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2023



Crystal Springs Creek currently has no shade but will after the restoration.
Photo by City of Portland/Envirnomentl Services.

Metro Partners with City to Protect Urban Salmon Corridor

By Hannah Erickson

The most recent land acquisition made with funding from Metro’s 2019 parks and nature bond measure and capital funds from the City of Portland are an important step toward creating a continuous protected stream corridor for endangered salmon right in the heart of Portland.

The .7-acre property includes a 240-foot section of Crystal Springs Creek, an ecologically significant waterway designated by the City of Portland as a salmon sanctuary. The spring-fed creek and its cold water supports documented populations of 16 species of fish. It is also where the “Stumptown scud”—a tiny crustacean found only in Portland—was first discovered.

The 2.4-mile creek flows from its source in Reed Canyon on the Reed Col-

lege campus to Johnson Creek and, ultimately, the Willamette River. Along the way, the creek meanders through Eastmoreland Golf Course and Westmoreland Park. This acquisition helps close one of the gaps between these large, protected green spaces.

“This acquisition emphasizes the importance of protecting water quality and wildlife habitat in urban areas as well as rural ones,” said Dan Moeller, Metro’s conservation program director. “It may not be possible to purchase hundreds of acres at a time in urban landscapes, like we sometimes can do in rural areas. But these smaller parcels can be just as critical in connecting existing parks and natural areas, creating greater climate resilience, and developing healthier fish and wildlife populations.”

The property, which historically was part of a farm, was purchased in partnership with the Portland Bureau of Environmental Services (BES). Each agency provided half of the funding for the \$685,000 purchase.

“This small parcel has mighty importance,” said Dawn Uchiyama, Environmental Services Director. “It fills a critical gap and links other restored areas of the creek. Each effort builds on the success of previous investments. It’s amazing to say that Portland is welcoming our wild salmon back home. In the age of climate change, our job is to continue to create and maintain healthy cold-water sanctuaries where fish and other wildlife can find food, shelter, and refuge in Portland’s precious waterways.”

Environmental Services, along with community partners, has been working for years to restore the creek, removing nine culverts and planting streamside trees and shrubs. Those actions improve water quality and allow endangered salmon and other fish to travel freely from the Willamette

Multnomah County’s Proposed Budget

By Marshall Hammond

Concerns over homelessness, crime and behavioral health are at the forefront of Multnomah County Chair Jessica Vega Pederson’s proposed annual budget for fiscal year (FY) 2024. The \$3.5 billion budget was made public on Thursday, April 27 and “focuses on urgent issues around homelessness, animal services, behavioral health and public safety” according to a county press release. In broader terms, Pederson says the budget is designed to push Multnomah County towards a post-COVID-19 economic recovery.

Among the budget proposals are increased funding to the Sheriff’s Department, District Attorney’s Office, Health Department and Joint Office of Homeless Services (JOHS).

Although this year’s proposed budget is a 5.4 percent increase over last year’s adopted budget, the increases were limited by spending constraints. This fiscal year the county is facing a \$2.6 million deficit that is expected to rise to \$10.8 million by FY 2028.

Multiple factors have contributed to the deficit. The county has lost tax revenue as businesses have left the area, often citing theft, vandalism and safety concerns. The county is also seeing a decrease in fees charged for real estate transactions and an increase in delinquent property taxes due to rising levels of inflation.

And now that the federal government has declared an end to the pandemic state

of emergency, funds from the Coronavirus Aid, Relief, and Economic Security (CARES) Act and other sources are drying up, including a loss of \$113 million in American Rescue Plan (ARP) funding.

Pedersen wants to continue some programs that have run out of federal funding with “mostly one-time-only funds to continue critical safety net programs that support housing stability, behavioral healthcare and culturally specific wrap-around services.” This includes \$17 million for shelter beds that were opened during the pandemic.

One of the largest items on Pederson’s budget is \$280 million in funding for the JOHS to pay for “housing placements, rent assistance and support and support an ongoing expansion of congregate, alternative and motel-based shelters and street outreach work.” Much of that funding comes from the Metro Supportive Housing Services Measure 26-210 that voters passed in 2020. The measure allowed for increased funding for homeless services by imposing a one percent income tax on higher income individuals, households and businesses. However, in 2023 \$42 million of the funds allotted went unspent “due to the endemic staffing crisis among its providers,” according to county officials.

Pederson has called the underspending unacceptable and pledged to make changes to correct the issue, as have city officials. A new Director of the JOHS, Dan

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Outdoor Shelter Experiment to Open in Hosford/Abernethy

By Nancy Tannler

On July 1, the Gideon Street encampment located near SE Powell Blvd. and Milwaukie Ave. will open. This is one of several Safe Rest Villages the city is constructing to move illegal street campers to a place designed to help them progress toward permanent housing. Safe Rest Villages are funded by the American Rescue Plan to help Portland recover from the inordinate amount of homeless people here.

Hank Smith, Policy and Communications Advisor for Mayor Ted Wheeler, gave an update on how Gideon Street is proceeding at a recent Central Eastside Industrial Council (CEIC) meeting. This gave business owners and residents from the area another chance to voice their concerns and hopes about this approach to moving people off the streets.

Smith said there will be 140 pods and 20 covered tent platforms plus restrooms, showers and laundry facilities. The maximum number of residents is 200 and pets will be allowed.

In order to keep people from just hanging out around the site, clients will need to be referred by city, county and community-based partners; they are still figuring out what the policy for this will be. It is a low barrier shelter so no criminal background checks are required, which makes it easy to get into.

The city has signed a contract with Urban Alchemy, a company that began in San Francisco in 1997. The philosophy is that the answer to poverty and desperation can’t be addressed by the same approach that is used to tackle crime.

Many of the employees have lived rough lives themselves and understand what is going on with individuals in the throes of a psychotic or emotional breakdowns. A frightening experience to encounter for most people, the employees of Urban Alchemy are trained to diffuse these situations, similar to Portland Street Response.

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

I must submit these columns a week in advance, which can be dangerous when things in politics change fast. Prior to submission, I wrote this column many different ways. I have gone from being disappointed to sad to angry and then resigned and then feeling all those emotions all over again. I went back and forth about what to say and how to say it. Here is where I am at.

Imagine putting your heart and soul into something like hospital staffing or a solution to drug pricing that you worked on for over a year with many people and groups in multiple meetings just to have it all amount to nothing because the process gives the minority party veto power over a few bills that they really don't like so everything that is worked on is jeopardized.

As you may have guessed I am talking about the fact that we have yet another "walk out" from Senate Republicans preventing us from legally legislating and passing bills. I get that the Republicans are upset and don't like abortion (HB 2002) and gun safety (HB 2005) bills, but they didn't win majorities in the last elections in part because of these issues and a few others. (I was proud to vote yes on these bills. I am one of the chief sponsors of HB 2002.)

The Senate cannot go about its daily business without a two-thirds quorum present, meaning that 20 out of the 30 senators must be in the chamber for a bill to go to a vote. Since there are only 17 Senate Democrats, no vote can go on without at least three of the Republicans showing up. The same rule applies in my chamber, the House.

The Republicans are claiming that they are skipping work because bills aren't passing a "readability test," an obscure 1979 law that requires legislation to be written at an eighth or ninth grade reading level. By the way, they've had no issues with the readability of the other bills we've passed throughout the session. Conveniently, they started pulling this gimmick just in time to delay work on HB 2002 and HB 2005.



My colleagues and I had hoped that the passage of Ballot Measure 113 would allow for some protest but would keep them from using the quorum rule to veto bills that they didn't like and eventually bring them back to work. That measure says if you miss more than 10 days without an excuse you are ineligible to run for re-election. It passed this past November with 68 percent of voters saying "yes." Maybe not every Senator wants to keep running and serving but we thought enough would.

My colleagues and I have worked hard on the abortion and gun safety legislation. Both bills were created with community input, bringing together stakeholders from across the state. Most Oregonians believe that our state should be a haven for people to make the health care decisions that are right for them and given the amount of gun violence in our country, they would like us to do something about that, too. Republicans clearly don't agree, and that's fine, but they were elected to represent their constituents' values within the legislature, not from their homes.

We've seen this tactic before, in 2019, 2020 and 2021. It's becoming the Republicans routine play whenever they see bills they don't like. They killed bills that would have strengthened vaccination requirements, capped greenhouse gas emissions and strengthened gun safety laws. The minority party should be able to voice their opposition and protest legislation they don't agree with,

but they shouldn't be able to derail entire legislative sessions.

Our legislative process is supposed to be a majority rule system. The minority party cannot continue to use the quorum rule to veto the will of the majority if we are going to have a functional democracy.

So here is the thing, I support not giving in and letting these two bills and others die this session. It will mean in the short run very little is accomplished. We cannot keep letting the minority party hold this whole state hostage and kill bills using the quorum rule that they don't like when a majority of elected leaders want to pass something.

The Senate Republicans have already walked off for more than 10 days. Many of them are now no longer eligible to run for reelection. Again, in the short run it means those two bills and a lot of others that are not as controversial die; but we get to test the law that just passed that says if you have 10 or more unexcused absences you may not stand for re-election.

It sucks in the short run because a lot of other less controversial bills die too but we must let Ballot Measure 113 play out and get out of this cycle of the minority vetoing things they don't like every session by not showing up to work.

If Ballot Measure 113 doesn't work, I suspect we will take another run at the quorum rule. Most states have a half plus one quorum rule. We may just have to join them. Stay tuned.

SE

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PPS Nutrition Curriculum Changes

By Sophie McEwen, Franklin High School’s *The Franklin Post*

Of all the Portland Public Schools’ (PPS) health curriculum, the nutrition portion has received the most criticism from students and parents at all levels of education. Students across PPS have been asked to calculate their body mass indexes, learned about the addictive nature of sugar and have had to turn in personal daily meal and calorie trackers to their teachers for a grade.

Franklin senior Vaughn Dillender-Kinast expressed concern with the health curriculum, saying that the curriculum should be reworked. Of the health curriculum he says, “[The curriculum] doesn’t go out and say you have to be skinnier, but it says you have to be healthier. And of course [most people] in the society we live in...think that healthier is skinnier.”

Dillender-Kinast’s sentiments were echoed by an anonymous Franklin student whose mental and emotional health took a hit from the existing curriculum, “the health curriculum’s emphasis on calorie counting and eating a certain way damaged my view on eating and caused me to struggle with unhealthy food habits and restriction for years.”

“There’s really some alarming stories about young children coming home and not wanting to eat because they’re afraid they’re not going to eat the right thing,” says Susannah Lightbourne-Maynard, the PPS K-5 Health

Teacher on Special Assignment (TOSA). In response to the many complaints, PPS is currently in the process of working to adopt a new nutrition curriculum for all grade levels. Lightbourne-Maynard has been at the head of this curriculum adoption.

According to PPS Assistant Director for Health and Adapted Education Jenny Withycombe, “[PPS] actually could not find a single vendor whose nutrition education curriculum meets the needs that [PPS is] looking for and speaks to ... exactly what our students have said they wanted.” Because of this, the curriculum change goes beyond adopting a new pre-existing curriculum and all the way to PPS drafting a new curriculum.

The new curriculum intends to turn away from MyPlate (a meal and nutrition tracking program) and weight/food shaming and open doors for young students to explore the world of food and nutrition in a positive and healthy way. Lightbourne-Maynard explains that the curriculum will be, “more culturally affirming, more developmentally appropriate ... more joyful, more connected to food and where food comes from. [The curriculum will] remove the stigma around food choices... [and be] more trauma-informed around disordered eating and eating disorders.”

In third through fifth grade, the curriculum will focus on in-

roducing students to different food activists and learning about fighting for freedom and food rights. The idea is to provide an advocacy perspective to the way that students think about food. This will be carried through all of the years of health education, pushing students to think critically about food access. In terms of high school nutrition curriculum, there is some difficulty, as there isn’t a particular set curriculum at the moment according to Lightbourne-Maynard.

The current timeline envisioned for the curriculum adoption is piloting in schools sometime from January to June of 2025. After time to make necessary revisions, full adoption of the curriculum is projected for 2026. In the meantime, health teachers will continue to teach nutrition in whatever way they see fit with the standards they currently have.

PPS seems to be on the right path, but students want them to be vigilant about providing realistic and respectful standards; listening to student feedback; and setting teachers and students up for success. Lightbourne-Maynard wants students to know, “[PPS has] really been listening ... I think it can be really hard to be a student and feel like the wheels are turning really slowly or like no one’s hearing you.”

For a look at the current full K-12 Health Education curriculum, visit pps.net/Page/16164.

Five Tips for Combating Inflation

By Kris McDowell

Inflation has been squeezing Americans’ budgets and, although the overall inflation rate has fallen recently, the increased cost of all facets of life are still causing struggles for many people. We can’t stop purchasing food or paying our monthly bills but there are ways we can explore how to stretch our dollars. “We may not control inflation, but that doesn’t mean we’re completely helpless in our high-price environment. There are tools and tricks to help people keep more money in their pockets,” said Amy Maliga, financial educator with the nonprofit Take Charge America.

Cashback apps and cards

Apps like Rakuten, Ibotta, Honey and DollarSprout Rewards let you earn cash on expenses like groceries, clothing and gas. They work on mobile devices or computers, with some that can connect to a digital payment method. Cashback credit cards offer anywhere from one to five percent back on various purchases. Just be sure to pay off your credit card balance in full every month to avoid interest or other fees.

Online grocery shopping

If you find you often make impulse buys while grocery shop-

ping, avoid the temptation by purchasing your groceries online. Many major grocers, including Fred Meyer and Safeway, allow customers to shop online and pick up their grocery orders curbside. Other services like Instacart will go to the store for you and deliver the groceries to your door. While online platforms have fees associated with their services, if the costs you add to your grocery bills with impulse buys are greater, online ordering might be a better option for you.

Negotiate bills

When was the last time you assessed your monthly bills? Even if your bills haven’t increased, it is worth calling service providers to inquire about deals available to existing customers. PGE, for example, offers a Peak Time Rebates program. Participants in the program can earn rebates on their bills by allowing PGE to shift their energy use during peak times, when energy demand and prices are the highest. For situations where multiple providers are available (i.e. phone, cable or internet), by exploring new providers you may be able to lock in lower rates.

Explore gig work

Bringing in more cash can

ease inflation stress. Gig work allows you to earn money outside your regular job. There are usual suspects, like ride-hailing services Lyft and Uber, as well as food delivery services like Grubhub or DoorDash. You may also want to consider on-demand stuffing app Quick or freelance site Fiverr for other options.

Use your library card

The public library is a goldmine of money-saving opportunities. Not only can you borrow books, movies and music for free, you have access to online reading sites like Overdrive. The Multnomah County Library system has over 20 locations (some of which are currently closed for renovations) and offers a variety of resources. Explore all of it at multcolib.org.

Take Charge America was established in 1987 and offers financial education and counseling services including credit counseling, debt management, housing counseling and bankruptcy counseling. More than two million consumers have received help from the nonprofit to manage their personal finances and debts. Access their budget tools and more resources at takechargeamerica.org or call 888.822.9193.



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Watering During a Heatwave

By PORTLAND NURSERY

Hot weather will likely be arriving before long and we have some important tips we wanted to share with you so you’re ready.

Tips for Watering

Watering deeply BEFORE high temperatures arrive is ideal. For most plants, watering in the morning or evening is best. Getting water on leaves will not cause burning. It can abet fungal diseases in some plants (roses, squashes), so watering most plants in the morning is ideal.

Adding a layer of mulch to soil surfaces helps to maintain moisture in the soil.

Moving some plants into shady areas or setting up shade cloth for the duration of the heatwave can help.

New Plantings

Newly installed plants are among the highest priorities for watering during a heatwave. These plants have not rooted into the ground completely and are at a greater risk of drying out during times of excessive heat. Water new plantings deeply, using soaker hoses, drip systems or sprinklers.

Deep watering entails watering at a slow pace for long enough that the water soaks deep into the soil, where the roots are. Often this means watering for 30-60 minutes at a time, two to three times each week, until plants are established. When temperatures normalize, continue with deep watering, but back off to one to two times each week.

Tree bags are fine to be used for newly planted trees, but only for short periods of time. They should be removed between waterings to avoid causing rot at the base of the tree’s trunk. Tree bags are not effective for watering established trees because the roots of a mature tree extend far beyond the trunk.

Shading newly planted areas with umbrellas or shade cloth can really help to reduce heat stress.

Containers

Plants in containers dry out faster than plants that are growing in the ground, and during a heatwave they may need watering more than once a day.

When you know an extreme hot spell is coming, it can help to move smaller containers into shaded areas just for the duration of the hot weather. Hanging baskets can be helped by placing them on the ground.

Hanging baskets and containers of annuals lose a lot of their nutrients when they’re watered this often, so it’s a good idea to fertilize after the heatwave is over.

Established Plantings

Even the most established plants in our gardens appreciate a deep soaking a few times during summer, and indeed fortifying them with a long slow watering before a heatwave is a good idea. It’s important to apply water to the whole root zone, which reaches at least to the dripline of the plant.

Use a soaker hose or sprinkler for 30-60 minutes at a time. During normal summer temperatures, this type of watering can happen every two to three weeks. In times of extreme heat, one to two times each week may be necessary.

Know your plants, though! Some plants prefer almost zero water during summer (manzanita, Ceanothus, madrone and cistus) and others wilt even when they have ample water (hydrangea, rhododendron). So adjust watering accordingly.

Veggies & Fruits

Vegetables and fruits that

are developing fruit during a heat spell need regular watering to ensure good production. Vegetables typically require daily watering during summer weather, but may need a second watering when temperatures are extremely high.

Lettuces and other leafy crops can be kept from bolting (going to seed) by misting or watering their leaves in the afternoon.

Tomatoes prefer even and consistent watering to help curb Blossom End Rot, so try to keep them evenly moist. Adding lime to soil when planting, and spraying with Fertilome Yield Booster can help to correct calcium deficiency and prevent Blossom End Rot. Sprays should only be applied when temperatures have dropped below 85 degrees.

Helpful Products

Soaker hoses are a great way to deliver water at a slow pace, allowing it to sink deep into the soil where roots are located. It can take time for water to seep in, so soaker hoses should be turned on for at least 30 minutes at a time.

They work best on even ground, should be no longer than 100 feet to be effective and should be placed in such a way that water reaches the entire root zone. Hoses operate well when water pressure is lower, so don’t crank the faucet up too high.

Adding shade cloth to help keep the air temperature down and reduce transpiration is a great idea. It’s often just needed during the duration of the heat spell and can be removed when temperatures normalize. It’s very helpful to use when plants that prefer shade are accidentally planted in sunny sites.

The shade cloth that we carry at Portland Nursery will block 70 percent of sunlight. We offer several colors, and they are all equally effective—the color choice is completely aesthetic.

If you want to give plants a bit of TLC after a heatwave passes, applying Maxicrop Liquid Seaweed to the leaves is a good idea. It provides a light blend of nutrients and trace minerals that will provide a bit of nutrition while plants recover.

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to guarantee the maintenance, cleanliness and security of the site. There will be one guest coordinator per 15 residents and one care coordinator per 20 residents. There are rules that residents must follow—they must sign in and out; no visitors; zero tolerance for weapons; and no fires or cooking. There will be provisions for two meals and one snack a day.

The goal of the Safe Rest Villages is to develop health and housing plans for each client and create a next step to permanent housing and connection to a more stable life. Finding housing and jobs has become impossible for most of them on their own due to mental and physical health issues. The overriding strategy is to reduce camping on the streets.

Smith said Safe Rest Villages are meant to be temporary housing with the hopes that a client will only need to stay for three months to a year. But there is no time limit. The Villages are an experiment and the city is looking at a three-year trial period.

How Gideon Street will impact the surrounding Hosford/Abernethy, Brooklyn and Central Eastside communities was discussed at the meeting. Smith said the city is working with these communities to draft a Good Neighbor Agreement with specific commitments. These include no camping within a 1,000 ft. perimeter and possibly beyond; prioritized response from the Impact Reduction Program (campsite removal and cleanup); dedicated outreach worker to patrol the area daily; and a "Problem Solver" group to alert neighbors if anything comes up.

Since the Gideon Street encampment is on a Safe Routes to Schools path as well as an off



Gideon Street site as of the end of May. Left photo as seen looking south; right photo as seen looking west. Photos by Kris McDowell.

street path for cyclists, the hope is that these precautions will keep the area safe for pedestrians, too.

Residents and businesses in the neighborhoods surrounding Gideon Street expressed concern that this will lower property values. There was discussion about compensation such as lowering property taxes. This is a matter the Board of Equalization or Multnomah County Property Tax Appeal Process would need to decide.

When the doors open at Gideon Street and other Safe Rest Villages throughout Portland, the clients living there and the residents of the neighborhoods

will begin a cultural experiment. Whether it will be successful depends upon how cooperative all those involved can be.

Once Gideon Street is up

and running there will be a phone number activated that people can call with concerns. For more information, visit bit.ly/PDXSafeRestVillages.

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Beware of Cyanotoxins in Lakes and Rivers

As summer gets into full swing, the Oregon Health Authority (OHA) reminds people heading outdoors to enjoy Oregon’s lakes, rivers and reservoirs to be on the lookout for potentially toxic cyanotoxins. Cyanotoxins are produced by cyanobacteria, a beneficial bacteria found in freshwater worldwide. The bacteria is beneficial, but under the right conditions—warm weather, sunlight, water temperature, nutrients and water chemistry—it can produce cyanotoxins that make people and animals sick.

Exposure to cyanotoxins occurs when water is swallowed while swimming or breathing in water droplets during high-speed activities such as water skiing or wakeboarding. Children and pets are particularly sensitive because of their size and activity levels. Dogs can get extremely ill and even die within minutes to hours of exposure to cyanotoxins by drinking the water, licking their fur or eating the toxins from floating mats or dried crust along the shore.

Symptoms of exposure to cyanotoxins include diarrhea, cramps, vomiting, numbness, dizziness and fainting. If these symptoms occur for more than 72 hours, people should seek medical attention to avoid dehydration. Dogs will exhibit symptoms quickly, after the first hour of exposure, and should be taken to a veterinarian as soon as possible when symptoms (including breathing problems, difficulty walking/standing or loss of appetite) are present. Although cyanotoxins are not absorbed through the skin, people with sensitive skin can develop a red, raised

rash when wading, playing or swimming in or around a bloom.

Only a fraction of freshwater bodies in Oregon are monitored for cyanotoxins. For this reason, it’s important for individuals to carefully observe any body of water they choose to recreate in before jumping in.

OHA recommends that everyone stay out of water that looks foamy, scummy, thick like pea green or blue-green paint or where brownish-red mats are present. Additionally, since blooms can also wash up on the shore, avoid areas with algal mats that are either attached, floating or stranded on the shore. Find pictures of algae blooms at bit.ly/OHAAAlgaeBlooms and on OHA’s YouTube video, “When in doubt, stay out” at bit.ly/OHAAAlgaeBloomVideo.

Even then, looks can be deceiving. Certain blooms can grow on or near the bottom of lakes and rivers. While some of them make and release toxins into the water, they don’t change how the surface of the water looks, making them hard to see.

Recreational areas where blooms are identified can still be enjoyed for activities such as camping, hiking, biking, picnicking and bird watching. With the appropriate precautions, water activities like canoeing, boating and fishing can also be enjoyed as long as speeds do not create excessive water spray and fish are cleaned appropriately.

To learn if an advisory has been issued (or lifted) for a specific body of water, visit the Harmful Algae Bloom website at bit.ly/AlgaeBloomAdvisory or call 877.290.6767.

Call for Architecture, Trades and Construction Volunteers

The City of Portland Bureau of Development Services (BDS) is currently seeking licensed construction, engineering, architecture and trades volunteers who align with the core values of anti-racism, equity, collaboration, transparency, communication and fiscal responsibility for their Empowered Communities Program.

The program supports Black, Indigenous, people of color and persons with disabilities who have received a violation letter from the City of Portland regarding the building permit process. The homeowners in the program have needs like plumbing and electrical repairs and upgrades; tiling the floor and shower of a bathroom; repairing or replacing an asphalt driveway; or drafting plans for a deck.

People with skills and an interest in volunteering their time are encouraged to fill out the volunteer form at bit.ly/BDSvolunteering. BDS will be in touch if they have a client that is in need

of the services you can provide. If you accept, you’ll work directly with the client.

BDS also helps clients in the program research and understand code requirements; outlining the scope of work to meet code requirements; and by being a resource during the permitting and inspection processes. Understanding that permit fees may create a barrier, BDS will try to connect clients with city and community resources for fee reduction. Priority is given for health and safety improvements of low income clients.

For more information or with questions, email empowered@portlandoregon.gov or call 503.823.7300 Monday-Friday 8 am-5 pm. If you are a low income Black, Indigenous, person of color or person with disabilities property owner who received a violation letter (or know someone who did), find information about receiving help through the program at bit.ly/EmpoweredCP.

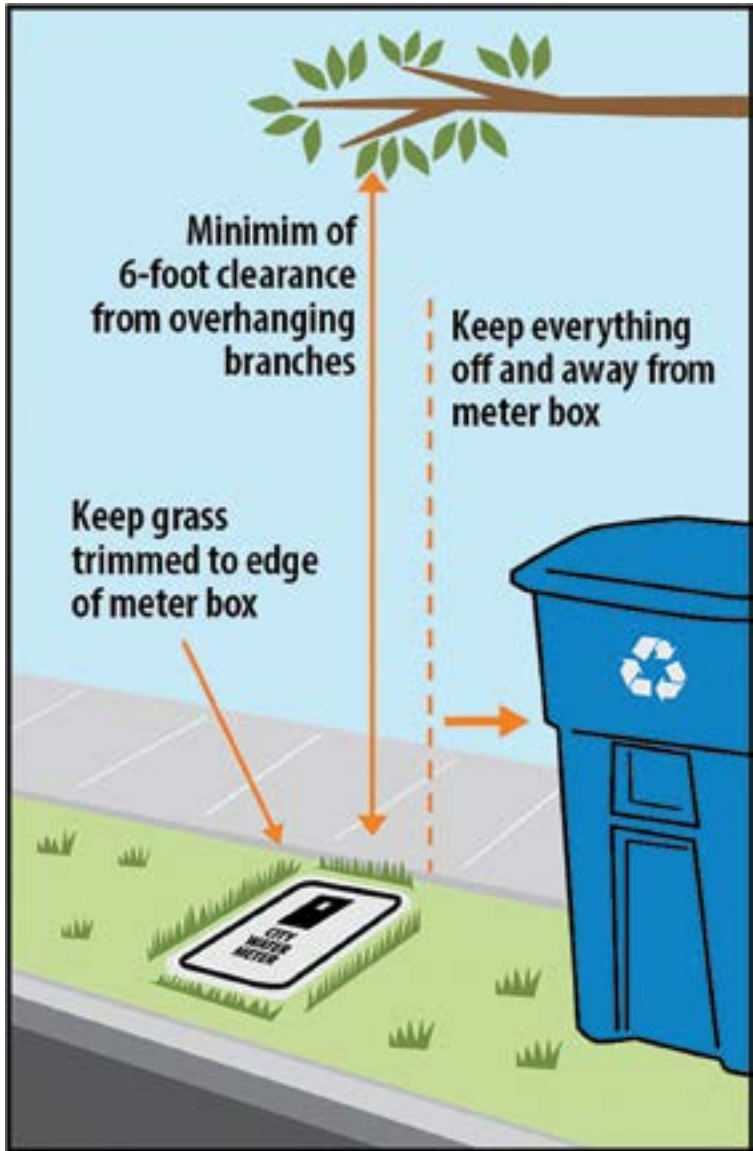
Keep Your Water Meter Clear

Now that spring has sprung and grass and plants are growing fast, it’s a good time to make sure to maintain the planting area between the sidewalk and the street, taking particular care to make sure the area around your water meter isn’t overgrown. Water Bureau field staff need to be able to locate and read your water meter regularly but if it is blocked, they can’t do their jobs.

Generally water meters are located in front of a house or business on the street side of the sidewalk or inside a meter box that is set into the sidewalk or flush to the ground. The city recommends keeping the grass trimmed to the edge of the meter box; removing all branches hanging lower than six feet over the meter box; and keeping everything off the meter box, including trash cans and recycling bins.

If parked vehicles, overgrown plants, yard debris and construction materials prevent meter readers and maintenance crews from doing their jobs, a take will be placed on your door.

For questions about your water meter, call customer service at 503.823.7770 or email PWBCustomerService@portlandoregon.gov.



Apply Host a Block Party

Block parties are a great way to connect with neighbors and the Community Safety Division at the Portland Office of Management & Finance is now accepting applications for Party On, Portland (POP)!. POP! takes place Tuesday, August 1-Monday, August 14 and allows neighbors to shut down local traffic service streets and receive waivers on noise variance permits for block parties. Throw a party for all your friends’ pets, host a marathon of all your favorite movies, challenge your neighbors to a chili cook-off, see who has the best moves with an all-ability dance party and just about any other kind of event you can imagine.

Apply by Friday, June 23 at portlandoregon.gov/civic/81794, providing your contact information and details about the event that you are organizing. The form includes information about ob-



taining a street closure permit and noise variance (for events with amplified sound including above average levels from voices, music, games/events, etc.).

In addition to hosting events on neighborhood streets, there is also an option to organize an event at a city park (these may require additional fees or permits), receive advertising support for your event and request a visit from city safety partners (park

ranger, PPB officer, firefighter and more).

Portland Parks & Recreation will also allow one free event permit per neighborhood association during this time. Park fee waivers are for events sponsored by neighborhood associations only, once per year.

Questions about the POP! Program can be directed to King Tran at King.Tran@portlandoregon.gov or 971.235.9001.

Abernethy Teacher Receives Award

Caryn Anderson, fourth grade teacher at Abernethy Elementary School, was one of four winners of the 2023 OnPoint Prize for Excellence in Education Educator of the Year awards. Each recipient of the award will have their mortgage or rent paid for one year and receive \$2,500 for school resources and supplies.

The campaign was launched by OnPoint 14 years ago and celebrates those who embrace inno-

vative teaching techniques that ignite enthusiasm in the lives of their students. “Educators have a profound impact on their students, as well as their entire community,” said Rob Stuart, President and CEO, OnPoint Community Credit Union. Nominees are evaluated on four criteria: creativity and enthusiasm, teaching methods, community impact and diversity, equity and inclusion.

Anderson balances individ-

ualized attention with an inclusive classroom environment. Her peers say she gives every student a voice, parents say she catches students who might otherwise fall through the cracks and her students see her as an ally when they need to share personal information with their families and friends.

For more on Anderson, and all this year’s recipients, visit onpointcu.com/onpoint-prize.



Join a Community Committee

SE Uplift invites community members to make a difference each month in neighborhoods throughout the SE Uplift district by joining one of their new or existing community committees. All meetings are currently taking place via Zoom on weekday evenings.

Their new committees are Climate Justice Action and Civic Engagement. Climate Justice Action will be working at the intersections of climate and social justice in SE Portland and beyond to build urban resiliency amidst a changing climate. They meet every second Monday, 7-8 pm, with the next meeting taking place June 12.

Civic Engagement meets every fourth Thursday, 7-8 pm, to curate programming that encourages participation in governmental policy decision making, and provides a forum for public discourse on civic topics that matter to the lives of SE Portland residents and beyond. Their next meeting is June 26.

Existing committees looking for new participants are Houselessness Action, a community exchange forum and action catalyst for inner SE, and Land Use & Transportation, a way to stay informed about sustainable land use and transportation developments in the district and beyond.

Learn more about House-

lessness at seuplift.org/se-uplift-houselessness-action-committee; they meet every fourth Monday, 5:30-6:30 pm. Houseless Action Committee Chair Stuart Zeltzer can be reached at seuplift.hac@gmail.com to answer questions or supply agendas and archived meeting notes/agendas.

Details on Land Use & Transportation, meeting the third Monday of the month, 7-8 pm, at seuplift.org/se-uplift-land-use-transportation-committee. The next meeting dates are June 19 and 26 respectively. For questions, agenda requests or archived meeting notes/agendas, contact Matchu Williams at matchu@seuplift.org or 503.232.0010.

County Has New Heat Tool

The Multnomah County Health Department has a new tool to better respond to extreme heat: the Heat Vulnerability Index (HVI). Extreme heat events are becoming more severe in Multnomah County. They are happening more often, lasting longer and growing in intensity. The resulting risk of heat-related illness and death is a serious public health concern for county residents.

Since the June 2021 heat-wave when temperatures reached 116 degrees, the County has been working to develop strategies to better identify the people at greatest risk, keep people safe in their homes and develop a collaborative system with other agencies and community-based organizations to focus on outreach and response. The HVI builds on similar tools to help the community prioritize and guide extreme heat response and long-term planning, incorporating current literature on the health impacts of extreme heat and climate change.

“The last two summers have taught us just how dangerous heat is. Now is a good time to make a plan to stay cool,” said Brendon Haggerty, Healthy Homes & Communities manager. “I hope the HVI is helpful for all the responding agencies for heat-related emergencies.” The HVI assesses heat vulnerability at the population-level, using three key factors: sensitivity to heat

and illness; exposure to extreme heat and the elements of our built environments which regulate temperature; and the capacity to adapt to extreme heat and lessen harm.

The interactive tool displays how heat vulnerability, sensitivity, exposure and adaptive capacity differ throughout Multnomah County. The tool also includes the 19 indicators used to build the index. By making this tool available to the public, it can be used to help health and service organizations make long-term investments to reduce heat impacts and short-term response plans during heat events.

“Our Environmental Health team has done some great work with the improved HVI tool and I know it will help us tackle these big challenges in an even more data-driven fashion,” said Valdez Bravo, Health Department interim director. “These are really great tools to have as part of our decision-making and strategies.”

The HVI will allow the county, cities, partner agencies and community-based organizations, including culturally specific and culturally responsive organizations, to make coordinated, geographically-targeted outreach efforts to help keep people most at risk safe in their homes. It can also help prioritize outreach to houseless individuals.

“Heat can kill people out-

doors and in their own homes. Tragically we learned that in the last few years,” said Jessica Guernsey, Public Health Division director. “This tool will help save lives and is an example of core public health work in Multnomah County.”

The HVI, which can be accessed at bit.ly/MultCoHVI, displays our area in map form with heat vulnerability percentiles indicated by colored blocks. Filters can be applied to determine “sensitivity”—for example, the percentage of the population that are greater than 65 years old living alone. “Exposure” looks at factors like tree canopy and housing density while “adaptive capacity” displays percentages of the population in rental housing, English language proficiency and more.

When temperatures rise, there are two other tools that individuals can access to find relief from the heat. Help for When it’s Hot tool (multco.us/help-when-its-hot) includes information about identifying symptoms of heat illness, caring for yourself and others during hot weather and more.

There is also an interactive map, at bit.ly/PDXStayCoolMap, that shows where to find indoor cool spaces (including libraries and community centers) and outdoor cool spaces (including splash pads, misting stations and water filling stations).

Are You Wishcycling?

Aspirational recycling or wishcycling is the process of placing items into the recycling bin even when there’s little to no chance for them to be recycled. While there are companies that are continually working on improved sorting processes and markets for materials like red Solo cups and cold cups used by coffee shops, there are limits to what can be put in our blue rolling bins. Wishcycling contaminates the recycling stream, reducing the quality of the material and potentially reducing markets for it.

Instead of guessing or wishing on questionable items, visit RecycleOrNot.org. The website is a community resource created by Metro and local government partners with lists to make sure you’re recycling right in the greater Portland area. Images of items are useful in understanding what goes in the blue bin and what goes in the trash bin. And if an item isn’t listed, you can send in a photo to find out.

In addition to the curbside blue bins, you may have noticed small white boxes on porches in your neighborhood marked “Ridwell.” The company aims to make it simple to get rid of stuff that can’t go into the blue bin responsibly while keeping it out of the landfill. Pricing for the subscription service is based on your zip code. The more people in your area subscribe, the lower the cost per house per month.

The company provides bags to put hard-to-recycle items in and picks them up every two


weeks. Batteries, light bulbs, thread and plastic film make up their four core categories and there are additional rotating categories announced the week prior to pick up. The rotating categories include items like holiday lights, electronics, cords and chargers.

Putting materials in a recycling bin that don’t belong there doesn’t help the environment, nor does it reduce waste. Instead, it’s just harder to recycle things that are supposed to be in there. In the end they will have to be disposed of by the recycler and in the meantime, may tangle up recycling machinery or result in a contaminated, lower quality product. One way to think of it comes from Ridwell’s VP of Operations, Kevin Kelly, “If you’re building a bridge out of steel, you want to get quality steel, not some steel, some popsicle sticks and some other stuff that your neighbors had lying around.”

To be a better recycler (and avoid becoming an inadvertent wishcycler), make sure paper recycling isn’t wet or dirty and remove beverage residue from glass and aluminum containers. It might seem like pizza boxes can be recycled, but the grease and food matter contaminates the fibers. Instead, put them in the green composting bin.

Finally, remember that there are also the two R’s: reduce and reuse. Avoid excessive packaging and single-use products whenever possible and reuse the items that do come into your household as much as possible.





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from page 1

River through Johnson Creek to reach the creek’s spawning and rearing habitats.

Metro and Environmental Services officially took possession of the parcel on April 27. Now the partners can begin to plan for the site’s restoration. This plan will include removing some existing structures and replacing invasive weeds with native plants that will protect the health of the stream and riparian environment.

Long-term, Environmental Services will manage the land and restoration, including con-

tinuing to work with partners in the Indigenous community, Johnson Creek Watershed Council, Crystal Springs Partnership and others.

This is the 16th land acquisition purchased with funding from the 2019 parks and nature bond; a total of 529 acres have now been acquired across target areas identified by the bond and its refinement plan.

This article was originally posted on the Metro website, or-egonmetro.gov.



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Business Association Notes

82nd Avenue Business Association
By Nancy Chapin

In May the Business Association celebrated its 45th year of serving 82nd Ave. and its businesses and neighbors!

17 years ago, in 2006, the Association started planting Rose Gardens at several businesses. A few remain and there are more to come. Eilene Curtiss, long time member of the Portland Rose Society, helped then and is again sharing her expertise with the 82nd Avenue Business Assn.’s current Rose Garden project. The Rose Garden Team is looking for business owners or managers of businesses on or very near 82nd Ave. with dirt spaces or planters that the business will support to plant small (three to nine roses) Rose Gardens. The Team has 71 roses waiting for new homes. To get more details, contact 82ndaveba@gmail.com.

We were very happy to be among the sponsors of the 17th Annual 82nd Avenue of Roses Parade. It was so good to celebrate our community with “Roses in the Heart of Portland” and the Impala Car Club Cruise In. Mark your calendars for next year’s parade, April 27, 2024!

Foster Area Business Association
By Jeff Lynott

Celebrate the summer season on Foster! Join local businesses and the Foster-area community on Saturday, June 24 for sidewalk sales, pop-up shops, live music and other festivities. From 12-6 pm, enjoy live music and a special activation at Laurelwood Park (6315 SE Foster Rd.); enjoy the Meet Your Maker Market and their 25+ artists and makers between SE 65th and 68th Aves.; take in other sidewalk sales and festivities along Foster between SE 50th and 72nd Aves. Learn more at fosterarea.com/summersoiree or follow FABA on Instagram (@fosterareapdx).

If you are a local business and would like to get involved with the Foster Area Business Association, contact fosterarea@gmail.com or attend our monthly Board meeting, held the second Tuesday of each month at Bar Maven, 6:30–8 pm.

Hawthorne Boulevard Business Association
By Nancy Chapin

The Hawthorne Street Fair (HSF) planning is in full swing! Returning vendors, new businesses and music groups are already committed to joining us on our Sunday, August 27 carless section of the Boulevard. Toyota is once again sponsoring the Main Stage and we would be happy to welcome a sponsor to the 31st Avenue Stage. Special aspects of the street fair are that many of our brick and mortar businesses join the visiting vendors and service providers in the street and there are even more places to eat and drink than usual. Mark your calendars, invite your friends and relatives and join us at the 40th Annual Hawthorne Street Fair on August 27. More details to follow.

Email Administrator@hawthorneblvd.com if you would like a copy of the HSF Coloring Contest page or if you don’t get our regular Boulevard News by email.

Oregon's Bottle Bill

What's OUT

There is never a refund value on beverages in cartons, foil pouches, drink boxes, or metal containers that require a tool to be opened. Additionally, beverages purchased outside of Oregon (any type & all sizes) do not have a refund value. The following also do not have a refund value:



Liquor



Wine



Wine in cans



Cartons



Typically containers with a handle, including gallon jugs



Drink boxes



Foil pouches



Large juice containers: greater than 50.7 ounces (1.5 liters)



Energy shots: less than 4 ounces



Beverages with milk listed as the first ingredient

Additional excluded items

- Food jars (ex: pickles, nut butters, jelly, honey, spices, baby food, etc.)
- Trash & general recycling products (ex: detergent bottles, shampoo bottles, soap dispenser, etc.)
- Non-beverage liquid containers (ex: oils, sauces, condiments, vinegar, etc.)
- Food containers & packaging materials (ex: cardboard boxes, plastic carriers or wrap, cartons, etc.)











*For reference only. Check with the Oregon Liquor & Cannabis Commission for a legal list of non-refundable beverages: oregon.gov/olcc/docs/bottle_bill/notincluded_beverages.pdf



Neutral, No Brakes

By David Krogh

Picture this, a city with a neglected and dirty downtown, streets with potholes and no sidewalks, homeless campers in numerous locations all about, gentrification, corruption, crime and exploitation, general disorder and a lack of citizen participation or hope. Does this scenario sound familiar? In his book *Neutral, No Brakes*, Patrick Howard is describing a small fictitious city in California called Morley. However, he said that several cities he is familiar with, including Portland, suffer many of the same problems he highlights in his book.

Gentrification often starts with urban renewal, he opined. “A feeling of community is destroyed, in favor of speedily constructed high-rises, trendy businesses and new inhabitants with little historical or cultural memory. Examples include the Rose Quarter and Mississippi and Williams Avenues in Portland and others. Without appreciation of what truly sustains quality of life, vibrant communities and their attendant benefits can be easily lost.” And often the new development (as depicted in Morley) is lacking in affordability, has no sense of place and gradually succumbs to the negative influences of urban blight.

As suggested, the problems faced by Morley are common to many cities, including Portland. Howard clearly illustrates in his book that the interests of the pub-

lic are more and more being redirected by the separate agendas of city officials and special groups.

“This is nothing new, but it has become unbearable in Portland. Whether due to incompetence, misguided ideologic zeal or old-fashioned corruption, the result is the same. Public input tends to be a sham, except from well-established special interests. Decisions affecting a community and its people are never made at the well-attended Town Hall, but rather in small gatherings of entrenched insiders, an echo chamber that is either ignorant or apathetic to the needs of common folk.” But this is the point, suggests Howard, where hope can be reborn, at least within the City of Morley.

The first quarter of the book is filled with character development. There are many interesting characters who represent diverse backgrounds including an ex-con on parole, an extremely knowledgeable independent book seller, LGBT members, government office workers, a quirky doggy daycare helper, a greedy landlord, foreign development agents, an unethical realtor, a homeless man named Harry and a deceitful mayor named Rusty.

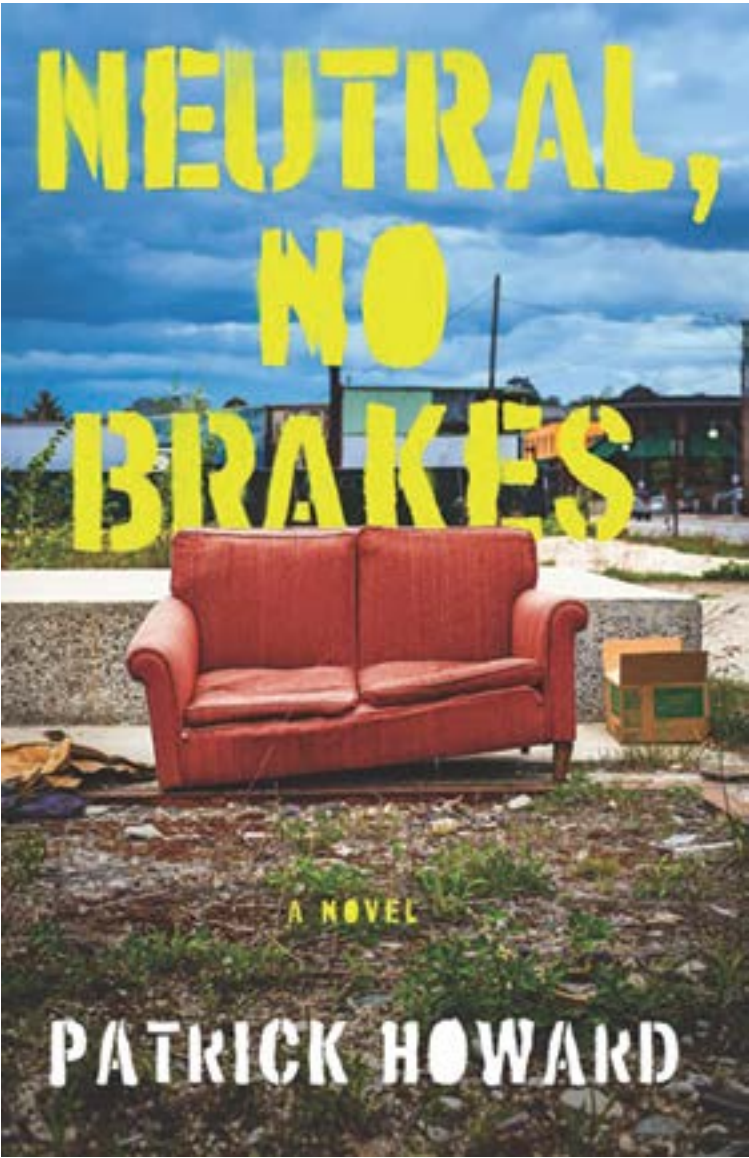
Once readers are introduced to the main characters the story unfolds at a rapid pace with ever changing actions to keep interest levels high. This book is primarily for mature readers as Howard

has stated he wanted to be realistic with his characters meaning “gender fluidity and sexuality as a matter of fact.” He sums up his characters as “there is good and bad in everybody, and I’m just trying to show the balance.” And with both the good and the bad illustrated, it is up to the reader to identify that balance.

Regarding the suggestion of hope for the City of Morley, Howard’s core group of characters band together to influence civic change. “Economic forces that harbor no loyalty to person, place, or community continue to roll along, unabated by institutions that should be looking out for our broader interests. The story of *Neutral, No Brakes* began as an attempt to make sense of it all.”

Howard makes it clear that change takes time, but that even a small group of citizens can start a movement towards positive civic change. That actually happened in the town that Morley was based on. “This is at its heart an optimistic tale. One will always encounter forces inclined to disrupt, destroy or tear down. It’s a constant struggle of order over chaos. Individuals and communities need to align themselves with the former and reject the latter. We must have faith in our ability to improve life for ourselves and those around us.”

Can local citizen activism work in a large city like Portland?



Actually, it already has. One example is the process currently underway to change the current and outdated commission form of government.

Howard is a retired ER doctor living in Portland with his journalist wife, Carolyn. This is his first book and he is currently

working on both a prequel and a sequel.

Neutral, No Brakes is available locally at stores like Powell’s Books and Suits Me Fine Creative Outlet Store in Sellwood and online at Amazon. For more information, email Green Mill Press at greenmillpress@gmail.com.



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Learn, Look and Listen at Leach Botanical Garden



June is a busy month at Leach Botanical Garden, filled with classes, garden tours and music. Melissa Gannon will lead Exploring Watercolor, Monday, June 19, 9:30 am-12 pm. Suitable for all skill levels, attendees will learn to paint what they see, creating beautiful watercolors mixing colors and using washes. For those who like to plan ahead, she'll also be teaching the class July 14.

Find out what's new at the garden Thursday, June 8, 10:30-11:30 am with Horticulture Director Adam Hart. During a casual stroll through the Garden, he'll show visitors what's in bloom, new additions, upcoming projects and more, with lots of time for answering questions. The walk takes place rain or shine, so dress for the weather and wear shoes appropriate for gravel trails, slopes and stairs.

Docent-led tours take place every Saturday 10:30-11:30 am as well as Thursday, June 15 and Friday, June 16, 1-2 pm. Trained volunteer docents will lead a walk that visits the Stone Cabin and Outdoor Fireplace built by Jon and Lila Leach in 1932. Learn about the Garden's history, heritage trees, seasonal plants of interest, the "Back 5" habitat restoration area and more. Tours dependent on tour guide availability and weather; registrants will be notified if a tour is cancelled.

Bring the whole family and enjoy a unique and elevated experience during the Tree Top Children's Concert Wednesday, June 21, 5-7:30 pm. The after-hours concert takes place on the Aerial Tree Walk with a special area available for the kiddos to dance along in the Upper Garden's Covered Arbor. Spread out your picnic blanket or bring a concert style chair to enjoy a summer evening with performers Talulah's Daddy and Jessa Campbell & the Saplings.

Finishing out the month, Florence Dezeix will be playing her harp informally Thursday, June 29, 1-3 pm. Find her on the East Terrace of the Manor House, weather permitting.

For more about all the Garden's happenings and event registration, visit leachgarden.org. The Garden is open Tuesday-Friday 10 am-5 pm; Saturday and Sunday, 10 am-4 pm at 6704 SE 122nd Ave.

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DRAW THE CIRCLE WIDE

SING OUT!

PLC Concert Kicks Off Pride

The Portland Lesbian Choir (PLC) performs *Draw the Circle Wide* Saturday, June 10, 7 pm and Sunday, June 11, 3 pm at the Parkrose High School's Performing Arts Center. The concert will feature a contrast in styles designed to delight audiences. "Draw the Circle Wide is PLC's opportunity to explore music that looks at how we draw our circles as individuals and as a community," said Artistic Director Mary McCarty. "We are featuring music that welcomes all to our table while at the same time challenging us to examine our own biases that limit us in our personal interactions."

The concert will feature guest artist Ara Lee James, a Portland State University alumni, accompanied by Jamie Stillway, an acoustic guitarist who was praised in *Acoustic Guitar* magazine. James brings musical influences from both Nina Simone and Aretha Franklin into her new work on *Nasty Woman*, an anthem in the wake of the #MeToo movement. She was inspired to write it after watching the presidential debate between Hillary Clinton and Donald Trump in 2015. The choir will be performing music by Brandi Carlile, BTS, Carrie Newcomer, Tracy Chapman, Billy Porter and others.

PLC has grown to be an all-inclusive, non-audition choir since its inception in 1986, yet remains one of Portland's best kept secrets. "It's amazing how many people I meet who don't know that our choir exists," said McCarty. "We hope to change that." The choir performs twice a year in the winter and spring in Portland, as well as at outreach performances throughout the Northwest, reaching cities that do not have much in the way of live arts.

Visit plchoir.org for advance tickets—\$25 general admission and \$15 students/seniors. Tickets may also be purchased at the door—\$30 general admission, \$15 students/seniors and \$5 Arts for All. As a 501(c)3, PLC welcomes donations (tax deductible) for those willing and able to give more.

Parkrose High School is located at 12003 NE Shaver St., with a separate entrance for the Performing Arts Center. Look for it on the east side of the building (NE 122nd St. side). The lobby opens one hour before concerts; seating begins 30 minutes before the start. The concerts will be ASL interpreted; there is ADA seating on the main floor and all bathrooms are ADA accessible.

Cider Summit at The Redd

The region's longest running cider tasting event, Cider Summit Portland, features 150 selections from more than 40 producers. Previously held in the Pearl District, the event comes to SE at The Redd (831 SE Salmon St.) Friday, June 23, 3-8 pm and Saturday, June 24, 12-5 pm.

Local, regional and international favorites, mead, cider cocktails, apple spirits and more will be available at this indoor-outdoor event. Participate in the Oregon Fruit Products Fruit Cider Challenge and vote for your favorite. Bring your dog to the Dog Lounge, hosted by Portland Pet Food and DoveLewis Emergency Animal Hospital. Take in live cidemaker interviews and watch live performance videos from many of Portland's leading blues artists. Food will be available for purchase from Dano's Dogs and Miere Catering, along with additional onsite snacks.

Tickets (\$30 and up) available at cidersummitnw.com/portland-1. VIP tickets, available in advance only, allow early admission to the festival and additional tasting tickets. General admission tickets can be purchased online, at the festival and at Cider Bite Cider House (1230 NW Hoyt St.) and Belmont Station (4500 SE Stark St.). Designated Driver tickets (\$10) available at the gate. The event is strictly 21+, including those purchasing designated driver tickets.

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Kelli Welli Album Release



John Lennon Songwriting Contest Grand Prize Winner Kelli Welli releases her fourth album Friday, June 16. *Baby Ninja* is suitable for all ages, but especially geared toward the eight and under group. Take a little bit of pop, a pinch of Americana and a dash of African rhythm. Add in a taste of Cajun flavor, a touch of country and western with a Japanese flair and you have what fans have come to expect from Welli—originality, personality, a dose of the ridiculous and lots of love.

The album includes contributions from fellow kids' artists and talented friends Uncle Jumbo, Claudia Robin Gunn, Nanny Nikki, Stacey Peasley and the album's co-producer and multi-instrumentalist, Bryan Daste.

Welli is an active songwriter in both the children's and singer-songwriter/Americana ("grown-up") music arenas. All three of her first full albums won the prestigious National Parenting Products Award. She's a three-time winner of the West Coast Songwriters International Song Contest. Although relatively new to the Portland indie performance scene, she has been named a Top 5 Parent Pick by *PDX Parent* magazine in both 2020 and 2023.

In collaboration with illustrator Belen Toscano, Welli created an accompanying 40-page comic book to be released with the album. It's based on *Baby Ninja's* title track and the take-away, "never underestimate the very real power of a baby!"

Baby Ninja will be available for purchase on Amazon, Bandcamp and at kelliwelli.com and streaming on all major platforms.

AE

Arts & Entertainment

Phil Harris at Pushdot

Portland photographer Phil Harris is currently exhibiting images from his *Duration* series of large-scale, time-based inkjet prints through Friday, July 28 at Pushdot Studio Gallery, 2505 SE 11th Ave., Suite 104.

The pictures are about the passage of time, change and the unstable quality of the fleeting moment. All the images were made using a small hand-held point-and-shoot camera, along with some patience and whole-hearted attention. Each assembled picture lays out a process of change that can be hard to understand without a visual guide.

Harris has been a Portland-based art photographer for decades. He says that two streams have fed his art practice over the course of his career—teaching and meditation practice. The former has occurred across a number of fields at Oregon College of Art and Craft, and the latter has taken the form of Buddhist Vipassana (insight) practice. Harris credits his ability to see and gather the evidence of change that is expressed in *Duration* to meditation.

Pushdot is located in the Ford building; enter on SE Division St. The gallery is open Monday-Friday, 8:30 am-5 pm with free admission.

The Inheritance, Part Two

Triangle Productions! presents “The Inheritance, Part Two,” Thursday, June 1-Saturday, June 17. Picking up where Part One ended, this epic two part play continues as the characters take roller-coaster journeys of self-discovery, self-deception and self-destruction.

Eric, reeling from his discovery at Walter’s house, finds himself growing even closer to Henry, while Toby tumbles down a dark hole of celebrity and addiction as he runs from a hidden past that will inevitably catch up with him. And the young man, Leo, returning to Toby’s life and bed, discovers a world of books—in particular the works of E.M. Forster—that open up a new realm of life to him, but at the same time finds himself in more danger than before. All three lives intersect as they are faced with the decision to heal or to burn.

The play, by Matthew Lopez, was the winner of the 2019 Olivier Award for Best Play and Winner of the 2020 Tony Award for Best Play. It’s directed by Andres Alacala and produced by Donald Horn, with 13 actors gracing the stage and finishing the story.

Tickets (\$15-\$35) are available at trianglepro.org or by calling 503.239.5919. Thursday, Friday and Saturday performances at 7:30 pm with one Sunday show at 2 pm.

Author Antero Alli Talk

Portland author/director/filmmaker Antero Alli will be at PerformanceWorks NW, 4625 SE 67th Ave., Sunday, June 11, 7-9 pm for a free public presentation outlining the principles and methods of a paratheatrical medium he developed and covers in his new book, *Sacred Rites: Journal Entries of a Gnostic Heretic*. His somatic work combines methods of physical theatre, dance, vocalization and standing Zazen to access vital currents in the body toward their spontaneous expression in symbolic gesture, embodied voice, ritual actions and asocial interplay.

Reading excerpts from *Sacred Rites*, Alli will share his personal experiences doing this work in both non-performance and performative modalities. A brief Q&A will follow and signed copies of his new book, as well as two previous books, will be available for purchase. Books are \$20 each; cash or PayPal.

Doors open at 6:45 pm and seating will be limited to 50.

Ecology Based and Upbeat STEM Album



Bringing a funky flair to dynamic music that celebrates the rich biodiversity of the forest, *Forest Flow*, the second album for families from Parents’ Choice Award-winning Jessa Campbell & the Saplings, releases Friday, June 9. *Forest Flow* incorporates elements of hip-hop, pop, dance and folk to create a fun, engaging experience that kids will love. Artists SaulPaul, LDW, 2 8 Tha Native, Palo-Mah and TravisT of Eastern Sunz bring diverse backgrounds and styles that flow together to create a rich tapestry of sound.

“For this album, with the newer pop/dance/hip-hop sound that I’m bringing to the table, my band is made up of musicians who play with LDW,” says Campbell. “These fabulous musicians are top notch players who really take the show to the next level for families. LDW’s lead singer, Lawrence Orleck, and I have been performing together for eight years in that ensemble! Since we both have seven-year-olds, we decided it was time to write some funky music for our kids, whose musical tastes have expanded since the 2019 release of my previous kids’ album, the folk-oriented *Can You Feel It?*”

The songs of *Forest Flow* are playful and imaginative, with a focus is on ecology and STEM-related topics, encouraging kids to explore the natural world, discover its wonders for themselves and get up and move their bodies. All ages appropriate, but especially for ages four to eight, with easy-to-sing-along-with lyrics make *Forest Flow* wonderful for family car rides or dance parties at home.

Forest Flow will be available on all major platforms: Spotify, Apple Music, YouTube and Bandcamp. \$10 for the album/\$1 per song.

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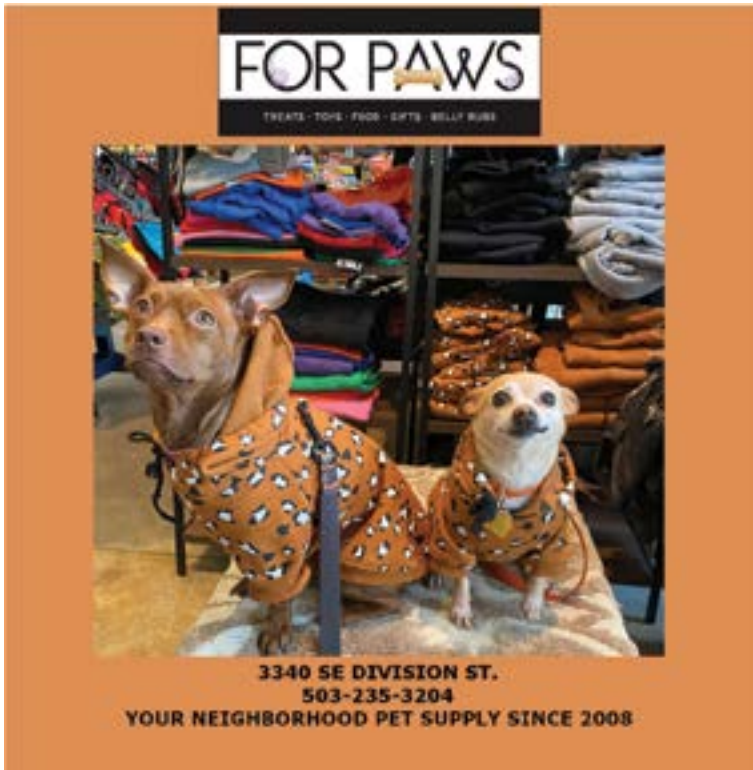
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9 THE STINKFOOT ORCHESTRA a 14-piece tribute to FRANK ZAPPA featuring NAPOLEON MURPHY BROCK	16 CANDLELIGHT A TRIBUTE TO QUEEN
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Ww Wellness Word

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

This Pride, Let's Support LGBTQ Youth

When it comes to support for LGBTQ individuals, we have made significant progress in the last couple of decades. It is a much safer and more supportive world for queer people than it was just a short time ago. LGBTQ youth are able to come out much earlier than they did before, giving them a stronger start on the road to self-acceptance and self-care.

The work, however, is not done because LGBTQ youth are still at greater risk for mental health issues than their heterosexual counterparts. The American Psychiatric Association found that "LGBTQ individuals are 2.5 times more likely to experience depression, anxiety and substance misuse compared with heterosexual individuals."

In their 2022 National Survey on LGBTQ Youth Mental Health, the Trevor Project found that 45 percent of queer youth considered suicide in the last year. Trans youth in particular were at an even greater risk for anxiety, depression and suicide. However, the Trevor Project also found that LGBTQ youth who experienced high levels of support from their families and school systems were less than half as likely to attempt

suicide than those who did not.

This means that how we treat our LGBTQ youth matters. Whether we are family members, friends or individuals in school systems or healthcare systems, we have an opportunity to make a significant impact on the lives of queer youth. So what can an ally do to support LGBTQ youth?

As a caregiver, be mindful of your reaction.

Having a child come out can be unexpected and many people need time to process the news. Take time to work through it on your own so that your emotions don't make the issue more about you than it is about them. It can also be helpful to find a mental health therapist that you can trust to work through some of these emotions.

Create a receptive environment.

Coming out takes an enormous amount of courage. It also makes the person coming out feel incredibly vulnerable, and youth may fear losing their relationships in the process. Make it clear that your love for them has not changed. Give them a space to express themselves without judgments or adding your own commentary. Just listen and be a safe space. Understand that coming out is also a process of self-discovery. Allow them room to explore their identities and evolve as a person over time.

Remember that they are still the same person as before.

The only thing that has changed is that you know more of who they are beneath the surface. Try to create a sense of normalcy in the relationship. Offering a stable and consistent relationship is invaluable.

Be an active supporter.

Don't be afraid to step in and help throughout this process. Many queer youth can benefit from additional resources, clubs and support groups, as well as an understanding mental health therapist. Make it clear in public as well as in private that you stand behind them and will be there to support them.

And what if you're one of the many queer people out there needing help? What can you do to make a better life for yourself?

Take it a day at a time and reach out for help.

Coming out is an emotional rollercoaster. Everything you're feeling is normal. Allow yourself to feel your feelings, even the painful ones, but also know that they're not permanent. It's also a great idea to reach out to a mental health therapist. They are trained to help people going through difficult change.

Figure out who your go-to safe people are and lean on them for support.

Not everyone will be a safe space, but there will certainly be some people who can be counted on to be supportive and compassionate. Figure out who they are and be intentional about connecting with them throughout this process. No one needs to walk this road alone.

Nick Norman, LICSW, is a clinical social worker and the Business Relationship Manager at Mindful Therapy Group (mindfultherapygroup.com), a diverse and collaborative network of licensed, independent mental health clinicians serving Washington and Oregon.

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Neighborhood Notes

HAND
By Jill Riebesehl

A large number of neighbors attended the Hosford-Abernethy Neighborhood Association’s first in-person meeting in three years. It was held in Carvlin Hall on the St. Philip Neri campus. Fr. Andrew extended a wide welcome, gave a brief recent history of changes at the parish and described renovations to the Old Church (renamed Nancy Salta Hall) that will allow for more and different types of events for community-wide use.

The main item on the agenda was Mayor Wheeler’s proposed Gideon St. encampment, planned to open in July. Eric Zimmerman of the mayor’s staff described the site’s structure and goals in some detail and explained how those in charge and the city plan to mitigate impacts and integrate with the surrounding neighborhoods. HAND Board members and others had leafleted widely to provide neighbors a chance to ask questions and share concerns, which Zimmerman fielded. To learn more, HAND would like a visit with site manager, Urban Alchemy.

Chris Eykamp, HAND chair, updated us on the complex problem in restoring swimming access to the Willamette River via the Holman Dock, near the Hawthorn Bridge.

The next HAND Board meeting will be Tuesday, June 20, 7 pm. Zoom or in-person has not yet been determined. Check our website, handpdx.org, closer to the meeting date for details.

Montavilla Neighborhood Association
By Louise Hoff

Montavilla is buzzing with activities in our three community gardens, preparations for school graduations, picnics in our three parks, yard sales and block parties. Our farmer’s market will be open every Sunday 11 am-2 pm and we also have a few mini farms where people can buy plants and veggies. Music lovers and musicians are getting in gear for another excellent Montavilla Jazz Festival, businesses and organizations are planning a Stark St. street fair and MNA will be announcing another fun and well-attended public get-together in June.

Montavilla has also been selected by the county to host three shelters on 82nd Ave. The first “Safe Park Village” to open will be situated at 333 NE 82nd Ave. and run by Multnomah County and Straightway Services. The site has a five-year contract, to be renewed annually, offering meals, shelter, case management services, health services, housing navigation, restrooms and showers, staffed 24/7 with an on-site manager.

Bianca Montas from Straightway Services and a county representative, tried to field questions from residents at the last MNA meeting (the recording is on our website, montavilla.org) but said there is so much still being determined about referrals, off-site vehicles, taxpayer cost, those who disrespect the rules, safety issues, safety screening and a no-camping perimeter.

Some residents asked why Montavilla was chosen for so many sites compared to the other 36 neighborhoods and why residents were not involved at all in the placement or purchase of the sites. The city and county differ on criteria for site placement, the city having made some accommodations about distance from schools and residents, while the county is not aware of any promises like this that were made.

Montas suggested people direct questions to Jordan McIntyre, Contract Manager, at 971.415.7830 or StraightwayServices@live.com or access multco.us/shelters/montavilla-safe-park.

At our last meeting Pastor Merriweather envisioned a community meeting in July and our MNA Chair Jacob Loeb offered to facilitate. Once the date is set we will announce it on our website and social media.

Join us for our next meeting, Monday, June 12, 6:30 pm on Zoom. Find the link at montavilla.org.

Mt. Tabor Neighborhood Association
By David Petrozzi

MTNA hosted our regular monthly meeting May 17 via Zoom. Last month’s neighborhood cleanup was a success and a great example of several different organizations working together to provide services for residents across multiple neighborhoods in our city. We approved an amendment to our bylaws to more closely align them with current practices, and then held our annual elections for the MTNA board. We also received an encouraging update on details of the proposed lamppost removal from Mt. Tabor Park which was heartening to the extent that the city has become more responsive to neighbors’ concerns and is coordinating more effectively with neighborhood associations to maintain the character and appeal of our lovely parks. Many individuals have devoted enormous time and energy in this regard and their efforts are sincerely appreciated.

Next month will have an environmental focus with a presentation from a representative of the Critical Energy Project regarding the safety of petroleum storage along the Willamette River and a possible talk on community solar energy initiatives. Our next meeting will take place Wednesday, June 21, 7 pm via Zoom. Find links for this, and all of our meetings, under the “Meetings and Events” tab of our website, mttaborpxd.org.

North Tabor Neighborhood Association
By Kim Kasch

North Tabor Neighborhood Association (NTNA) had our first in person neighborhood meeting in three years on Tuesday, May 16. Over 20 people were in attendance for the first half of the meeting, which was dedicated to developing and discussing ideas for building community within our neighborhood. The Board recapped our first community event for 2023 which was a Neighborhood Cleanup on April 22. It offered neighbors a chance to volunteer, convene and support other neighbors.

Other meeting topics included notifying attendees of PDX 311, an interface for reporting issues that need city attention such as potholes or road hazards (bit.ly/PDX311Site); interest in learning where summer cooling shelters will be located; and topics for the NTNA digital newsletter, such as highlighting neighborhood businesses to help build community support.

Many more helpful suggestions and ideas were shared, a summary of which will appear in the NTNA newsletter soon. If you do not already receive our digital newsletter, you can sign-up at northtabor.org.

Please join us at our next in-person neighborhood meeting Tuesday, June 20, 6:30 pm, at the Community of Christ Church, 4837 NE Couch St.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting May 8. Meetings are the second Monday of the month 7-9 pm except January. Meetings are now held in-person at Central Christian Church, 1844 SE Cesar E. Chavez Blvd.; people can also participate via Zoom. The link to pre-register for

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Neighborhood Notes

from page 13

Zoom is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com. The RNA now has an Instagram account, @richmondNAPDX.

The annual RNA board election was held May 8 and 9, 6-8 pm, at Central Christian Church. People enjoyed donated ice cream from the Division St. Salt & Straw store and three extra non-Salt & Straw flavors were provided. All the candidates were elected by a majority of votes cast—Claire Cofsky, Brian Hochhalter, Debby Hochhalter, JoAnne Knowles and Ann Sandvig. Details on the vote count can be found at our website.

The Board voted to send a letter to the Boundary Commission, drawing the boundaries for the four new Council Districts, to maintain existing neighborhood association boundaries and use them to create the new District boundaries.

The Board discussed holding a Board retreat in the near future.

The Board voted to submit payment for the Saturday, August 19 movie in Sewallcrest Park—*Hidden Figures*—mark your calendar.

The next RNA meeting is Monday, June 12. Come and check out a meeting.

South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association met in person Thursday, May 18 at APANO (SE 82nd Ave. and SE Division St.). Plans are moving forward for our annual garage sale/garden tour Saturday, June 10, 9 am–3 pm. Come swap stories, plant wisdom and junk with your neighbors! Paper and Google maps will be available. This year we’re pleased to have more sign-ups than ever, including local businesses where our association is building stronger ties. Register your garage and/or garden for the event by June 4 at southtaborsquare.site.

Near-future STNA events will include a community gathering to repaint the street mural at SE 67th Ave. and SE Woodward St., workshops about neighborhood safety and other opportunities to connect with neighbors.

Our next association meeting will be Thursday, June 15, 7–9 pm (the third Thursday of the month). Once again we’ll be in-person at APANO, 8188 SE Division St. There will be pizza and ballots to elect a new chair and secretary. Anyone age 16 and over who lives in South Tabor is welcome to vote. This includes renters and homeowners, housed and unhoused people. Membership also extends to one representative from any business, government agency or nonprofit located in the neighborhood.

For the latest updates, join our mailing list and to learn more about us, visit southtabor.org.

Sunnyside Neighborhood Association By Gloria Jacobs

We had an excellent turnout at our May meeting. We elected three new and one returning Board member for two-year terms. Congratulations to our current VP Hannah Wallace and our new Board members Daniel Mandel, Kendra Hansen and Mike Thelin. We are excited to have your energy and ideas.

We also reviewed some SNA actions of the past year including holding an informative debate about Portland’s new charter amendment; learning about the environmental and health effects of gas-powered leaf blowers and yard tools and their alternatives; relaunching our Land Use & Transportation committee with a new charter that puts the needs of renters, who make up most Sunnyside residents, in the foreground; bringing services to our neighbors living on the streets with the Sunnyside Shower Project (SSP) and the SNACC committee; moving the Piazza’s painted planting barrels to the Sunnyside Environment School as they were deemed a nuisance by PBOT; and bringing a monthly newsletter to the neighborhood.

Please don’t hesitate to reach out to board@sunnysideportland.org with issues, or a community event you’d like us to highlight on our calendar or Facebook page.

Starting in June, SNACC meetings will be on the first Thursday of the month. The June 1st meeting will focus on the pros and cons of incorporating as a nonprofit and the latest grants being applied for. Know of a good grant for the SSP? Email Hannah at Hannahmwallace@gmail.com.

Multnomah County’s Proposed Budget

from page 1

Field, started his position there on Friday, April 28.

Pederson’s budget contains funds for the JOHS to create a Multi-Agency Coordinating (MAC) group that will combine county, city, state and “other emergency management and regional jurisdictional partners” to increase the number of facilities, beds and workers available to the homeless population.

The proposed budget also allots \$10 million for a new initiative called Housing Multnomah Now, a “12-month plan to unify local and state efforts to bring urgency and coordination toward reducing unsheltered homelessness starting in Portland’s central city.” The combined city, county and state funds for the initiative will total \$32 million.

In addition to providing funding for homeless services and outreach, the budget aims to reduce crime with increased funding for behavioral health

programs and for the Sheriff and District Attorney’s offices.

Among measures to address the mental health and drug addiction crisis, the county’s proposed budget will increase funding to the recently constructed Behavioral Health Resource Center by \$2.5 million. The downtown center is expected to add 33 shelter beds and 19 bridge housing beds this spring.

The county will also invest \$2 million into the Behavioral Health Emergency Coordination Network, a “multi-jurisdictional and cross-agency collaboration that is developing an improved triage and assessment network for people experiencing behavioral health crises.”

And to deal with the “influx of youth and adults in custody with high behavioral health needs” the budget has allocated \$1.2 million to Corrections Health, a department within the Health Department that provides

health services to people incarcerated in Multnomah County Jails and Juvenile Detention Centers.

The budget proposes \$49.6 million in funding for the District Attorney’s Office, a \$4.8 million increase from the previous year. \$750,000 of that amount is to be allocated to fund two full-time investigators and two full-time prosecutors to reduce a backlog of gun violence cases. Previously that money was coming from ARP funding.

Pederson’s budget also allocates funding for the creation of an Auto and Retail Theft Unit in the DA’s office, focusing on crimes which have been a particular source of pain for the county’s residents and businesses over the last few years.

The Board of Commissioners will vote on the budget Thursday, June 8, 9:30 am during a regular meeting of the Commissioners. Details on watching/listening to the meeting at bit.ly/June8Mtg.

JUNE EVENTS

BINGO – Unity Spiritual Center of Portland hosts BINGO Thursdays, 7-9 pm at 4525 SE Stark St. \$5 per card, all ages welcome, funds support Unity’s programs and cash prizes. Contact sandra_combs@msn.com with questions.

SAY THEIR NAMES – St. David of Wales Episcopal Church invites people to remember, with a short story and ringing of the church bell, the Black, brown and queer people who have been murdered in the US. Say Their Names takes place every Friday at noon, 2800 SE Harrison St. Questions? Email office@saintdavid-pdx.org.

COMEDY IN THE PARK – Kickstand Comedy’s weekly free stand up comedy shows return to Laurelhurst Park every Friday through September 1. Blankets drop at 6 pm; shows start at 6:30 pm. Visit kickstandcomedy.org/comedyinthepark for details.

VIKING PANCAKE BREAKFAST – The Sons of Norway’s Grieg Lodge hosts a pancake breakfast Sunday, June 11, 8:30 am-12:30 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, tea and more. Adults \$10, children ages 3-12 \$6, under 3 are free.

ROSE CITY BOOK & PAPER FAIR – The 17th annual event takes place Friday, June 16, 2-8 pm and Saturday, June 17, 10 am-5 pm at Lloyd Doubtree (1000 NE Multnomah). Local and traveling booksellers present an array of their most interesting material, from underground zines and quirky vintage photo albums to antiquarian tomes and signed first editions of today’s hottest authors. Tickets (\$5) in advance at cascadebooksellers.com or at the door.

LAURELHURST YARD SALE – The 35th annual sale takes place Saturday, June 24, 9 am-3 pm, encompassing the neighborhood from I-84 south to SE Stark St. and 32nd Ave. east to 44th Ave. Visit laurelhurstpdx.org for details on registering your location (by June 13) and for information on attending, including a map.

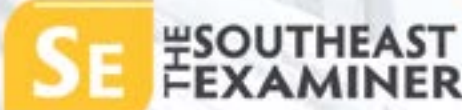
SYMBIOP FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Thursday, June 30, 10 am-6 pm for Q Center. A percentage of sales will be donated to this nonprofit that provides safe spaces, community building and empowerment for the positive transformation of LGBTQ2SIA+ communities and allies. Contact Juliet at jtyu@symbiop.com with questions.



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examiner@seportland.news.

THE CAPLENER GROUP

at Windermere Realty Trust

PORTLAND REAL ESTATE
Southeast & Northeast Specialists
(503) 232-4763 | thecaplenergroup.com

Caplener Group Homes For Sale



6230 SE 41st Ave. \$710,000
1944 Bungalow 3 BD, 2 BA
2,125 Total Sq. Ft.



411 SE 65th Ave. \$1,750,000
1949 Mid-Century 4 BD, 3 BA includes
3,764 Total Sq. Ft. 1 BD, 1 BA ADU



3519 SE Yamhill St. \$Call Listing Agent
1906 Craftsman 3 BD, 3 BA
2,244 Total Sq. Ft.



808 SE 68th Ave. \$630,000
1928 Bungalow 2 BD, 1 BA
1,991 Total Sq. Ft.



1442 SE Palm St. \$Call Listing Agent
1925 Bungalow 2 BD, 1 BA
1,612 Total Sq. Ft.



5915 NE Davis St. \$697,500
1913 Craftsman Bungalow 3 BD, 2 BA
2,540 Total Sq. Ft.

Want to earn the most value for your home? We're your neighborhood listing experts. Call or email us today for a confidential market analysis. **503.232.4763** / thecaplenergroup@windermere.com



Lot #4 is fully underway at Tabor Modern. Come check out this amazing collaboration with Skylab Architects and Ethan Beck Homes for this one of a kind Mt. Tabor development! 6535 SE Pine Street is ready for tours!

Neighborhood Happenings:

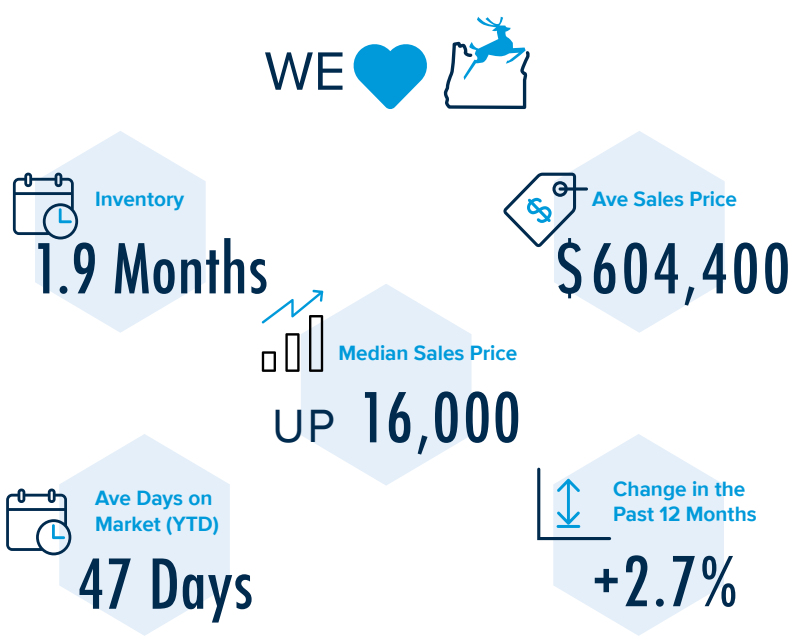
ZooBrew
oregonzoo.com/events/zoobrew
Friday, June 9 and Saturday, June 10

Start the summer off at the Oregon Zoo with more than 40 of the best breweries and cideries the Northwest has to offer! Enjoy live music, lawn games, delicious local food carts and more!
5:30 pm early entry ticket: \$65
6:30 pm general admission ticket: \$55

Woodstock Farmers Market
woodstockmarketpdx.com
Opening Day: Sunday, June 4
4600 SE Woodstock Blvd., 10 am-2 pm

Stop through the Woodstock Farmers Market this summer! Open every Sunday June through October, this market features fresh produce, baked goods, art and more from local vendors.

HOW'S THE PORTLAND MARKET DOING?



Windermere
REAL ESTATE
WINDERMERE REALTY TRUST

Data is courtesy of the RMLS.



THE CAPLENER GROUP
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5015 SE Hawthorne Blvd., Portland, Oregon
Gold Level Sustainable Office

To schedule an appointment,
call us at (503) 232-4763



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