ballot Measure 110 money and implementation improvement. They are also advocating for a new tax on cell phone lines to fund the new 988 crisis line. For those who don’t remember, 988 is the new number to call if you or someone around you is having a mental health crisis. I have been working to start up mobile crisis and stabilization centers to ensure the 988 system has no wrong doors and can help people struggling

with their mental health.

Lastly, I want to bring up public safety. The city wants to see action taken on our current public defender crisis—i.e. get more hired and better compensated. They are also seeking more tools to allow law enforcement to crack down on street racing. The county is advocating for reducing fines, fees and restrictions that prevent formerly incarcerated people from successfully integrating into the community. The city is also hoping to reform statutes that have prevented them from effectively implementing a body camera program for law enforcement officers. Lastly, they are pushing for more gun safety measures and to ensure Ballot Measure 114 goes into effect smoothly.

If you want more details, you can find more information on the county and city’s websites. I wanted to give you a sense of the many ways in which the city and the county are aligned and the breadth of work that they are hoping to accomplish. Both entities also want to see progress on addressing climate change and both are continuing to ask that policies examine the impact they will have on racial and ethnic minorities, being more thoughtful about equity, diversity and inclusion.

It will be a busy session so stay tuned. By the time March rolls around, I am sure there will be an exciting controversy or two to write about.

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Achieving Financial Resolutions

By Kris McDowell

Was one of your New Year resolutions to achieve financial wellness? Is uncertainty about inflation and the economy causing you to think about evaluating your financial situation? Natalie Berning, Financial Advisor with OnPoint Investment Services/ Raymond James Financial Service, Inc., says, “While the economic road ahead is unknown, the fundamentals of personal finance remain the same. Careful planning and budgeting can help you prepare for whatever is to come.”

Inflation will likely continue to be the biggest challenge for monthly budgets, so OnPoint has five recommendations to help people review and update their personal finances for 2023.

Conduct an annual financial inventory

Take stock of your financial status and ask essential questions. Can I continue to spend as I did last year or do I need to adjust my budgets? Do I need to look at my investments versus the cash I have on hand? Conducting a financial inventory can help you identify the gaps you need to close.

A financial inventory can include checking your credit card report for signs of fraud or any unnecessary credit cards that may still be open; looking at or setting up a budget and emergency sav-

ings fund; reviewing estate plans to ensure that beneficiaries are up to date and carried over to all accounts; reviewing investments for the asset allocation and progress being made toward retirement; and determining if life and/or long-term care insurance is sufficient.

Hit the reset button

Conducting a proactive budgeting exercise can help you prepare for future economic changes and create a roadmap to achieve updated goals. Reconsider every area of your spending, reprioritize based on your goals and the broader economic picture, and reallocate where needed.

Start by reviewing and adjusting your spending as it relates to your income; earmark where every dollar is being spent, saved or invested; and balance cash reserves to build in flexibility to leave cash on hand if needed.

Digitize and organize financial records

We all know what it’s like to feel overwhelmed with paper copies of all our critical financial documents. They become too easy to lose, misplace or, worse, get destroyed. Invest in a good scanner or mobile app, make digital copies of all your financial documents and save them in secure, organized and accessible

computer files so they can be retrieved and viewed when needed. Be thoughtful naming the files so you can find them easily.

Have a family conversation

Discuss your decisions with those impacted. It’s important for everyone in the family to know and understand why certain changes may be occurring and what it means for them. For instance, if family vacations may need to be downsized, ensure everyone understands the trade off.

Go easy on yourself

While the current economy presents financial challenges, OnPoint encourages people to avoid putting undue stress on themselves. View this as a process that should be taken one step at a time rather than a to-do list that must all be done right away. Understanding your financial outlook and making proactive adjustments described above can help reduce financial anxiety and set you up for a more financially sustainable new year.

While the beginning of 2023 may present many financial unknowns, people can protect their finances by being prepared, flexible and organized. Visit onpointcu.com for financial education resources, financial counseling and more.

Television Waste Disposal Tips

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incinerators since 2010. The disposal ban requires people reuse or recycle televisions, computers and monitors.

If the television still works, consider reuse or resale. Ask your community if there is someone who could use your TV or donate it to a secondhand store or reuse organization.

Broken televisions can be recycled for free through the Oregon E-cycles program. The program also provides free recycling of computers, monitors, printers, keyboards and mice. Call the E-Cycles hotline at 1.888.532.9253

or visit the Oregon E-cycles site (deq.state.or.us/ecsearch/Default.aspx) to find the collection site nearest to you. You can bring up to seven electronic items for recycling at one time at an E-Cycles collection site and Metro’s transfer stations (bit.ly/MetroTransferStations).

What to do with remotes and cords

Don’t toss that old remote control in that trash, especially if it has batteries inside. Leave the cords out of the recycling bin—they aren’t recyclable at home

and will clog recycling sorting machines. Donate your unwanted remotes and cords to electronics recyclers or secondhand stores where they can be recycled or reused.

Take your used batteries to a hazardous waste collection event or a Metro household hazardous waste disposal. Hazardous waste disposal is free for households, up to 35 gallons per household per day.

This article was originally posted on the Metro website, oregonmetro.gov.

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Lifestyle Changes to Boost Savings

By Kris McDowell

Was one of your New Year resolutions to bolster your bank account? How’s that coming? If the answer is “not so good” or you’re feeling lost about how to achieve that goal this year, Amy Maliga with Take Charge America, a nonprofit, credit counseling agency has some tips.

“Looking to boost your savings is a worthy goal. But to make it work, you have to take small steps that add up to big change over time,” she says. “By exploring a few small changes in your day-to-day life, you can curb spending and put more money in your savings throughout 2023.”

Start living on a budget

When you have a clear picture of your income and expenses, you can make needed changes to prioritize or improve your savings. Use paper and pencil, a spreadsheet or one of numerous apps like PocketGuard or Mvelopes to track your spending. Keep track for 30 days to get a sense of where you can save.

Deposit cash-back rewards

If you have a cash-back credit card, deposit your rewards directly into your savings account. This way, every time you use your credit card, you’ll automatically add to your savings. Just be sure to pay off your card balance on time each month.

Upgrade your bank account

If your existing savings account isn’t yielding much interest, shop around for an account

with a better rate. A higher rate can help you reach your savings goals more quickly. If your checking account is charging too many fees, research free checking account options that can help you save even more.

Declutter your email

Tempted by too many emails from your favorite retailers? Go through and unsubscribe to eliminate the temptation. Do it manually or use email decluttering service like Unroll.Me or Clean Email to unsubscribe from unwanted emails quickly and easily.

Compare prices

Spending a few minutes to compare prices can save you money in the long term. Use apps like ShopSavvy or BuyVia when out shopping to scan barcodes and find the best price.

When shopping online, install browsers extensions like Honey or InvisibleHand that alert you of a lower price for an item you’re about to buy. They also find sales and promotion codes to ensure you’re getting the best deal.

Like any change that is likely to stick, changes to spending and saving habits done by starting small are most likely to yield the longterm results. Visit Take Charge America at takechargeamerica.org for additional tips so that when 2024 rolls around you can feel good about the changes you were able to make.

LE

Letter to the Editor

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

To the Editor:

An article entitled “Natural Gas Cooking and Indoor Air Quality” in the December 2022 edition discussed necessary measures (such venting emissions to the outside using exhaust fans) that need to be taken in order to keep indoor air quality healthy when cooking with methane gas.

The marketing of methane gas as “natural” is misleading and implies that methane gas is wholesome and healthy. Many recent reports including a June 2, 2022 NPR “All Things Considered” episode indicate that there is nothing wholesome or healthy about methane gas. Burning methane gas emits nitrogen dioxide, formaldehyde and carbon monoxide, and children living in households with gas stoves are 42 times more likely to develop asthma.

These harms can be completely circumvented by replac-

ing a methane gas-burning stove with a clean, safe and energy efficient electric induction stove. My household recently made the transition from methane gas to an induction stove and we would never go back.

There is also worsening climate change to consider. Methane gas is a potent greenhouse gas having approximately 80 times the heating capacity of carbon dioxide. Moreover, most methane gas is produced by fracking which sickens local residents, and pollutes land, air and water.

As renewables power more of the electric grid, our electric appliances will become even greener. With the recent passage of the Inflation Reduction Act, and the rebates and tax credits it provides, there has never been a better time to make the switch to electric appliances, including induction stoves.

Emily Platt, Ph.D.

Secret Portland

By David Krogh

Secret Portland, OR: A Guide To The Weird, Wonderful, and Obscure is a whimsical and quirky look at Portland and its surrounding area. Author Jeff Brawn is an established illustrator and mixed media artist with a focus of where “cult figures and the used-to-be-famous are the stars of their own pinball and bubblegum machines.” Originally from the Midwest (Chicago and St. Louis areas), Brawn and his family moved to Portland in 2018, where he started a new art studio.

Brawn described his work, saying, “I refer to my art as Underdog Underground. Supporting and character actors are the celebrities.” It just so happened that an art buyer of Brawn’s worked at Reedy Press (the publisher for his book). Based on Brawn’s own whimsical look at art, the buyer asked him if he would like to write this book. “You have to say yes to things if you want them to keep working.”

Secret Portland reads almost like a book describing Ripley’s Believe It Or Not exhibits. It is not just about weird or interesting places but also about people and happenings. The book is easy to read and will leave even native Portlanders wondering where the author discovered all of these interesting and strange tidbits.

Listing to a few examples of the book’s contents does not really do the book justice. However, did you know that Mel Blanc,

the voice of Bugs Bunny and so many other cartoon characters, attended Lincoln High School? (And so did Matt Groening, creator of The Simpsons.) And in SE Portland there is a semi-private “Lincoln Street Kayak and Canoe Museum,” located out of a former business and residence. (You must contact the owner if you wish to visit.)

Other interesting topics in the book include “Zelda The Bulldog” (a statue outside of The Heathman Hotel), “Monkey Puzzle Trees” (dating from the 1905 Lewis and Clark Centennial Exposition), the Alibi Tiki Lounge (which Brawn states is “The Second-Oldest Tiki Bar in the Country,” includes karaoke and has a fantastic neon sign to boot), the history of the Benson Bubbles, a “Simpsons Tour” and dozens of other sites, information and situations.

Brawn was asked if Portland is really that weird or if that’s just how his book depicts it. “I do think Portland is weird, but in a really great way. It isn’t just being strange for the sake of being strange. It’s a matter of people feeling okay to express themselves here. And perhaps there’s something to the theory that we oddballs moved west in search of acceptance until we ran out of land.”

Brawn also said he had met several interesting people while researching the book, including

“Una The Professional Mermaid, club owner Strawberry Pickle and artist/curator Jim Stewart, who created the Zymoglyphic Museum.”

As to the most bizarre (or interesting) of his discoveries Brawn stated, “The Zymoglyphic Museum would have to be up there.” The most surprising, though, was Vanport. At one time “the second largest city in Oregon, and it was eliminated overnight” during a massive flooding event in 1948.

Brawn had a long list of other sites he would have liked to have included in the book except for COVID-19. “The biggest problem was that businesses were closing so fast during quarantine. The Roxy closed one day before my book went to print, for instance, and I had to swap it out for something else overnight. In the end, I rewrote the book several times and eventually eliminated most retail, food and drinking establishments.”

Both his site descriptions and his artwork are literally gushing with comedy and cheerfulness. Brawn stated he likes “playing with ridiculous subject matter, dripping with nostalgia. I grew up a comedy nerd, memorizing every comedy album I could find from George Carlin and Bob Newhart.” Brawn added that he would have loved to have become a stand-up comedian, “but I suffered terribly from stage fright,



so that was out. Now I sell art to comedians like Jimmy Kimmel!”

Asked why he didn’t include any of his own illustrations in the book, Brawn indicated it needed to be “a celebration of Portland. In the end, I did sneak in an illustration I did of a vintage Portland Pickle’s baseball card and a goofy Rip Taylor portrait that says ‘rip city!’”

Secret Portland, OR: A Guide To The Weird, Wonderful, and Obscure is available online from Reedy Press (reedypress.com) and at local stores including Powell’s (multiple outlets), Presents of Mind (3633 SE Hawthorne Blvd.) and Memento PDX (3707 SE Hawthorne Blvd).

More on Jeff Brawn and his art at jeffbrawn.com.

Psilocybin Services

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year and the average tuition for facilitator training is \$8,000. Synaptic’s nonprofit status enables the organization to offset tuition costs with scholarships. This unique model lowers the barrier of entry to become a professional facilitator, making it accessible to a more diverse population of Oregonians, including, but not limited to, veterans and BIPOC community members. A third of this inaugural cohort has received scholarships to attend.

Dr. Matthew Hicks, ND, founder of Synaptic, had this to say: “I was really pleased with how well our inaugural retreat went. I was also deeply touched

to see the personal growth that students reported as a result of their practicum experiences, as well as our coursework in trauma informed care and consent.” He continued, “I am really excited about the possibilities we have brewing for future cohorts. While working with ketamine for our practicum experiences has been successful, we are excited to start working with psilocybin. I am not prepared to make any announcements yet, but we have collaborations with several other organizations both regionally and globally to provide some stellar practicum opportunities.”

Regarding licensing fees,

OHA will offer reductions for some groups, including those with low incomes, veterans and non-profit status. Licensing rules were adopted in late December.

Albee stated that the OHA will support folks in the application process—offering step by step guidance. For more information, visit the Oregon Psilocybin Services website, bit.ly/OregonPS, email OHA.Psilocybin@odhsoha.oregon.gov or call 971.673.0322.







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Winter Recreation Safety

With the winter recreation season in full swing, Bureau of Land Management and US Forest Service officials want to remind visitors to be well prepared. By taking the time to plan for whatever adventure lies ahead—downhill skiing, snowshoeing, taking a scenic coastal drive or something else—you’ll be safer and have a better time.

Be ready to navigate changing situations by bringing the “10 essentials,” packing a winter car kit and checking road and weather conditions before leaving home. Those essentials include appropriate footwear, a printed map (cell phone coverage can be spotty in certain areas), extra food (power bars, jerky and chocolate are a few good options), extra water, extra clothing (layers of non-cotton clothes give the most options to regulate your temperature if the weather shifts), emergency items (flashlight, extra batteries, whistle, matches), first aid kit, multi-tool or knife, backpack and sun protection (yep, even in the winter).

Other items to consider are a compass, a signaling device (foil, pocket mirror), prescriptions, radio with extra batteries, space blanket or piece of plastic (to use for warmth or shelter) and trash bag (can be used as a poncho).

Your winter car kit should include a shovel, blankets and tire chains. Make sure that the chains fit the vehicle and that you are familiar with how to put them on. Remember, you can only find a YouTube video instructing you

how to put them on if you have cell phone coverage.

Since gas stations can be few and far between in some areas, start with a full tank of gas and stop frequently for fill ups; keep your tank at least half full as you travel.

Especially if you’re going to a place that you haven’t been before, research how to get to a specific location, don’t rely on GPS alone. Not only may cell phone coverage be spotty, “navigation apps may take you on unmaintained roads in the winter,” says David Ballenger, BLM Oregon-Washington recreation lead. “Call ahead if you’re unfamiliar with road conditions and always carry a paper map since many areas don’t have cell reception.” Remember that travel conditions can vary between your house and your destination. It may be warm close to home but that could change quickly as you venture out.

Besides making sure you have all the gear and supplies you need, another safety step is to let someone who isn’t traveling with you know where you’re going and when you expect to return. Also make sure to park only in authorized areas when you reach your destination. Illegally parked vehicles may block emergency vehicle access and interfere with snow removal.

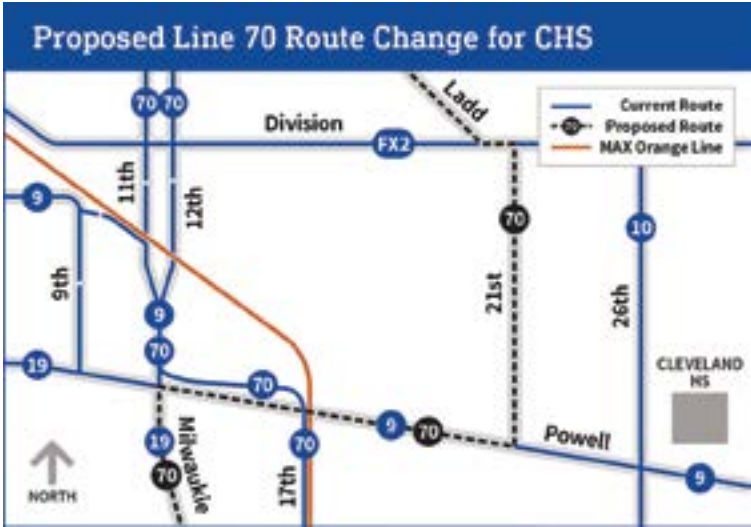
Finally, be an active part of making the outdoors safe, accessible and welcoming for all identities and abilities. Everyone deserves to experience a winter wonderland.

Bus Line Changes to Improve Safety Around Cleveland High School

TriMet has been collaborating with the Oregon Department of Transportation and the Portland Bureau of Transportation to keep students and other people around Cleveland High School safe. In doing so, they reviewed options for relocating the Line 9-Powell Blvd. bus stop on the south side of Powell Blvd. at SE 26th Ave. and confirmed that its current location is the safest.

Compared to other potential locations, there is more space for students to congregate. In addition the right turn lane on Powell acts as a buffer between students waiting for the bus and through traffic on Powell. While there will be no changes to Line 9, there are planned crossing improvements and lowered speeds to make the intersection safer for students.

There will be changes made to the route of the Line 70-12th/NE 33rd Ave. bus line, however. Currently, students from the neighborhoods of Sellwood, Westmoreland, Eastmoreland and



Brooklyn have two options, both requiring a walk across Powell Blvd. Changing the Line 70 route means fewer students who live south of Powell will need to cross the street on foot.

The rerouting will drop students off on SE 21st Ave. instead of SE 26th Ave. The lower volume of traffic on 21st Ave. will

provide more safety and students will be able to spread themselves out on the walk to and from Cleveland High School, minimizing crowding on SE 26th Ave.

The Line 70 change is tentatively scheduled for May 2023. Provide feedback on this and all 2023-24 transit service changes at bit.ly/TriMetFeedback.

PGE's Income-Qualified Bill Discount

If you’re a PGE customer, you may be able to receive ongoing, monthly help with your PGE bill that’s in addition to any other assistance you may be getting from them or other agencies. Eligibility is based on annual household income and household size, with a discount that could be between 15 and 25 percent.

No financial documentation is required, just the size of your household and the average gross income for all members of your household 18 years and older combined. If you’ve received energy assistance in the past, it’s likely that you qualify.

To calculate annual household income (for hourly workers),

take your hourly wage and multiply that by the average hours worked per week. Then multiply that number by 52 (the number of weeks in a year) to get your annual gross income (the amount before taxes). If household income changes from month to month, take your combined income from last month and multiply it by 12 to come up with your average gross annual household income.

If you qualify to receive the Income-Qualified Bill discount, it will not impact your ability to receive energy assistance. The programs are separate and receiving energy assistance does not impact your ability to enroll in PGE’s bill discount. Once enrolled in the

discount program, you can still apply for and receive energy assistance.

It may take 30 days for applications to be processed. Once approved, you’ll receive a notification email or letter to confirm your enrollment and the percentage of discount you’ll receive. Annually you may be asked to provide proof of household size and income to ensure ongoing eligibility. The monthly discount will last for two years, after which time you will need to re-enroll.

Applications, as well as household and income guidelines, can be found at bit.ly/PGE-IQBDP. For additional assistance or questions, call 503.228.6322.

Friends of Mt. Tabor Park Seeks Board Members

The Friends of Mt. Tabor Park is seeking lovers of the park who would like to devote their time and talents to help the park thrive. The Friends is a volunteer-run group with an 11-member Board of Directors. Their work compliments the work of Portland Parks & Recreation by operating the Visitors Center and hosting summer concerts and the annual Tar ‘N Trail Run.

They also operate the Weed Warriors, who restore the park’s natural habitat; daily Foot Patrols, who clean up litter and improve

park security; and the Urban Nature Series of guided walks and workshops. Current priorities include improving park maps, trail signs and the tree-identification walk, as well as creating new public events.

Board meetings are held on the second or fourth Monday of the month, 6:30-8:30 pm in the vicinity of Mt. Tabor Park with a Zoom option. Board members are expected to attend about eight meetings a year, plus other work, and usually devote at least five hours per month during their

three-year term.

Interested parties should contact Steve Law, Board Chair, by calling/texting 503.422.2492 or emailing him at resedaslaw@comcast.net. People can also learn more by checking out The Friends’ website, taborfriends.org, or attending the Monday, February 27 Board meeting.

Applicants will be supplied with a list of questions to answer, due by Monday, March 20. Candidates will be elected by Friends of Mt. Tabor Park members at the March 27 annual meeting.



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.



Youth Poster Contest

Students across the NW are encouraged to get creative and help raise awareness about the dangers of radon gas by participating in the 2023 NW Radon Poster Contest. Radon is a naturally occurring radioactive gas that can build up in our homes.

Both old and new housing can have radon problems and testing is the only way to know if your home has radon, a naturally occurring radioactive gas that is colorless, odorless and tasteless. Long-term radon exposure is the number one cause of lung cancer in nonsmokers and the second-leading cause of lung cancer in smokers.

Youth ages 9-14 living in Oregon, Idaho and Washington

are eligible to participate in the poster contest. Students must either be enrolled in a public, private, territorial, tribal, Department of Defense or home school, or be a member of a sponsoring club, such as a scouting, art, computer, science or 4-H club.

Only one entry per student is allowed and the contest deadline is Friday, March 10, 11:59 pm. Winners will be announced by April 17. Find contest submission forms and rules at the Northwest Radon Poster Contest page, bit.ly/RadonContest.

First-, second- and third-place winners will be selected from each participating state. A regional grand prize will be selected from the winning submissions.

First-place posters from each state will be submitted to the 2024 National Radon Poster Contest.

The Northwest Radon Poster Contest is sponsored by Oregon Health Authority's Radon Awareness Program, Idaho Department of Health and Welfare, Nez Perce Tribe, Spokane Tribe of Indians and Washington Department of Health's Radon Program, in collaboration with the Northwest Radon Coalition and US Environmental Protection Agency, Region 10.

For more information, contact the Radon Awareness Program at radon.program@state.or.us or visit healthoregon.org/radon.

Grow Your Own Produce Garden Series



It's not too early to start thinking about your garden, whether you're starting from scratch or looking to build upon or improve your existing garden. Permaculture Rising has a virtual workshop series that may be the thing to get you going. "Grow Your Own Produce" is a 10-class series taught by permaculture expert Marisha Auerbach (above), beginning Wednesday, February 1.

Each class features seasonally-relevant information about planning, growing, maintaining and harvesting food from your own vegetable garden. Classes are the first Wednesday of the month and can be taken individually or in a set. Individual classes are \$25; five and 10 class passes are also available (\$100 and \$185 respectively).

The series kicks off with a look at the planning, design and framework of a garden. From the macro perspective to the microclimate, permaculture design strategies will be covered that

will help you design your edible landscape. Thoughtful planning will help maximize yields and the diversity of crops throughout the season. Participants are encouraged to have a base map of their site and to make notes during the workshop.

Before each class, participants will receive a collection of handouts supporting the key topics for the month with a garden checklist for the month ahead. Slides and handouts will be used as reference during class and there will be ample time for questions. After the class, participants will receive a video of the class and a pdf of the slides.

Instructor Auerbach has spent many years observing and interacting with her garden and in the gardens of the greater Pacific Northwest bioregion. She has been growing most of her own produce year round for the past decade.

For more information on the series and to register, visit bit.ly/GYOP2023.

Paid Leave Oregon Program Begins

A new program from the state of Oregon allows individuals, employers and families of every kind to take paid time off for many of life's most important moments that impact our families and our health and safety rolled out at the beginning of the year.

The Paid Leave Oregon program is paid for by employers and employees. Employers pay 40 percent and employees pay 60 percent of the contribution rate (one percent for 2023). This will come in the form of a paycheck deduction that will not be more than 0.6 percent of gross wages.

Employees who made at least \$1,000 the year before applying for Paid Leave and qualify for benefits may be eligible. Whether you work full-time, part-time, for more than one job or employer, it counts. Individuals who are self-employed or independent contractors are not automatically covered, but can choose coverage. Employees can start applying for benefits September 3.

Paid time off can be taken for family leave (birth of a child; bonding with a child in the first year either after birth, through adoption or when placed in a home through foster care; caring for a family member with a serious illness or injury), medical leave for yourself when there is a serious illness or injury and safe leave for survivors of sexual assaults, domestic violence, harassment or stalking.

Up to 12 weeks off may be taken in a year, with an additional two weeks available in some pregnancy-related situations. Leave can be taken a single day at a time or by the week. If you have been with your employer for more than 90 days, your job is protected while on leave and employers cannot deny the leave or fire or threaten eligible employees for taking time off.

While on leave, Paid Leave Oregon pays you a percentage of your wages depending on how much you earn based on your

average wage in the previous year. For a minimum wage employee earning \$540 per week, Paid Leave provides \$540. A medium income employee (making \$1,289 weekly) would receive \$1,042. A high income employee (making \$2,555 weekly or more) would receive \$1,449. Employers do not pay the employee while they are away.

To learn more about Paid Leave Oregon, consider attending one of the free webinars being held in February. Each session will include a 20-minute overview presentation by a member of the Paid Leave Oregon team, followed by time for Q&A. All sessions will have American Sign Language and Spanish interpreters with other interpretation available upon request by emailing paidleave@oregon.gov.

Sessions are scheduled for Thursday, February 2, 3 pm; Tuesday, February 7, 7 am and Thursday, February 9, 3 pm. Register at bit.ly/PaidLeaveOregon.

Leach Garden Tours Kick Off

Monthly horticultural staffed garden tours kick off again at Leach Botanical Garden in February. The 17-acre property is an inviting, restorative urban greenspace in outer SE Portland and a partnership between Leach Garden Friends and Portland Parks. For over 40 years it has both served and been treasured by the community.

"Garden Plants & History" takes place the first Thursday of the month, led by head Gardener Scott Hoelscher. Visitors will be taken on a tour of the Garden and Hoelscher will share details about plants and their history. The tour visits the Stone Cabin on the south side of Johnson Creek and Hoelscher will also be happy to field gardening questions. The first tour is February 2, 10:30-11:30 am.



LEACH
BOTANICAL
GARDEN

The "What's New Garden Tour" is led by Leach Garden Horticulture Manager, Adam Hart, and takes place on the second Thursday of each month, 10:30-11:30 am. During the casual stroll through the garden, Hart will point out what's new at the Garden, what's in bloom, upcoming projects and more. There will also be lots of time for answering questions. February's tour is on

the 9th.

Tours take place rain or shine so make sure to dress for the weather and wear appropriate shoes for gravel trails, slopes and stairs. Questions or concerns can be directed to JoAnn Vrilakas, Education Manager, at jvrilakas@leachgarden.org. Tickets (\$5) include Garden admission and can be found at leachgarden.org/community-events-new.

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Tackling Mounting Credit Card Debt

By Kris McDowell

Although the holiday season is months behind us, that doesn't mean that the possibility of increasing credit card balances is over. Maybe it's a car repair, the need to replace an appliance or unexpected medical expenses. Sometimes things happen that are out of our control and if a credit card is used to cover the expense we can find ourselves with debt balances increasing.

If you're searching for solutions to regain control of your finances, Amy Maliga, with Take Charge America, a nonprofit credit counseling and debt management agency, explains five options. Maliga says, "There is hope in the form of several viable options to begin getting back on solid financial footing. The challenging part is deciphering which option is the best for your unique situation."

Credit Counseling

This free service provided by nonprofit agencies can help individuals discover available options for overcoming debt. Conducted either online or over the

phone, you can receive a customized action plan to guide you toward the best debt relief solution for your situation.

Debt Management

A debt management plan is a relief solution available to eligible individuals who go through a credit counseling session. If you are eligible, it can help you save time and money when repaying debt. Benefits include lower monthly payments, reduced interest rates, waived fees and an end to collection calls.

Debt Consolidation

This is a process involving the combination of multiple debts into one new loan or line of credit with the aim of cutting down on the number of debts to pay and save on interest. You can consolidate most types of debt including credit card, student loans, auto loans and more.

Debt Settlement

Offered by for-profit companies, this service allows individuals to pay back only a portion

of their total debt. This process often involves forgoing payments so the for-profit agency can negotiate a settlement amount. It's important to be aware that this can negatively impact your credit score and you may need to pay taxes on any forgiven amounts.

Bankruptcy

A last-resort option, bankruptcy is a legal process that can help you repay or discharge debts under the protection of the federal bankruptcy court. There are two main types of bankruptcy—Chapter 7 (also known as liquidation) and Chapter 13 (also known as reorganization).

While bankruptcy can help you eliminate certain types of debts, including credit card debt, other debts (such as student loans or spousal support) cannot be discharged. Bankruptcy severely impacts your credit and ability to open new credit cards or obtain new loans.

For additional resources from Take Charge America, visit takechargeamerica.org.

Free Greenway Yard Signs Available

By Kris McDowell

Back by popular demand, the Portland Bureau of Transportation (PBOT) is releasing new neighborhood greenway signs. With silhouetted figures biking, walking their dog and playing pick-up soccer, the cheery green and white signs serve as a valuable reminder to people driving by to slow down and look out for other people on the street.

Neighborhood greenways are quiet, slow streets that prioritize people walking, bicycling and rolling. Portland's neighborhood greenway network connects neighborhoods, parks, schools and business districts. Speed bumps and traffic diversion are commonly used on greenways to help maintain slow speeds and traffic volumes.

Green wayfinding signs



provide distance and estimated travel times for popular destinations and "sharrow" street markings indicate where to ride on the street with arrows to help people find their way. Portland has more than 100 miles of neighborhood greenways, stretching across every quadrant and corner of the city.

If you live on a neighborhood greenway, take your pick of two different neighborhood

greenway yard signs to order at bit.ly/PBOTYardSigns. PBOT will deliver the sign to your door within two weeks.

Not sure if you live on a greenway? Put your address into the Portland by Cycle Online Map at bit.ly/PDXCycleMap and check to see if you are on the neighborhood greenway network.

Learn more about neighborhood greenways online bit.ly/WhatAreGreenways.

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Neighborhood Greenway Expansion Plans

By Nancy Tannler

The Portland Bureau of Transportation (PBOT) began developing a network of bike boulevards back in the 1980s. They experimented with aggressive traffic-calming projects on streets like SE Lincoln, Clinton and Harrison Streets that made it difficult for cars to speed through residential neighborhoods. These were streets that saw up to 5,000 cars a day. In some instances, the bike boulevards cut this amount in half.

At first the focus was on making it safe for cyclists using busy thoroughfares. Over time, PBOT realized that even with designated bike lanes, a lot of people weren't going to bike on them. They expanded their vision to include streets where the volume of traffic was low.

In 2009 PBOT branded these streets "neighborhood greenways" and since that time they have developed 100 miles dedicated to the mission of having safe streets. Speed limits, speed bumps, intersection art, signage, refuge islands, activated traffic signals and traffic diverters are some of the methods used to calm traffic.

A recent SE neighborhood greenway improvement was the Hawthorne Pave & Paint project. Since 1996 there has been a campaign to build protected bike lanes on SE Hawthorne Blvd. In 2019/20, the Hawthorne Pave & Paint project was introduced by PBOT and this issue was revisited. The area between SE 24th and 50th Avenues on Hawthorne

Blvd. had a history of crashes because it was designed mainly for people in cars, trucks and buses.

Despite an active campaign for change—especially one that means less driving and parking spaces—BikePortland and Healthier Hawthorne advocates were disappointed when they were not included in the Pave & Paint project.

As an advisory board, the Hawthorne Boulevard Business Association's (HBBA) recommendation was taken into consideration by PBOT. William Levesque, HBBA president, said, "The HBBA heartily support cyclists, we would have loved bike lanes." In the end, they concurred with PBOT's decision citing commute time and idling car exhaust as a couple of the deciding factors.

Hannah Schafer, PBOT Interim Director of Communications, said that they considered bike lanes on SE Hawthorne Blvd., but decided that improving the existing greenways will be a sufficient substitute for now.

Instead PBOT chose to change the four lanes to three wider ones with a turning lane in the center. The new construction also installed and upgraded curb ramps to assist people who use wheelchairs, mobility devices and strollers. TriMet's Line 14 will also move faster thanks to signal timing and lane striping changes.

PBOT's Paint & Pave crews repaved 28 blocks, upgraded 163 curb ramps to ADA

standards, improved 10 crossings with crosswalks and/or median islands, installed 14 new streetlights, retimed 10 traffic signals and upgraded the signal at SE César E. Chávez Blvd.

The concession to cyclists is a commitment to develop and fund neighborhood greenway improvements parallel to and connecting to SE Hawthorne Blvd. within the next five years. Currently PBOT is working with the HBBA, neighborhood associations and other interested people to upgrade existing neighborhood greenways and discuss the newly-proposed neighborhood greenways. Schafer said they will require new pavement markings, stop sign changes, way finding signage and speed bumps to meet PBOT guidelines.

One of the proposed new neighborhood greenways on SE 34th Ave. from SE Belmont St. to SE Division St., has traffic volumes above PBOT guidelines for neighborhood greenway operations. This indicates that traffic diversion on the route may be necessary to prevent neighborhood cut-through traffic trips, while still allowing people to access homes and the commercial district. PBOT's outreach has been a mix of support, concerns and opposition to using traffic diversion.

When asked whether the greenways have increased bike riders, Schaffer said, "We have found that the areas of the city with the most neighborhood greenways have the highest rates of

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**PORTLAND FRUIT TREE PROJECT**

bicycling, according to US Census Bureau data." She went on to state that neighborhood greenways are part of a larger system and a single corridor project can be challenging to measure individually.

The bold vision advocated by BikePortland and Healthier Hawthorne for dedicated bike-lanes is off the table, for now. These groups concede that the greenway upgrades are better than nothing, but they don't accomplish the overall goal of making the street better for biking. Their vision is to adapt other busy

thoroughfares, like the 82nd Avenue of Roses, to bike lanes too.

As a national leader in bicycle and pedestrian transportation planning, PBOT will continue to develop greenways to reduce the speed and volume of motor vehicle traffic, Schaffer pledges.

This will become even more necessary because it is predicted that there will be another 110,000 cars on our streets by 2035, and our roadway space is not growing.

For the current Neighborhood Greenway network, visit bit.ly/PDXGreenways.



AE

Arts & Entertainment

Me and Tammy

After four years of development, triangle productions! is ready to shine a light on Tammy Wynette’s life with *Me and Tammy*. Directed by Donald Horn, this one-act play (no intermission) runs Thursday, February 2-Saturday, February 18 and includes 11 of Wynette’s famous songs including “Kids Say the Darnedest Things” and “You and Me.”

The date was April 6, 1998 and the beloved Queen of Country and Western Music had died at just 55 years of age. John (played by Jeremy Anderson-Sloan), who impersonated Wynette (played by Danielle Valentine), is asked to go on, but how can he? He is too devastated. That is until the ghost of Wynette visits him and reassures him that everything will be alright.

Opening night, February 2, Hip Chicks Do Wine will offer a free wine pour reception after the performance. Sunday, February 12, 2 pm is the one matinee of the show, with the others taking place Thursday, Friday and Saturday nights at 7:30 pm. Tickets (\$15-\$35) are available by calling 503.239.5919 or visiting trianglepro.org.



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Meditations at Pushdot Studio



Todd Johnson is in the Pushdot Studio gallery for February and March, starting with an opening reception Friday, February 3, 6-8 pm. His *Meditations* is a series of pictures about experiencing and celebrating the visual language of photography. The work is focused on abstraction and uses a traditional structure of still life. The pictures are a process of constructing compositions and studying the variations of form and structure. Experimenting with dynamic color and the shading of light, the images play out on traditional geometric shapes and an eccentric collection of objects. The space is a dynamic field for observing the magic and illusion of photographic possibility.

The work is inspired by artistic practices such as panning and sculpture, design and architecture, fashion and commercial photography. The creativity and inspiration when looking at other artistic mediums has always been an important foundation for Johnson’s thinking about photography and creating an open system of ideas and aesthetics. Other influences come from the history of avant-garde art, such as Futurism and Surrealism, Modernism and Minimalism.

The philosophy of *Meditations* is a concept of going deeper into creativity and spiritual ritual. Artistic practice is a form of meditation and spiritual ritual, that gives structure and form to the imagination. This process of experiencing a deeper connection to creativity is the challenging path of expanding ideas into a visual form. And that material object or form (painting, sculpture, photography) is the reality/subjectivity of a highly focused and enlightened artistic experience. Art offers Johnson an important opportunity to connect and participate in culture and history/future.

Johnson is a conceptual and experimental photographer living and working in Portland. He received his Masters in Fine Arts in photography from the San Francisco Art Institute and is the founder and director of Black Box Gallery.

Pushdot Studio is located in the Ford Building, 2502 SE 11th Ave (use entrance on Division St.). Gallery hours are Monday-Friday, 8:30 am-5 pm; free admission.

Mikki Gillette’s Feminist Comedy

My Perfectly Valid Objections is Mikki Gillette’s comedy about “dating while trans.” The play depicts a group of trans women navigating the minefield of heterosexual dating. The tart, queer comedy lays out all the arguments against love—both during the dates and in the debriefs the women share—while celebrating its irresistible pull. The site-specific production takes place where so many first dates have: Oblique Coffee Roasters.

The show is being done by Salt and Sage Productions, which has an acclaimed mix of new work and stark stagings of Shakespeare, including, most recently, their repertory productions of *Hamlet* and *Romeo & Juliet*. The cast includes Juliet Mylan, Ruby Welch, R. David Wiley and Heath Hyun.

Gillette is a trans woman playwright whose play *The Queers* enjoyed a sold out run at Fuse Theatre Ensemble last spring. Her show *American Girl* will premiere at Fuse this coming April and her play *Mimetic Desire* is scheduled for production by the Pittsburgh Classic Players this spring as well. She was also named at one of *Willamette Week’s* 25 People Shaping the Arts in Portland.

My Perfectly Valid Objections runs Friday, February 10-Sunday, February 26. Thursday, Friday and Saturday performances at 7:30 pm; Sunday at 6 pm. Sliding scale tickets (\$5-\$15) at salt-and-sage.ticketleap.com. Oblique Coffee is located at 3039 SE Stark St.

ALBERTA ROSE THEATRE

FEBRUARY 2023

| | |
|---|--|
| 2 MATT ANDERSEN MARIEL BUCKLEY | 16 CANDLELIGHT A TRIBUTE TO TAYLOR SWIFT |
| 3 Booklover’s Burlesque erotica edition | 17 DAVID WILCOX + Jean Rohe |
| 4 34th annual WINTERFOLK | 19 NATIONAL GUITAR the music of PAUL SIMON +Jenner Fox Band |
| 5 CANDLELIGHT VIVALDI’S FOUR SEASONS | 21 LÚNASA |
| 8 It’s Not Me, It’s You stories from the dark side of dating | 22 Biamp PDX Jazz Festival SHABAZZ PALACE with MOOR MOTHER |
| 9 LIVE WIRE RADIO WITH LUKE BURBANK | 23 SCIENCE ON TAP The Mystique of Terroir: Geology and Wine |
| 10 MORTIFIED | 24 KEROSENE DREAM Anniversary Show |
| 13 VALENTINE a night of circus, music, + love | 25 DAVID JACOBS-STRAIN & BOB BEACH + Glitterfox |
| 15 JOHN MCLAUGHLIN Indiana Anniversary Tour | |

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Strum Welcomes The Waysiders

Head over to Strum, 1415 SE Stark St., for some dancing or just listen to The Waysiders’ great classic and original country music Friday, February 24, 7 pm (\$5).

Sisters Joanna and Gabrielle Macrae front The Waysiders with close vocal harmonies while the band brings a distinctively vintage sound to the new and old music they play. Drawing on the traditions of Swing, Rock & Roll, Old Time and Rhythm & Blues, they deliver a brand of classic country all their own. More at strumpdx.com/shows.

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Malcolm X Screening

Clinton Street Theater is screening Spike Lee’s celebrated 1992 film *Malcolm X* Saturday, February 18 and Sunday, February 19, both at 5 pm. Anchored by a career-best performance from Denzel Washington, this biopic brings the story of the legendary civil rights leader to life with an epic sweep and a nuanced message.

The Sunday, February 19 screening will be shown with English language captions for greater accessibility. Tickets (\$8) for both shows available at cst-pdx.com. Clinton Street Theater, Portland’s fiercely independent movie theater and community space, is located at 2522 SE Clinton St.

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seportland.news

Arts & Entertainment

Winter Waters Culinary Series

Veganizer PDX presents two vegan and gluten-free seaweed-centric dinners as part of Winter Waters, a brand new culinary series from Blue Evolution and Oregon Seaweed. The series celebrates regenerative seafoods, including farmed sea vegetables like wakame, kombu, sea lettuce and dulse from Garibaldi (OR), Alaska and Mexico. Two of Portland's most exciting vegan popup concepts will be presenting dinners in February.

Newer popup Feral, whose concept centers around seasonal produce from the Pacific Northwest and chefs' Ryan Koger and August Winningham's "cook whatever the fuck we want" attitude, present the Sunday, February 5 dinner. The evening's menu includes collard leaves stuffed with alliums, wild rice and sea lettuce, glazed in smoked dashi; and deeply charred cabbage with a winter citrus beurre blanc, fermented red currant pearls, fresh seaweed and fresh herbs. There will also be seaweed drink cocktails like the Kombu sour made with Aimsir Gin, Accompani Mari Gold, kombu and rice vinegar shrub, aquafaba and lemon, along with non-alcoholic beverages.

The Sunday, February 26 dinner comes from one of Portland's most beloved vegan restaurants, Plant Based Papi. Chef Jewan Manuel specializes in vegan comfort foods, like truffle mac and cheese, oyster mushroom calamari and lobster rolls. While usually focused on catering and events, this dinner is a special opportunity for the public to experience his food.

Both dinners will be hosted at Mestizo, a BIPOC woman-owned Latin American restaurant located at 2910 SE Division St. Tickets and full menus (subject to change based on availability of ingredients) at winterwaterspnw.com. A portion of proceeds will benefit the Oregon Kelp Alliance.

Happy Hour History Series



Portland filmmaker David S. Mayne has released a five-episode documentary series connecting cocktails to important historical events with "Happy Hour History." Bringing together America's top bartenders, historians and film artists, each episode starts with a cocktail that is traced back to an historical event that changed our world forever. Then, after a brief history that includes Monty Python-inspired animations and historical recreations, the bartenders teach viewers how to make the classic cocktail at home.

Familiar classic cocktails, like Bees Knees and the Scofflaw during the Prohibition Era, helped frame the early Women's Rights Movement; the Moscow Mule is connected to a catastrophic WWII battle. "Think of us as 'Drunk History's' nerdy cousin," says Mayne. "We have fun with history using recreations and wacky animations, but all of our stories are verified by university historians."

Mayne has been a filmmaker for over three decades, having written and directed both national commercials and documentaries, including episodes of PBS' "The History Detectives." He passionately believes in the power of film/video to make the world a smarter, funnier and better place. "I've combined my background of work on documentaries and commercials to mix what I hope will be the perfect cocktail of a web series."

The documentary series is now streaming on Amazon at bit.ly/3WcbFwc with individual episodes starting at \$1.99 each and watch party options.

Wine and Chocolate Pairings

Portland's oldest urban winery, Hip Chicks Do Wine, hosts pre-Valentine's Day wine and chocolate pairings the first two weekends of February for a total of six opportunities to enjoy the pairings. The in-person events are Friday, February 3 and 10, 2-6 pm; Saturday, February 4 and 11, 12-6 pm; and Sunday, February 5 and 12, 12-5 pm.

Pairings include four artisan chocolates and one salted caramel paired with five wines and a bonus pour of their Sangria for \$40. There is also a VIP package which includes the pairing, a glass of sparkling wine and two full size truffles for \$58. Reservations are required, with only a limited number of walk-ins accepted. There is also a pairing kit "to go" option that can even be delivered to you (with 48 hours advance notice).

Tickets for both the in-person and to go option are available at hipchicksdowine.com/tickets. Hip Chicks Do Wine is located at 4510 SE 23rd Ave.

Rose City Rollers Bouts

The Rose City Rollers, a member of the Women's Flat Track Derby Association, have three bouts in February where their home teams will play each other. All the bouts take place at The Hanger at Oaks Amusement Park. Friday, February 10 it's the Heartless Heathers vs. the High Rollers; the next night it's the Guns N Rollers vs. Break Neck Betties; finally, on the 25th, the Break Neck Betties take on the High Rollers.

All three nights the doors open at 7 pm with the game at 8 pm. Various food carts will be available on a rotating basis along with beverages from the Plow Stop Bar featuring sponsors Rogue, 2Towns Cider, Seek Out Seltzer, PBR and Red Bull.

General admission tickets (\$20) are available online at rosecityrollers.com/schedule. Bouts nearly always sell out in advance, so make sure you don't miss out by purchasing them online. Online ticketing ends six hours prior to the bout and, once sold out, there will not be tickets available at the door. Children six and under are free (limit one free child per paid admission).

Imposter/Switch at PWNW

The one day only show, Saturday, February 18, celebrates the *imposter* syndrome living in each of us by poking a little fun at the idea that mastery is necessary for creative viability and inviting artists to courageously *switch* disciplines with another artist.

Co-curators Marissa Rae Niederhauser (dance, video, performance art) and Kennedy Verret (music) each select three artists working in various disciplines. The artists' names will go in one hat and their disciplines in another. In a publicly shared video drawing, artists will be randomly assigned to a medium outside of their usual practice to share for public exhibition. Artists then have two weeks to gather supplies and prepare to show the result of their experimentations.

Artists participating and their habitual disciplines are ara oshin (clay artist), Chaz Van Queen (musical performer), Linnea Solveig (painter), dee bustos (performance artist), Nickalus Lindale (composer) and Kelly Nesbitt (clown).

Doors and outdoor bar open at 7:30 pm for the 8 pm show at Performance Works NW, 4625 SE 67th Ave. Sliding scale tickets (\$5-\$15) available at the door with all proceeds going to the participating artists.

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Crossword Answers
Turn to page 15 for the puzzle.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|---|----|---|---|---|---|---|---|---|----|---|---|----|----|---|---|---|---|---|---|---|---|---|
| 1 | F | L | O | P | | | | 5 | P | E | N | | | 8 | H | O | E | | | | | | | | | | | | |
| 11 | A | E | R | O | | | | 12 | B | I | Z | E | T | | | 14 | A | W | L | | | | | | | | | | |
| 15 | R | I | C | E | | | | 16 | R | A | R | E | R | | | 17 | P | I | L | L | | | | | | | | | |
| 18 | M | A | S | T | E | R | M | A | R | I | N | E | R | | | 20 | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | 51 | L | E | A | D | I | N | G | L | A | D | I | E | S |
| 59 | H | A | I | R | | | | | | | | | | | | 61 | I | M | A | G | E | | | | | | | | |
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| 66 | Y | E | T | | | | | | | | | | | | | 67 | M | E | R | | | | | | | | | | |



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.

Making Friends With Change

If you find that you are deeply affected by the external problems of the world, you are not alone. Between political, social and personal turbulence, it's normal to feel uneasy, scared, angry or helpless. Understanding that things are always changing can be helpful.

Another particularly useful strategy is to avoid clinging to things that are pleasant or avert- ing from things that are unpleasant. While we naturally lean towards things we like, being present with both will allow the experiences to move through so that we do not attach to one or the other and remain stuck.

In Buddhism, there is a teaching about first and second darts. The first dart is the certainty that you will experience some physical or mental discomfort simply by being human...you experience injury, illness, old age, death of a loved one or a loss of a meaningful experience. These first darts are the inescapable reality of the human condition. Pain exists.

The second (and avoidable) dart is your reaction to the first dart. If you burn your hand on the stove, you create additional pain by telling yourself how stupid you are or getting angry and breaking something or yelling at your partner because you are in pain. This creates suffering.

Let's look at a scenario... you walk into your house and it is a mess. Your roommates have left dirty dishes out, there are clothes strewn about, the garbage can is overflowing, and the cat pooped on the carpet. There is no physical first dart—you haven't broken a limb or been physically attacked by anyone. This could be the first emotional dart, mental or emo-

tional discomfort about a messy space and roommates who don't respect the space or you.

You can feel the second darts arise within your nervous system—taking it personally and getting angry; wanting to take a hard line approach and change the locks; wanting to flee the situation because you hate confrontation; and/or feeling powerless that you'll never be able to resolve the situation. Rather than accumulating second and third darts, observe the rising emotions and discomfort.

Uncomfortable emotions can include fear, anxiety, powerlessness, hopelessness, sadness or anger and we typically push them away or numb them rather than face them. Anger can help mobilize you to come up with a strategy to alleviate the first painful dart, but wield it carefully and wisely. You might propose a meeting with your roommates to discuss and find an agreeable solution. Perhaps something more extreme may be required, like preparing for evictions if this has been an ongoing issue.

It will take work but, rather than being reactive and creating more suffering within yourself and toward others, you become proactive and create solutions. We can't escape discomfort, but we can learn to interact with it in meaningful ways that do not generate more suffering.

Thich Nat Hanh said (about challenging people), "Talking to them may not change them. When we change what is in our hearts, we can change our own outward reactions and outward behavior. And when they see that we have changed, they have the potential to change as well."

If you live in conditions that

support your wellbeing (i.e. your fundamental needs are met—roof over your head, food on the table, loving personal connections) then you arguably have an imperative to continue the work to refine your inner environment, to benefit not only yourself but your greater community. If you commit yourself to working in the community for social justice, do so based on love of your community rather than hatred or ill-will toward those you don't agree with.

Portland has changed dramatically since it was founded in the 1840s. Every day the face of it changes and it will continue to change. Just as we all go through highs and lows in our own lives, Portland does too, and we can opt to surf the waves and support Portland through the hard times just as we celebrate and revel in it in the good times. It requires more muscular effort when times are tough, but by committing to reducing suffering internally and externally, we contribute to the health of our community.

Next time you find yourself ruminating on what's wrong with the world (or Portland), notice what else exists in the same space—nature, friendly neighbors, our own good intentions. As Ghandi said, "Be the change you wish to see in the world." What kind of energy are you contributing?

I'd love to hear your thoughts. You can contact me at stacey@subtlebodyexperience.com.

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Neighborhood Notes

HAND
By Jill Riebesehl

In response to the fatality last year at SE 26th Ave. and Powell Blvd., Tom Mills, TriMet’s director of mobility planning and policy, attended our January meeting to inform the Hosford-Abernethy Board and neighbors of plans to make student access safer. A #70 route change would have the bus turning onto Powell Blvd. from Milwaukie Ave., then onto 21st Ave., stopping at Tibbetts St. to let off students.

The #70 would reconnect with its regular SE/NE route via Ladd Ave. This would return bus service through Ladd’s Addition, bring back previous bus stops and enhance access to the light rail red line out to the airport. Mills said the agency will move ahead with these changes by late spring. He also said TriMet is rethinking its service citywide in response to passenger needs post-COVID-19 and will be instituting some fare increases.

The other subject of note was a proposal for converting the piece of vacant land on SE 19th Ave. off Division St. into a transitional refuge for people who are homeless. The nonprofit WeShine has built a tiny house site at NE 125th Ave. and Halsey St. on church property and, in conjunction with others in our neighborhood such as REACH, is moving ahead with a proposal for the Avalon property. HAND Board members are designing a Good Neighbor Agreement, and the Board and neighbors at the meeting wrestled with site problem solving and a number of other concerns. Stay tuned.

Our next meeting will be held via Zoom Tuesday, February 21, 7 pm.

Montavilla Neighborhood Association
By Louise Hoff

We welcome all Montavilla residents to our next Montavilla Neighborhood Association meeting Tuesday, February 7, 6:30 pm at the Gigantic Robot Room at Rocket Empire Machine, 6935 NE Glisan St. here in Montavilla. It’s a great way to meet your neighbors and talk about what is happening in our neighborhood, zoning and city issues impacting us.

Montavilla Neighborhood Association had a good turnout for our semi-annual styrofoam collection last Saturday in the Montavilla Church parking lot on SE Hawthorne Blvd. Thank you to our board member/volunteers Ron Thrasher (drove to the recycle center), Jacob Loeb (Chair) and Matt Moore (great graphics). We plan to have another styrofoam drive this summer.

At the heart of Montavilla cultural life is the Montavilla Jazz Society, which is commissioning place-based compositions about the Mt. Tabor Park for their 10th anniversary celebration. They are currently selecting a panel to choose three compositions from the 27 applicants. We cannot wait to hear their music!

Saturday, April 29, the 17th Annual “Roses in the Heart of Portland” Parade is happening! The Parade route goes right through Montavilla along SE 82nd Ave. so we need to get our applications in for floats or performances. We have such an artistic community we can come up with original entries. Applications are online at 82rosescec.com.

Mount Tabor Neighborhood Association
By David Petrozzi

MTNA hosted our regular monthly meeting Wednesday, January 18 via Zoom. We enjoyed an extensive presentation on emergency preparedness by a guest speaker and professional in the field, while several neighbors shared resources with each other regarding safety and disaster planning.

Our next meeting will be Wednesday, February 15 via Zoom with a topic to be determined. Interested in being a part of the MTNA and volunteering to assist the neighborhood? Send us an email and find links for all of our meetings on our website, mttaborpdx.org.

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Neighborhood Association held its first neighborhood meeting of 2023 Tuesday, January 17 via Zoom. Producing a digital newsletter for the neighborhood was discussed, as increasing our neighborhood involvement is our goal for 2023. Also having a logo contest for the newsletter banner is in the works.

Our next neighborhood meeting is scheduled for Tuesday, February 21, 6:30 pm via Zoom. Please check our website, northtabor.org, for additional information and feel free to email our Board with any questions at board@northtabor.org.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) does not meet in January so no monthly meeting occurred last month. Zoom meetings are the second Monday of the month, 7-9 pm, except January. The next meeting will be February 13. The link to preregister is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv the week before the meeting. To be added to the listserv, email richmond-nasecretary@gmail.com.

The RNA is excited to have been awarded a \$4,900 grant from SE Uplift under its Community Small Grants program, funded by the city’s Office of Community & Civic Life, to provide a Telehealth Booth that our houseless neighbors can use to contact access medical and psychiatric care specialists. Dr. Richard Bruno, RNA Board Member, is managing the project.

The RNA will hold its Spring Cleanup and U-Price-It Rummage/Plant Sale Saturday, May 20 at Central Christian Church, 1844 SE Cesar Chavez Blvd. This is an all-volunteer event, except for drivers picking up or delivering recyclable items, who we reimburse for their service and use of their trucks. If you are interested in volunteering for the Cleanup or want to help with your truck, please contact richmondcleanup@gmail.com (please specify if you can provide a truck). If you helped with the 2022 Cleanup, you are already on the volunteer list and will be contacted in February or March about this year’s Cleanup. If you have a passion for recycling or getting involved in fun community events, this is the event for you.

Our next meeting is Monday, February 13; we hope you can attend.



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from page 1

82nd Avenue Business Association
By Nancy Chapin

The 82nd Avenue Board continues working with several groups who are concerned with the health, safety, travel options and access to services for residents and businesses on and near 82nd Ave. If you'd like to be involved, go to the website, 82ndAveba.com, and sign up for the monthly Roundtable discussions. Entry forms are now available for the 82nd Avenue of Roses Parade "Roses in the Heart of Portland" that will take place Saturday, April 29. Visit 82rosescec.com for an entry form.

Foster Area Business Association
By Jeff Lynott

The Foster Area Business Association (FABA) will hold its Annual Meeting and elect the 2023 Board Tuesday, February 7. Kitchen Culture, a new business specializing in kitchenware and cooking classes, will host. This meeting is welcome to all Foster businesses. FABA is also working to increase lighting and make the street more welcoming at night. In the coming months, the goal is to string lights on several street trees along Foster. To get involved with FABA or attend meetings, please email fosterarea@gmail.com.

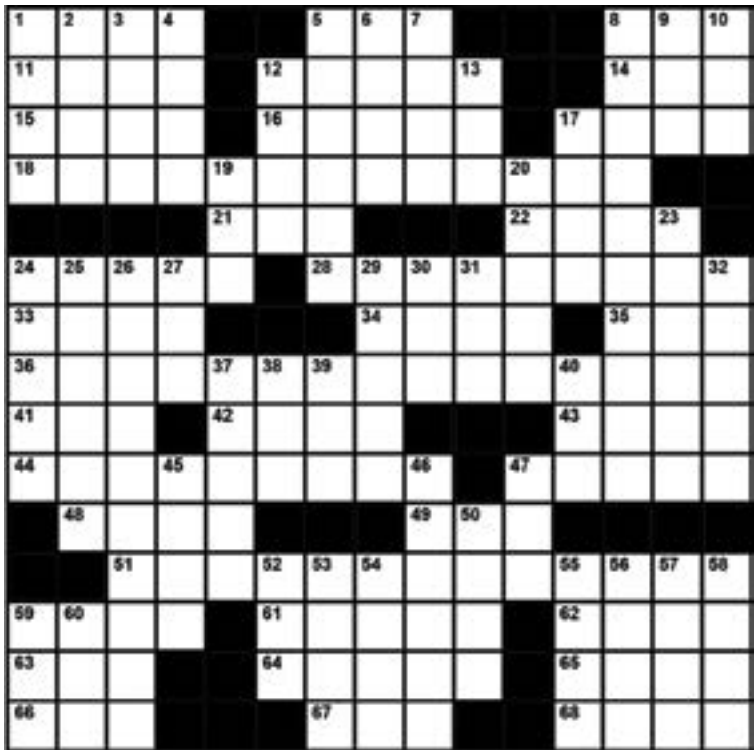
Hawthorne Boulevard Business Association
By Nancy Chapin

The Hawthorne Boulevard Business Association (HBBA) is asking business and/or building owners with trees to give us/the City permission to "light them up." The District has been funded to light 15 trees for the safety of our residents, walkers and shoppers. Contact administrator@hawthorneblvd.com if you have a tree in the right of way that can connect to your building's electricity. The 45th Annual Meeting of HBBA will be Thursday, March 16 this year. Please contact us at the email address above if you would like an invitation. Be sure to check out the Boulevard's businesses and eating and drinking establishments when you are celebrating Valentine's Day with your significant others.

Work Your Noggin': Controlling Starters
by Myles Mellor

- Across
- 1. First cards turned
 - 5. Cygnet's mother
 - 8. Shed item
 - 11. Dynamic leader
 - 12. "Carmen" composer
 - 14. Legal departure
 - 15. It may be brown or Spanish
 - 16. Gold than silver
 - 17. Vitamin
 - 18. Fine skipper
 - 21. Hosp. picture
 - 22. N.Y.P.D. employee
 - 24. For all to see
 - 28. Estranger
 - 33. St. Petersburg's river
 - 34. "____ She Lovely?"
 - 35. Uncle Sam poster word
 - 36. Split
 - 41. Sea bird
 - 42. A way to start
 - 43. Raise a stink
 - 44. Set down rules and codes of conduct for
 - 47. Range rovers
 - 48. Actress Mazar
 - 49. Word after "long"
 - 51. Anne Hathaway and Amy Adams, for example
 - 59. Hippie play
 - 61. Corporate concern
 - 62. Nevada gemstone
 - 63. Temperature controls, briefly
 - 64. Shade of black
 - 65. Plane part
 - 66. Thus far
 - 67. French sea
 - 68. Founded, abbr.

- Down
- 1. Cultivate by growing
 - 2. Movie princess
 - 3. "The Two Towers" army
 - 4. Coffeehouse reader, perhaps
 - 5. Pop star from Guam
 - 6. Old Testament book



- 7. Poet's adverb
- 8. Supercuts employee
- 9. Wise one
- 10. Right angle extension
- 12. Winter comment
- 13. Prefix with state
- 17. Baseball's Alejandro
- 19. C.P.R. expert
- 20. Beethoven's "Choral" Symphony
- 23. Combined resources
- 24. "____ Majesty's Secret Service"
- 25. Took evasive action
- 26. Billy Graham, e.g.
- 27. Radiation unit
- 29. Unit of petrol
- 30. Relative of -esque
- 31. Benz ending
- 32. Sweetened biscuits
- 37. Thin layers of rocks
- 38. Fish spawn
- 39. On Soc. Sec.
- 40. Exasperation
- 45. Over, in Germany
- 46. Macbeth prop
- 47. Condo management group, abbr.
- 50. Quiet valley
- 52. Board member, abbr.
- 53. Muslim holy man
- 54. Pews' place
- 55. Through
- 56. NYSE banner events
- 57. It may be Near, Middle or Far
- 58. Runners carry it
- 59. Rural stack
- 60. Serena's serve, sometimes

Answers found on page 13.

ERDC's goal is to provide child care to as many homes across Oregon as possible. In order to achieve this, these programs must recruit more providers, which is planned to be done in the next several months. The ERDC, currently established under the ODHS, announced earlier this month that on July 1 the ERDC will move to the new Department of Early Learning and Care (DELIC). In an interview with The Tillamook Headlight Herald, Chatterjee stated that "[she looks] forward to the program officially joining DELIC alongside our other early learning and child care resources." For more information about how you can qualify for this service and benefits, visit the ODHS page, bit.ly/ChildCareAssistanceOR.

FEBRUARY EVENTS

- ILLUMINATED BIKE RIDE** – A part of the Portland Winter Light Festival, the bike ride takes place Saturday, February 4. Dress up–yourself and your bike–and meet in the parking lot of Rose's Equipment Supply, 207 SE Clay St. starting at 7 pm. The ride will get rolling by 7:30 pm. Keep up on the event at bit.ly/PDXWLF-bikeride.
- YOGA + BEER** – February has two opportunities to participate in Yoga + Beer classes in SE. Sunday, February 5, 2:45-3:45 pm the class is at Ecliptic Brewing's Moon Room, 930 SE Oak St. Then on Saturday, February 18, 1-2 pm, the class is at Ruse Brewing, 4784 SE 17th Ave. More information and registration (\$23 with beer/\$17 yoga only) at cheersandnamaste.com/events.
- LWV POLICING WEBINAR** – Wednesday, February 8, 7-8:30 pm the League of Women Voters (LWV) host a panel of advocates for increased police accountability and alternatives on Zoom. Register to attend on or before February 7 at bit.ly/LWVFeb8.
- FREE CREATIVE WRITING CLASS** – Saturday, February 11, 10:15-11:45 am Linda Ferguson will lead the class through a variety of writings, then use prompts to inspire Portland stories through poetry or creative prose. All experience levels are welcome. Class takes place at Taborspace, 5441 SE Belmont. Email ljdferguson@gmail.com to register.
- VIKING PANCAKE BREAKFAST** – The Sons of Norway's Grieg Lodge hosts a pancake breakfast Sunday, February 12, 8:30 am-12 pm at Norse Hall, 111 NE 11th Ave. The breakfast features all-you-can-eat pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, orange juice and coffee or tea. Adults \$10, children ages 3-10 \$6, under 3 are free.
- HARASSMENT INTERVENTION WEBINAR** – Asian Americans Advancing Justice and Right To Be present a virtual training to teach skills to safely stop racist harassment as it happens, while prioritizing safety. The interactive workshop takes place Wednesday, February 15, 6-7 pm. Register at bit.ly/HarassmentWorkshop.

AHC HOUSE HISTORY RESEARCH – The Architectural Heritage Center (AHC) is offering an in-person, two-part series. Occurring Saturdays, February 18 and 25, 10 am-12 pm, participants will learn how to use a variety of resources to research the history of their house or any other Portland building. Register for one or both parts (\$15 members/\$25 non-members per class) at bit.ly/AHCHouseHistory.

CSA SHARE FAIR – Sunday, February 26 the Pacific Northwest CSA Coalition hosts its eight annual event to put people in touch with local farmers, ranchers and fishers. CSA share sign ups available at this 10 am-2 pm free event at The Redd on SE Salmon St. Visit pnwcsa.org for more.



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Unit 1: 2 BD/2 BA, 1,157 Sq. Ft.
Unit 2: 2 BD/1 BA, 1,148 Sq. Ft.
Unit 3: 1 BD/1 BA, 747 Sq. Ft.



PENDING
1917 SE 57th Ave. \$895,000
1921 Colonial 7 BD, 2.1 BA
3,544 Total Sq. Ft.



350 SE 65th Ave. \$2,290,000
Lot #1: Mt. Tabor Modern 4 BD, 4 BA
3,158 Total Sq. Ft.



SOLD
6515 SE Pine St. SOLD
Lot #2: Mt. Tabor Modern 3 BD, 3.1 BA
4,031 Total Sq. Ft.



SOLD
6525 SE Pine St. SOLD
Lot #3: Mt. Tabor Modern 4 BD, 3.1 BA
3,329 Total Sq. Ft.



6535 SE Pine St. \$2,225,000
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Construction has officially commenced on four of Mt. Tabor's most impressive building lots. With downtown city views, unsurpassed finishes and incredible design, these homes will prove to be one of the East Side's most sought after developments. Only 2 of the 4 homes remain available, and at this stage, customization is a possibility. Call for more detail.

Neighborhood Happenings:

Portland Mardi Gras Parade
Tuesday, February 21, 7 pm
Mississippi Ave.
portlandmardigras.com

This is a free, family friendly event featuring entertainers, marching bands, jugglers and more! The parade proceeds down Mississippi Ave. starting at N Skidmore St. and ending at N Fremont St.

Portland Night Market
Friday, February 10 and Saturday, February 11, 4-11 pm
100 SE Alder St.
pdxnm.com

The Portland Night Market comes back this February with over 170 of Portland's best creators and vendors celebrating local culture with music, art, food and drinks!

HOW'S THE PORTLAND MARKET DOING?



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