



Photo by Elle Hygge

Word is Bond Walking Tour Project

By KRIS McDOWELL

Word is Bond is a Portland-born, Black-led nonprofit started by Executive Director Lakayana Drury in 2017 that works to empower young Black men as they transition from boys into adulthood and find themselves navigating a world that provides very few answers to unlocking their highest selves. During Black History Month (February), they hosted their annual walking tour project, In My Shoes, that highlighted the stories and experiences of young Black men across Portland.

The uniquely curated tours reflected the rich diversity of Black stories and experiences of the communities. The tours were led by Community Ambassadors sharing their stories and the history of the neighborhood; they also addressed topics of race, class, community investment, gentrification, community safety and equity.

The “82nd Street” tour went through the Montavilla neighborhood, led by ambassadors Noor and Mubarak who touched

on their upbringing in the neighborhood being Muslim and Black. Noor invited participants to view growing up in the neighborhood from his perspective, one in which he called the neighborhood “home” but one that others have called “dangerous.” He shared the ways he reminds himself that his home is safe to be in.

Mubarak, Somali and Ethiopian, showed the group spaces where he finds windows of what feels like home to him. From the Mosque to a Somali food spot, he explained what it has been like to fight against Islamophobia and shared where he has found safety from that hate.

The walking tours are designed to create opportunities for community members to learn about the experiences of young Black men around Portland, creating a dialogue around racial equity and inclusion, as well as a way for their Community Ambassadors to become more engaged in their community.

In addition to creating their tour, Community Ambassadors are required to conduct a walking audit of their community, attend two neighborhood association meetings and present the findings from their audit and community meetings to an elected official to help improve conditions in their community. They are a part of the next generation of Portland leaders with aspirations, ideas and courage that this program helps cultivate.

The Community Ambassadors are all in their first year of the organization’s Rising Leaders program and have had training in public speaking, leadership development, community dialogues and more. They attend public, private and alternative high schools across the region and come from many different backgrounds including African-American and African-immigrant communities. The walking tours are a requirement for their advancement into their second-year rank in the program and will be followed by a trip to Washington, DC this month to learn about public policy and tour Historically Black Colleges and Universities.

Building a Future for Homeless Youth

By NANCY TANNER

There are an estimated 8,200 homeless youth in our state—many of them in need of immediate assistance. The recently completed \$9 million interagency funds transfer from the Oregon Department of Housing and Community Services (OHCS) to the Oregon Department of Human Services (ODHS) Self-Sufficiency/Youth Experiencing Homelessness Programs will help stabilize some of these youth.

According to Jake Sunderland, Press Secretary ODHS, these funds are being used to coordinate a statewide delivery system to youth under age 25 experiencing homelessness. This funding will also support College Housing Northwest’s Affordable Rents for College Students (ARCS), which pays rent for a year and ensures each student receives case management services through New Avenues for Youth and the Native American Youth Association.

In 2021, the Corporation for Supportive Housing (CSH) completed the State of Oregon’s first needs assessment focused on these young people. Long-term housing was identified as one of the greatest needs and, based on this assessment, it would take an estimated \$154 million to cover the costs for everyone. The \$9 million is a start.

In the CSH assessment, five regions of the state were studied—Southern, Mid-Valley, Eastern OR, Central/Gorge and Portland Metro. Sunderland said that Or-

egon has the fifth highest number of Unaccompanied Homeless Youth (UHY) in the country.

Sunderland went on to say that it is important to understand that youth homelessness is generally not a choice. “Factors contributing to youth homelessness include family conflict or an unsafe home life, family poverty, aging out of the foster care system without supports in place, failing to complete high school and being a pregnant or parenting youth,” he said.

Youth identifying as LGBTQIA2S+ count for the highest number of homeless, followed by American Indian and Alaskan Indian youth, Black youth, Hispanic youth and white, non-Hispanic youth. Here in the Metro area, there are about 3,845 under 25 experiencing homelessness. Due to a lack of funding and resources in more rural areas of the state, some young people migrate to the Portland metro area in hopes of finding better services. Since 2013, when the state began funding designated programs for homeless youth, they have seen that one of the main predictors of chronic adult homelessness is being an UHY.

Sunderland says it is hard to give an exact number of homeless youth because many of them feel unsafe coming forward for assistance. They prefer to stay “off the radar.” His guess is that the number is larger than stated above.

For youth in a housing crisis, ODHS

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City Council Amends Zoning Laws to Support Building Shelters

By DANIEL PEREZ-CROUSE

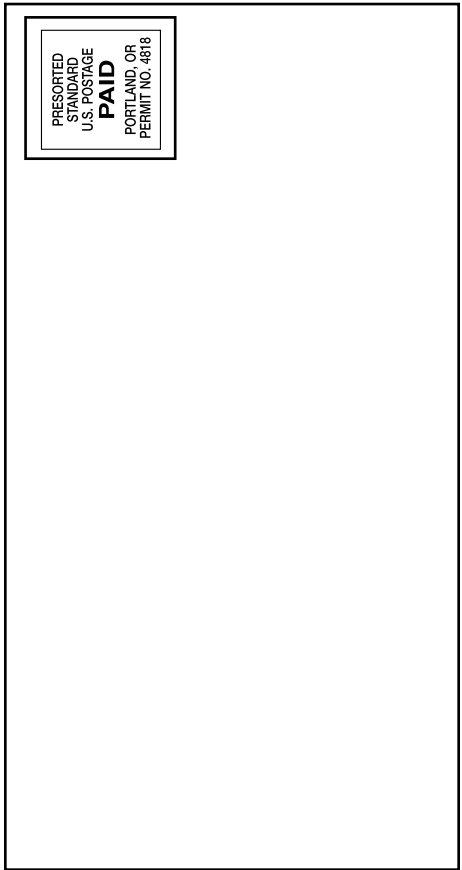
City Council recently made progress amending the Shelter to Housing Continuum package (S2HC) that addresses issues prohibiting shelters from being built. Commissioner Carmen Rubio said the need for these changes was identified by the Joint Office of Homeless Services and Safe Rest Village staff as they began to develop shelters and work with operators.

The original product that re-wrote shelter rules in 2021 was S2HC. It expanded housing and shelter options for individuals and households with low incomes. It also created flexibility with all types of shelters and expanded how shelters could operate for permanent use.

The Bureau of Planning and Sustainability (BPS) is dubbing these new, proposed amendments as “Part 2.” The “primary intent” in Part 2, as Rubio noted, is to reduce barriers to building permanent shelters that do not rely on temporary rules or a declared housing emergency.

Sandra Wood, Principal Planner with BPS, reminded people that shelters can be operated by a variety of providers—the city, county, nonprofits, religious organizations and more. And there are three ways shelters can be allowed—long-term/permanent, temporarily during a designated emergency and temporarily without a designated emergency (around 180 days). She said that prior to S2HC, most shelters could only be temporary under the zoning code. While S2HC is a step in the right direction, she said, “The new code presented some unexpected technical barriers to implementation. The purpose of this project is to make some of those technical fixes.”

JP McNiel, a city planner with BPS, went into detail on Part 2’s four proposals. The key change is for outdoor shelter standards. The amendment would exempt outdoor shelters from the base zone, overlay zone and planned district development standards while allowing a limited set



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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

The pandemic was not kind to many parts of our state’s economy and culture. We all know that our healthcare systems and our education systems are still trying to rebound. Sadly, our arts and culture sector and the venues and performance spaces they utilize are still struggling, as well.

It makes sense. They had to shut down to minimize the spread of COVID-19. These entities and the places they operate in rely on ticket sales and crowds seeing shows to make the kind of money needed to keep their organizations and spaces (and the artists and performers, too) financially afloat.

Lifting up the arts and this sector of our state was not my first “go to” as a political leader when I ran for office back in 2014. For sure, I enjoy art, entertainment and performances and even took up acoustic guitar when I turned 40. But my political activism was focused on school funding and healthcare when I first joined the Oregon Legislature.

I got drawn into supporting this sector at the beginning of the pandemic after hearing from some of the many theatres, live music venues and arts organizations that exist in my district. Believe me, there are a lot and while they may operate in SE Portland, they serve the whole city and region.

After working to get COVID-19 relief funding in 2021 and 2022 and still seeing that the sector was struggling, for 2023, I helped start an Arts and Culture Caucus, a nine-member, bipartisan group of legislators working to help this sector recover from the pandemic and to better support them long term. I want the state to do better and provide more help for this sector.

For context, Oregon spends \$0.48 per capita on the arts, whereas Minnesota, the national leader, spends \$7.34 per capita on the arts. If we want to do a better job supporting the arts, not just in pandemic recovery but also for the long term, we need to increase our investment.

Over the course of the pandemic, the creative sector in Oregon experienced a loss of \$1.6 billion, according to America for the Arts. This loss was worsened by the fact that audiences are still slow in returning to their pre-pandemic numbers, even though restrictions have been lifted. It is not uncommon for these venues and organizations to perform for



audiences at 50 percent capacity.

Meanwhile, the Bureau of Economic Analysis reports that the arts and culture sector contributes \$8 billion annually to Oregon’s economy, accounting for 3.6 percent of our Gross Domestic Product, and includes 60,994 jobs with a total compensation of \$4.8 billion. It is a significant and colorful part of our economy.

This sector does not exist in a vacuum; supporting arts and culture helps other small businesses, too. Those who attend arts and culture events spend an average of \$44.59 per event in that community which has a large impact on local business including restaurants, bars and retail stores.

Last month I introduced House Bill 2549, which provides \$50 million in state arts funding divided between two funds. \$27.4 million will go through the Oregon Business Development Department to be distributed to organizations that have had the largest proportional financial loss during the pandemic.

The remaining \$22.6 million will go directly to organizations like the Oregon Shakespeare Festival, the Oregon Ballet Theatre, the Oregon Symphony and the Portland Art Museum, as well as to smaller local venues like those in our own district, such as the Aladdin Theatre, the Hawthorne Theatre and Revolution Hall. Of this portion of the funding, 57.6 percent is set aside for venues in the Portland Metro area, that to be clear, serve the

whole region.

A full list of organizations that will receive funding can be found in the bill’s text on the Oregon Legislative Information System. I also have a bill (House Bill 2498) which would invest more money in this sector long term.

But the economics aside, here is the thing I have really come to realize: The world of art introduces us to different cultures and new ideas, teaches us empathy, makes us laugh and inspires our own creativity. I have started to go to arts events again post-pandemic and have been delighted to experience live shows, musical events and arts organizations back in full swing. It is fun and emotionally moving. Everyone remembers their first concert or can easily recall memories around a good play or show they enjoyed with friends and family.

Losing these events and venues would deprive our communities of so much, and to see these cultural hubs disappear would be tragic. As one local advocate said to me, these places are where people go to laugh, cry, meet new people, learn new ideas, experience new cultures. In short, they are where moments happen. I agree.

If you can, I encourage you to go see some live theater, music, comedy or a new art show this month. Meanwhile, I will work in Salem to ensure these places stay open and continue to thrive so we can all experience these special moments.

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PPS is ‘Strengthening the Southeast Schools’

BY HAZEL KARON SNOW, FRANKLIN HIGH SCHOOL’S *THE FRANKLIN POST*

The Portland Public School district (PPS) is redrawing boundary lines and changing the way immersion programs are laid out all over the SE Portland. In June 2019, the PPS Board of Education began a plan to transform the way PPS schools are divided within neighborhoods. The SE section was steered in these decisions by the Southeast Guiding Coalition (SEGC), which was composed of parents and guardians, principals, students and teachers.

Progress on PPS’s plan started picking up in January 2021, when feeder schools and boundary changes were activated due to the addition of Kellogg Middle School. According to Resolution No. 6315, published by PPS in June 2019, plans were put into place to change Harrison Park K-8, one of two remaining K-8 programs in SE, to a K-5 and middle school system.

Resolution No. 6315 outlines how PPS will change the SE schools boundary lines, immersion programs and school feeder plans. Currently, changes are in phase two of the plan. Phase one was focused on rebuilding Kellogg Middle School and creating boundaries. All of the Resolution No. 6315 phase two changes will become effective in fall 2023.

The outlines for phase two include changing the “attendance area and special program assignments for Harrison Park Middle School,” then there is “a plan to relocate K-5 students and programs currently served at Harrison Park,” and “a plan to increase enrollment at Lane Middle School.” However, according to a press release issued by PPS board member, Julia Brim-Edwards, this phase was supposed to take effect in the 2022-2023 school year rather than the 2023-2024 school year. The changes to Harrison Park K-8 and the immersion

programs and boundaries were pushed.

With the developments of Harrison Park Middle School, K-5 students will be relocating, too. It took the SEGC 19 meetings over an 11-month period to make the final decisions. They collected feedback from stakeholders representing the 20 different SE schools involved. However, the SEGC was unable to reach a final decision, causing the PPS Board of Education to vote to adopt the Deputy Superintendent’s plan for the SE community. The same press release outlines changes that families should be on the lookout for during the next few months for the fall 2023 school year.

K-5 students from Harrison Park Middle School will be headed to Clark Elementary School, along with their Chinese immersion program. With the addition of Clark Elementary, the current occupants of that building, Creative Science School K-8, will be headed to the Bridger Elementary School campus. Bridger students who are enrolled in standard English programs will stay at Bridger; this includes neighborhood students.

The Spanish immersion program will remain at Lent Elementary School, which will be converted into a fully Spanish immersion school, with standard English enrollment neighborhood students going to Marysville Elementary School.

The Chinese immersion program currently located at Hosford Middle School will relocate to Harrison Park Middle School. Additionally, the Spanish program formerly at Bridger K-8 will move to Mt. Tabor Middle School.

Atkinson Elementary School students will be headed to Harrison Park Middle Schools for



Photo by Portland Public Schools

grades six to eight, and the Vestal Elementary School students will be headed to Harrison Park Middle School. Creston Elementary School students will change to Hosford Middle School, with Woodstock Elementary School students going to Lane Middle School.

There will also be boundary changes to the following schools: Creative Science K-8 at Bridger campus, elementary schools Glencoe, Kelly, Lent, Lewis, Marysville, Whitman, Woodmere, Woodstock and Vestal; and middle schools Harrison, Kellogg, Lane and Mt. Tabor.

Vestal Elementary School and Harrison Park Middle School will be headed to McDaniel for high school, while the rest are feeding into Franklin High School.

Seven schools will not see changes to boundary lines: middle schools Hosford and Sellwood and elementary schools Abernethy, Buckman, Duniway, Grout and Llewellyn. All of the schools without changes are located near the Willamette River and are feeder schools to Cleveland High School.

All these changes brought up questions about transporta-

tion. The Deputy Superintendent’s plan states that any student living in a location that would require said student to cross Interstate 205 will be provided bus transportation. There will also be transportation provided for students who are leaving their own neighborhood to attend Harrison Park Middle School’s Chinese

immersion program, the Woodstock Dual Language Immersion (DLI) Program and the Lent Spanish DLI.

Find the boundary change feeder map and more information on the PPS District Maps page at pps.net/Page/2379; the full text of Resolution No. 6315 is at bit.ly/Resolution6315.



Word is Bond Walking Tour Project

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In addition to the tours that happened in February, private tours can be scheduled throughout the year on a sliding pay scale for organizations and businesses. A month’s notice for private tours is appreciated, but they try to be flexible and accommodate shorter time frames. The location of the tours is dependent on the availability of the ambassadors in each neighborhood; generally, private tours occur in the Albina neighborhood, giving an overview of the history of its Black residents past and present.

The organization is also in the process of hosting a 5k community tour in September. Planning is in the early stages, but they are hoping to have one that goes through downtown



Community Ambassador Girmy Kiflemariam leads a tour. Photo by Lakayana Drury

and showcases transportation of Black community members in the area. For more on the organiza-

tion and details on the September walk as they develop, visit mywordisbond.org.



Pre-Marriage Financial Conversations

By Kris McDowell

Springtime is often considered “wedding season” and whether a wedding happens in the spring, the fall or whenever, one conversation that couples may not consider having before tying the knot is a comprehensive financial conversation. Finances will come up in the course of planning a wedding but that’s just a small part of a larger financial conversation that is wise to have before meeting at the altar.

Talking about money can often be a source of anxiety and frustration in committed relationships as, “navigating money issues when you’re single is completely different than when you’re married,” says Amy Maliga, financial educator with Take Charge America, a nonprofit credit counseling and debt management agency. “That’s why it’s important to talk money before your big day to better understand each other and how you can find marital money success.” Maliga

suggests five types of money talks to have to better blend love and money.

What are our attitudes about money?

You each bring a unique perspective about money formed by your own experiences. Discuss your similarities and differences with honesty and respect. Understanding each other’s unique attitudes about money will allow you to create financial goals that meet both of your needs.

What financial assets and obligations do we have?

Share with each other what types of and how much debt and/or assets you are bringing into the marriage. Successful relationships are built on trust and honesty. When you have a full financial picture, you can work together to set realistic goals and determine what financial success looks like for you as a couple.



Photo by Jack Harner

Should we combine our finances?

Whether you combine your money, keep separate accounts or decide on some combination of the two, there’s no right or wrong answer. But it’s important to talk about as it can help you establish ground rules for money such as who is responsible for certain bills, savings or other obligations.

What will our budget look like?

A budget is not about limi-

tations, but rather creating a plan for your money. Budgeting is more than just a list of your expenses; it’s where you execute on your shared financial goals like saving for a house, retirement or vacation. Discuss what a realistic budget looks like, factoring in your respective incomes and attitudes about money.

Are our finances protected if something happens?

It may not be an easy con-

versation, but it is important to discuss how to protect yourselves and your finances if something happens to either one of you. Review beneficiary details for your retirement accounts. Create or update your wills. Explore life and disability insurance policies to protect your income.

For additional resources, explore Take Charge America’s Budget Tools at takechargeamerica.org/budget-tools.



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City Council Amends Zoning Laws

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of development standards that would apply just to outdoor shelters. First is a structure cannot be more than 20 feet tall (there was no prior standard for this).

One of the biggest and most desired changes is setback standards requiring shelters to be five feet from all adjacent properties, as opposed to the former rule of 25 feet. Commissioner Dan Ryan said, “I can’t tell you how many times that (the old rule) was making design nearly impossible.”

Lastly, modifying screening standards to allow partially sight-obscuring six-foot fences. Prior rules only allowed for a totally obscuring fence. McNiel noted

that people generally prefer totally sight-obscuring fences, but this provides some flexibility. For example, operators could find a site with an existing chain-link fence. It’s far less costly and wasteful to allow them to keep that existing fence and modify it rather than removing the fence and fully installing a new one, he said.

One of the other more “technical” amendments is making it clear outdoor shelters are limited to being two acres in size in an industrial zone, but the industrial zone itself can be larger than two acres.

Amongst many questions, Commissioner Rene Gonzalez asked why shelters couldn’t be larger than two acres in industrial zones. Wood said that, partially, “it’s because we have an industrial sanctuary policy in the city and in the comprehensive plan that protects our industrial land

for industrial jobs.” She went on to explain rules like this ensure undue burdens aren’t placed on the industrial base. Woods and McNiel mentioned other potential statewide codes and regulations influencing this that they wanted to refresh themselves on and get back to the council at a later time.

Rubio also introduced an additional amendment that ensures greenways and environmental and archaeological resources are protected while still allowing for outdoor shelters to be established. Commissioner Mingus Mapps said these were “common sense” amendments. Despite some questions and clarifications from the council, they were met with unanimous approval.

The plan is to adopt these amendments into a draft and amend the new zoning code in Part 2 of S2HC following the approval.



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Quest Center Moves to Larger Space to Increase Services

BY TAYLOR HELLE

The Quest Center for Integrative Health’s mission is to “provide integrative healthcare services, community and education to all people seeking a wellness-focused approach to living and dying.” This month, Quest is making the move to a bigger and better location in Multnomah County. The new building increases capacity by 25 percent and will allow for more cohesive, coordinated and centralized care.

David Eisen, Executive Director at Quest, and Kate Zipse, Development and Communications Manager, want the community to know that Quest is unique from other healthcare providers as they emphasize the importance of integrative and holistic care in their approach to wellness, pain and recovery. This is reflected in the variety of services offered, including acupuncture, nutrition, group counseling, peer support, movement classes, etc.

The move will assist in bringing the community back together in the aftermath of the pandemic, when several aspects of care were forced to go virtual. “This new location will allow for

better communication, better coordination and more opportunities for team members to re-bond after the pandemic,” Eisen said.

Eisen describes the new building as having a beautiful and welcoming atmosphere, with big, exposed wood ceilings on the second floor, a room large enough for the entire staff to meet and all new IT infrastructure for connectivity. The new building will also provide increased accessibility for community members, including a lift to help people get to the second floor and more ADA bathrooms for community members with mobility challenges.

Oregon is dead last in access to many services for mental health and addiction recovery, which leads to major issues such as houselessness, Zipse explains. To combat this, Quest’s programs, such as wellness integrity and sustainable health (WISH) for pain management and finding and sustaining recovery (FSR) for addiction recovery, aim to meet individuals where they are. These approaches holistically endorse the identity of individuals to create sustainable and supportive



Photo by Kate Zipse

plans to recover.

Zipse emphasizes that cultural competence is highlighted in Quest care as well. Their doors are open to all who seek a life of health and wellness, as Quest strongly believes that all clients should have access to excellent service regardless of their income, insurance, gender, sexual orientation, religion, national origin, race, ethnicity, disability, veteran status, HIV status or chronic health conditions. Unique programs are available specifically for marginalized populations,

such as the TRI program which partners with Miracles Club to serve African American community members.

Peers and providers are matched to community member groups such as LGBTQIA+ community members. Quest is the oldest behavioral health home for the LGBTQIA+ community in Portland and Eisen says the new location will enable Quest to increase their capacity to serve that community.

The Quest faculty are extremely excited for the new op-

portunities that this move will bring. “Because of our integrated care model, it makes it a really special program that sustains people within their recovery journey. It will be key to have providers and community members all connected and working together under one roof,” Zipse said.

The new Quest Multnomah address is 3231 SE 50th Ave. A grand opening open house is to be expected in the next couple of months to celebrate the move. Visit quest-center.org for details as they become available.

Building a Future for Homeless Youth

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uses what they term a “front porch” system to approach the problem. As a way to develop trusting relationships, team members do street outreach that is focused on locations where young people are known to congregate.

The Janus Youth Program opened the first drop-in center for youth in 1972. Today, there are more. They provide a safe environment where meals, showers, health care and counseling is offered to help those experiencing homelessness.

Short-term shelters offer crisis housing in the form of an emergency shelter, host homes or transitional housing. This is only for an estimated three to six months. During this time, social services provides what they call

“upstream prevention” to prevent recidivism. Case managers meet the immediate needs of youth, like the drop-in center, but the main goal is to help the youth reconnect to permanent housing. They will also help, if necessary, mediate family/friend connections.

For those who will need more time and help to become stabilized, Transitional Living Programs (TLP) are the solution—when available. These are non-time-limited housing and support for young people experiencing behavioral health and/or substance use challenges. Case management is provided to assist in individualized transition plans that will provide the direction to self-sufficient living.

As mentioned earlier, finding this type of housing is what is needed most. “Host homes are a new initiative to the ODHS Youth Experiencing Homelessness Program,” Sunderland said. “We are learning through our contracted host home programs. It is definitely challenging for the community host home programs to find and support volunteer homes, but each program has an outreach plan and small stipends may be offered.”

The ODHS Youth Experiencing Homelessness Program

has an annual budget of approximately \$3.3 million per biennium statewide. The recent \$9 million has been allotted to establish new grant relationships with youth-serving organizations and support current programs; short-term and long-term youth-apartment initiatives; creating a technical assistance handbook for the implementation of host homes; and evaluation of needs for host home and direct cash transfer initiatives.

In Portland, youth in need of support can contact the Janus

Youth Program’s Access Center at 503.432.3986 or bit.ly/Janus-Centers.

Also available for immediate help are New Avenues for Youth, 314 SW 9th Ave., 503.224.4339; Outside In, 1132 SW 13th Ave., 503.535.3860; and Native American Youth Association, 5135 NE Columbia Blvd., 503.288.8177.

The future of society is determined by the youth of today. These programs will help ensure more people will have the chance to share that responsibility.

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Free Legal Abortion Helpline Established

The Oregon Department of Justice and various law firms in Oregon recently announced that a hotline, the Oregon Reproductive Rights Hotline, is now available to offer guidance for people who need medical treatment and are not familiar with Oregon’s laws. The collaborative effort was a response to the US Supreme Court’s decision to overturn the constitutional right to abortion declared in *Roe v. Wade*.

“Even in a state like ours, where abortion is legal, confusion and fear has ensued since the US Supreme Court struck down the constitutional right to obtain an abortion last June,” said Attorney General Ellen Rosenblum. “The Hotline will fill an important need in our state for callers to understand the status of our reproductive health laws, including issues related to abortion access. This is especially important because we share a border with Idaho, which has a near-total abortion ban.” Oregon welcomes anyone who needs abortion care, including non-residents who cannot receive it in their home state.

Oregon’s Reproductive Health Equity Act prohibits dis-

crimination in coverage or care based on gender, sexual orientation, race, disability or immigration status. If you are undocumented or a lawful permanent resident, you cannot be discriminated against while seeking and/or receiving abortion care.

Additionally, unless your insurer qualifies for an exemption from the Reproductive Health Equity Act, insurance will cover abortion care with no out-of-pocket charges. Self-insured and federally funded plans are exempt from this requirement; however, there may still be resources available to help. Contact the Oregon Health Authority at 971.673.0355 for more information.

The Oregon Reproductive Rights Hotline is available by calling 502.431.6460 and will offer guidance and, in cases where a person needs legal advice, attorneys staffing the line will provide recommendations. Calls will be routed through the Oregon State Bar’s Lawyer Referral Service and the team of attorneys staffing the hotline will return calls within 48 hours after the call is received. There is no cost to those who call the hotline or to the state.

Is Your OHP Information Current?

If you currently have coverage through the Oregon Health Plan (OHP), the Oregon Health Authority (OHA) encourages you to make sure that your contact information is up to date. OHA will be reviewing eligibility for all 1.47 million OHP members to verify they continue to qualify for existing benefits by June.

“Health care is vital to Oregon families and we want to maintain the coverage they depend on,” said interim OHA Director James Schroeder. “Our goal is to make sure that everyone who is eligible for benefits, stays covered. Keeping your contact information up to date and responding quickly to further requests will help your renewal go faster and avoid any preventable disruptions in your care.” Members will receive a notice between April 2023 and January 2024 regarding their benefits, renewal forms and any requests for information from OHA.

Members will be required to respond in a timely manner and people can update their contact information in a variety of ways—online, by phone, by mail, through their coordinated care organization (CCO), by contacting an OHP-certified Community Partner or in person at ONE Office Locations. Details for these methods can be found at bit.ly/OHPChanges.

OHA expects some members to be automatically renewed without any action necessary. If

additional information is needed, however, a notification will be sent to the OHP member, who will then have 90 days to complete the renewal form and provide additional information to verify their eligibility. If someone is determined to be no longer eligible for OHP, they will have 60 days before their OHP benefits end.

State health officials want anyone who no longer qualifies for OHP coverage to know that they still have affordable health coverage options. The Oregon Health Insurance Marketplace (OHIM) will send information to people who are no longer eligible for OHP benefits and advise them of potential coverage options and financial help through the Marketplace. People who do not enroll through the Marketplace will receive a second notice 30 days before their special enrollment period ends, based on the date their OHP benefits conclude. The Marketplace Transition Help Center will help people understand their options, how to transition to the Marketplace and to find help from local health coverage experts.

The large number of OHP redeterminations is expected to cause greater wait times, delays and possible interruptions to people’s OHP benefits. OHP members are encouraged to respond quickly if they receive a request for information to avoid any possible delays.

82nd Avenue Critical Fixes Have Begun

Ownership of 82nd Ave. was transferred from the Oregon Department of Transportation (ODOT) to the Portland Bureau of Transportation (PBOT) six months ago and PBOT has now begun a multi-year effort to bring urgent safety and maintenance repairs to the street.

The first step has been to install new speed reader boards, which alert drivers to “Slow Down” while providing real-time feedback on how fast they’re driving, and traffic signal controllers along the seven-mile corridor that provide a major upgrade to bring PBOT’s signal technology up to modern standards. A total of 18 intersections on 82nd Ave. will receive the controllers.

The Critical Fixes projects will take place between 2023 and 2026, the first stage of the \$80 million in federal American Rescue Plan Act funding on 82nd Ave. The investments will deliver basic safety and maintenance repairs to the corridor, including crossings, lighting, safety upgrades at intersections and sidewalk improvements. PBOT will improve signal timing, begin to implement safe speeds and will upgrade signet and striping along the corridor this spring. Over the summer, construction will begin on six new signalized pedestrian crossings and street lighting improvements.



The largest Critical Fixes project, the 82nd Avenue Major Maintenance project, is now entering the design phase. During the design phase, engineers will develop detailed plans for the improvements and enhancements coming to the street. These include civil elements like concrete pedestrian crossing islands, paving and ADA standard curb ramps, electrical elements such as signals and lighting enhancements, and traffic elements that

identify the specific placement of street markings along the corridor. As part of the design process, PBOT staff will engage with property owners and residents along the corridor and offer opportunities for feedback on various aspects of the project’s design.

Questions about the project can be directed to the PBOT 82nd Avenue Project team at 503.865.8282 or 82ndavenue@portlandoregon.gov.

PBOT Seeks Feedback on Outdoor Street Seating

The Portland Bureau of Transportation (PBOT) is currently accepting feedback on its Healthy Businesses Permit Program. The program started during COVID-19 as a way for businesses to provide outdoor and more spaced apart seating for patrons utilizing on-street parking spaces. The decision has been made that the program will be permanent but PBOT may be making changes to it and this is your chance to weigh in.

The short survey, available at bit.ly/PBOTsurvey, is for those who have a Healthy Business permit or installation, are considering street seating in the future for their business or anyone who wants to share their ideas about the program and its future. The areas of the program that the survey focuses on include:

Restrictions on street seating

Seating and other structures in the right-of-way may impact traffic safety and emergency re-

sponse. Because of this, PBOT’s new program may limit where seating can be and restrict certain overhead structures, tents and umbrellas.

Design guidelines

PBOT’s new program will have detailed design guidelines for dimensions, electrical, lighting and heating, as well as standard designs to make installation easier.

Accessibility

Some existing installations do not comply with the Americans with Disabilities Act (ADA) rules, which generally require five percent of restaurant seating be accessible. This includes the type of seating as well as access to the area the seating is in.

Permit fees

PBOT started charging a nominal fee for Healthy Businesses permits in late 2022. The new program may set different

fees as part of creating a sustainable administration now that the program will be permanent.

Operations

The Healthy Businesses Permit was designed to be flexible so businesses could use public space in response to the COVID-19 pandemic. PBOT’s new program will likely focus primarily on outdoor seating with more clarity on what is and is not allowed in these spaces.

There is also space to share anything else you think is relevant to the development of this program. The results of the survey will help PBOT develop what the program will look like in the future and they will be asking for further comment when they share a draft of their proposal for the new program, along with new design guidelines. PBOT plans to bring a final proposal before City Council in Spring 2023 for adoption.

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.

Renewable Energy Program and Social Hour

ElectrifyNow, a home electrification company, has teamed up with non-profit Families for Climate to launch ElectrifyPDX, a yard sign and home certification program that aims to educate and inspire Portlanders to power their homes with renewable electricity. ElectrifyPDX’s mission is to recognize owners and renters who have gone renewable electric and to provide inspiration and education for people who are considering doing the same.

“Most of these electric home updates are invisible from the street, so it’s hard to tell they’re even happening,” said ElectrifyPDX co-founder Eli Spevak of Orange Splot LLC. “People are much more likely to take action if they know friends and neighbors are participating and if they have guidance on what to do.” The ElectrifyPDX team worked with local designers to create a sign program and website with resources to help

Portlanders can plan for their home update and sign up for Oregon’s community solar program to start saving money

on their bill. “Anyone with an electric bill can participate,” said Spevak.

Families for Climate is serving as fiscal sponsor for the project. “We are excited to host this program. Getting fossil fuels out of people’s homes is at the crossroads of public health, equity and the climate crisis. Helping families go electric is an investment in kids’ health and safety, for both their immediate indoor air quality, and their long term climate outlook,” said Nora Lehmann of Families for Climate. “Kids’ futures are on the line.”

While major federal funding is becoming available to offset the up-front costs for home electrification, no local or state public entity is serving as an information outlet for consumers. For now, volunteer organizations are filling the gap.

Since 2019, the ElectrifyNow coalition has developed a strong network of contractors and a valuable library of recorded webinars available at ElectrifyNow.net. “We’ve got to find a way to get this information out to people

and train up contractors,” said ElectrifyNow co-founder Brian Stewart.

“We can help people avoid the scenario where something breaks at an unlucky time and they get stuck with another 20-year fossil fuel furnace,” he said. ElectrifyPDX will assist with outreach by sharing updates on programs that help cover the cost of electrification, particularly those available to low and moderate income owners and renters.

Wednesday, March 1, 5:30-7:30 pm an ElectrifyPDX Social Hour will take place at Baerlic Brewing, 2239 SE 11th Ave.. People can learn about converting their home to clean, renewable electricity. Bring your questions, enthusiasm and an appetite (Ranch Pizza is served at Baerlic) to hear updates on valuable incentives and the latest grant. ElectrifyPDX will also be handing out yard signs and flyers.

If you can’t make it out that night but would like to learn more, visit electrifypdx.org for helpful resources, including a customizable electrification plan.

Water Efficiency Kits Available



The Portland Water Bureau is offering customers a free water efficiency kit that will allow them to easily install a variety of water-saving devices for the fixtures in their home. Kits can be customized on the online request form or when calling or emailing to place an order. Options include faucet aerators, toilet leak detection dye tablets, toilet fill-cycle diverters, shower heads, shower timers, a home water audit kit and educational materials for kids.

Place an online order and find more details about the kit items at bit.ly/PWBkit. If you live in a multi-family property that has only one water account and you do not know the account

number, enter HOA or multifamily for the account number on the order form.

To order by phone, call 503.823.4527 Monday-Friday, 9 am-5 pm. Outside of those hours, simply leave a message with your name, address, phone number and a list of devices you want in your kit. You may also email conserve@portlandoregon.gov with the same information that would be left on a phone message.

While Portlanders are some of the most efficient water-users in the country (about 47 gallons per person per day), an efficiency kit can help you save even more water, in addition to saving money on your monthly bill.

Sunday Parkways Sweet 16 Season Announced



Portland Sunday Parkways, presented by Kaiser Permanente, is excited to announce that it will host three events in 2023 that will take place in May, June and September. These inclusive events welcome youth, seniors, wheelchair users, cyclists, white cane users, pedestrians and families to safely bike, walk, roll and play in Portland’s largest public space—its streets.

Streets on the route are closed to car traffic during the events to allow the community to come together and engage with their neighbors, Portland’s network of neighborhood greenways, parks and community resources. Participants are invited to engage in free entertainment and activities throughout the day, explore local businesses and enjoy tasty food from local vendors.

The first event takes place Sunday, May 7, 11 am-4 pm in

East Portland’s Gateway, Hazelwood and Mill Park neighborhoods. The route runs from Lincoln City Park, north past Ventura Park and ends (or begins, if you choose) at Gateway Discovery Park. Hop on the route at any point and head in any direction you choose. Each park will feature unique entertainment, community booths and vendors.

Up next, Sunday, June 25, 11 am-4 pm, Parkways heads to NE Cully, meandering along neighborhood greenways and crossing a few business districts, most notably NE 42nd Ave and Alberta St. The route rises significantly, when traveling north to south, and passes through Fernhill Park, Kunamokwst Park, Wellington Park and Roseway Parkway. Roseway isn’t technically a park but it is a nice grassy boulevard that will be utilized during the event, especially if you

need to take a break and drink some water.

Sunday Parkways concludes Sunday, September 10, 11 am-4 pm with the Southwest Multnomah route that includes a two-mile multi-modal route along with a mile-and-a-half walking route. Take in Gabriel Park’s inclusive playground as you stroll along the flat walking route or enjoy the wind in your hair as you ride the neighborhood hills and new infrastructure along SW Capitol Hwy. that offers both sidewalks and bike lanes.

Mobile route maps for each ride, which along with full details about the 2023 events, can be found at portland.gov/sunday-parkways/2023. You’ll also find details about the bike fairs that will be held before each event, featuring biking lessons for children and adults, quick-fix bike repair and e-bike demos.

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MARCH EVENTS?
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Planting Season Has Begun

By Portland Nursery

Assuming your ground is workable, March is first planting time for most of us. If you have water-logged clay soil, you might want to cover it with plastic or wait for a dry spell before digging. Otherwise, start getting those hardy plants in the ground. The danger of frost has not yet passed so you'll still need to protect your tender plants that will not survive a hard frost—including newly planted vegetables and annuals. Somewhat sadly, it's still a little too early for truly warm season crops.

If you mulched your garden heavily before winter, you might consider removing some of it now, but not all of it. A thick layer of mulch can slow soil warming and delay plant growth. If you used compost as your mulch, it can be dug in unless it will significantly disturb root systems of neighboring plants. If you used bark or similar organic matter, it's best to compost it before digging it in. If you did not mulch before winter, this is a good time to add a light layer of compost to your soil. Remember that mulch should not be piled up against the trunk of a tree or shrub.

Slugs and cutworms can cause considerable damage during this time of year, so keep an eye out if you have susceptible crops such as lettuce and other greens. Aphids can appear out of nowhere in March and could start doing damage to many of your crops and ornamentals. These

pests can be controlled with appropriate baits or sprays. Just be aware that they breed and spread quickly.

Perennials and Annuals

There are plenty of vibrant, spring options ready including pansies, blooming bulbs, anemones, ranunculus, snapdragons, alyssum, and more. By the end of March geraniums, fuchsias and other hanging basket plants should be ready. As for new perennial availability, look for candytuft, rock cress and creeping phlox. Evergreen perennials with good availability include hellebores, coral bells, rosemary, lavender and more.

See all that new growth starting to form in your perennial beds? Now is the time to get out the old plant food. If you use granular foods, it is a great time to start regular applications.

If you prefer water-soluble fertilizers, you might consider waiting awhile or at least until periods of somewhat warm and dry weather. March is often an acceptable time for dividing and moving perennials. If you have not done so, remove dead matter on your perennials if you prefer a tidy look. Cut back any ornamental grasses that are dead looking and brown. Do not cut these to the soil line; leave a tuft to ensure better regrowth.

Begonias, lilies, dahlias and many others are summer bloomers that can be bought now and



Photo by Kris McDowell

grown yourself. This is significantly less expensive than buying grown plants later in the season.

Trees, Shrubs and Fruit

March marks the beginning of tree and shrub planting season. Roses and fruits are available and as the plants flush out their new growth, fertilizing can be started on both recent and older plantings. Roses can be pruned in March if they were not done in February (the sooner the better at this point). If you do not want your pines to get bigger, prune the candles (new growth) off. Hedges can be sheared now if they are

overgrown after last year.

Early flowering shrubs can be pruned after the flowers have faded. Any pruning of trees should probably have already been done or delayed until summer in some cases. For disease-susceptible plants, start watching for the first signs of infection on new growth. Once the leaves have formed, it is too late to dormant spray, but there are in-season pesticides that can help an emerging problem. It's easier to control a problem as it develops, rather than when it's affecting your entire plant.

Vegetables

Feel free to plant most greens and cold crops—broccoli, cauliflower, etc.—but be ready with a frost blanket for any extra cold nights. Many root crops can be planted now, including onions, potatoes, radishes, garlic and shallots. When planting root crops, be sure the soil has a fair amount of organic matter and few to no rocks. If you haven't already, peas can be started in March, as well. Peas like it cool, so waiting too long can reduce the chances of you getting a good crop. Unfortunately, it is not yet time to plant most "fruiting" vegetables, such as tomatoes, peppers or squash. You'll also need to hold off planting your basil outside as well. It's still too early for it, but it can be started in heated greenhouses or possibly in the house.

If you do choose to start seeds in the house to get a jump on summer, March to April is often good timing. Most seed packets will note the number of weeks that the seeds need to be started indoors prior to the final

frost of the season, so it's important to plan accordingly. Our final frost of the season can vary quite a bit from year to year, but April 15 is a good, average estimate and frost is pretty unlikely after May 15. When starting seeds inside, remember that most crops prefer full sun and won't be getting it, and while grow lights can help immensely, a bright south or possibly west window will often work just as well. Also, if the time you were planning on placing the starts outside turns out to be unseasonably cold, you might have to delay the planting (remember any rainy Junes?) and the plants might get a little leggy.

Lawn Care

Now is a good time for a first lawn feeding, especially if you're using an organic, granular fertilizer. If you prefer a synthetic food, make sure there is a spell of mostly dry weather ahead to avoid runoff, though you do want to irrigate once after application. If you have not done so in the last year, you can apply some horticultural lime.

April is often one of the best times to add more seed to your lawn, but March can work if the weather is fair. This is recommended for thin or patchy lawns. If you have a thick layer of thatch, you can rake it out now. Moss control products can be applied now if you have not done so already. Watch for the first appearance of weeds—every one that you remove before it flowers is a generation of them that won't be growing later. Note that most herbicides do not work in cool weather, so you will be looking at doing some hand weeding.



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Business Association Notes

82nd Avenue Business Association
By Nancy Chapin

The Association is planning for more Rose Gardens this spring and will have its first cleanup of 2023 in March. The Board and interested others meet on Zoom the third Tuesdays of the month, 3:30 pm. Visit 82ndaveba.com for more information, including the March cleanup date.

The 82 Roses Community Enrichment Coalition is presenting the 17th Annual 82nd Avenue of Roses Parade, “Roses in the Heart of Portland” Saturday, April 29. To become a sponsor or to sign up for a free entry in the Parade, contact 82rosesCEC@gmail.com or go to the website, 82RosesCEC.com. The Parade Committee is hoping to have sponsors to fund live streaming the parade this year.

Foster Area Business Association
By Rodrigo Baena

The Foster Area Business Association (FABA) is growing like never before! New Board members got voted in last month: Matt Coats from Foster North and Rodrigo Baena, from the Favela Brazilian Cafe, as a liaison connecting with the neighborhood association. The business association also has the support of the Venture Portland district manager Jeff Lynott, who is working with the association to produce and promote local tours, events throughout the year and business meetings.

FABA is working hard in 2023 to change the way people see and visit Foster. “People need to explore and discover the amazing diversity on Foster,” says Dunya de Souza, the co-owner of Favela Brazilian Cafe. “FOSTER IS A VERB,” is the motto the association is working on to share with people all the improvements and great businesses the Foster area has now. “It’s just a matter of time for people to discover this part of town,” says Lynott. We are ready to welcome people; come visit us!

Interested businesses are invited to attend the monthly Board meetings, which meet the second Tuesday of the month (except February and August). The next Board meeting is Tuesday, March 14, 6:30-8 pm at Favela Brazilian Cafe, 5300 SE Foster Rd.

Hawthorne Boulevard Business Association
By Nancy Chapin

Volunteers continue to join us for the Boulevard cleanups that take place the second Saturday of each month, 10 am-Noon. Feel free to join us; we meet at Dairy Hill Ice Cream at the corner of 36th Ave. and Hawthorne. The new trash containers placed and emptied by the city have also helped our businesses and the Boulevard be welcoming to our neighbors and visitors.

HBBA is celebrating its 40th year of serving the businesses and presenting the Hawthorne Street Fair every August. Keep an ear open for more details as we get closer. Our Annual Meeting will take place Thursday, March 16, 7 pm at Bread & Ink Cafe, 3610 SE Hawthorne Blvd. You’re invited to join us for the Board elections, Commissioner Mapps, cake, ice cream, hors d’oeuvres and more. Tickets are \$15 for one/\$25 for two.

To receive the regular news briefs, register to attend the annual meeting and/or join the association contact administrator@hawthorneblvd.com.



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WRITTEN BY
Antonio Skármeta

DIRECTED BY
Julia Rosa Sosa

MARCH 3 – 18, 2023

¡Sigue la amistad improbable entre un cartero romántico, Mario, y el poeta renombrado, Pablo Neruda! Durante la época transformativa de 1970 Chile, con la guía de Neruda, Mario aspira conseguir el amor de Beatriz Gonzalez, para gran descontento de su madre, la posadera local, Rosa González.

Follow the unlikely friendship between a hopeless-romantic postman, Mario, and the renowned poet, Pablo Neruda! During the transformative era of 1970s Chile, with Neruda’s guidance, Mario strives to win the heart of Beatriz Gonzalez, much to the discontent of her mother, local innkeeper, Rosa González.



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Arts & Entertainment

Milagro’s Spanish-Language Play



Photo by Kat Leon

The Northwest’s premiere Latino arts and culture organization, Milagro Theatre, is once again bringing the Spanish-language play with English subtitles, *Ardiente Paciencia*, to the stage, Friday, March 3-Saturday, March 18. The beloved story of romance and revolution follows the unlikely friendship between a hopeless romantic postman, Mario, and the renowned poet, Pablo Neruda, during the transformative era of 1970s Chile. With Neruda’s mentorship, Mario strives to win the heart of Beatriz Gonzalez, much to the discontent of her mother, local innkeeper Rosa Gonzalez. Through the dazzling poetry of Neruda, against the backdrop of the 1973 Chilean coup d’etat, comes one man’s journey through love and politics.

Longtime Milagro performer and la voz del max, Enrique Andrade, makes his triumphant return to Milagro as Pablo Neruda. New to the Milagro stage are Brandon Guzman as Mario and Roberta Cumbianchera as Beatriz; returning once again is Patricia Alvitez as Rosa. Rounding out the creative team is Julia Rosa Sosa as Director, Megan Wilkerson as Scenic Designer, Loremar Castillo as Costume Designer, Lawrence Siulagi as Sound Designer, Gabriela Portuguese as Intimacy Choreographer and Amanda Dempsey as Stage Manager.

Performances take place Fridays and Saturdays at 7:30 pm, Sundays at 2 pm and school matinees are held on Wednesdays. Tickets (\$20/\$25/\$27 students/seniors/adults) available by calling 503.236.7253 or visiting milagro.org. Milagro Theatre is located at 525 SE Stark St.



Bluegrass Performance

The Portland FolkMusic Society is proud to present John Reischman and the Jaybirds, Saturday, March 18, 7:30 pm at Reedwood Friends Church, 2901 SE Steele St. Together for over 20 years, they have blended original bluegrass songs and instrumentals with Appalachian old-time music for a truly unique sound. Reischman is a master of the mandolin, famed for outstanding tone and taste, and many of his original instrumentals have become popular favorites for sessions and covers. The Jaybirds are simultaneously innovative and unadorned, sophisticated and stripped-down, happily old fashioned and 21st century contemporary. Trish Gagnon is on bass and vocals, Nick Hornbuckle on five-string banjo, Patrick Stauber on guitar and Greg Spatz on fiddle.

Tickets (\$12 student/\$21 member/\$24 general) available at portlandfolkmusic.org/Concerts. Doors open at 7 pm.

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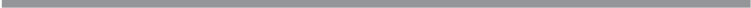
SheBrew, the national premiere female-identified professional and amateur beer and cider festival, returns to Portland for its eighth year, Sunday, March 5, 12-7 pm. Presented by the Oregon Brew Crew (one of the oldest and largest homebrewing clubs in the US) and the Human Rights Campaign (HRC), it is a family friendly event with food, tastings and entertainment at The Redd on Salmon, 831 SE Salmon St.

Created to highlight and showcase the work of female-identified purveyors of beers and ciders, it features more than 40 professional brewers and 10 homebrewers from around the Pacific Northwest. More than just a beer and cider festival, it is designed to be a place of empowerment where community members come together to network, share their craft beverages and interact with those enjoying the fruits of their labors. Professional brewers include Lisa Allen from Heater Allen, Sonia-Marie Leikam from Leikam Brewing, Anna Buxton and Gracie Nelson from Steeplejack, Jen Kent from McMenamins, Tonya Cornett and Madeleine McCarthy from 10 Barrel, Whitney Burnside from Grand Fir Brewing and more.

General admission tickets (\$30 advance/\$35 at the door) include a commemorative SheBrew tasting glass, punch card to sample and vote for the “People’s Choice” homebrew (while supplies last), 10 tasting tickets for professional brews and an annual HRC membership or renewal. VIP tickets (\$60) include all of the general admission benefits, a SheBrew or HRC t-shirt, 10 raffle tickets and early admission to the event (11 am). Additional professional brew tasting tickets and raffle tickets will be available for purchase.

Two women-owned food carts, Marty’s Sandwich Depot and Hearth & Soul Pizza, as well as a small number of local women vendors including Forge & Fire, Wick Craft Beer Candles, East Coast Vintage and Sweet Joyness bakery will be on hand. There will also be homebrew sodas, photo booth and games to keep the whole family entertained. (Furry family members are not allowed.)

Advance tickets and additional information, including a list of the professional beers that will be pouring, at shebrew.beer. SheBrew is a non-profit event with all event proceeds going to HRC’s fight for equality and supporting the LGBTQ+ community. Presenting sponsor and woman-owned C.O.A.T. Flagging returns for its fifth year.



Imago Theater Season Opener

Conor McPherson’s mid-career masterpiece, *The Seafarer*, is the 2023 season opener for Imago Theatre. It’s a Christmas fable with holiday drinks, high stakes poker and the Devil that never goes out of season. A tale of redemption, the high stakes comedy involves binge drinking and unstable brotherly love, but unlike previous McPherson revivals by Imago—the Hitchcockian *The Birds* and spooky *Shining City*—*The Seafarer* doesn’t simply allude to dark forces outside the world as we know it. This time, the Devil himself has a hand in the game.

This new production finds director and Imago co-founder Jerry Mouawad reuniting with the design team that worked alongside him on his previous McPherson outings. Jon Farley is on lights, Myrrh Larsen on sound and Alex Meyer oversees the scenic elements. The cast includes Danny Bruno (*The Devil Lockhart*), Chris Brantley (*Nicky*), Sean Doran (*Ivan*), Jeff Giberson (*Sharky*) and Tory Mitchell (*Richard*).

The show opens Thursday, March 9, 7:30 pm and plays through Sunday, March 26. Thursday-Saturday shows at 7:30 pm; Sunday shows at 2 pm. All seats are \$20 and it is recommended for those 16 and older. Masks are required for all attendees. Grab your tickets today at imagotheatre.com. Imago Theatre is located at 17 SE 8th Ave.

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Buckman Art Show & Sell

The 33rd annual event takes place Saturday, March 11, 10 am-5 pm at Buckman Elementary School, 320 SE 16th Ave., and will have over 90 artists, student art for sale, food trucks and face painting. The event is a fundraiser to support arts education at Buckman with a \$2-5 suggested donation at the door.

Artists’ creations range from paintings and sculpture to jewelry, clothing and paper goods. Here is a preview of three of the talented artists that will be at the event:



Darah Lundberg and her eight-year-old, who attends Buckman Elementary, moved here less than two years ago from Minneapolis. Potter Lundberg mostly makes functional tableware (above) but also creates some sculptural work. Her passion lies with atmospheric firing, specifically wood firing, and she has been wood firing with the East Creek Arts community in Willamina, OR. Lundberg is a member of the Oregon Potters Association and teaches at SE Portland Community College.



Jennifer Mercede’s art (above) is best described as street art meets toddler art meets fine art. She loves scribbling, doodling, being silly and expressive with paint, markers, crayons or whatever is closest and suits the mood. Her goal is to get into “flow zone,” where she can forget all else and surrender to the joy of creating. She is spontaneous in her creation and loves to think on a whim in a variety of expressions, including art, music, writing and play. She is greatly inspired by nature and the creatures in it, so much of her work at Buckman will be birds, animals and florals.

Abstract artist Katie Tallman layers acrylic paints and mediums to create ethereal, mesmerizing expressions of color and mood. She nurtures each painting into existence, allowing each piece to find its own direction and unique voice.

There’s more event information at buckmanartshow.weebly.com.

AE

Arts & Entertainment

Views of an Urban Volcano

As Montavilla Jazz and the Portland Jazz Composers Ensemble (PJCE) look forward to their 10th festival, they are opening up their community-guided creative process to the public as new music inspired by Mt. Tabor Park is composed. Many know Mt. Tabor is one of a handful of extinct volcanoes in the area and use it as a place to exercise, unwind or watch the sunset.

Three soon-to-be announced composers will be part of a series of events looking at Mt. Tabor's history in relationship to marginalized communities, past and present, and its significance as a greenspace in the city. The new works will be presented as part of the 2023 Montavilla Jazz Festival by the 12-member PJCE in a free, public concert at Mt. Tabor Park in September.

Three community input events will take place in March and April, the first being a panel discussion on critical events in the park's history (1896-2020) and their significance to Portland's Chinese, Black and Indigenous communities. The March 5, 2 pm event takes place at the Oregon Historical Society, 1200 SW Park Ave., with panelists that include Hap Pritchard, Board Member, Friends of Mt. Tabor Park. Light refreshments will be available.

Two weeks later, "Views of an Urban Volcano: Community Forum" happens Saturday, March 18, 4-5 pm at Taborspace's Copeland Commons (5441 SE Belmont St.). Lovers of Mt. Tabor Park are invited to share their own stories about its significance in their life with the composers in this open forum. Attendees will have the opportunity to meet the selected composers and project leads and contribute to the community-driven process.

Finally, on Saturday, April 15, 10:30 am, there will be a guided tour of Mt. Tabor Park starting at the Visitor Center. Led by Friends of Mt. Tabor Park, the 90-minute tour will highlight historical and cultural points of interest and the park's impressive vistas. Dress for the weather and bring questions.

All three events are free and open to the public. For more information and to RSVP, visit montavillajazz.org/views-of-an-urban-volcano.

Folk, Blues and More at Alberta Rose



March shows at Alberta Rose Theatre (albertarosetheatre.com) include Grammy winner Ramblin' Jack Elliott and multi-instrumentalist Vanessa Collier, among many others that span a variety of genres. Both of these shows start at 8 pm, with doors open at 7 pm, and allow minors as long as they are accompanied by a parent or guardian.

One of the last authentic links to the great folk traditions of this country, with over 40 albums under his belt, Ramblin' Jack Elliott (above) takes the stage Friday, March 10. In the tradition of roving troubadours, Elliott has carried the seeds and pollens of story and song for decades from one place to another, from one generation to the next. They are timeless songs that outlast whatever current musical fashion strikes today's fancy. His tone of voice is sharp, focused and piercing; he plays the guitar effortlessly in a fluid, flat-picking, perfected style. His life of travels, performances and recordings are a testament to the America of lore, a giant land of struggle, hard luck and sometimes even of good fortune. Tickets are \$30 in advance, \$35 at the door.

If you haven't been fortunate enough to meet Vanessa Collier and witness one of her head-turning, fiery and passionate performances, Thursday, March 16 is a chance to do so. As a master musician and multi-instrumentalist, Collier weaves funk, soul, rock and blues into every powerful performance and she is downright impressive. With soulful vocals, searing saxophone and witty songwriting, she is blazing a trail, racking up an impressive arsenal of honors and has already singled herself out as an artist of distinction and one we would all do well to watch. In a recent issue of American Blues Scene, Buddy Guy described an impromptu performance with Vanessa Collier on the Legendary Rhythm & Blues Cruise, saying, "There's a young lady [Vanessa Collier] came onstage with me, I forget where I was, but she's playing an alto saxophone, and man, she was amazing." Tickets are \$25 in advance, \$30 at the door.

Frolic in the Forest

Sidestreet Arts' March feature show, Frolic in the Forest, will bring out the nature-lover in every viewer. Three local artists—Davis Te Selle, Laura Dufala and Jennifer Foran—bring their interpretations of the forest to this show. One can practically smell the earthy loam and pine sap of the forest while viewing these works of art. A no-binocular-necessary bird sighting is guaranteed.

Selle's lithographs are executed by using both classic and contemporary hybrid printing techniques. In recent years, he has been drawing on hand-ground glass plates which yield similar tonal sensitivity as traditional limestone. This creates clarity and incisive line etching, as well as a nuanced-value range. His lifelong love of pencil drawing is apparent in the exquisite prints.

Foran draws her inspiration from the nature that surrounds her, including views of Mt. Tabor Park, and her art reflects her love of nature. She hopes that when people see her art they will discover the cycles within nature, the soft-spoken reminder that everything is connected, a balance of give and take.

The show opens Thursday, March 2 with the artists in the gallery for the First Friday Artwalk March 3, 5-7 pm at 140 SE 28th Ave.

Jessie Marquez in Montavilla

Latin vocalist Jessie Marquez headlines Montavilla's Vino Veritas Wine Bar and Bottle Shop's First Friday concerts this spring, bringing her blend of Cuban, Brazilian, jazz and pop sound to the stage with guest pianists and guitarists. Her performances seamlessly weave together compelling stories about Cuban music, musicians' lives and her own adventures with lush music that brings it to life. Pianist and composer Clay Giberson will perform with Marquez in March; April and May guests to be announced.

Marquez grew up eating her grandmother's Cuban cooking and hearing stories about her family's life in Havana. She first visited her father's childhood home in 1996 and right away, she says, "I felt at home." In 2003, members of the Afro-Cuban Allstars heard her sing in Havana and offered to arrange and record her first CD, Sana Locura, which reached the top of salsa and Latin jazz charts in Europe and the US. She spent a year studying at Cuba's National School of Art and performed in clubs, cabarets, theaters, street parties, on television and radio throughout Cuba. Marquez returned to Oregon with a treasure trove of stories about her experiences in Havana's vibrant music scene.

Reservations are recommended for the no-cover 7 pm shows. Call 503.208.2583 or email trevor@vinoveritas.com. Visit Vino Veritas at 7835 SE Stark St. and vinoveritaspdx.com/events.

Shamrock Cruise

Join the annual Shamrock Cruise aboard the Portland Spirit for a three-hour cruise on the Willamette with the music and dance of Ireland Sunday, March 12. Each deck will have live entertainment—music, dance, ceili and room to do your own jiggy. Performers include Cru-mac with Tom Creegan, Dale Russ, Cary Novotny; Dreos with Eliot Grasso, Brandon Vance and Glen Waddell with Irish dancers roaming each level. Food and drink will be available for purchase.

The Portland Spirit is docked at 110 SE Caruthers St. and will begin boarding at 2 pm for the 2:30 pm cruise. The first level of the ship is ADA accessible; call the Spirit to arrange. A private parking lot is available at no additional cost, available on a first come, first served basis. Tickets are \$42 online (at tickettomato.com/event/7897), \$50 at the door. Children's tickets (\$15 and up) may be added on.

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10 RAMBLIN' JACK ELLIOTT	24 DAPPERLESQUE
11 KEVIN BURKE	25 SHE'S SPEAKING a celebration of women in song
13 THE PORTLAND YOUTH JAZZ ORCHESTRA WINTER CONCERT	26 JOHN MCCUTCHEON
14 CHAMBER MUSIC NORTHWEST presents CURTIS ON TOUR: A SOLDIER'S TALE	28 MARIA MULDAUR
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Crossword Answers
Turn to page 15 for the puzzle.

1	L	E	S	S					5	B	L	E	W			
9	A	C	T	E	D				11	B	E	A	V	E	12	R
13	S	H	E	E	R				14	A	D	M	I	R	E	
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Ww

Wellness Word

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

March is National Nutrition Month–Let's Get Nourished

With plants budding all around us, Spring can be a motivating time to explore new colorful veggies and healthy meals. It can also be a good time to eat fresh foods directly from the ground. Simply said, Spring is an inspiring time of the year. So, how do we find inspiration in a nutritious way? Four ways to increase your nutrition this spring are to eat with the season, eat fresh, eat local and eat green.

Eat with the Season
I think it's safe to say that if we take our cues from nature we will do just fine. Many of the plants growing in the spring have beneficial properties for that season. For example, nettles are best picked during the early months of spring and are very effective at reducing seasonal allergies that are often troublesome during these spring months.

Asparagus, also a Spring-time favorite, is rich in Vitamin C and Quercetin. Both of these nutrients are bioflavonoids that can act as natural antihistamines to reduce sneezing, itchy and watery eyes.

Eat Fresh
There is nothing like picking greens directly from the dirt. Veggies that are left to fully ripen often have a higher nutrient content compared to vegetables picked early for transport. They also taste sweeter, juicier and have a deeper color. Research shows that Vitamin C levels, for instance, decrease by half when the fruit is picked without fully ripening.
Eating fresh veggies in early spring can take some advanced



Farmers market bounty.
Photo by Kris McDowell

planning in planting. A low maintenance way of eating fresh produce is by visiting one of the many farmer's markets sprinkled throughout Portland's neighborhoods. The produce you see on Sunday is often picked within days of going to the market.


Eat Local
When we eat local, we are typically eating with the season and eating fresh food. We are also reducing our carbon footprint, which will benefit future plants and the environment. Research also shows that storage matters when examining the nutrient content of foods. When a fruit or vegetable is stored and transported at slightly warmer tem-

peratures, the food can lose about 47 percent of its nutrient content within six days. North American commercially grown produce can take about five days to make it to the grocery store. After you buy and take an apple home, you may only be getting 50 percent of its optimal vitamins.
Buying foods produced close to home naturally increases your foods' nutritional content. In addition to taking a weekly visit to one of our farmer's markets, another way to eat local produce is to become a CSA (Community-Supported Agriculture) member. This helps to keep our money close to home by financially supporting the farmers near us.

Eat Green
Arugula, spinach, spring greens, chard and collard greens are at their brightest during the spring months. These green leafy vegetables are packed with beta-carotene, vitamin C, folate, vitamin K and magnesium; necessary nutrients for numerous body functions. Think about greens when you are trying to add fiber for digestive health, magnesium to calm your tight muscles and Vitamin A for healthy skin. These antioxidants can also offer our immune system the necessary nutrients to stay strong or to fight infections.

As we move into the brighter months of the spring, I hope that you stay nourished and healthy.

Dr. Heather Krebsbach is a Naturopathic doctor and acupuncturist at Inner Gate Health and Wellness in NE Portland. She specializes in women's health, endocrine and digestive disorders. Learn more at innergatepdx.com/naturopathic-medicine.



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Neighborhood Notes

Foster-Powell Neighborhood Association By Lisa Kislingbury Anderson

Foster Powell recently received a grant from SEUplift and the City of Portland Office of Community & Civic Life to paint a street mural on an intersection of the Center St. greenway. The goal is to beautify our streets and make them safer for pedestrians and cyclists. We welcome input on where to paint the street mural and will be soliciting design ideas. Learn more at fosterpowell.com/2023-center-street-mural-project. You can also follow @BetterCenter97206 on Instagram to help envision a safe and inviting community space along SE Center St. in the Foster-Powell neighborhood.

If you'd like to donate your time and join our wonderful volunteers making and delivering food to our neighborhood shelters on the first and third Sundays of the month, please sign up on our website or email volunteer@fosterpowell.com. We're looking ahead to Sunday, March 19, when we will have a community cooking session at TaborSpace. We will deliver the food we create to the Lilac Meadows shelter.

At our February 13 Board meeting, a representative from Boys & Girls Aid presented on their programs, highlighting the need for foster parents and other supportive volunteers. The next Foster-Powell Neighborhood Association meeting will take place from 6:30-8:30 pm Monday, March 13, at Favela Brazilian Cafe, 5300 SE Foster Rd. We're excited to expand our community and bring fresh ideas for outreach and engagement.

Mt. Tabor Neighborhood Association By Dave Petrozzi

MTNA hosted our regular monthly meeting Wednesday, February 15 via Zoom. With a new location secured, we are officially moving forward with the annual neighborhood cleanup event for safe disposal of bulky items and household goods; stay tuned for more details.

A discussion ensued regarding guest speakers for future meetings, including a strong desire to host city officials involved in the transition and implementation of recent voter approved changes to the city charter. We also reviewed our communications outreach and received an update on the situation regarding the empty reservoirs on Mt. Tabor.

Our next meeting will be Wednesday, March 15, 7 pm via Zoom with an expected guest speaker on the topic of air quality in our city, as well as information and a call to action from a representative on the newly formed Sustainable Southeast Community Coalition. Please find links for this and all of our meetings, under the "Meetings and Events" tab of our website at mttabordpx.org.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) meets the second Monday of the month 7-9 pm, except in January. 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 richmondnasecretary@gmail.com. Meetings are still via Zoom, but we hope to resume in-person meetings soon and are looking into technology to allow for easy remote participation, aka hybrid meetings.

The RNA appointed Heather Flint Chatto to be its representative to serve on the board of Sustainable Southeast Community Coalition (s2c2pdx.org).

Board member Dr. Richard Bruno gave an update on the RNA's Telehealth Booth project that will allow homeless individuals to access medical and psychiatric care services. If you would like to help with this project, contact rabruno@gmail.com. This project is made possible by a Community Small Grant SE Uplift, funded by the city's Office of Community & Civic Life.

Neighbors near the Peaceful Villa/Home Forward low-income housing at SE 47th Ave. and Clinton St. shared their concerns over the redevelopment of the site from 70 to 180 residents and replacing the single-story bungalow units with three-story apartment-style buildings. They stated there has been a lack of adequate notice about the project and public process for them to share their concerns with Home Forward. The RNA voted to hold an open house to allow the public to share their concerns in order to work with Home Forward to improve the project.

The Peaceful Villa redevelopment project open house will be Saturday March 11, 12-3 pm at a location to be determined. Check richmondpx.org/peaceful-villa for updates about the open house and information on the redevelopment.

The Board discussed whether to hold its annual Board election in May or later months and whether to combine it with a monthly meeting or hold the election the day after the meeting, as done the past two years with COVID-19. If you are interested in joining the Board, contact richmond.pdx.chair@gmail.com.

The Richmond Cleanup will be May 20. We are seeking volunteers and will pay people who can help with a seniors/disabled persons pickup service and/or can help transfer materials with your truck. Please contact richmondcleanup@gmail.com (please specify if you can provide a truck). Those who helped with the 2022 Cleanup are already on the volunteer list for this year. If you have a passion for recycling, helping our seniors or disabled neighbors, or getting involved in fun community events, this is the event for you.

Our next meeting is Monday, March 13. We hope you can attend.



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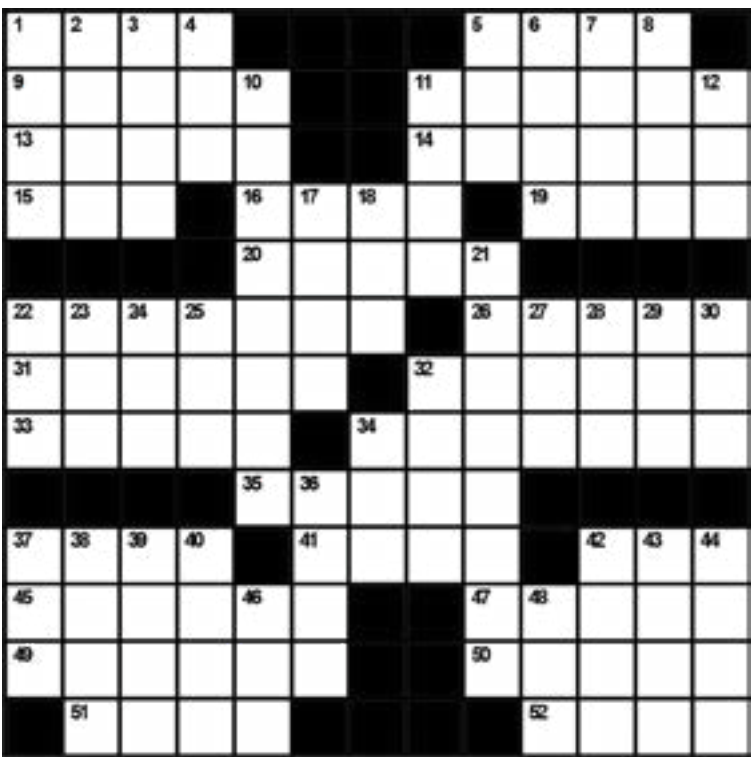
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- Across**
- 1. Hagglng word
 - 5. Burst
 - 9. Posed
 - 11. Oregonian
 - 13. Like some lingerie
 - 14. Marvel at
 - 15. Haul off
 - 16. Bible book
 - 19. Ran, as colors
 - 20. Not as good
 - 22. In a rush
 - 26. Townie
 - 31. Harsh
 - 32. House check and balance
 - 33. Lacing
 - 34. Paid for
 - 35. "Naughty you!"
 - 37. Kuwaiti
 - 41. Sign in a store window
 - 42. Martini ingredient
 - 45. Carmaker's woe
 - 47. Exchange your car
 - 49. Deserved
 - 50. Things to deck
 - 51. Take a breather
 - 52. Convene



- 12. Scarlet or burgundy
- 17. Icy
- 18. Attempt
- 21. Hour before midnight
- 22. QB's cry
- 23. "___ calls?"
- 24. Mountain shoe
- 25. Metal
- 27. Number
- 28. Garage contents
- 29. Devoured
- 30. Was ahead
- 32. Just a little bit
- 34. Baseball hat
- 36. Reserve
- 37. "We ___ Family"
- 38. Back end
- 39. Farm unit
- 40. Forbids
- 42. Strong wind
- 43. Like some threats
- 45. Branch headquarters?
- 46. Court decision
- 48. Computer memory

Answers found on page 12.





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MARCH EVENTS

HAPPINESS TALK – Happiness researcher, speaker, author and entrepreneur Rodrigo presents “How to be Happy in Portland” Friday, March 3, 7:30 pm at TaborSpace, 5441 SE Belmont St. Hear about the latest in happiness research and tools for a more joyful life. \$10.

YOGA MOVEMENT CLASS – Licensed massage therapist and yoga facilitator Courtney Backes leads an all levels yoga class Thursdays, 8:30-9 am at TaborSpace, 5441 SE Belmont St. There is no cost to attend.

ADA ACCESSIBLE GARDEN TOUR – Leach Botanical Garden offers an ADA accessible garden tour Saturday, March 11, 10-11 am. Education Manager JoAnn Vrilakas will lead the tour through the Upper Garden and discuss the signs and impacts of the Missoula Floods; the communication skills of the Wood Wide Web; the calming impacts of fractals found in nature; and the Garden’s history. Register (\$5) at leachgarden.org/community-events.

GERMAN GROUP MEET UP – A German meet up group gathers Saturdays at TaborSpace, 5441 SE Belmont St., 10-11:30 am. Free to attend; all levels welcomed.

BIG PLANTING DAY – The Portland Fruit Tree Project’s event aims to plant 80 fruit trees in one day–Saturday, March 11, 10 am-2 pm. This will take a lot of hands to complete so visit bit.ly/Big-PlantingDay to find which zone/neighborhood works best for you.

KNITTERS & CROCHETERS – Join fellow knitters and crocheters to spend time together while creating your own pieces Saturdays, noon, at TaborSpace, 5441 SE Belmont St. Free to attend; all levels welcome.

VIKING PANCAKE BREAKFAST – The Sons of Norway’s Grieg Lodge hosts a pancake breakfast Sunday, March 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.

CHESS & BOARD GAMES – A fan of chess and board games? Meet like minded folks at TaborSpace, 5441 SE Belmont St., Sundays 11:30 am-2 pm. Free to attend; all levels welcome.

DISASTER PREPAREDNESS WORKSHOP – A Fix-It Fair workshop at home, “Navigating Disasters: A Roadmap to Protecting Your Family and Your Wallet,” takes place Tuesday, March 14 10-10:45 am. Learn how to get your insurance and finances prepared for a disaster–what to do before, during and after it. No registration necessary. Access the workshop at bit.ly/DisasterWorkshop.

SPRING EQUINOX GARDEN FAIR – Celebrate the spring equinox with garden explorations, activities for kids, tool sharpening and more, all with free admission to Leach Botanical Garden Sunday, March 19, 10 am-2 pm. Ask Master Gardeners gardening questions, learn how to use the iNaturalist app and more. The Garden is located at 6704 SE 122nd Ave.

INTERNATIONAL MOVIE NIGHT – Friday, March 31, 7 pm, TaborSpace, 5441 SE Belmont St., will be showing Brazilian movie “Orfeu,” a new adaptation of the Black Orpheus, with English subtitles. Free to attend.



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Caplener Group Homes For Sale



713-715 SE 28th Ave. 1904 Triplex \$875,000
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.



1209 SE 58th Ave. \$Call Listing Agent
1940 Mid-Century 4 BD, 3.1 BA
2,831 Total Sq. Ft.



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



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



6535 SE Pine St. \$2,225,000
Lot #4: Mt. Tabor Modern 3 BD, 2.1 BA
2,735 Total Sq. Ft.



SOLD
6525 SE Pine St. SOLD
Lot #3: Mt. Tabor Modern 4 BD, 3.1 BA
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Tabor Modern: A special collaboration with Skylab Architects & Ethan Beck Homes

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:

Wooden Shoe Tulip Festival
woodenshoe.com
Friday, March 17 - Sunday, April 30

Take a daytrip to Woodburn for the Annual Wooden Shoe Tulip Festival. Starting March 1, you can get your online tickets to experience the beauty of 40 acres of tulips and fun activities for the whole family.

Shamrock Run
shamrockrunportland.com
Sunday, March 12

The Shamrock Run is celebrating their 45th year of running in 2023. Register today for races ranging from 5k to a half marathon and enjoy a celebratory beer at the finish line!

HOW'S THE PORTLAND MARKET DOING?



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Data is courtesy of the RMLS.



THE CAPLENER GROUP
at Windermere Realty Trust

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