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Our 34th Year

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Roof top garden at PDX Commons. Photo by Kris McDowell.

## Cohousing Open Houses

By Kris McDowell

This year’s National Cohousing Open House Weekend is Saturday, May 6-Sunday, May 7 and a number of cohousing communities across the country will be hosting open houses, either virtually or in person. The open house weekend gives the communities involved a chance to share their stories and answer questions people may have about this form of housing. The Portland metro area has more than 10 cohousing communities, either established or in planning. PDX Commons, located on SE Belmont St., is one of them and will be hosting their open house virtually Sunday, May 7, 3 pm via Zoom.

The open house weekend is sponsored by CohoUS, a national nonprofit founded in the 90’s and focused on supporting cohousing communities in our changing world. They seek to advance cohousing and shift the culture toward a new American dream where every home is surrounded by caring, collaborative neighbors

who use less of the earth’s resources while living an abundant life.

The idea of cohousing is new to many Americans but the concepts that led to the modern version of it have been around for thousands of years and the first modern community emerged in Denmark in 1972. Ann Lehman, a resident of the 27-unit PDX Commons, learned about it over 20 years ago while living in the Bay Area and touring some of their cohousing communities. When she moved to Portland, she connected with PDX Commons, which had selected the site on SE Belmont St. and the design process was started.

PDX Commons is a 55+ community, although the majority of cohousing communities across the country welcome residents of all ages. Chuck Durret, an award-winning architect credited with bringing the cohousing concept to the US, says having a multigenerational community is beneficial to all the ages who live there. “For single parents, everybody knows it takes a village to raise a child, yet we continue to try to do it in a box on a street where kids are isolated. Every 10th house there’s some forlorn 10-year-old playing Nintendo by themselves. Every 12th house there is a forlorn senior watching TV.” By shifting housing from antisocial to prosocial, the community can support one another through all stages of life.

A key feature of cohousing communities is creating both private and community spaces. Trish Becker, Executive Director of CohoUS, says, “It’s a model that balances privacy and connection. Private homes facilitate individual and nuclear family life while common spaces encourage connection and care for our neighbors.” At PDX Commons, shared spaces span those indoors—living room, media room, laundry, workout/craft room, office, kitchen and dining room—and outdoors with three levels of outdoor patio/garden spaces, as well as a sauna. All of the units at PDX Commons face and have their doors opening onto the second floor outdoor courtyard.

PDX Commons residents make plans

## Psilocybin Growing Licenses Issued

By Marshall Hammond

It was a day Medford resident Andreas Met had been awaiting for years. On March 22, the Oregon Health Authority (OHA) issued a license to grow psilocybin cubensis, a strain of what are colloquially called magic mushrooms, first to Satori Farms of Portland and then to Met’s company, Satya Therapeutics, the following day. These were the first such licenses issued in the US, marking the beginning of what may be a new era of regulated psychedelic therapy.

In November 2020, Oregonians passed Ballot Measure 109, also known as the Oregon Psilocybin Services Act, which granted OHA the authority to regulate and license psilocybin products and services. OHA spent the next two years building the regulatory framework for a mushroom therapy industry. They formed the Oregon Psychedelic Advisory Board to help draft new regulations, and a new section of OHA, Oregon Psilocybin Services (OPS) was created to issue licenses and ensure regulatory compliance.

Under the OHA regulatory framework, any person 21 or older may seek access to psilocybin services at a licensed service center. Clients must consume the mushroom product at the service center under the supervision of a licensed facilitator. The mushroom products they are consuming must come from a licensed manufacturer and be tested at a licensed laboratory.

OPS began taking applications for all four types of licenses on January 2, 2023 before issuing the first two manufacturing licenses in March.

So far, OHA has only granted two manufacturing licenses, three facilitator licenses and one laboratory license. They have yet to issue any service center licenses, a necessary link in the chain to provide mushroom therapy to the public. Met, founder and CEO of Satya Therapeutics, believes those licenses are not far off. He has a 4,000-foot manufacturing space outside of Medford and hopes to be distributing to service centers in a matter of months.

Met entered the cannabis industry in 2012, after spending most of his career as a marketer for major corporations such as Wal-Mart. In 2015, he founded The Halo Collective, which at one point controlled the largest legal cannabis growing operation in the US.

When Met learned that mushrooms would also soon be legal in Oregon and saw research on psilocybin coming out of reputable institutions such as John Hopkins Medicine, he decided he wanted to be part of the new industry. He procured a location and spent the last year growing oyster mushrooms in preparation for the day the state would issue him a license to grow psilocybin cubensis.

As a cannabis entrepreneur, Met had some difficulties dealing with regulatory bodies such as the Oregon Liquor License Commission, which regulates cannabis. He said that the OHA has been surprisingly helpful and easy to work with on psilocybin licensing.

The cost of a license is quite high however. Manufacturers, laboratories and

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## Possible Prevention of Alzheimer's

By Nancy Tannler

In the April Brain Awareness lecture series, Oregon Health Sciences University (OHSU) presented an online talk titled, “Is prevention of Alzheimer’s disease possible?” Dr. Aimee Pierce, associate professor of neurology and Director of Clinical Care and Therapeutics in the Layton Aging and Alzheimer’s Disease Center, spoke about the most current information available on Alzheimer’s disease (AD). The event was moderated and supported by Helmi Lutsep and Kate Stout.

According to Dr. Pierce, the two strongest factors of AD-related dementias (ADRD) are aging and genetics. The likelihood is increased by ethnicity; in African Americans, there is a 14 percent chance; Hispanic, 12 percent; non-Hispanic white, 10 percent.

AD is one form of dementia; others are Parkinson’s, frontal temporal lobar degeneration, vascular dementia and dementia with the Lewy bodies.

Dr. Pierce’s statistics state that there are approximately six million people living with AD. These numbers are expected to

rise to nearly 14 million by 2060 and the likelihood of contracting AD doubles in frequency every five years after the age of 60.

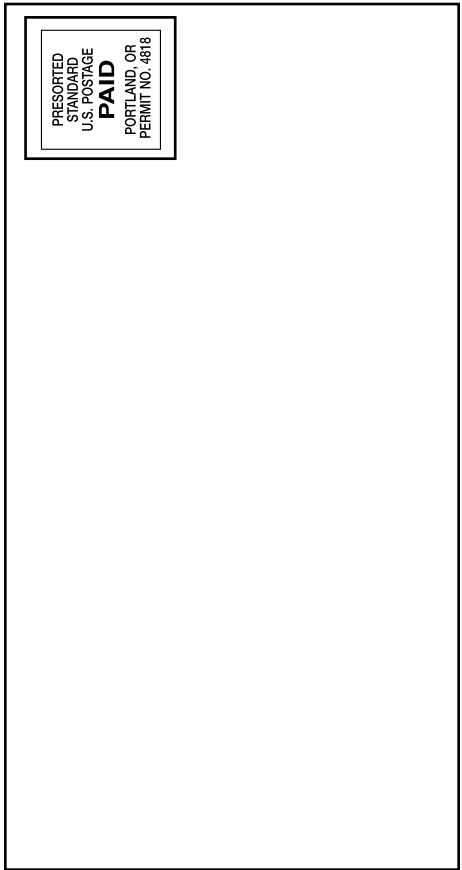
With normal aging, Dr. Pierce said there are certain cognitive changes that occur such as attention, word finding and short-term memory that can be compensated by daily living activities. Dementia, however, is not a normal part of aging. When there are serious problems with language, memory loss, judgment and reasoning—in other words complex and daily activities—this is serious.

Scientists first discovered Alzheimer’s in 1906. Until recently, most of the research to cure the disease has been disappointing. There are three pathologies that are assessed when treating AD—cerebral atrophy, amyloid plaques and neurofibrillary tangles.

Dr. Pierce said neuroscientists have come up with ways to test people to determine the stages of the disease and they can even tell pre-symptomatic people if they have it. The tests are PET scans, ce-

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# Rs Representatively Speaking

By STATE REPRESENTATIVE  
ROB NOSSE

We are around what I would consider the midpoint of the 2023 legislative session. Admittedly, a lot of the heavy lifting is done toward the end of the session in June, but there are big deadlines still looming and bills still waiting for funding. I thought I could give you all a look at the big decisions that are still to come. Here we go, in no particular order.

We have a proposed bill, House Bill 2005, which would ban ghost guns, raise the legal age to purchase firearms from 18 to 21 and allow cities and counties to ban concealed weapons if they so choose. That bill is scheduled to be debated on the floor in early May.

The goal of this package is to crack down on criminal activity while respecting responsible gun ownership. It aims to strike a balance between community safety and individual liberty. Taking these steps will make our communities safer, help law enforcement do their jobs and keep guns out of the wrong hands. Of course, any legislation that relates to guns is controversial in our country and this state, so expect lots of debate around HB 2005.

I am sure many of you have heard about the I-5 bridge replacement between Portland and Vancouver. The Joint Committee on Transportation held an informational meeting about the project on April 13. Kris Strickler, the ODOT director, and Greg Johnson, program manager for the project, gave us a project and funding update. The really tough questions remaining for this project revolve around total cost, the timeline to begin the process of building the new bridge, as well as how many lanes it will have.

On the subject of transportation, a very pressing question is how much tolling we will allow on our highways to pay for roads and bridges. ODOT already has the authority, and with the rise of electric cars, gas tax revenues are down. Some way of paying for roads and bridges is going to be needed. Meanwhile, we have repairs to make and investments to attend to, including a certain interstate bridge you just read



about.

Another open question is what the school budget is going to be. Funding for K-12 schools is one of the most important decisions we make. The school districts across our state feel that we need to allocate \$10.3 billion, but so far we only feel like we can afford \$9.9 billion. While a lot of us, myself included, would like to do more, there is only so much money available. If we allocated another \$400 million, it makes it hard to afford investments we need to make in healthcare and other vital public services.

I think it is crucial that we stand up for abortion access and the rights of transgender people to get gender affirming care. House Bill 2002 is an important step towards protecting reproductive healthcare in Oregon and ensuring access to gender affirming care. While other states may be attacking those rights, Oregon is continuing to make progress. This is a big bill and will elicit some intense debate. It already has in my Behavioral Health and Healthcare Committee.

I am really worried about the survival of the Shakespeare festival and I am worried about the survival of other arts and culture organizations and the venues they perform in. Can we find \$50 million to pass HB 2459 which would help this sector recover?

Another big topic this session that I am directly focused on is hospital staffing ratios. Can we make the workplace safer for nurses and their patients and help

the health care system recover from the post-pandemic burnout that caregivers are experiencing? I have a package of bills around this topic and have been working with the nurses' union and other health care unions and the hospitals to come to a compromise. I hope we can land it.

Housing and homelessness remain top concerns for Oregonians and it is for sure the top concern of people in my District. House Bill 2001 already allocated \$200 million statewide, but that money is for housing and rental assistance. Another pressing issue is whether we find the \$130 million the mayors of this state have asked for to better address the problem of camping and houselessness. Our city stands to get \$26 million to help operate the Temporary Alternative Shelter sites but it hasn't been green lighted just yet.

There are also open questions around how to fix our public defense system, increase access to behavioral health services and enact campaign finance reform as we still currently have no donation limits.

These are just a few of the things still left to figure out that come to mind. There are tough decisions, but I am not whining. Well, maybe a little, but I know what I signed up for.

As I am fond of saying, stay tuned. If you have thoughts about any of this, reach out to me at my office in Salem, where I am spending the bulk of my time these days.

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Business Association Notes

82nd Avenue Business Association  
By Nancy Chapin

Our 45th Annual Meeting will be Thursday, May 25, 6:30-8 pm, location to be determined. Sign up for our newsletter at 82ndaveba.com to RSVP. We will have some presentations about ideas for 82nd Avenue’s “makeover.”

The first Rose Gardens at businesses were started on 82nd Ave. in 2005 at Eastport Plaza by the manager at the time, Ken Turner, even before The Avenue of Roses signcaps were placed. The Association has set aside funds, received a grant and arranged for roses from Portland Nursery. Now we need to hear from the businesses that would like to plant or replant a small or large rose garden. This is open to the Community Rose Garden project, so contact us at 82ndaveba@gmail.com if you would like to be on the Rose Garden Team from start to finish.

During blooming season, Babble Buy has already offered to sponsor a rose garden-related photo contest.

Foster Area Business Association  
By Jeff Lynott

Foster’s having a party this summer! Join FABA and local businesses between SE 50th and 72nd Aves. for sidewalk sales, vendors and pop-up shops, live music in Laurelwood Park and more. The Foster Summer Soiree will take place Saturday, June 24, 12-6 pm. Follow us on Instagram (@fosteraeapdx) or learn more at fosterarea.com/fostersummersoiree.

FABA is also putting the finishing touches on a street lighting project in collaboration with the City of Portland’s Public Environment Management Office (PEMO). This project will bring decorative lighting to several street trees along SE Foster and hopefully make our business district more welcoming at night.

Hawthorne Boulevard Business Association  
By Nancy Chapin

Wow, May already! The flowers are blooming, the doors are opening and, some days, the sun is even shining.

Celebrating the mothers in our lives is one of the pleasant events that happens in May, on Sunday, May 14 this year. There are so many places to visit on Hawthorne when you are looking for a special item or meal to share with the important person who is or has been a special mother in your life.

Are you interested in being part of a Boulevard Graffiti Team, an offshoot of the second Saturday Boulevard Beautification Bunch, to help the city use its resources for this issue and maybe take on some removal, too? If so, let us know and we’ll connect you with the Team Leaders. Email us at administrator@hawthorneblvd.com.

It’s time to think about whether you want to plan an event or have a booth at the 40th Annual Hawthorne Street Fair, taking place Sunday, August 27, 11 am-7 pm.

Last, but not least, the Boulevard of Flags will be celebrated and reinstated on Monday, May 29, with a ceremony held at 7:30 am at Dairy Hill Ice Cream (SE 36th Ave. and Hawthorne Blvd.). The flags will be back, being placed on a smaller section of the Boulevard this time.

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Business Walkabout

# Favela Cafe: A Combination of Brazil and Community

By Ava Anderson, Franklin High School's *The Franklin Post*

Favela Cafe opened in August of 2019 as “a Brazilian experience,” Rodrigo Souza recalls. He is the co-owner of Favela Cafe, with his wife Dunya De Souza. Favela Cafe originally opened on SE Foster Rd., and has since added a newer location in Taborspace, on SE Belmont St. They offer Brazilian coffee, food, imports and a variety of community events, all allowing visitors to experience Brazil. With its electric energy, colors, open space and varied plants, the Foster location models Brazil during a carnival; its Taborspace location, found alongside other businesses in a beautiful old church, combines elements of Brazilian and American culture. Both locations have their own unique features, but share a community-based approach that gives every visitor a community oriented and personal experience of Brazil.

Favela Cafe is “an experiment to prove that it’s possible to have a business with the community in mind,” explains R. Souza. The owners wanted people visiting the cafe to know they are a part of the community. “Anyone can sell coffee,” R. Souza states, “[but] we give a human

experience ... we notice people’s names, ask [questions]. We know what’s happening and they know us. They are a part of our family in a way.” As D. Souza summarizes, “[we] acknowledge people’s humanity.”

Not only do they pay attention to the people who visit Favela, but they also listen. “We have an attitude of saying “yes” to people,” D. Souza explains. “The community is the most important thing.” If someone proposes an idea, Favela listens, and most often, says “yes.”

This “yes” attitude is reflected in community events Favela creates. One customer asked to start a chess group, and was happily told “yes,” despite the owners knowing little about chess. Now, if you visit Favela on Sundays, you can take part in a thriving chess group.

Chess isn’t the only group that meets at the cafe. There are many other groups available, especially ones centered around language. There are Italian meetups on Wednesdays, Portuguese meetings on Saturdays, as well as meetups emphasizing Spanish, French, German and more. If you are looking for a group to join,

it may be well worth your time to look at what Favela offers. In addition, if you want to start a group, Favela is always happy to listen.

Favela also hosts many other events, such as movie nights, music and more. Events offered typically depend on each location’s space. Groups are held at both locations; music is planned to be held mainly at Taborspace due to the large show space. While the first music event at Taborspace was held only recently, Favela plans to offer much more music in the future and is hoping to expand into comedy.

The location of Taborspace was not in the owners’ original plan. However, it has provided many benefits, such as the possibility of hosting larger music events. Favela was invited to join Taborspace due to their emphasis on community. As a location centered on community, Taborspace holds many of the same values.

The building initially closed due to COVID-19. After it reopened, those at Taborspace wanted to bring back the community the old building had once contained. Now, there’s a “kid’s school downstairs, a therapist up-



Favela Cafe on SE Foster Rd. Photo by Ava Anderson.

stairs, birthday parties [hosted],” and much more, R. Souza explains. Favela’s community values made them the perfect people to run a coffee shop in Taborspace.

Although the two Favela locations are only a seven-minute drive from one another, they are immensely different—“worlds away,” D. Souza emphasizes. The Foster location boasts a wider food selection and a more immersive experience, whereas the Taborspace location offers more events. If you visit Favela, you are sure to find amazing events,

communities, foods and drinks. Some of the most popular are the gluten-free Brazilian cheese bread and the signature drink, Cafe Doce De Leite, which is made with homemade caramel butter. A visit to either Favela Cafe is worthwhile for anyone. At both locations, you are also sure to be greeted kindly, as a valued member of the community or an old friend.

Favela Cafe 5300 SE Foster Rd.  
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## MAY EVENTS

**RELIGIOUS SEMINAR** – Pastor Katelyn Weakley presents the free seminar, “Restoration, A Broken World Turned Beautiful,” Friday, May 5, 6:30 pm at Mt. Tabor Adventist Church, 1001 SE 60th Ave. To reserve your spot and for more information, visit [relevant-seminars.org/portland](http://relevant-seminars.org/portland).

**DENICOLA FUNDRAISER** – DeNicola’s Italian Restaurant, 3520 SE Powell Blvd., holds a fundraiser Tuesday, May 9 to benefit Artichoke Community Music. 15 percent of the evening’s sales will be donated to the nonprofit that includes an instrument store, classes, workshops and live music celebrating its 50th anniversary in June. Entertainment from bluegrass/folk band, the Tabor Mountain Boys, 6-8 pm.

**VIKING PANCAKE BREAKFAST** – The Sons of Norway’s Grieg Lodge hosts a pancake breakfast Sunday, May 14, 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, coffee or tea and more. Adults \$12, children ages 5-12 \$6, under 5 are free.

**FUCHSIA SALE & FUNDRAISER** – The Oregon Fuchsia Society holds their annual sale and fundraiser Saturday, May 20, 9 am-2 pm in the parking lot of Tran’s Auto Repair, 4810 SE Belmont St. Gallon pots and hanging baskets available for purchase. Contact Susan at [susanengland@dw.com](mailto:susanengland@dw.com) or 503.778.5260 with questions.

**RNA SPRING CLEAN UP** – The Richfield Neighborhood Association (RNA) holds their Spring Clean Up Saturday, May 20, 9 am-1 pm at Central Christian Church, 1844 SE Cesar Chavez Blvd. Visit [richmondpx.org/may20richmondcleanup](http://richmondpx.org/may20richmondcleanup) for detailed information.

**SYMBIOP FUNDRAISER** – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, May 26, 10 am-6 pm for MHAHO. 10 percent of sales will be donated to the peer-run nonprofit that promotes self-directed recovery and wellness for all by offering recovery peer services, training and technical assistance for people who experience mental health and/or addiction challenges. Contact Juliet at [jtyu@symbiop.com](mailto:jtyu@symbiop.com) with questions.

**FAIR TRADE POP-UP** – Portland Mennonite Church hosts a pop-up for Just Cause, a fair trade store, Memorial Day weekend (May 27-29, 10 am-3 pm). Peruse home decor, windchimes, baskets, jewelry and more from 25 countries at 1312 SE 35th Ave.



## Community Input Sought on Bridge Replacement

A new online open house is available to the community regarding the Interstate Bridge Replacement (IBR) program. The open house shares details and asks the community for comment about work researching and identifying historic and archaeological areas in and around the Oregon-Washington I-5 bridge slated for replacement.

The first section the bridge opened in 1917 (today's northbound section) with a second bridge (today's southbound section) opening in 1958. The age of the spans puts them at risk of collapse in the event of a major earthquake and no longer satisfies the needs of commerce and travel. Replacing the aging structure with a modern, seismically resilient, multimodal structure that provides improved mobility for people, goods and services is a high priority.

The open house is part of a robust cultural resources consultation process federally mandated under Section 106 of the National

Historic Preservation Act. The Act requires consideration of the potential effects of projects on historic properties. Community feedback is essential in this process to better understand these important historic sites and accurately analyze potential effects of program work and investments.

The goal of the open house is to collect feedback that helps avoid or mitigate adverse impacts to historic properties. A Programmatic Agreement, expected in late 2024, will cover any mitigation efforts agreed upon by consulting parties and stakeholders, including federal agencies, federally recognized tribes, project consulting partners and the general public.

Through Thursday, May 18 the Section 106 National Historic Act online open house will be available at [interstatebridge.org/cultural-resources-open-house](http://interstatebridge.org/cultural-resources-open-house).

The website offers a two-minute video and also has a map illustrating the IBR program's Area of Potential Effect.

## Bees Please!

You may have heard about the declining number of bees and concerns about it are justified. According to Best Bees, a company on a mission to expand the bee population and improve their health, over 75 percent of the food we eat depends on pollinators like bees. More than half of the world's diet of fats and oils comes from animal-pollinated plants like canola and sunflowers. There are also more than 150 fruit, grain, seed and vegetable crops in the US that depend on pollinators. That makes for plenty of work for bees and a big impact on our food supply if they aren't around to do it.

Honey bees are the most frequent single species of pollinator worldwide and while some of us may have been afraid of bees as children, honeybees are generally not aggressive and will only attack when their hive is threatened. Only worker bees and queens have stingers (drones do not) and a worker will die after it stings.

The reasons for the decline in the number of honey bees vary from genetics and pests to nutrition and pesticides. North American bees descended from a small gene pool and not much effort has been made into breeding for traits other than docility and honey production.

Breeding for resistance to pests like the Varroa mite, the single worst honey bee pest, has also not been explored much. The mite reproduces quickly and spreads easily, weakening and killing bees. Mite wounds are a huge vector for the spread of bacteria, viruses and fungus. The Nosema ceranae fungus has recently been identified as causing some colony collapses as it interferes with bees' ability to digest and

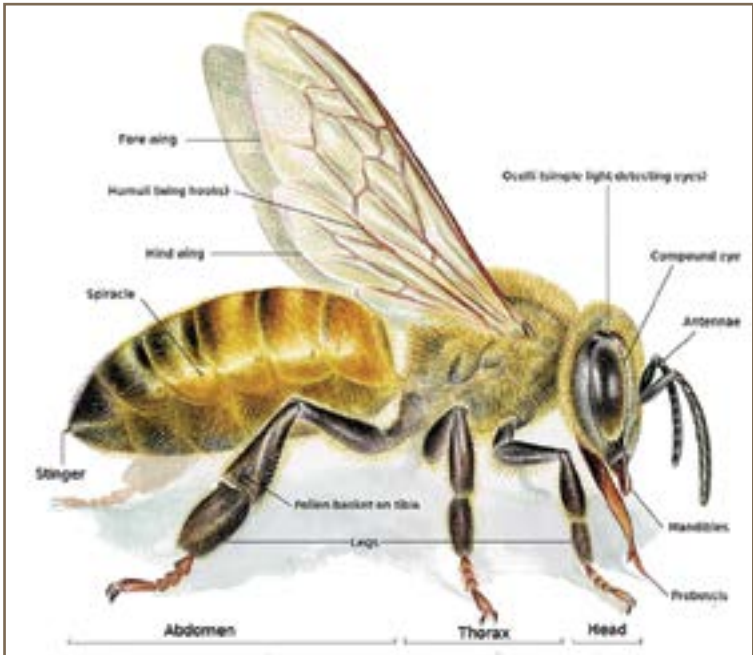


Image from Best Bees

absorb food, as well as weakening their immunity to toxins and diseases.


The two other contributors—nutrition and pesticides—are directly related to our growing of crops. The lack of food diversity, as illustrated by the fact that 60 percent of all hives taken to CA are done so to pollinate the almond crop, contributes to poor nutrition. Changes in forest and land management have also reduced plant diversity and, therefore, alternative food sources for bees. Hundreds of pesticides, both synthetic and organic, intended to kill insects can also be deadly to bees.

We can't solve all of the problems contributing to the decline in the number of bees, but there are steps we can take to be part of the solution. There are hundreds of flowering plants that are food sources for bees—Salvias, Echinacea and Asters are just a few—as are common herbs

like lavender and thyme. Clover is a flowering cover crop that can be added to lawns or used as a lawn substitute. And don't forget the much-maligned dandelion. Called a weed by most, as one of the earliest flowering plants, it can be an important early season food source for bees.

Avoiding the use of pesticides, both synthetics and organics, on bees' food sources is especially important when blooming. Portland Nursery has a listing of both that are known to be harmful to bees, available at [portlandnursery.com/garden-projects/bee-friendly](http://portlandnursery.com/garden-projects/bee-friendly), as well as tips for using treatments if they are required.

No yard or space to grow flowering plants for bees? You can still help bees and support local beekeepers by buying local honey. Local bees tend to feed on a larger variety of food sources and receive better care. Plus, buying locally keeps your dollars in the local economy.



**the Richmond Neighborhood Association**

**Spring Clean-Up**

**Saturday, May 20 • 9am – 1pm**

**Central Christian Church, 1844 SE Cesar Chavez Blvd**

**Free, but donations accepted**

**YES:** Mixed/bulky waste (loose debris must be bagged), electronics/metal/block & peanuts Styrofoam for recycling, reusable items  
**Electronics:** TVs, stereos, computers and peripherals, microwaves


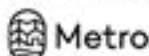
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Made possible through a sponsorship by Metro's Regional Refresh Fund



## American Flags Placed on Hawthorne Blvd.

The Hawthorne Boulevard Business Association (HBBA) and Boy Scout Troop 24 will resume their decades-long tradition of placing flags on Hawthorne Blvd. for the holidays this Memorial Day—Monday, May 29.

In recent years, the flags have been vandalized or stolen and last year the two groups made

the decision to suspend placement. They hope the resumption of this tradition will be a reminder about what the flag represents—a dedication to democracy, equality and freedom for people to be who they are and want to be. This can be especially challenging when people are struggling to find commonalities as Americans.

Presenting of the American flag will take place at 7:30 am at Dairy Hill Ice Cream, at the corner of SE 36th Ave. and Hawthorne Blvd., along with a remembrance of those who have died in service to our country. HBBA and Boy Scout Troop 24 appreciate the support of the community.

**Spring Project Time!**

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## City of Portland Transition Project

Last November voters approved Ballot Measure 26-228 that will change the City of Portland’s election system and form of government to implement charter reforms. The changes encompass ranked-choice voting (allowing voters to rank candidates in order of preference), establishing four geographic districts with three city council members elected to represent each district, a bigger city council that will have 12 members and new leadership rules that will allow it to focus on setting policy and engaging with the community, transitioning day-to-day oversight of bureaus to a citywide-elected mayor and a

professional city manager.

In November 2024, Portland voters will elect new leaders using ranked-choice voting and geographic district. In January 2025, a mayor, new city council and city auditor will be in place to lead Portland with new roles, responsibilities and structure. Between now and then, the City of Portland Transition Project is working through various steps in the process.

Earlier this year, the implementation of ranked-choice voting began. In March the Salary Commission was appointed to establish salaries for elected officials and a 15-member Gov-

ernment Transition Advisory Committee was approved. The Advisory Committee will be the transition’s main public engagement body.

Through late spring and into the fall, new geographic districts will be adopted. A hybrid public meeting will take place Wednesday, May 3, 6-9 pm, during which the Independent District Commission will take comments and continue the mapping process for the new geographic districts. For more information about the May 3 public meeting, other meetings and to sign up to receive a monthly newsletter, visit [bit.ly/PDXTransitionProject](https://bit.ly/PDXTransitionProject).

## Portland Sidewalk Program

Portland City Code states that property owners must keep sidewalks in good repair so that they are free of tripping hazards and other safety hazards for pedestrians and people in wheelchairs.

Sidewalk maintenance standards identify three general types of sidewalk hazards. A trip hazard is when there is a vertical step separation equal to or greater than half an inch. A spalling sidewalk occurs when the sidewalk surface is chipped or deteriorated to a depth equal to or greater than half an inch. The third hazard is when openings or holes in the sidewalk equal or exceed half an inch.

Sidewalks may be assessed by Transportation Bureau inspectors in a proactive manner or in response to a complaint of a hazardous condition and notify the property owner of needed repairs. In the event timely repairs are not made within 60 days by the property owner, the Transportation Bureau will hire a private contractor to make the repairs and bill the property owner for the costs.

In other cases, property

owners may want to voluntarily repair their sidewalk. To do so, a property owner (or their contractor) needs to apply for a permit before beginning voluntary demolition or repair work. A Minor Improvement Permit (MIP) inspector is available for consultations before getting a permit by calling 503.823.7002 x1.

MIPs can answer questions such as how extensive of a repair might be required, what areas of sidewalk don’t meet city maintenance standards and how to solve unique problems or address specific conflicts with existing structure.

Repair applications are available at [bit.ly/SidewalkRepairPermit](https://bit.ly/SidewalkRepairPermit) or by calling 503.823.1711. Fees are based on the square footage of the sidewalk, driveway and lineal feet of curb to be repaired, with a \$60 minimum and \$500 maximum.

Transportation Bureau staff review all new permits daily and will contact applicants if more information or changes are needed. Once payment approval has been verified and permits have been approved, usually the second



business day following the day of submission, an email will be sent with instructions for picking up the permit.

All repairs and construction require passing a final inspection before the permitted work is considered complete. In some cases, the inspector may require additional inspections.

People who are concerned about a hazardous sidewalk can report it most efficiently online with an accompanying photo at [bit.ly/ReportSidewalkHazard](https://bit.ly/ReportSidewalkHazard). Alternatively, a report may be filed by calling 503.823.1711.

## Laurelhurst Work Parties

The Friends of Laurelhurst Park (FLP) is jumping into spring with their annual sprucing up of the park. They invite anyone interested in joining them for both hands-on work and future planning to attend their monthly meetings, the second Wednesday of the month 9 am-12 pm through October.

Monthly work parties meet at the Ankeny Building, 3600 SE Ankeny St. on the north side of the park. Make sure to bring work gloves and wear work-appropriate shoes/clothes. All tools are supplied. Sign up for email updates by contacting Peggy Glascock at 503.459.9248 or emailing [laurelhurst.parkfriends@gmail.com](mailto:laurelhurst.parkfriends@gmail.com).

FLP extends a big “thank you” to all the volunteers, friends and lovers of Laurelhurst Park for past participation. In addition to all of the gardening TLC that has taken place in the form of pruning, weeding and spreading of mulch, two other park issues were addressed by FLP members Alan Commes and Steve Raynes.

Commes addressed the City Council regarding house-

less campers in the vicinity of the park. He also put out feelers relating to the care and rejuvenation of the basketball court in the park annex.

Raynes has been coordinating with forestry staff about tree health and the potential of planting new trees to revitalize this urban forest. It will be imperative that any new trees planted be “climate change friendly” for their long-term success.

FLP’s goals for 2023 include adding new plantings to the east end of the park along SE Cesar Chavez; continuing the removal of ivy, blackberries and other invasives; spreading mulch as appropriate to keep weeds down and preserve moisture; attend to plantings west of the brick stairs similar to the work that was done in 2022 on the east side; and continuing to work with PP&R staff by leading other groups in work party endeavors. Last year, All Saints School students came out for an October work party, planting natives and spreading mulch, and plans are in the works for a similar event this year.

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# Telling Signs

By DANIEL PEREZ-CROUSE

Whether it be the final, blissful moments of a field dog, harrowing lamentations from the perspective of Civil War soldiers, biblical characters being given new voice, or observations on life and love, in *Telling Signs*, a new book of poetry by Marvin J. Lurie, the reader is plunged into a lifetime’s worth of poems found in the author’s first published collection. Lurie succinctly describes his style as “plain language” and “plain speech.” “My poetry is not academic, it’s not inspirational and it’s not spiritual (mostly). I value using plain language that anyone could understand if they want to. I try to pare down what I write to the simplest possible expression,” he said.

Part of what molded his preference for this style is a history of jobs, like being the editor of a monthly trade publication or president of a consulting and managing firm, that required him to convey ideas and concepts to everyday people. “I was always a communicator; I was always writing and I was always speaking. I had to be conscious of my audience, who were not fancy people,” he said.

However, Lurie made it clear that plain language shouldn’t be confused with simplistic words or messages. His poems contain complexity, meta-

phors and room for interpretation. “When you read a poem, its ownership passes from me to you. If you see something in there that’s important to you—that’s good. It’s yours now.”

For example, in “House,” the squeak of a stair triggers a brief appreciation for the narrator’s home that is personified as a loyal guardian and companion inevitably forgotten about in the routines of life. One can’t help but think this house may be an extension for all people and places that remain dutifully present, regardless of appreciation. The “plain language” of the poems is easy to follow, but they all cover a plethora of meaning and depth.

In regard to his contemporaries and inspirations, Lurie said, “People have asked me over the years if I have a favorite poet, and it’s whoever I happen to be reading at the time. What inspires me to write is the unknown.” It’s also hard for Lurie to nail down specific poets because what he’s sought out in poetry has changed so much over time. Despite this, Lurie has enjoyed the works of Robert Bly and Dylan Thomas.

Lurie moved to Portland in 2003 with his wife and has been an active member of the local poetry community. He had been accustomed to meeting with a group of poets every week. That ended

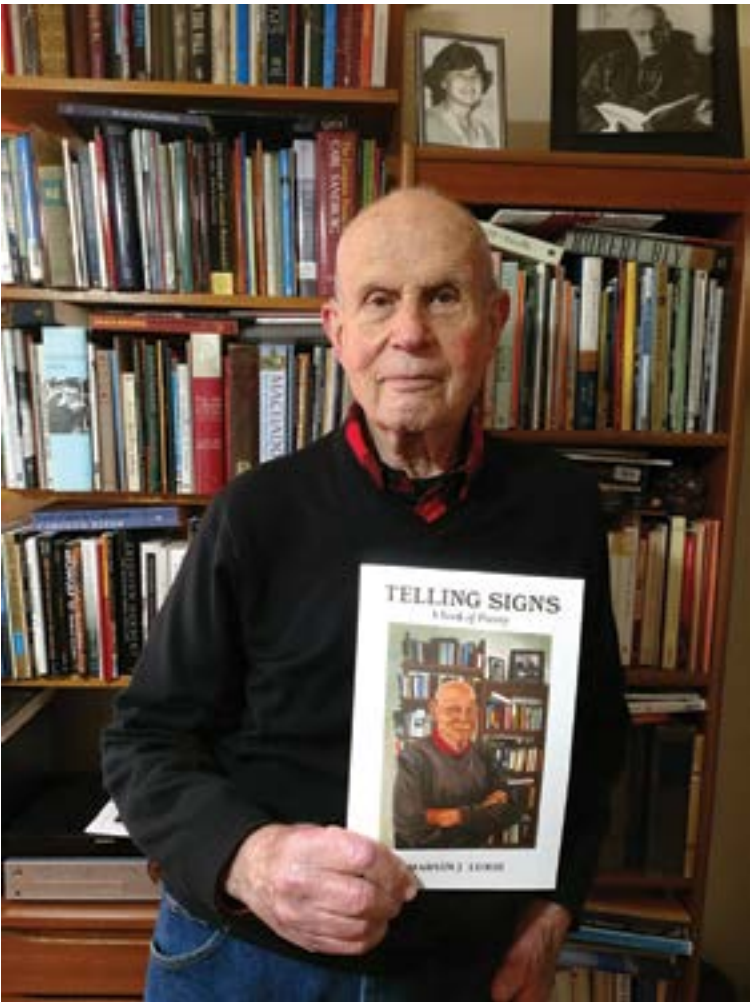
with the coming of the pandemic, eventually leading him to the creation of his book.

As a project amidst the pandemic, he put all his poetry on a website and it served as his creative space. He then progressed to wanting it be part of a published collection.

Lurie never published a book before and worked with an editor to help him along the way. “He edited some of the poems a little bit. Sometimes I agreed, sometimes I didn’t. But then he put the book together. I sent it out to six or eight publishers and got a response from Finishing Line Press almost right away. I hadn’t known what to expect at all and it worked out quite well.”

When compiling poems for the book, Lurie didn’t have an overriding idea or criteria for what to include beyond whether he thought they were worth publishing. The ordering of the poems was done entirely by the editor. “He did it and I thought that was great. The order they are in is logical and they make sense. And I would have had a lot of trouble doing it. Because it’s a matter of which child do you like best when you’re putting them in order.”

When reflecting on the book now being released, he said, “I’m glad it’s there. I think it’s going to be my monument. It’s



Author Marvin J. Lurie. Photo by Sylvia Lurie.

an important achievement.” He likes the idea of knowing there’s a number of copies floating around that people have read and might revisit again one day.

A great tip from Lurie when revisiting a collection like this is to read the poems in reverse order. You’re likely a different per-

son by the time you’ve picked it up again and it’ll allow you to experience the poems in a completely different way.

If you’re interested in purchasing *Telling Signs*, head over to Finishing Line Press’s website, [finishinglinepress.com/product/telling-signs-by-marvin-j-lurie](https://finishinglinepress.com/product/telling-signs-by-marvin-j-lurie).

## Podcast: Murder in Miami

By MARSHALL HAMMOND

When Oregon Department of Corrections administrator Michael Francke was murdered outside his office in Salem in 1989, Phil Stanford was one of a handful of journalists who thought there was more to the murder than state authorities claimed. His investigation of the case and the eventual exoneration of the wrongfully accused suspect was chronicled in the hit true crime podcast “Murder in Oregon,” which he produced and co-wrote with Lauren Bright Pacheco for iHeartRadio.

Stanford wrote several true crime books about Portland, including *Portland Confidential*, *Rose City Vice* and the graphic novel *City of Roses*, all of which cover Portland’s past as a city once notorious for crime and cor-

ruption. Stanford and Pacheco’s latest podcast, “Murder in Miami,” takes the listener to another famously corrupt city and tells the story of what happened to Stanford before he moved to Oregon.

The year was 1980, international cocaine traffic was exploding and Miami, FL was the epicenter. When Stanford arrived after leaving his job as a political reporter in Washington, DC, the city was the murder capital of the US. On top of that, Miami was a hub for the Central Intelligence Agency (CIA) to finance secret wars and ship arms throughout Central and South America. It was home to a volatile mix of narcotics and espionage and Stanford stepped right into the middle of it.

Stanford worked in Miami as a journalist covering crime

for a few years before a surprising string of coincidences led him to become a bit player in the underworld saga of an international drug smuggler named Lamar Chester. He came to know Chester after accepting a job at Intercept, a mysterious private detective agency staffed by former military intelligence and CIA officers. The agency had an opening for a new private detective because one of their previous employees, Clay Williams, had recently been murdered, his body left in The Everglades to be consumed by alligators. The circumstances surrounding that murder would be a focal point of the “Murder in Miami” podcast.

Stanford began to suspect that something was not quite on the level with Intercept when he fumbled a few investigations and found that his employers, who al-

ways paid in cash, did not seem bothered. They were instead focused on serving the needs of their biggest client, flamboyant drug trafficker, Chester. Stanford’s responsibility was to take on the cases that came through the front door and nobody cared whether he did a good job. He began to suspect that the real purpose of Intercept was to protect Chester on the behalf of the CIA, who may have used Chester to fly guns to Nicaragua.

At the time, Chester was a target in a massive, multi-state federal investigation known as Operation Lonestar. The DEA, the IRS and other federal agencies were closing in on Chester, but the admitted drug trafficker had what he thought was an ace up his sleeve—he claimed on local television to be working for the federal government, import-

ing drugs with the full knowledge of both the CIA and the DEA. If forced to go to trial, he threatened to divulge sensitive government secrets.

Stanford had a front row seat to Chester’s downfall, culminating in the trafficker’s suspicious death in 1985. At the time, he wasn’t fully aware of what he had wandered into. It would be decades before he could take another look at the events surrounding his time in Miami with the help of podcast co-creator and investigator Pacheco.

In the course of creating the “Murder in Miami” podcast, Stanford and Pacheco dug deeper into the murky waters of what transpired almost 40 years earlier. They interviewed a colorful group of witnesses, including Happy Miles, a freewheeling, unapologetic former drug smuggler, and Leslie Bickerton, Chester’s accountant who feared for her life after testifying during Operation Lonestar hearings.

The compelling story they uncovered is presented in cinematic detail over the course of 10 full length regular episodes, along with nine bonus episodes. A breezy, dreamy soundtrack befitting the story’s Caribbean setting is supplied by musicians Evan Tyor, Phillip Mayer, John Murchison and Taylor Chicoine.

The final episode of “Murder in Miami” dropped at the end of March and the whole series is now available for streaming on most podcast platforms.

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### Carol Triffle’s Newest Musical Premieres

*Where’s Bruno?* is a paranormal musical from Imago Theatre’s genre-breaking resident playwright Carol Triffle, running Friday, May 12-Saturday, May 27. Collaborating with Kyle Delamarter on original music, Triffle once again defies the rules with this comical tale of two slackers/rockers way past their glory days that show a song can emerge for any reason—a beer from the fridge or a regularly missed appointment. The drama, however, comes from ghosts of the past, namely a dead guitarist and the late Elvis Presley. Unfortunately for the slackers (but fortunately for us), it will take more than the King of Rock to get these two lost souls back on track and on a concert stage.

The cast includes Kyle Delamarter (Bruno), Amy Katrina Bryan (Annabel), Briana Ratterman Trevithick (Nicky), Brooklyn Williams (roadie) and Karen Farley (lawyer). Lighting design is by Jon Farley.

Triffle studied extensively with Jacques Lecoq in Paris, completing his pedagogical program. Drawing inspiration from Lecoq, Triffle places form and design at the forefront of theatre creation and infuses each production with an idiosyncratic physical energy. She wrote, directed and acted in *Ginger’s Green*, which marked the beginning of a canon of 15 original music-theatre plays, including her last radio play, *The Lonely Vampire*.

Thursday-Saturday performances at 7:30 pm with the one Sunday matinee at 2 pm. The show is recommended for those age 16 and older and masks are required. Tickets (\$20) at [imagotheatre.com/bruno.html](http://imagotheatre.com/bruno.html).

### Alberta Rose May Highlights



Tamikrest

The first weekend of May brings Judy Blue Eyes - Crosby, Stills, Nash & Young Tribute to the Alberta Rose stage for Saturday and Sunday night shows. Portland’s finest musicians, hailing from Nowhere Band, Saloon Ensemble, Love Gigantic, Solovox and more along with CSN guitarist Jeff Pevar pay tribute to the great David Crosby, honoring his life and music.

The following Friday, Rodney Crowell: The Chicago Sessions Tour with special guests Rob Ickes and Trey Hensley play a 7 pm show. Crowell is “the songwriter’s songwriter” and an icon among giants. His career spans more than 40 years, during which time he has gracefully blended his own mainstream success as an artist with a prolific catalog of songs cut by the likes of Emmylou Harris, Johnny Cash, Keith Urban and more. Crowell has also been cited as the architect of Americana music and penned beloved songs for artists as diverse as Bob Seger, Etta James, the Grateful Dead, John Denver, Jimmy Buffet and countless others.

Sunday, May 21, you are invited to step into a facet of your own personal dreamscape with Grammy award-winning chanteuse, Rizo. Using the portal of glamor, seduction and powerhouse vocals, Rizo creates a world where the femme divine reigns. A joyful, sensorial, combustible mix of rock and roll bravado, vintage pop diva and comedic antics, Rizo has won a cult following worldwide. The 8 pm show, opened by Portland’s Glitterfox, will be an evening of radical optimism as she holds the beauty and sorrow of life in her tiny hands.

On the final Thursday of the month, Tamikrest, a group with members from different horizons (Mali, Niger, Algeria and France), brings the message of Tamasheq poetry and culture to a Portland audience for an 8 pm show. In the Tamasheq language, “tamikrest” means junction, connection, knot, coalition. A year and a half since they began, the group is complete and their repertoire has grown to contain more than 25 original compositions. Though their music takes root in Ishumar rock or Tuareg blues, it borrows from various international influences, as well as from neighboring cultures.

For a full listing of shows and to buy tickets, visit [albertarosetheatre.com](http://albertarosetheatre.com). Minors are allowed at these shows, and many others, when accompanied by a parent or guardian.

### The Play You Want

Milagro Theatre debuts their final show of Season 39, *The Play You Want*, a gritty comedy exploring the divide between exploitation and acceptance, on Cinco de Mayo, Friday, May 5, 7:30 pm.

Mexican playwright Bernardo Cubria is wrestling with the theatre world’s desire to box him in and sarcastically pitches *Nar-Cocos*, a play about drug dealers on Dia de los Muertos. Much to his surprise, the Public Theatre picks it up. With financial pressures mounting and a newborn at home, this is his chance at commercial success. But when Scott Rudin offers him a Broadway run on the condition he further exploit his identity and the headlines, he must decide just how much he’s willing to compromise in order to finally be accepted.

Prepare to see some familiar characters as popular personalities, such as Jennifer Lopez, Lin Manuel Miranda and Gloria Estefan, grace the stage. The ensemble cast is comprised of John San Nicolas as the protagonist playwright, Bernardo; Paulina Jaeger-Rosete as Vera/Abuela/Gloria Estefan; Tricia Castañeda-Guevara as Chloe/Mija/Jennifer Lopez; John Torres as Gilbert Cruz/Alfred Molina; David Remple as Lin Manuel/Mijo/Pablo/John Leguizamo; Hao Nguyen as Sam Gold/Chay Yew/Variety Reporter; and James Luster as Oskar Eustice/Scott Rudin.

Longtime Milagro collaborator Lawrence Siulagi leads the team as director, MaryChris Mass as Costume Designer and Amanda Dempsey as StageManager. Lighting Design will be by Gabriel Costales and Set Design by Jose Gonzalez.

Cubria is winner of the 2021 Smith Prize for Political Theatre and this play won the 2020 BETC Generations Award, as well as being a finalist for the 2020 Ingenio Play Festival for Latinx Plays.

Performances are Thursday-Saturday, 7:30 pm; Sunday at 2 pm through Saturday, May 20. Tickets (\$20-\$27) available at [milagro.org/event/the-play-you-want/](http://milagro.org/event/the-play-you-want/) or 503.236.7253.

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Arts & Entertainment

### 16th Annual Mt. Tabor Art Walk



Turtle mosaic by Mark Brody

The much-anticipated Mt. Tabor Art Walk draws visitors from throughout Portland and beyond to enjoy quality visual art and meet artists in their studios, homes and community spaces Saturday, May 20 and Sunday, May 21. 36 talented neighborhood artists will be featured at 21 sites representing diverse media that includes painting, ceramics, sculpture, photography, prints, metal arts, photography, glass, jewelry, book arts, fabric art, mixed media and mosaics.

Among the artists this year are photographers David Leonard and Larry Olson, who capture stunning images of the natural world; Mark Brody, who creates whimsical mosaic sculptures for the garden and interiors; and Mila Raphael, who creates vibrant watercolor portraits of people and places that are inspired by her travels.

The timing of the Walk is intentional to allow visitors to enjoy a beautiful neighborhood at the height of spring. Fueled by sponsorships from local businesses like Art Heads Frame Co., Blind Onion Pizza, The Caplener Group at Windemere Realty and many more, it is an ideal way to support local artists. Spend a day with family and friends, viewing (and perhaps purchasing) high-quality art produced by local SE artists.

The juried show and sale runs 10 am-5 pm both days; no cost to attend. Find additional details, as well as an artist directory, at [mttaborartwalk.com](http://mttaborartwalk.com) and start planning your day.

### Blooms, Birds & Bugs

Sidestreet Arts is going to the birds with their May feature show, “Blooms, Birds, & Bugs,” which opens Thursday, May 4 and runs through Sunday, May 28. As the cold rains of April clear away, experience new beginnings with four very different artists. Ha Austin, Melody Bush, Anna Magruder and Jackie McIntyre present their interpretations of spring, leaving viewers feeling ebullient and ready to welcome the sunshine in.

Ha Austin is inspired by the nature and scenery she sees right outside her window during her travels and while surfing the internet. She creates her porcelain tableware both on and off the potter’s wheel, making beautiful functional ware designed for daily use. She decorates her forms by drawing, painting underglazes and carving on the greenware to create whimsical designs. Since she mixes her own glazes and fires the pieces in a kiln to 2,350 degrees, her ceramics are dishwasher and microwave safe.



Melody Bush discovered using books to make art by accident. In 2018 she was looking to purchase a t-shirt to wear in the school library where she worked and came across a book with the edges folded into the word “READ.” After some research, she discovered book art and began creating her own works of art by hand, one page at a time. When carving books, she uses an Xacto blade or scalpel. All the books she alters are used and primarily older books that only have illustrations. Books about flowers and birds are her favorites.



Anna Magruder’s favorite subjects are people, animals and whatever lies between. Drifting between realism and surrealism, she explores vintage America, re-imagining the lives and stories of characters on canvas or just exploring the emotional color of faces. Her attraction to faces, people and the stories behind them is a consistent theme in her work. A mild deficiency in her own ability to recognize faces influences her focus on facial features in art as a way of working through this and exploring what makes each person unique.



Jackie McIntyre first started painting crows a few years ago. Watching, photographing and then painting them has helped McIntyre to realize just how intelligent they are. All of her paintings are derived from her own photographs. Through her work, she has been fascinated to learn that people either love or hate these amazing creatures and she enjoys hearing crow stories people tell her when they see her art. Her love of crows led her to install a backyard bird feeder, leading to a wider appreciation of all the local birds that come to feed from it.

Sidestreet Arts, 140 SE 28th Ave., is open Thursday-Sunday 12-5 pm and online at [sidestreetarts.com](http://sidestreetarts.com). Meet the artists and chat with them about their inspirations and ideas behind their artwork in the gallery for the First Friday Artwalk 5-7 pm on May 5.

### House of Hamill Performs



House of Hamill by Sarah Snyder

Portland FolkMusic Society presents Allentown, PA-based House of Hamill Saturday, May 20. The trio consists of husband and wife Brian Buchanan (guitar), Rose Baldino (fiddle) and Caroline Browning (bass). Whether they’re ripping through a set of original jibs and reels, adding lush three-part harmonies to traditional folk ballads, or cracking up an audience with stories from the road, House of Hamill puts on a show that captivates audiences from the very first note.

Their debut album, *Wide Awake*, full of original compositions, was released in 2016, followed by *March Through Storms* in 2018. Their latest release, *Folk Hero* (2021), captures the energy of their live performances with more original compositions, reimagined folk ballads and new songs that showcase their versatility with their signature three-part harmony.

Get your tickets to experience them in person at [portlandfolk-music.org/Concerts](http://portlandfolk-music.org/Concerts). Doors open at 7 pm for the 7:30 pm concert at Reedwood Friends Church, 2901 SE Steele St.

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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.

# Find Gold in Your Daily Life

Are you aware of how much time you spend worrying about the future or ruminating on the past? Or judging yourself or comparing yourself to other people (for better or for worse)? Or clinging to something that you want or rabidly denying something that may be true? This is the nature of our minds—ping-ponging between past and future, comparing ourselves to others, craving things that are pleasurable or denying things that are unpleasant or uncomfortable.

Mindfulness has become an increasingly popular term and, as with anything that becomes mainstream, it can become distorted so I'd like to explain a little about mindfulness and the value of connecting to your body in the present moment so that you can reap the benefits.

If you are stuck in the pinball machine of the mind you may be missing out on a lot of life's richness. Mindfulness is about noticing when you are stuck in this machine and helping yourself become unstuck and return to present moment awareness of what is happening right now. The present moment is where life is happening at all times. This is

where the gold is.

What is the gold? The gold is in your daily life experiences. The warming and aromatic ritual of your morning coffee. Waking up in a home that is safe and warm. Being able to move around independently. Having a loved one nearby who cares about you. Being able to go outside and feel the warmth of the sun on your skin and see verdant green trees and buttery spring daffodils emerging from winter. Having plenty of oxygen to take long nourishing breaths.

The gold is also being available to all of life, even the hard parts. Being able to cry when you feel sad or are experiencing grief is healthy. Allowing yourself to feel anger or to be emotionally messy is valuable. Accepting your vulnerability with tenderness and care is essential.

Feeling pain or discomfort is an inevitable part of being human. But there can be a fear that, if you allow yourself to feel pain, you won't be able to escape it. The truth is, if you can allow yourself to feel pain and let it move through you, you will get past it. When you fight to suppress pain, you prolong it.

In order to be able to take in pleasurable experiences or to recognize and absorb daily pleasures, it is helpful to disarm your defenses. Mindfulness practices help you recognize your hypervigilance or attune to thought patterns that create habitual tension in the body. Too much body tension doesn't allow you to feel things that are soft, subtle, joyful,

sensual, pleasurable.

Even if you are experiencing something negative, there is likely something positive that is co-existing with the discomfort. Our brains are trained to focus intently on the negative so that we can avoid threats to our survival, but most negative experiences aren't so dramatic. Our brains may perceive them as terrible and dramatic; more often than not, they are not life-threatening.

Try this. Take a moment to notice what is going through your mind. Is it a worry? A regret? A resentment? Is it something that you've been chewing on for a while? Try changing the channel, just like you would on your TV. What else do you notice in your immediate experience? Actively consider what's positive in this moment in your environment. It could be as simple as noticing your beloved and loyal pet nearby. Or the sound of children laughing. Or the fact that you are feeling relatively good or healthy right now.

Don't stop there. After choosing something positive to focus on, enrich it in your mind. Turn up the volume on the experience by using your senses to enhance the sound, texture, smell, taste or visual. Take five or 10 extra seconds to savor the experience.

Finally, take the pleasant experience in and absorb it so that your body integrates the experience, like adding to your inner savings account. Do this as frequently as you can. You don't need to cling to positive experiences, but the act of noticing, being present and taking in the good will turn into a positive habit that will help you find and integrate the gold in your everyday experiences.

I hope this practice enriches your day-to-day experience!

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# Neighborhood Notes

**HAND**  
By Jill Riebesehl

Plans are shaping up quickly for a temporary, tiny-house village this summer on a long-neglected open space at SE 19th Ave. just west of New Seasons. Organizers envision 10 small single-use pods, plus three support structures for women and/or people who are handicapped. Adjacent neighbors have given their OK. The site, which we call Avalon, is within the jurisdiction of the Portland Bureau of Transportation; the project will be managed by the nonprofit WeShine under the auspices of the county's Joint Office of Homeless Services. The Hosford-Abernethy Neighborhood Association (HAND) has been working on a Good Neighborhood Agreement to guide expectations and provide rules for village participants and its community.

The HAND Board is seeking input from everyone who lives and works in the neighborhood at our May 16, 7 pm general meeting. You can ask questions and share your reactions and views on the Avalon project, as well as the much larger project at the Clinton Triangle proposed by the mayor and approved by City Council April 19. We are hoping for participation by the mayor and/or his office. The meeting location will be announced ASAP on our website ([handpdx.org](http://handpdx.org)), NextDoor and other public spaces.

The HAND Board has requested that the Portland Boundary Commission (whose task it is to divide the city into several geographic districts to meet the needs of the city's new form of government) respect the integrity and borders of neighborhoods in its decision-making. We are look forward to seeing you May 16.

**Montavilla Neighborhood Association**  
By Louise Hoff

Neighbors gathered at Flying Pie Pizza in April for our second big get-together in person since the pandemic. It was a huge success and there is so much to talk about.

Two of our younger neighbors hope that new businesses will return to the empty storefronts on NE Glisan St., not only to create community, but a safer route to school and friends. Others had questions about the many barriers and lines on SE Division St. Others are hosting weekly potlucks for neighbors. One church group is seeking ways to best use rooms in their church.

Neighbors are curious and have so many questions about the new city and county homeless/houseless shelters in Montavilla. Safe Park Village manager, Pastor Minnieweather, Straightway Services, said there might be an update in July. If so, MNA plans to host a meeting so we can ask questions. Meanwhile Bianca Montas, Straightway Services, suggests contacting Jordan McIntyre, Contract Manager. at [straightwayservices@live.com](mailto:straightwayservices@live.com) or [multco.us/shelters/montavilla-safe-park](http://multco.us/shelters/montavilla-safe-park).

On Earth Day, our volunteer clean-up crew joined APANO in a cleanup of the Canton Grill site on the corner of SE 82nd Ave. and Division St., topped off by styrofoam collection in the afternoon. We plan to have another neighborhood large item cleanup/styrofoam collection in the fall as a fundraiser.

The 82nd Avenue Parade, held on April 29, was once again a sparkling feature of our neighborhood.

Now is the time to talk with neighbors, plan and make a flyer for a block party this summer or a late spring yard/plant sale. There is even a block party site online where you can apply for a permit and even request barricades ([bit.ly/PDXBlockPartyPermit](http://bit.ly/PDXBlockPartyPermit)). Once you start, the neighbors welcome it back every year!

The Montavilla Parks & Gardens committee is working on several projects—the Clark Arboretum trees need watering in the summer, live music in the parks and a demonstration of how to create healthier soil in your garden. Lisa Wilcke, our favorite Tree Steward, said she is once again prepared to lead a small tour through Berrydale Park and point out our rare and wonderful collection of trees. One neighbor thought it would be fun to have a brewfest in the park and rename it Beerydale Park, but we'll have to leave that up to Parks & Rec.

**Mt. Tabor Neighborhood Association**  
By David Petrozzi

MTNA hosted our regular monthly meeting April 19 via Zoom. Representatives from the Building Our Future Together campaign gave a presentation on the upcoming proposed tax measure 26-238, explaining that although they are sympathetic on this issue, they think a blanket tax on all Portlanders regardless of income is not the best way to proceed. They suggested voting no on this measure since the way it is worded will impose a tax on all individuals and small businesses, while the largest multinational corporations would remain unaffected. Additionally, the programs already in place to help prevent evictions are well funded and operating successfully with over 9,000 individuals assisted so far this year.

MTNA will be voting on proposed changes to our bylaws to bring our election practices more in line with how our group has evolved. The vote will take place during the May meeting, when we will also hold elections for the MTNA Board.

Finally, we received an update on preserving the historic lampposts and ongoing efforts to refill the reservoirs in Mt. Tabor Park, as well as discussed forming an ad hoc committee to coordinate communications and community outreach more broadly.

Our next meeting will take place Wednesday, May 17, 7-8:30 pm via Zoom. Please find links for this and all of our meetings, under the "Meetings and Events" tab of our website, [mttaborpdx.org](http://mttaborpdx.org).

**North Tabor Neighborhood Association**  
By Kim Kasch

The North Tabor Neighborhood Association (NTNA) met Tuesday, April 18 via Zoom, where we discussed the upcoming Neighborhood Cleanup and the localized property developments in our area.

We would like to invite you to come to the first in-person NTNA meeting in three years. This will take place Tuesday, May 16, 6:30 pm at The Community of Christ Church (4837 NE Couch St.). Doors will open at 6:15, so please come early to grab a cup of tea and a cookie. Bring your ideas for neighborhood events and actions. If you have any questions, please contact us at [board@northtabor.org](mailto:board@northtabor.org).

**Richmond Neighborhood Association**  
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting April 10. Meetings are held the second Monday of the month 7-9 pm except January.

The April meeting was the RNA first in-person meeting at Central Christian Church, 1844 SE Cesar E. Chavez Blvd, although most people attended via Zoom. The RNA is testing out new hybrid meeting technology to allow both in-person and Zoom participation. The link to pre-register for Zoom is on the agenda, which is posted to [richmondpx.org](http://richmondpx.org) and the RNA Announce listserv. To be added to the listserv, email [richmondnasecretary@gmail.com](mailto:richmondnasecretary@gmail.com). We are hoping more people attend in person.

Colleen Carrol, Eviction Representation for All, and Nathan Clark, Building our Future Together, gave FOR and AGAINST presentations on Measure 26-238. It would establish a county wide 0.75 percent capital gains tax to fund a tenant resource program to provide legal representation for tenants facing eviction.

The Board voted to request a 15-day extension for public review and comment on the Environmental Assessment (EA) of the Peaceful Villa redevelopment project at SE 47th Ave. and Clinton St., and for increased accessibility for public review of the EA.

*continued on page 15*

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The RNA board election will be Monday, May 8 and Tuesday, May 9, 6-8 pm each day, at Central Christian Church, 1844 SE Cesar Chavez Blvd. The candidates are Claire Cofsky, Brian Hochhalter, Debby Hochhalter, JoAnne Knowles and Ann Sandvig. Everyone over 18 and who resides, or owns property or a business in Richmond, can vote. Ballots will be sent out to the RNA listserve and NextDoor Richmond. There will be FREE Salt and Straw ice cream May 8 and May 9. For more information about the election and to vote for which Salt & Straw flavor you want, go to [bit.ly/RNAelection](https://bit.ly/RNAelection).

Friday, May 19, 1-4 pm is a Household Hazardous Waste collection at Peaceful Villa, SE 46th Ave. and Taggart St. Accepted items include batteries (including lithium-ion and rechargeable; not cordless tool batteries), sharps and epi-pens, prescription medication (pet meds too) and compact fluorescent bulbs (CFL) but no broken bulbs or fluorescent tubes. NO chemical, cleaning supplies or automobile liquids.

Saturday, May 20, 9 am-1 pm, is the Richmond Spring Cleanup at Central Christian Church, 1844 SE Cesar Chavez Blvd. Bulky waste, recycling (metal, electronics, block styrofoam and peanuts) and reusable items for the U-Price-It rummage sale will be collected; huge plant sale too.

To volunteer at the Cleanup, get paid \$20/hr to transport items with your truck or if you are a senior or are disabled and want pickup service, contact [richmondcleanup@gmail.com](mailto:richmondcleanup@gmail.com). Go to [richmondpxd.org/may20richmondcleanup](https://richmondpxd.org/may20richmondcleanup) for more information.

### South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association meets on the third Thursday of the month. We meet in person and our next meeting will be May 18, 7-8:30 pm. Check our website for the location.

Be sure to save Saturday, June 10 for our neighborhood-wide annual garage sale/garden visits. For up-to-date information about us and how to get involved visit [southtabor.org](https://southtabor.org).

### Sunnyside Neighborhood Association By Gloria Jacobs

Much of the April Board meeting focused on the upcoming May elections which will be held **in person** Thursday, May 11, 7 pm at SE Uplift (3534 SE Main St.). You must be physically present to vote. There are four open seats. No experience required. All residents within the Sunnyside neighborhood boundaries are eligible (whether you rent or own is not relevant), as well as non-resident property owners. You can also run (and vote) if you are the sole designated representative of any business, nonprofit organization, school or church in Sunnyside. Meetings are on the second Thursday of each month. Commitments vary depending on your interests. If you would like to send in a brief candidate's statement for us to post to our website and make available at the election, email [board@sunnysideportland.org](mailto:board@sunnysideportland.org).

The Board approved the new committee charter written by the Land Use and Transportation Committee. You can read the charter at [tinyurl.com/4cbszm88](https://tinyurl.com/4cbszm88). They meet on the fourth Thursday of the month at 8 pm at SE Uplift (3534 SE Main St.). If you're interested in joining, contact [lutc@sunnysideportland.org](mailto:lutc@sunnysideportland.org).

Do you have an event the neighborhood might be interested in? Email [board@sunnysideportland.org](mailto:board@sunnysideportland.org) and we will spread the word on social media.

We are looking for a Newsletter Coordinator. This volunteer role takes only a few hours per month (sending out email reminders, rounding up article submissions and reviewing final layout). This is done with Google Shared Drive and Google Docs. This is a great opportunity for someone looking to get involved on a local level or an aspiring journalist/communications professional. All ages are encouraged (15 years+). If interested, please contact Hannah at [hannahmwallace@gmail.com](mailto:hannahmwallace@gmail.com).

## Cohousing Open Houses

from page 1

and reach decisions by consensus, share work that needs to be done for the upkeep of their community and have organized dinners and happy hours. All of the upkeep, except for the exterior window cleaning, is done by residents who take on regular work assignments, as well as larger ones (think the annual "spring cleaning" individuals may do in their homes). Attendees to the shared dinners split the cooking and share the expenses; happy hours are informal, with whomever is around joining in.

The communal living situation isn't for everyone, Lehman noted, "People can be challenging." She went on to say that the built-in nature of the community is like "living in a dorm," which is great for those who enjoyed it. But for others, it's not a good fit.

To attend the PDX Commons' open house, visit [facebook.com/pdxcommons](https://facebook.com/pdxcommons) for the Zoom link. A listing of all the communities taking part in the open house weekend can be found at [bit.ly/CohoUSopenhouse](https://bit.ly/CohoUSopenhouse). CohoUS also offers a monthly gatherings. Held virtually the 10th of every month, the gathering includes a Cohousing 101 presentation, an introduction to cohousing lingo and ample time to ask questions. Register to attend once, or as often as you like, at [bit.ly/CohousingMonthly](https://bit.ly/CohousingMonthly).

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## Psilocybin Licenses Issued

from page 1

service centers will have to pay an annual licensing fee of \$10,000, while facilitators will have to pay \$2,000 a year to stay in operation, in addition to training costs as high as \$12,000.

The cost of a mushroom therapy session, once all of the licenses have been dispersed and the service centers are up and running, is projected to be anywhere from \$600 to \$3,000.

Met expects that many who will seek out Oregon's psilocybin treatment will come from out-of-state to do so. They will generally be middle class people who have little to no previous experience with psychedelic drugs and who are looking for an alternative treatment for their depression or anxiety.

Met and other potential providers are worried that the costs of the therapy will be too high for some of the people who need it most. The non-profit organization, The Psilocybin Access Fund, hopes to subsidize treatment for selected individuals who are unable to afford it.

Met has promised that Satya Therapeutics will donate the first 3,000 grams of mushroom products they produce to the Psilocybin Access Fund to distribute to these individuals. He also plans to work with veterans groups.

High costs are not the only hurdles the industry has faced. Oregonians opposed to psilocybin services have successfully voted to ban them from 25 of Oregon's 36 Counties. And last month, Synthesis Digital, one of the largest companies providing training to psilocybin facilitators, abruptly terminated all employees and contractors in its Oregon training program after it's Netherlands based sister company Synthesis Institute B.V. declared bankruptcy. That has left 220 trainees unsure of whether they would get their money refunded or whether they would be able to continue their training.

"It's not going to be as big as cannabis," says Met. "You know people aren't going to do mushrooms everyday unless they microdose, and that's not recommended. But it's going to help some people and, to me, if it saves one person's life then I know I did something tangible. They're going to tell me, 'I was suicidal, and it saved me.' There's going to be people saying that."

For more information, visit the OPS website, [bit.ly/OregonPS](https://bit.ly/OregonPS), or call 971.673.0322.

## Alzheimer's Prevention

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rebrospinal fluid and blood tests. Unfortunately, Medicare does not cover the cost of these tests or the available medicines.

The biomarkers they are looking for are amyloid plaques and tau tangles. Amyloid plaques are misfolded proteins that develop in the spaces between nerve cells and begin in the areas of the brain concerned with memory. Tau tangles detach from microtubules and stick to other tau molecules that eventually form tangles, thus harming the synaptic communication between neurons.

"Over the years, many clinical trials targeting amyloids had negative responses, until 2021," Dr. Pierce said, "when the FDA approved aducanumab." After 18 months of investigational treatment, patients had noticeably less amyloid plaque in their brains.

In January 2023, lecanemab came on the market. It may moderately slow mild cognitive decline and reduce amyloid plaques in patients with early AD.

"Studies to prevent tau tangles are being developed in the form of antibodies and vaccines," said Dr. Pierce. The approach is to prevent microtubule-binding (hyperphosphorylation) of tau and stabilize these fragments in neurons and reduce their growth.

Most people have developed active immunities over their lifetime that will prevent them from developing AD. Passive immunity, like antibodies received from mother's milk or medicine, however, has no effect.

Scientists also know more about the risk factor genes. In one percent of all cases there is a mutation to one of three genes that causes very early onset—30s, 40s, 50s. For the other 99 percent there are several genes that have been identified as AD markers. The most common is APOE, a lipid transport protein. The risk of having this gene increases three-fold if a parent has AD—which is stronger in the maternal than paternal family history. You can also carry this gene and never get AD.

What neuroscientists have discovered will make a difference in early detection and intervention in AD. Amyloid accumulates in the brain a decade or more before memory loss symptoms show up.

"Think about what happens in cancer, atherosclerosis, osteoporosis...if we wait to treat until after symptoms appear," said Dr. Pierce. "Intervention prior to dementia (widespread irreversible brain cell loss) may likely have a better chance of changing the course of the disease."

AD is exacerbated by inflammation, not unlike other diseases of modern society. Lifestyle and environment are important. Dr. Pierce recommends a healthy Mediterranean diet, controlling diabetes and hypertension, getting a good night's sleep, protecting your brain (wear a helmet), keeping your mind active and getting regular exercise.

OHSU is doing a clinical study aimed at enrolling 1,400 older adults with normal memory loss and intermediate or elevated amyloid levels. They will do an initial screening based on blood test for amyloid. Participants will receive an amyloid PET brain scan and be given an anti-amyloid antibody—lecanemab—every two to four weeks for four years. To learn more, visit [aheadstudy.org](https://aheadstudy.org).



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## Neighborhood Happenings:

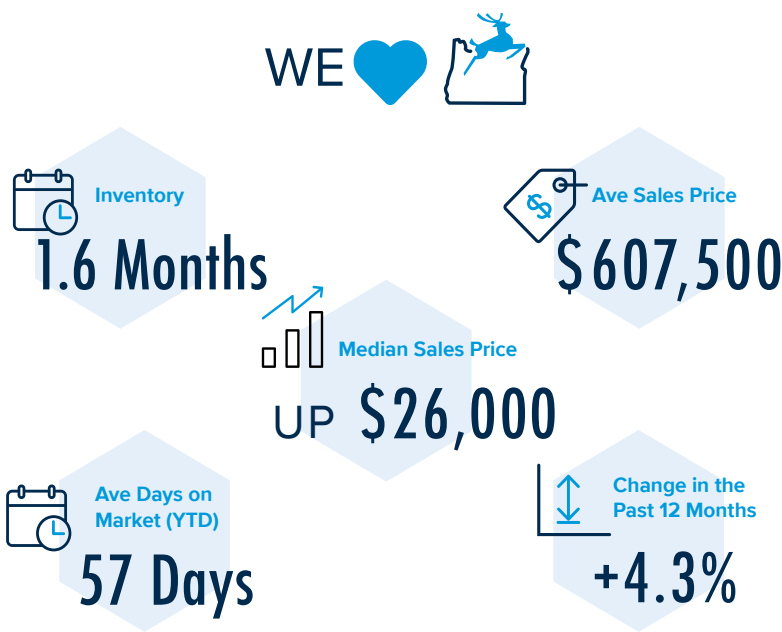
**Mt. Tabor Art Walk**  
[mttaborartwalk.com](http://mttaborartwalk.com)  
May 20-21, 10 am-5 pm

The Mt. Tabor Art Walk is a wonderful opportunity to see quality art and meet some of Portland's local artists right in their studios. Representing all kinds of media, from photography to ceramics to paintings, this is a Portland tradition you don't want to miss!

**Portland Rose Festival**  
[rosefestival.org](http://rosefestival.org)  
Friday, May 26-Sunday, June 11  
Tom McCall Waterfront Park

Declared the city's official festival, this event includes parades, carnival rides, food and drink, art shows and even fireworks on opening night. Open to everyone and sure to be a great time!

## HOW'S THE PORTLAND MARKET DOING?



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