



Space to receive, sort and repair bulky items is a big challenge for reuse organizations.
Photo credit: Metro.

Metro Study on Reused and Repaired Home Goods

BY PARACHUTE STRATEGIES

Commitment to reducing waste through recycling, reuse and repair remains a widely held value in greater Portland. For decades, Metro and local governments have invested heavily in home recycling and composting programs and household toxins collection events, all of which keep waste from landfills.

Communities across our region now seek solutions to a literal “big problem”—bulky waste—or items that are too large to fit in home waste collection bins. A significant part of this waste is furniture. According to the Environmental Protection Agency, Americans threw out over 24 million pounds of furniture and home furnishings in 2018, six times the amount measured in 1960.

In response, Metro’s 2030 Regional Waste Plan calls on local governments and Metro to improve bulky waste services.

Specific improvements include increasing the reuse, repair and donation of consumer products through partnerships with waste reduction organizations and investments in neighborhood scale reuse and repair services and infrastructure.

It also calls for regularly occurring bulky waste collection services with an emphasis on serving people who live in apartments and lower income households.

To achieve these goals, Metro has partnered with local governments, businesses and nonprofits that promote reuse and reclamation—also known as the circular economy—to understand the scope and scale of the problem, and to propose possible solutions.

In 2022, Metro commissioned Start Consulting to produce the Metro Large Item Reuse Study. The study identifies gaps and opportunities for expanding large item reuse, calls for improving services for historically marginalized groups and recommends strengthening relationships with local reuse organizations.

“There are so many gaps in today’s system, especially for renters,” says Liz Start of Start Consulting. Start noted that at some bulky waste collection events, one must show a garbage bill to participate. Because property managers typically pay their buildings’ garbage bills, this policy bars renters from accessing these events. Renters may lack access to the right vehicle to haul items, making donating or disposing of them expensive or difficult.

Also, low-income renters may not be able to afford furniture that is durable enough to withstand everyday use and multiple moves, making their furnishings more likely to enter the waste stream.

Start Consulting surveyed and interviewed 10 reuse and repair organizations about their impact on the economy and environment, and the challenges they face in delivering services. According to the study, these organizations kept an estimated 14,000 tons of large items out of the land-

PPS Proposal to Remove Racial Bias in Grading

BY LUKE SUSSWOOD

Last month, Portland Public Schools (PPS) revealed “Equitable Grading Practices,” a proposal aiming to limit racial disparities in grading. If approved, new guidelines would ban grades for participation, behavior, extra credit and homework; additionally, the plan would remove penalties for late work and cheating. This new grading system would now solely reflect students’ scores on summative assessments and would, in theory, be an equitable reporting of student proficiency in various skills. The proposal was first announced in August in a handout summarizing the initiative.

The district aims for teachers to better “consider a student’s background” while grading, saying there are racial inequities in PPS’s pass/fail rates. They attribute this to a few things: students’ after-school responsibilities, teachers’ implicit bias and a lack of accuracy in the current system.

If approved, the proposal could be implemented in middle and high school classrooms as early as 2025, and would require behavior, timeliness and homework to be reported in non-academic ways. The handout says, “Grades [would be] based on valid evidence of a student’s content knowledge, not on evidence that it is likely to be influenced by a teacher’s implicit bias or reflect a student’s environment.”

PPS hopes to foster an environment that prioritizes student growth over time, advocating to normalize feedback, allow retakes of both assignments and tests and

provide clear standards. Senior Director of High School Core Academics, Dr. Filip Hristić, says, “Teaching excellence is about being clear with students about their learning target and what steps they need to take to reach that target.”

Additionally, the envisioned classroom environment would “allow students to retake assessment[s] or redo assignments and provide multiple opportunities to demonstrate proficiency on learning targets.” The plan would ensure teachers leave feedback on non-summative assignments instead of just assigning a grade. Angela Bonilla, president of the Portland Association of Teachers, supports the concept but worries that “when we allow students to provide multiple versions and expect feedback, this is additional work for educators.” The district was unable to provide a response before the time of publication, so it’s unclear if the district has taken this into consideration.

The plan is based on a grading philosophy that believes penalizing students for factors that are easily impacted by their environment, such as turning in homework late, creates unfair grading bias. Hristić says these factors “should be treated as important, but also different from assessing students on what they know and are able to do.”

If implemented, “Equitable Grading Practices” would ask teachers to provide “alternative consequences for cheating.” Students caught cheating could retake as-

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Hawthorne Embraces the Kiosk Culture

BY NANCY TANNER

On one of the last hot Fridays of summer, the Hawthorne Pop Up Plaza and World PARK(ing) Day were celebrated at SE 37th Ave. and Hawthorne Blvd. A portion of the street was turned into a mini park and public gathering place with live music, games, beverages, conversation and information.

PARK(ing) Day is an annual worldwide event where citizens, artists and activists collaborate to temporarily transform metered parking spaces into public places. PDX Main Streets partnered with Hawthorne Blvd. Business Association (HBBA) and Sustainable Southeast Community Coalition (S2C2) to make this event happen. The festivities of the day were a glimpse of the vision for what a plaza in the heart of the Hawthorne district might look like.

It was also an opportunity for Heather Flint Chatto, owner of Forage Design + Planning and volunteer for PDX Main Streets, to promote the \$46,000 Venture

Portland grant she secured for the HBBA for The Kiosk Project. This money will be used to install a Neri vintage-style kiosk and solar incubator somewhere on SE’s most iconic Main Street. The “Little Sunshine” kiosk at the WeShine transitional village on NE 125th Ave. and Halsey St. was the first pilot kiosk project.

The Kiosk Project on Hawthorne will be built by Neri North America. They have agreed to build the Hawthorne kiosk for the amount of the grant, which is a reduced cost, in order to demonstrate how they will look and function here in Portland.

Revitalizing Portland’s 50 unique business districts has been a challenge for the civic leaders in our city. Since the pandemic and the 100 days of protest that began in 2020, Portland has struggled to overcome the bad press, fear and ennui caused by these events. Downtown and business districts suffered financially from the lack of tourism, the withdrawal of the

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

Given that Ballot Measure 110 (BM 110) has received national news coverage every week this summer, I think it's imperative that I make my thoughts on it clear. This column will be the first part of a two-part series. Next month I will discuss the results of my fact-finding trip to Portugal that I am making with other legislators and community members. Given submission deadlines and the trip happening at the end of October, you might have to wait till December to read about my trip.

I do not support repealing BM 110. It isn't to blame for what we are seeing on the streets of Portland. Given what I know and see and how people feel about everything that is happening, I am worried about how that lands. Let me try to explain my thoughts a little.

As a reminder, the measure made the possession of small amounts of illicit drugs a lower-level violation, while establishing a statewide fund with cannabis tax dollars for treatment and recovery services. The bulk of the money was set aside for each county to set up more treatment and support options to help people overcome addiction via behavioral health resource networks. Oregon voters acknowledged that the 50-year war on drugs had not worked, and it was time to try something different. 58 percent of the state's voters supported BM 110 in the November 2020 election.

The goal of BM 110, to provide more treatment and recovery services while getting those suffering with addiction out of the criminal justice system, is something I still stand by. But that doesn't mean the law is perfect, and it does not excuse the poor rollout of BM 110. The services and supports finally got started this summer. Adding to all this tumult is the fact that local police have not really issued citations for people using drugs in public. Instead of making arrests, BM 110 empowers police to issue \$100 citations that the defendant can waive by seeking treatment.



I'll talk more about this another time as the police have a point about this approach that I need to concede.

Here is the thing: Its passage coincides with our nation seeing an explosion of a deadly new addiction to fentanyl and P2P methamphetamine, while the entire west coast is experiencing a housing and homelessness crisis. Yes, overdoses have significantly increased in Oregon. But overdoses have increased in every western state and across the South. Seattle is also dealing with the same things we are and no comparable law to BM 110 exists in Washington.

Repealing BM 110 will not change our homeless crisis. It won't change the fact that police are not showing up to your 911 call. It won't prevent you from seeing groups of people on the street dealing and using drugs—though we do need to address that problem. Treating addiction is a complicated and multifaceted issue. For decades, we've dealt with addiction like a criminal justice problem. But addiction is a public health issue and should be treated as such. A housing shortage, a lack of investment in mental and behavioral health services and the arrival of very powerful and addictive drugs have caused a perfect storm. Going back to the old ways of doing business won't stem those tides.

In November, it will be three years since BM 110 passed and about one year since treatment services were fully funded. Portugal enacted drug decriminalization in 2001 and has had its

system in place for over 20 years. As overdose death rates skyrocketed across the world over the past few years, Portugal's grew at a much lower rate. Their death rate is less than half the rest of Europe and dramatically lower than the US. But we've also seen in Portugal what happens when they reduce funding for voluntary treatment—public drug use started to increase.

As we all work to deal with the homelessness and drug crisis in Oregon it's important to see what lessons can be learned—and shared—between the two areas of the globe that are taking a public health approach to the addiction crisis. I am excited to be part of an Oregon delegation going to Portugal to meet with public health officials, law enforcement and people with lived experience to figure out what we could do differently. I will absolutely report back what I learn.

In closing, while I will stick up for BM 110, I'm not blind to what's happening. The roll out took too long. We should have set up all the services and supports—first, before decriminalization—and we need to address the open drug use on our streets and on public transportation. I am supportive of what the City of Portland is asking the legislature to do, and I will continue to work to find ways to support local governments to prevent open drug use and crime. Like I always say, stay tuned, as this is probably all I will talk about until the "short session" starts in February and concludes in early March of 2024.

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Passport Delays, What’s the Deal?

By Logan Hickles, BBB Great West & Pacific

Airlines have seen international travel peak over the summer with families feeling comfortable traveling internationally with the COVID pandemic slowing down. Many countries have reopened in 2023, including the tourist hot spot of Japan. With these compounding factors, the State Department is experiencing a higher demand for passports, which is causing delays and heartache for would-be travelers. As with anything in high demand, someone will find a way to take advantage.

What’s led to this influx in passport applications? During the COVID pandemic, many individuals let their passports expire and travel was limited. Now that borders are reopening, both new applicants and renewing applicants are acting at once. Earlier this year, the US State Department reported receiving the most applications ever in one week after collecting 500,000 submissions.

Another factor is that individuals who are under the age of 16 at the time their passport is issued must renew their passport after only five years. This differs from travelers who are 16 and older—their passports are only required to be renewed every 10 years. Since some individuals need to submit documents more often, the system may experience more congestion.

How long will it take to get a passport in your hands? The latest update from the US State Department stated that routine processing times are taking 10 to 13 weeks, while expedited applications can be completed in seven to nine weeks. There is also a two-week window on either side of these processing timelines for



the documents to arrive at the US State Department and to then receive your passport once mailed to you.

There are bad actors and fake passport websites out there. So far this year, Better Business Bureau has received 264 reports to our Scam Tracker that mention the word “passport.” What’s happening here is bad actors are setting up official-looking websites to sell passports that simply don’t exist, and they aren’t authorized or even capable of making these documents.

Individuals have reported to BBB that they lost money using websites they found through an online search or on social media. They filled out a form and paid a processing fee. They thought they were on a government website because it looked official. But it wasn’t. And to make matters worse, these fake websites often collected applicants’ Social Security Numbers and other personal

information. Giving up that personal information is worse than losing a few hundred dollars in a one-time transaction.

What can you do? Consider submitting for a passport now, whether you need it or not, just in case travel comes up. Even if you don’t have any plans to travel internationally, it’s best that you play the waiting game while you don’t need a passport, instead of a month out from a trip.

As with any government document, only use official government websites to gather information on passports and submit documents. Ensure you are visiting websites ending in “.gov” like travel.state.gov. You can visit travel.state.gov to find up-to-date information on processing times and to learn how to submit for your passport. You can also head over to BBB.org/travel to stay on top of all the latest information and helpful tips for your upcoming vacation.



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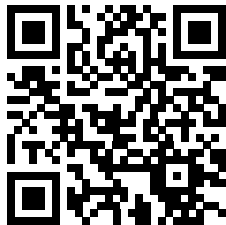
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Building, Maintaining and Improving Your Credit

By Kris McDowell

As the foundation of modern financial life, a credit score plays a large role in helping you qualify for the best borrowing terms on products such as mortgages, credit cards and other loans. “Your credit score isn’t just a number, it’s the key to a financially sustainable future,” says Chris Folkerts, Consumer Lending Manager, OnPoint Community Credit Union. Although many Americans seek ways to quickly improve their scores, Folkerts says, “Building good credit takes time.” That said, there are steps that you can take to get started right away to build, maintain and improve your credit score.

A critical step in improving your credit score is to ensure your credit report is accurate. The US Consumer Financial Protection Bureau recommends consumers check their credit reports at least once per year. Fixing and removing bad or fraudulent information, on your own or with the help of a financial expert, can raise your score considerably. Everyone is entitled to one free annual report from all three major credit bureaus at annualcreditreport.com.

Paying your bills on time can have a significant impact on your credit scores. Because bill payment history constitutes a

portion of your total credit score, missing payments or being late will negatively affect your score. Showing you have responsible debt management by making payments on time translates into a better score. Consider setting up automatic payments or creating calendar reminders to track when payments are due so you don’t miss a due date.

Another major factor contributing to your credit score is credit utilization, or the amount of available credit being used versus the available amount. Using too much available credit may reflect negatively on a credit report. Manage utilization first by paying down debts that are close to their limit, paying more than once in a billing cycle and requesting a credit increase if you are in good standing. Additionally, consolidating debt can help lower utilization by transferring balances to a new card or loan, thus freeing up other forms of credit.

Lenders are more willing to work with someone who is proactive about managing their debt and there are many resources available. Credit counseling organizations, such as OnPoint Community Credit Union partner, GreenPath Financial Wellness, and nonprofit credit counseling

and debt management agency, Take Charge America. Organizations like these can help create customized budget, action and structured repayment plans.

Contacting lenders about refinancing high interest rate accounts is also an option. The lower the rate, the more money you save every month. Even small amounts of money saved will add up over time.

In reviewing your credit score you may find old or unused accounts that you may have forgotten about. Avoid the urge to close these accounts as doing so may negatively affect your credit score. Even if you are no longer using an account, it’s best to keep it open to help your score.

Finally, remember that building or improving credit doesn’t happen overnight. Updates to credit scores can take anywhere from 30 days to years, depending on your specific financial situation. Work with a financial institution to help outline a plan that works for you, be patient and, if possible, start working on building an emergency savings fund for the future. Having a “just in case” fund to offset unexpected costs in the future will help maintain the good credit score you’ve worked to achieve.

PPS Proposal to Remove Racial Bias in Grading

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assessments, instead of receiving an automatic zero or point deduction.

Students would now be graded solely on “summative assessments” which have yet to be defined by the district, but typically refer to end-of-unit projects or tests. New report cards would utilize a zero to four scale, instead of the traditional 100-point scale. Students wouldn’t receive scores of zero and one, as the plan also implements a minimum grade floor of 50 percent.

PPS has received considerably backlash since the proposal was announced in August, with many media outlets saying it lowers standards in education and lets students pass courses without trying. “They will neither practice nor master any skills. Why would they, if all the school district is going to do is give them credit for their ‘work’ whether it is good or not, on time or late, or even whether it is not done at all?,” writes Zachary Faria from the Washington Examiner. This backlash, however, overlooks the fact that 100 percent assessment-based grading would require a student to master the skills they are tested on.

Considering minority and low-income students score lower

on standardized tests like the SAT, measuring performance purely on assessments could make disparities in grading even worse. The plan may standardize grading, but it doesn’t necessarily remove racial disparities within it.

The handout says that many teachers adopted their own version of “Equitable Grading Practices” at the start of the pandemic, which has since “led to a mosaic of grading practices across schools and across the district that is confusing to students and families.” A course taught by two different teachers may have completely different standards; however, it’s not out of the ordinary for teachers to grade according to their preferences.

Teachers currently control the grading of their students in PPS, but Bonilla says they’ve “had experiences in the past where administrators would go into Synergy or Canvas [platforms PPS uses to grade] and edit student grades after educators submitted them.” This prompted the addition of language into teacher contracts that prohibits this behavior and makes the execution of “Equitable Grading Practices” sound improbable.

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Outdoor Dining Program to Replace Healthy Business Permit Program

Transportation Commissioner Mingus Mapps has presented the Portland Bureau of Transportation’s (PBOT) proposed Outdoor Dining Program to Portland City Council. The program would replace the Healthy Business Permit program, which began in 2020 as an emergency response to the pandemic. It allowed for free, temporary permits with relaxed conditions for restaurants, retailers and others to shift to outdoor spaces.

The new, permanent Outdoor Dining Program will consist of annual Sidewalk Café permits and Street Seats permits (seasonal and annual options) that allow the use of parking spaces. Community groups and businesses seeking to use the full width of a street from curb to curb can inquire with PBOT about partnering with the bureau’s program for Portland Public Street Plazas.

Through formal feedback and stakeholder engagement, business and community members have voiced safety, accessi-

bility and aesthetic concerns with the current outdoor dining installations. The new program intends to address critical issues such as installations blocking visibility of stop signs, drivers unable to see people walking around large, opaque structures, inaccessible sidewalks from overbuilt furniture, storm drain blockages and the aesthetic implications of neglected, non-compliant installations.

The Outdoor Dining Program Report was presented to City Council at the end of August. As proposed, the Outdoor Dining Program will allow businesses to continue to use sidewalks and parking lanes for outdoor dining. However, to improve safety, accessibility and livability issues, the new program will have some changes.

To improve the visibility and turning movements of vehicles, clear setbacks from intersections will be required and any wall enclosures must be transparent. The height of the walls al-

lowed will be reduced as well to increase visibility of people walking in the area. Covered installations approaching stop signs will be prohibited to allow visibility of stop signs and pedestrians; low-height (uncovered) installations will be allowed. Over-sidewalk structures will be prohibited to remove sidewalk barriers and improve visibility of storefronts.

The Healthy Business Permit program operated with no fees in 2020, 2021 and most of 2022. For the 15-month permit cycle launched in 2022, an annual \$150 application fee plus a \$500 parking space fee was required for all installations. The Outdoor Dining Program will include an updated fee schedule to generate the funds needed to sustain the program.

If approved by City Council, businesses can start applying for Outdoor Dining Program permits in mid-October. New permits would become effective January 1, 2024 and be valid for 12 months.

Community Small Grants Available



Communities become stronger when neighbors come together across differences to build connections to one another and create a shared vision for change. The Southeast Uplift Neighborhood Coalition Community Small Grants program helps grassroots groups working in or for inner SE Portland support the community’s needs, develop collaborative projects and bring their ideas to fruition.

Through this program, SE Uplift provides seed funding and grant application support to help applicants shape the places where they live, work and play for current and future generations. This program is funded by the City of Portland’s Office of Community and Civic Life (OCCL) and approved by Portland City Council.

This year’s cycle will award \$76,394 in funds for community-driven projects. “With more money this year than ever before, we are excited to attract more applicants with creative ideas. From communal gardens to street murals, there is no limit to the incredible creativity of the SE community,” says Grantmaking Programs Manager Alex Cherin.

There are two categories that applicants can apply for funding. The Community Small Grants program includes micro-grants for small-scale projects up to \$500 and grants for larger projects up to \$5,000. The Inclusion, Diversity, Equity and Accessibility (IDEA) Communications Grants for up to \$1,000 are for communications-related projects that build a greater sense of belonging in the community.

Project ideas do not have to be extraordinary to receive

funding but they do need to be well thought out, practical and achievable. Examples of past projects that have received funding include engaging neighbors in creating a street painting to slow down traffic in a residential neighborhood; workshops, forums and trainings that create stronger skills among community leaders; civic engagement efforts such as a voter registration drive led by high school students; and the translation of printed materials into multiple languages such as at a farmers’ market and neighborhood association.

SE Uplift invites applicants to attend one of three workshops where they can learn more about the application process and seek input on their idea. The online workshops will be held 7-8:30 pm Thursday, October 5, Sunday, October 15 and Wednesday, October 25. There is also one-on-one support available, time permitting, by contacting Cherin at 503.232.0010 x2 or alex@seuplift.org.

Applications are due by Tuesday, October 31, 11:59 pm and will be evaluated by a volunteer-led Grants Review Committee. The committee will score each proposal according to the grant program goals and criteria and how the project aligns with SE Uplift’s IDEA Code of Ethics and IDEA statement. The committee will make funding recommendations to the SE Uplift Board of Directors December 4 and applicants will be notified of funding status by December 15.

Eligibility requirements, additional details and applications can be found at seuplift.org/grants.

OCTOBER EVENTS

WEEKLY THURSDAY BINGO – Unity Spiritual Center of Portland holds weekly BINGO this month, 7-9 pm at 4525 SE Stark St. Cards \$5 each, cash prizes and ample parking. All proceeds support Unity’s programs. For more information, contact sandra_combs@msn.com.

HOME ELECTRIFICATION FAIR – Electrify Portland! hosts a free, all-ages event for homeowners and renters curious about transitioning their homes to efficient electric. The fair takes place Saturday, October 7, 11 am-3 pm at The Redd on Salmon, 831 SE Salmon St. More information at electrifyportland.org.

VIKING PANCAKE BREAKFAST – The Sons of Norway’s Grieg Lodge hosts a pancake breakfast Sunday, October 8, 8:30 am-12 pm at Norse Hall, 111 NE 11th Ave. The breakfast features all-you-can-eat Viking pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea. Adults \$10, children ages 3-12 \$6, under 3 are free. Parking is free.

CULTURAL CELEBRATION – Epworth United Methodist Church, 1333 SE 28th Ave., hosts a cultural celebration Sunday, October 8, 11 am-3 pm. Enjoy food, crafts, treasures, plants, produce, games and eight vendors selling speciality items. Contact epworth.umc.pdx@gmail.com or call 503.232.5253 for more information.

WORLD MENTAL HEALTH DAY AT CSRG – Tuesday, October 10, 10 am-4 pm the Crystal Springs Rhododendron Garden is waiving admission in honor of World Mental Health Day. The Garden is the perfect place to find replenishment and relief along the winding pathways and changing fall foliage. More information at crystalspringsgardenpdx.org/events.

POLICE ACCOUNTABILITY PANEL – The League of Women Voters of Portland hosts “A New Community Board for Police Accountability: Progress and Next Steps” Wednesday, October 11, 7-8:30 pm via Zoom. Information on panelists and registration (by October 10, 8 pm) at lvwpdx.org.

GREEN BUILDING TOUR – Join the Sustainable Southeast Community Coalition to learn about innovative developments, adaptive reuse, living roofs and renewable energy projects in commercial, multi-family and mixed use developments in SE Saturday, October 14, 12-6 pm. More information at s2c2pdx.org. The event starts at 4111 SE 28th Ave. and includes a map for self-guided tours.

SYMBIOP FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, October 27, 10 am-6 pm for APANO. A percentage of sales will be donated to this nonprofit whose mission is to help thousands of young people change their lives through a combination of education, vocational training, counseling, career development and long term support. Contact JT at jtyu@symbiop.com with questions.

TAR N TRAIL RACES – The annual 10k, 5k run/walk and kids 5k takes place at Mt. Tabor Sunday, October 29, 9 am and benefits the Friends of Mt. Tabor Park. Registration (\$5-\$25) at ultrasignup.com or onsite before 8:40 am the day of the race.

HOLIDAY BAZAAR – All Saints Parish, 3847 NE Glisan St., holds their annual holiday bazaar Saturday, November 4, 9 am-4 pm. Local artists, vintage treasure tables, children’s gift shop, cafe and much more. There’s something for everyone! Visit allsaintsportland.org/holiday-bazaar for more information.



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Three-Day Closure of I-84 at I-205

A section of I-84 near the I-205 interchange will close in both directions for three days starting at approximately 10 pm Friday, October 6, running through 5 am Monday, October 9. The closure is due to construction of a new light rail bridge.

Drivers should plan for delays in that area or use an alternate route. TriMet encourages motorists to go to TripCheck.com to learn more and to check real-time traffic information. This is necessary work for TriMet's A Better Red project, which is extending the MAX Red Line west to serve 10 additional stations and improve schedule reliability for the entire MAX system.

TriMet's bus and MAX service will not be affected by the work. Those using transit can go to trimet.org and use the Trip Planner function. For notifica-

tions about delays or disruptions, people can sign up to have service alerts delivered directly to them by text or email by visiting trimet.org/emailupdates and entering either a phone number or email address.

The A Better Red project began with Gateway construction in 2021 after nearly \$100 million in federal funding was received. Fair Complex/Hillsboro airport and Portland International airport construction began in 2022 and all construction is scheduled to be completed in 2024.

The project also includes the addition of a second track to sections of the Red Line near Gateway/NE 99th Ave. Transit Center and Portland International airport.

More information and updates about the project can be found at trimet.org/betterred.

New COVID-19 Test Kits Available



At the end of September the US government announced that every household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home. As in the past, orders for the tests can be placed online; visit covid.gov/tests.

If you still have tests from prior shipments, check the expiration dates at bit.ly/COVIDtestexpirations. Some of the tests' expi-

ration dates have been extended.

The site provides a table for all FDA-authorized at-home OTC COVID-19 diagnostic tests, including information on expiration dates, who can use the test (based on symptoms and age) and other details. It is recommended that people should repeat testing following a negative result, whether or not symptoms are present, to reduce the risk of a false negative test result.

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Health Officials Urge Vaccinations

As respiratory virus season gets underway, infectious disease experts are urging Oregonians to take advantage of newly available, updated vaccines to stave off another wave of COVID-19, influenza and respiratory syncytial virus (RSV) hitting hospitals as they did last fall. Paul Cieslak, M.D., Oregon Health Authority (OHA) medical director for communicable diseases and immunizations and Katie Sharff, M.D., Kaiser Permanente Northwest's chief of infectious disease say that updated COVID-19 and flu shots and new RSV vaccines could help blunt the effect of a respiratory virus trifecta as happened in late 2022.

Cieslak and Sharff also remind people that the use of masks in health care settings where patients at highest risk of severe disease are cared for, such as nursing facilities and hospitals, is "strongly recommended." At this time, it is a recommendation, not a requirement.

"The potential for another respiratory surge that swamps our hospitals and health care system still exists," said Cieslak. "Even before COVID-19, influenza and RSV could overwhelm hospitals in some regions of the state." He noted that Oregon has seen a steady increase in COVID-19 test positivity since late spring, from 4.3 percent on May 27 to around 15 percent by September 16, and a doubling of COVID-19 hospitalizations since June 21. "Straining of hospital capacity will be an issue nationwide and perhaps more so in Oregon, where we are additionally challenged by the fact that we have relatively few hospital beds per capita," Cieslak said.

While flu and RSV activity remains low, cases are expected to rise, as typical, during fall months, with students back in school and people heading indoors to escape colder temperatures and gather during the holidays. Sharff said that the Southern Hemisphere, which epidemiologists monitor for flu activity to help predict the coming season, had an early flu season that significantly affected unvaccinated children.

"I think the pattern of COVID-19 is still uncertain. We're not quite sure if COVID is considered a seasonal virus, as we see surges both during summer and winter months," Sharff said. "The important thing is if we see an increase in all three viruses at the same time, that is when we could potentially see it crushing our currently strained health care system."

Both physicians say vaccination is the best way for people to protect themselves and those around them from infection and reduce the risk of severe illness—particularly for vulnerable individuals like older adults, and those who are immunocompromised or have underlying medical conditions—that could lead to hospitalization or death.

The Centers for Disease Control and Prevention's (CDC)

Advisory Committee on Immunization Practice (ACIP) issued their recommendation for the updated mRNA vaccine a day after it was authorized by the US Food and Drug Administration (FDA) in mid-September. It has been formulated to target currently circulating variants, including the XBB-based Omicron XBB subvariants that account for more than 95 percent of cases, induce antibodies against a wide variety of COVID-19 viral variants and is expected to improve protection against serious consequences of COVID-19 infection.

The new COVID-19 vaccines, along with an updated version of the seasonal flu vaccine, are now available at some pharmacies and clinics. The rollout has been slow to start; however, more doses are expected to arrive in Oregon over the next several weeks.


A new RSV monoclonal antibody immunization for babies and toddlers called nirsevimab—known commercially as Beyfortus—will be released later this fall, and a new RSV vaccine for adults 60 and older is now available on the commercial market. The vaccines for all three viruses have been extensively tested and are considered safe and effective.

Insurance plans will cover the 2023-24 COVID-19 vaccine and the Affordable Care Act (ACA) requires insurers to cover most ACIP-recommended vac-

cines without cost sharing (such as co-pays or deductibles). People can get their COVID-19 and influenza vaccines by contacting their health plan, health care provider, county public health clinic or federally qualified health center. They can also search for a clinic by zip code by visiting vaccinefinder.org, 211info.org or calling 211.

In addition to getting vaccinated, health officials recommend people follow OHA and CDC guidance for COVID-19 exposure and possible infection. The guidance includes talking to your health care provider about whether your age, vaccination status or medical condition makes you more susceptible to severe COVID-19 illness; creating a plan to protect yourself and those around you if you become ill with COVID-19; and taking action (getting tested when symptoms are present, contacting your health case provider for treatment) when needed.

As a physician, parent and community member, Sharff said she's discouraged to see a health care system like Oregon's become overwhelmed during respiratory season, since it can lead to delayed care, canceled surgeries and long wait times in clinics and emergency departments. "I urge all Oregonians to consider the tools available to them to prevent respiratory infections this season," she said.



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Painting Through the Dark

By David Krogh

Painting Through the Dark is a new book by Portland author Gemma Whelan. (The “G” in Gemma is pronounced “J”). Appropriately named, it takes the reader on a challenging journey through the eyes of Ashling, a 21-year-old Irish girl seeking to escape abuses of the Catholic Church in Ireland and family expectations that she become a nun, while at the same time gaining self-confidence and personal freedom. She dreams about becoming a successful artist and her personal journey towards this is reflected in her paintings.

Whelan is an Irish born theater director and instructor. After moving to San Francisco from Ireland, she both attended graduate school and became involved in stage production, directing and instructing. She has written screenplays and short films and has graduate degrees from UC-Berkeley, San Francisco State University and Trinity College in Dublin. The author is also the Founding Artistic Director for the Corrib Theatre, a contemporary Irish theater company in Portland.

Ashling, the primary character in her book, was based in part on Whelan’s own experiences, saying, “Yes, in the sense that I also came to this country at 21 with hardly any resources, so I drew on that experience.” As there was a strong negativity towards the Irish Catholic Church by Ashling, did she experience that as well? “The abuses by the Catholic Church began to emerge in the 80’s but it took a while to lay bare the extent of the damage done by religious institutions. In my own life, I started to question the dominance of the church when I was a teenager, and to re-



Author Gemma Whelan in Ireland co-leading a tour for the Corrib Theater. Photo credit: Gemma Whelan.

ject the hold it had over people in Ireland.”

The primary theme of the book, however, is not a treatise on the Irish Catholic Church. Rather it is an examination of Ashling confronting her fears and gaining confidence in herself and her abilities, both via her paintings and her actions with the family whom she stays with in northern California. Whelan agrees, “Yes, Ashling grows as an artist and a human during those intense months and reaches the point where she has the tools to make the best decision for her life going forward.”

Besides successfully exploring her own personal growth (which included her creating a series of dark and abstract paintings about Alcatraz), Ashling is also able to successfully turn around the dysfunction within the family she’s staying with. From the book, “her Alcatraz series was an expression of what her insides were like as she wandered through this strange house posing as a normal human being.” (This is a clue as to where the name of the book originated.)

Painting Through the Dark is an interesting read with actions that are always changing, including an unexpected surprise climax. And despite her many flashbacks to negative religious expe-

riences, Ashling’s greatest threat is amazingly the US Citizenship and Immigration Services and the limitations of her visitor’s visa.

The book seems primed for a sequel with Ashling determined to return to the states and attend a graduate arts program. However, the author indicates, “I have no plans for a sequel at this time. Of course, that might change in the future!” At present Whelan is working on a different novel and “am also actively enrolling people for Corrib Theatre’s Irish Theatre Tour, summer 2024, which my husband Adam and I co-lead. We still have spaces left: corrib-theatre.org/irish-theatre-tour.”

Painting Through the Dark was published by Shangana Press and is available locally at Back-story Books and Yarn (SE Hawthorne), Belmont Books (SE Belmont) and Powell’s Books. It can also be found online at Amazon.

Painting Through the Dark is Whelan’s second novel. Her first novel, *Fiona: Stolen Child*, is about a young Irish woman and her reliving of childhood traumas. This book is also available at many local independent book-sellers and on Amazon.

For additional information on the author, her works and background, visit gemmawhelan.com.

Hawthorne Embraces the Kiosk Culture

from page 1

work force and loss of local support.

Small businesses are beginning to thrive again thanks to Portlanders who like getting together to celebrate and support their neighborhoods. This became evident by the overwhelming response to Venture Portland’s Major Impact Grants program asking for ideas to enhance business districts.

Venture Portland received \$250,000 thanks to the American Rescue Plan Act, the largest grant they have ever administered. They were able to award grants ranging from \$25,000 to \$50,000 to six recipients: Central Eastside Industrial Council, Gateway Mural Project; HBBA, Kiosk and Solar Incubator Hub; Historic Mississippi Ave. Business Association, staffing; NW Industrial Business Association, staffing and district development; Old Town Community Association, Chinese Lantern

Project and Williams Vancouver Business Association, Evening Light District Project.

Venture Portland has represented neighborhood business districts since 1986, promoting local, regional, national and international demand for goods and services. These districts make up a majority of the city’s businesses and nearly half of its jobs.

At the Hawthorne Pop Up Plaza event, Flint Chatto discussed the advantages of kiosks. She showed renderings of the design and explained some of the ways they can enhance community building.

Flint Chatto referenced the book, *Urban Acupuncture*, by Jaime Lerner, as a way to understand the significance of small “pinpricks” of urbanism. “Even something as small as a kiosk can have a radiating effect on life in the surrounding city,” Flint Chatto said.

The Kiosk Project is already taking shape as people begin to weigh in on what they hope the kiosk could be used for. Some of the suggestions are for charging stations, informational displays, emergency preparedness locations, wayfinding markers and gateways, gathering centers, rest rooms, art installations and small business incubators.

Most importantly, the design of a kiosk represents a safe gathering place. It also brings a sense of culture to urban environments. An example of this can be found in the city of Lisbon, Portugal.

In the early 1900s there were over 100 quiosques de refrescos (refreshment kiosks) there; they were the heart of public life in the city. Under the dictatorship of Prime Minister António de Oliveira Salazar, which

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The Lies Advertisers Tell You

By ROSEANN FREITAS, BBB
GREAT WEST & PACIFIC

“Why, all advertising is exaggerated. Nobody believes it,” said Coca-Cola’s attorney, which inspired Coke’s Sam C. Dobbs to create a group of businesses to monitor each other’s advertising and was the beginning of the Better Business Bureau (BBB). During Dobbs’ time, the early 20th-century, advertising promised consumers various outcomes; however, the claims weren’t based on any facts.

Fast forward to 2023, and if you have played any gaming apps or viewed social media recently, you have seen ads that promise you will lose weight fast or product offers that are too good to be true. The ads look authentic, and the offer is so enticing that consumers click the buy button. However, many customers are dissatisfied with their purchase after receiving the order because the product wasn’t as advertised or they never received it.

While ethical businesses follow advertising codes, the market is filled with fraudulent companies exploiting consumers. How do consumers know if the ad is false and if it is, who can they report it to? With over 110 years of experience, the BBB still holds businesses accountable for eight standards, one of which is to advertise honestly.

The ad review starts with the BBB contacting the business and asking them for proof

of the ad’s claim. If a company can’t show proof, they are asked to correct the advertising piece. When a business fails to correct false advertising, the BBB works with regulatory organizations like the Federal Trade Commission (FTC), which can bring government action against the company.

The BBB has tips for spotting false advertising and avoiding fraud. When reviewing an advertisement, consider some best practices when deciding whether to purchase.

Too good to be true offer.

Everyone is looking for a great deal or a hard-to-find item. Resist the temptation to click the purchase button. Remind yourself of the laws of supply and demand. If supply is low, demand is high; then the cost will be increased.

Vet the company.

There are a plethora of websites and many are fake. Before purchasing from a company you don’t know, check the business’s BBB profile at BBB.org. Also, Google the company’s name and put complaints, reviews and scams in the search bar.

Don’t believe everything you read.

Can the product deliver the results promised? For example, with so many diet supplements on the market, it is easy to be

deceived by quick weight loss promises with no change to diet or exercise. For safety reasons and long-term results, losing weight takes time, and there isn’t a magic pill. Evaluate the product and the promise to see if it is feasible.

Think with your brain and not your heart.

Before purchasing, ask yourself if you are thinking rationally (brain) or emotionally (heart). When it comes to money, decisions should be made rationally.

Look closely at the domain name to avoid impersonated websites.

One way fake websites trick people is using a domain name that is extremely close to a real business or organization’s domain name. Upon closer examination, you might notice that two letters are swapped or slightly misspelled.

Check with a safe website checker.

Google’s Safe Browsing Tool can help verify the legitimacy of a website.

If you need clarification on an ad or company, contact your local BBB for guidance, where you can report a bad ad or verify a company, at BBB.org.

Metro Study on Reused and Repaired Home Goods

from page 1

fill in 2021. They also employed 1,600 people and generated an estimated \$19 million in sales of large items.

Half the survey respondents want to expand but face considerable structural issues, including having enough space to receive, sort and repair bulky items.

“We could use three to four times more warehouse space,” said Anna Kurnizki, executive director of Community Warehouse, an organization that provides donated household furnishings to community members in need, free of charge.

The study found that more bulky waste could be kept from our waste stream if donation centers were better dispersed throughout the Portland metropolitan area. Many of these organizations operate in central Portland, creating a barrier to donation for Clackamas and Washington County residents.

For every step in the circular economy, transportation is a challenge. As noted above, a bulky item’s owner may lack access to a vehicle to haul their item or they may not have the funds to hire a hauler.

For third party haulers, like junk removal service companies, diverting picked-up materials from the landfill can be compli-

cated by the diversity of items they transport. If their first goal is reuse and repurposing, they might need to stop at multiple organizations before heading to the transfer station.

Finally, moving bulky things takes people power. Organizations and haulers need to have staff capable of moving large, heavy things.

Laura Kutner Tokarski, executive director of Trash for Peace, an organization with a variety of community-based waste diversion programs, dreams of a system that provides free, affordable and regular collection for people in supportive housing, with those materials then being sorted, deconstructed, repaired or repurposed right here in our region.

“A system like that ... could ultimately save money, especially when you consider the cost of driving discards all the way out to Arlington,” she said, referring to the fact that most of the region’s trash is transported to a landfill outside Arlington, OR.

While the report was underway, Metro was taking steps to support a better bulky waste collection system. This fall, a multifamily bulky waste collection

continued on page 15

AUTUMN AT FYBERWORKS



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Milagro Muertos Celebration

The Milagro Theatre’s 3rd Annual Central Eastside Muertos celebration takes place Sunday, October 1-Saturday, November 5 at the theater (525 SE Stark St.) and at various locations around the Central Eastside. In addition to Milagro’s play *Las Adelitas*, the celebration includes altars in neighboring businesses, workshops and lecture presentations at Milagro and five events at Cargo. Earlier this year, Milagro awarded 16 artists with small project grants, two of which are being highlighted as part of this festival.



Wednesday, October 18, 7 pm Milagro’s Tertulia series features Mika Martinez’s presentation of *The History and Evolution of La Catrina*. Their project shares five different Catrin(a) looks that have been photographed in various settings around Portland. All of the collaborators involved, from the models to the creators, identify as Mexican or Mexican American. They each provide a unique viewpoint, experience and connection to the project. The film incorporates the origin of La Catrina and the creators who made her famous and her evolution as one of the most recognizable symbols in Mexican culture. It expands the way Mexicans are seen by centering Black, Indigenous and LGBTQ-IA+ voices through recorded interviews, while also providing insight into their personal connection to La Catrina and Dia de los Muertos. There will also be a printed booklet and a short film about the history and evolution of La Catrina.

Saturday, November 4 Milagro offers a unique spin-off of the traditional loteria game, inspired by Oregon state landmarks through a Dia de los Muertos lens. The Dia de los Muertos Oregonian game is being designed and created by father-daughter team Hampton Rodriguez and Sophia Carpenter-Rodriguez. Enjoy a fun afternoon with the game and prizes, which include gift certificates to Milagro shows and area businesses. Guests will have the opportunity to pre-order the game after the event.

Cargo’s events include their signature altar reveal and dedication accompanied with food vendors, “meet the artist” events, tostada pop-ups, a rice paper carving workshop and a sugar skull decorating event. Cargo is located at 81 SE Yamhill St.

This year’s slate of businesses that are hosting altars in their spaces include Milagro, Cargo, Miller Paint, Columbia Credit Union and Classique Floors. Each business will have an altar designed and created by artists from the IDEAL PDX Latino Arts Collective under the direction of Jessica Lagunas, director.

A full schedule of events, most of which are free, can be found at milagro.org.

imago theatre

IMAGO THEATRE PRESENTS

My Bedroom is an Installation

Oct. 6 to 22

By Jerry Mouawad & Drew Pissarra

A Pirandellian fantasia with a cameo by King Lear, My Bedroom is an Installation delves deep into the loopiest subconscious.

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17 SE 8th

Imago’s October Production

“My Bedroom is an Installation” is Imago Theatre’s October production, running Friday, October 6-Sunday, October 22. For Imago’s artistic co-director Jerry Mouawad and his collaborator-playwright, Drew Pissarra, life isn’t a dream. It’s a farcical bout of insomnia, a fantasy deep into the loopiest subconscious.

A nameless woman, played by Anne Sorce, struggles to get a grip on reality in a psychologically-booby trapped room cohabitated by a talkative puppet, a mysteriously silent roommate and a dancing coat. A Pirandellian fantasia with a cameo by King Lear, “My Bedroom is an Installation” is a companion piece to Imago’s 2022 dance-theatre hit “Voiceover.” Only this time around, the enemy isn’t without, it’s within.

Friday and Saturday shows at 7:30 pm, Sunday matinees at 2 pm. Tickets (\$23) available at onthestage.tickets/imago-theatre. The show is recommended for those 16 years and older. Imago Theatre is located at 17 SE 8th Ave.

Jerome Sloan Show at Pushdot



Jerome Sloan’s *50 Years of Hip the Process of Change* comes to Pushdot Studio for October and November, starting with an opening reception and artist talk Friday, October 6, 6-8 pm. Sloan is an African American artist from Portland who started out as a spray painter as a kid in the 1980s and was sentenced to life without the possibility of parole in 1994 at the age of 19. Last year Governor Kate Brown commuted his sentence and he was released in May 2022 due to the social work he had done for over a decade, teaching art and facilitating cognitive programming for people in prison that were trying to change.

Sloan says, “Art has helped me through personal struggles to make sense of and find meaning in my life.” In this collection, he looks at hip hop, which is 50 years old, just like Sloan. “I wanted to show how hip hop has been my gospel throughout my life and has grown with me, from the first album that I ever owned, LL Cool J’s I’m Bad, to what I listen to today. Each new cover has my alter ego character ‘INK’ somewhere in it. The show is about the process of change. I would take a positive line out of certain songs considered ‘gangster’ and I would use it as my motivation to keep pushing forward. The lines have been like gospel that has played in my ears throughout my life.”

Visit Pushdot Studio Monday-Friday, 8:30 am-5 pm, free admission. The gallery is located in the Ford Building, 2505 SE 11th Ave., Suite 104. Enter through the Division St. doors.

The Reformers’ Interactive Play

With over a decade of original works, The Reformers return to the season of scares with their newest production, */SLASH/*, a homage to 80’s cult slasher films. Performers will take four nightly audiences on an immersive journey through Movie Madness, culminating in a viewing of The Reformers’ world premiere horror film short.

A theatrical cult of misfits and weirdos, The Reformers decided to tackle their newest medium, film. But creating a cinematic horror juggernaut needs a star of great magnitude and the group delivers, casting the incomparable drag clown, Carla Rossi (Anthony Hudson)...or have they? Packed with strange, creepy occurrences that will leave you wanting more, Halloween just isn’t complete without an experience from The Reformers.

Running for four nights in October (13, 14, 20 and 21), each night offers four performances (7, 7:45, 8:30 and 9:15 pm) taking approximately 30 minutes. This is an interactive experience with only 25 audience members per show. Shows include explicit language, themes and violence and are recommended for ages 15 and older. Visit reformerspdx.com to purchase tickets (\$25). Shows are held at Movie Madness, 4320 SE Belmont St.

New Mikki Gillette Play

Fuse Theatre Ensemble is proud to present the world premiere of playwright Mikki Gillette’s *They Them Their* through Sunday, October 15 at Grinds and Vines, 3520 SE Yamhill St. Shows Thursday-Saturday are at 7:30 pm and 3 pm Sundays.

Set in a queer youth center, *They Them Their* follows Faeris (Jonathan Billington), a rebellious nonbinary teen. Artistic, sensitive and volatile, they butt heads with the center’s coordinator, Jess (Dante Tirado), pursue a romance with fellow teen Jordan (Audrey Booth) and struggle with the admiration and expectations placed on them by the younger Raven (Rayburn Gotter). In this moment, when 21 states have banned life-saving, gender-affirming care for trans minors, Gillette’s play opens a window into the real experiences of these teens, while not shying away from the pains such prejudice creates.

Visit fusetheatreensemble.com for more information and to reserve seats. Tickets are no-cost/pay-what-you-will, but reserving seats in advance will secure them. Payments are accepted before, during or after the event in cash or through their Venmo or Paypal accounts.

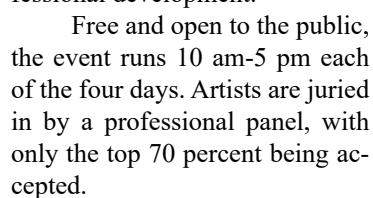
Avery Hill Classes

Local singer-songwriter and music teacher Avery Hill offers two weekly ukulele classes and monthly songwriting workshops this fall. Beginning Thursday, October 5, there is The Music of Hawaii for Ukulele where students will learn more about the origins of the ukulele and explore the music that made it such a popular instrument. It will also teach a combination of familiar songs and lesser known Hawaiian writers, 6-7 pm.

For those familiar with reading music and/or tablature on ukulele, Ukestra Ensemble will build a repertoire of instrumental music played in different parts... an orchestra of ukuleles, 7:15-8:30 pm. Both classes are held at Lincoln St. Church, 5145 SE Lincoln St. and there is a Zoom option for The Music of Hawaii.

Her monthly songwriting workshops continue in October, on Saturday, the 28th, 2-4 pm. also at Lincoln St. Church. Workshops highlight a different element of songwriting each month (lyrics, music and arrangement) and provide song studies and exercise to incorporate into students’ songwriting process. Visit averyhill.studio to register for the workshops and classes.

Hill draws the curtain back and invites the audience into the work of a songwriter with her Songwriter’s Studio Friday, October 20, 7 pm at Artichoke Music. Get tickets at artichokemusic.org to learn where songs come from and what makes a “good” one.



The free event will take place on Zoom, with workshops, mini-concerts, lots of song circles and a convenient link to big group sings in the evenings. Visit portlandfolkmusic.org for the schedule of events, to register or to volunteer to lead events or provide technical support.

Visit albertarosetheatre.com to purchase tickets and for a full line up of October shows.

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6 FOOLISH MORTALS 7 8 a haunted mansion burlesque cabaret	25 LO PRECISO a Flamenco performance by RAFAEL RAMÍREZ
11 CONSIDER THIS with CASEY PARKS	26 EILEN JEWELL + Nick Delffs
12 LIVE WIRE RADIO WITH LUKE BURBANK	27 Saloon Ensemble 28 presents 29 THE NITEMARE B4 XMAS
13 EVIL DEAD THE 14 MUSICAL	31 a very special HalloWEEN feat. MARCHFOURTH + BROWN STALLION the Ween Tribute band
18 CARSIE BLANTON + Brittany Ann Tranbaugh	

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Wellness Word

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

Maintaining Muscle Health: The Role of Movement and Joint Mobility

Have you ever experienced the surprise of realizing your muscles were sore only when they were being massaged by a friend or health care professional? If so, you're not alone. It's a common phenomenon, and it raises questions about what's happening in our bodies and how we can maintain optimal muscle health throughout our lifetimes.

Healthy muscles are strong, flexible and pain-free. So, why do we sometimes discover muscle soreness only when they are palpated or massaged? The answer often lies in underlying tension within the muscle. This tension can persist for a long time. Gradually we become desensitized to its presence. We stop noticing it in order to allow us to continue with our daily routines without discomfort. Factors contributing to underlying muscle tension can include repetitive stress, often from prolonged periods in the same position, stiff joints and old injuries. Most often these contributing factors coexist in the same individual.

At Inner Gate Health and Wellness, the chiropractors prioritize addressing muscle tension as well as joint mobility during appointments. Each chiropractic

visit includes a minimum of 10 minutes of focused work to address muscle tension. This, along with adjusting and mobilizing your joints, is a crucial step in promoting muscle health. When joints don't move correctly, surrounding muscles tighten to protect them. Restoring proper alignment and motion to the joints allows the corresponding muscles to relax, decreasing pain and tension.

The key to maintaining strong, flexible and pain-free muscles is movement. A sedentary lifestyle can lead to stiffness and reduced mobility as you age. Fortunately, there are simple ways to incorporate movement into your daily routine.

Incorporating joint movement into your daily life doesn't require any special equipment or a significant time commitment. Start by making a conscious effort to move all your joints through their full range of motion daily. For your spine, this means looking up and down, bending each ear towards its respective shoulder, and turning your head in both directions. Continue by bending forward toward your toes and gently leaning backward, tilting from side to side at your waist

and rotating your shoulders to the right and left.

If these movements come easily to you and you find them appealing, extend this practice to the rest of your body, including full range of motion of your shoulders, elbows, wrists, hips, knees and ankles. You can perform these exercises in the comfort of your home, at the office or even during short breaks throughout the day. Consistency is key, so aim to make these movements a daily habit.

Regular movement not only helps alleviate underlying muscle tension but also contributes to overall well-being. It prevents your joints and muscles from becoming stiff and immobile, enhancing quality of life as you age and ensuring that your muscles remain strong, flexible and pain-free.

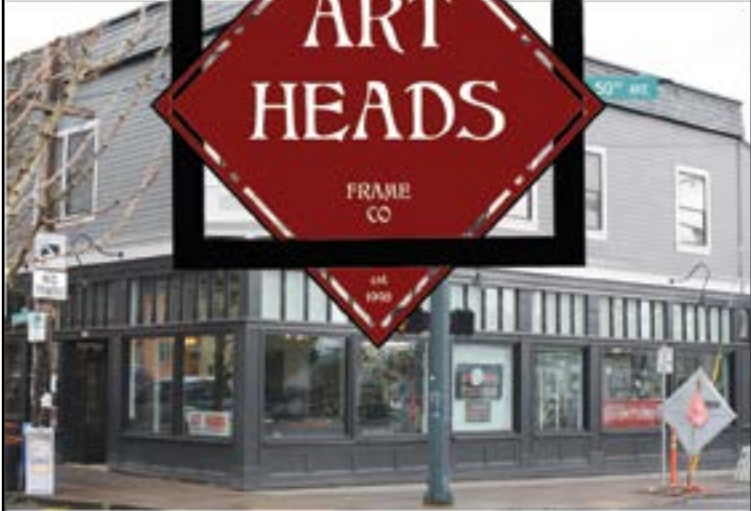
While movement is fundamental, it's also essential to listen to your body. If you experience persistent or worsening muscle soreness or joint stiffness, consider consulting a healthcare professional. They can provide personalized guidance and address any underlying issues contributing to your discomfort.

Dr. Kelley Silon is a Chiropractic Physician with Inner Gate Health and Wellness, innergatepdx.com.



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Neighborhood Notes

HAND
By Jill Riebesehl

The agenda for our September meeting was so chock full, we couldn't get to all the business. Next month we hope for updates on US Rep. Suzanne Bonamici's meeting with United Pacific RR on traffic conflicts and progress on the Avalon sanctuary near New Seasons, for starters.

The HAND Board is hard at work to figure out what the neighborhood association's role in the new city government will be. Dominating most of the meeting was brainstorming on how neighborhood associations (of which there are 95) will be incorporated into the many and complicated citywide changes bearing down on us by charter revisions. Terry Harris, who served on the Government Transition Advisory Committee, reported on what he has learned and how he views possible outcomes. We were advised to stay tuned and plugged in; changes are happening fast.

We heard from Michael Mitton of the Metro Climate Action Team who presented information on the dangers of "natural" gas to residents, the community and the city, indoors and outdoors. The state has mandated 100 percent clean energy by 2040, and we are now looking at 50 percent of our energy from renewables. The group will soon include all of Oregon. He mentioned Solar for Everyone and the community solar option.

Regarding the new, large Clinton Triangle Sanctuary, a citizens group mandated by a Good Neighbor Agreement is coalescing to monitor and be available for residents and businesses if they encounter problems stemming from the sanctuary. Included will be folks from HAND, Brooklyn Action Corps and the Southeast Industrial District.

We met in person this month in the conference room at St. Philip Neri. Our meetings are the third Tuesdays of most months, 7 pm. We hope to continue to meet on the church campus. For more details, check our website, where meeting minutes will be posted.

Montavilla Neighborhood Association
By Louise Hoff

Montavilla Neighborhood Association (MNA) elections take place virtually Monday, October 9, 6:30 pm; montavilla.org provides a link. You do not need to be present if you email jacob@montavilla.org for voting instructions before the elections. You need to have attended at least one meeting the past year to vote.

Do you have a passion for your community or an interest in what happens in Montavilla? We are volunteer-run and have volunteer-driven groups that need public participation to function well. Our membership drives the work our group focuses on. If there is something in particular you want to work on, talk to us! There are several openings on the Board (chair, vice chair, secretary) and there is always room for a specific committee that addresses something you find important.

The MNA is a community group representing the renters, workers and property owners in East Portland's Montavilla neighborhood. We are a volunteer-led 501(c)3 nonprofit recognized by the city's Office of Community & Civic Life. Our group works to educate neighbors about issues facing the community and often weighs in on city policy on behalf of our members. We meet monthly and work on community-strengthening initiatives.

Our association has currently been focusing on safer crosswalks along NE Glisan St. and we plan to celebrate artist Hector Hernandez's beautiful mosaic mural on the corner of NE Glisan St. and 82nd Ave. Lt. Hill from East Precinct generously gave us his time to talk about policing issues in our area. Artist Dan Boer has made 55 signs for the trees in Clark Arboretum and our Parks committee will be placing them on the trees in the next weeks.

Please email us, join the mailing list or attend a Board meeting on the second Monday of the month, 6:30 pm. We hold the meetings online via Zoom to make attendance easy and accessible. Audio recordings from previous meetings are available on our website. The MNA also hosts social and informative gatherings throughout the neighborhood. Check the calendar for details.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting September 11. Meetings are the second Monday of the month, 7-9 pm, except January, held in-person at Central Christian Church, 1844 SE Cesar Chavez Blvd. People can also participate via Zoom; the link to pre-register for Zoom is on the agenda, which is posted to richmondpxd.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Rob Nosse, Oregon House Representative District 42, spoke about key spending bills that passed in the session that just ended and big topics for next session: Measure 110 and ballot measure 113 regarding legislators being absent for more than 10 days. There was much discussion on Measure 110 and his upcoming trip to Portugal to research their drug decriminalization program.

The RNA voted to donate \$500 to the Hawthorne Blvd. Business Association for tables and chairs to

continued on page 15



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Neighborhood Notes

from page 13

use at events after a request by HBBA Chair William Levesque. It also voted to donate \$100 to Sustainable SE Community Coalition for International Peace Day September 21.

The next RNA meeting is Monday, October 9. Everyone is welcome. Come and check out a meeting and learn about ways to get more involved in your community.

South Tabor Neighborhood Association By Cathy Kudlick

Our meeting on September 21 brought together neighbors with representatives from the Portland Police Bureau and Safe Blocks to discuss crime and safety. We learned about how the police are responding to crime, what Safe Streets is doing to promote safer neighborhoods and what we can do to help keep each other safe. The more people who get involved, the more we can help make South Tabor a place where everyone feels heard and welcome. So consider attending our next meeting on Thursday, October 19, 7 pm where we'll follow up and make plans.

For up-to-date information about the event (including location), visit the STNA website at southtabor.org. You can also sign up for our mailing list and learn about other activities.

Sunnyside Neighborhood Association By Gloria Jacobs

September was a busy month. We had a great time at the Belmont Street Fair seeing old friends and welcoming new ones to the neighborhood. A big shout out to everyone who volunteered to set up and staff the Sunnyside table!

We welcomed State Rep. Rob Nosse to our General Meeting. He spoke about transportation safety and funding, improving the operation and administration of the organizations tasked with providing detox and rehabilitation services under Measure 110, as well as other public safety and livability issues.

We also discussed traffic safety and what SNA's advocacy should be with PBOT. The conversation focused on César Chavez Blvd. People came with some great thoughts; please keep your ideas coming. Members of the Land Use & Transportation Committee are reaching out to PBOT leadership to ensure they have our community's input.

We are looking for help designing a new SNA logo and creating signage for events such as street fairs and movie nights. If you are interested in helping, please reach out to us at board@sunnysideportland.org.

SE Uplift has opened up its grant applications for the year. They have two opportunities—Community Small Grants and IDEA Communication Grants. Applications are due October 31. See seuplift.org/grants for details.

Our next General Meeting is Thursday, November 9. We hope to have a representative from one of our local police precincts discuss public safety. We are also reaching out to Multnomah County to learn more about the upcoming renovation to the Belmont Library branch.

The newsletter delivery team is looking for volunteers. Newsletters will be delivered to your door and most routes cover one or two blocks, taking about 20 minutes. If you're interested, contact Diana Deumling at dianadeumling@gmail.com.



Business Association Notes

82nd Avenue Business Association By Nancy Chapin

The 8th Annual Around the World in 82 Dishes, a three-weekend event, kicks off Saturday, October 21, 11 am with a 5k run/walk sponsored by Oregon Walks on the Springwater Trail. The run will start and stop at the Springwater Cart Park, 8225 SE 82nd Ave. For details go to 82dishes.com.

We also still have a few beautiful rose bushes for the Avenue. If you have a location, please contact us at 82ndaveba@gmail.com.

Foster Area Business Association By Jeff Lynott

Foster is embracing the changing season, and we're looking forward to a couple fall events at local businesses. Dye Dye My Darling Salon (6340 SE Foster Rd.) is hosting their Third Annual Halloween Party Saturday, October 7, 1-6 pm. In addition to raising funds for Glencoe Elementary GSA Program, there will be karaoke, costume contests, prizes, a raffle and drinks from neighboring Unlimited IPA.

Saturday, October 21, 2-8 pm, Wild Mountain Wax (6416 SE Foster Rd.) will be hosting their Autumn Sip & Shop and Halloween Scavenger hunt that will take participants to several Foster Rd. businesses as they earn prizes. Learn more about both of these and future events at fosterarea.com/events. As always, reach out to fosterarea@gmail.com to get involved with the Foster Area Business Association.

Hawthorne Blvd. Business Association By Nancy Chapin

It's October and the feel and scent of holidays is in the air! In addition to Halloween, Thanksgiving, special holiday events and lighting, you are invited to the Holiday Celebration on Sunday, December 3 at Rivermark Credit Union's (2537 SE Hawthorne Blvd.) parking lot, which will have more fun and activities than in past years! Starting at 2 pm, with the tree-lighting at 5 pm, there will be music, ornament-making, holiday gift ideas, Santa and more!

The PARK(ing) event on SE 37th Ave. in parking spaces and a portion of the street near The Bagdad, Echo Theater and 37th Street Salon was fun and well attended as the day went on. Thank you to all three businesses for sharing their street and parking spaces so neighbors and others could see what a plaza might be like and to look over HBBA's opportunity to manifest a kiosk somewhere in the District.

We welcome your ideas; contact Administrator@hawthorneblvd.com.

PPS Proposal to Remove Racial Bias in Grading

from page 5

able. "Student grades issued by a teacher shall not be changed by a supervisor or altered due to software limitations of the district's grading system unless a substantive reason clearly exists," states the contract. Bonilla adds, "We don't want a false inflation of grades that doesn't actually support students, but a system that ensures educators can provide the skills and feedback students need to show proficiency."

"Equitable Grading Practices," which largely draws inspiration from Joe Feldman's book, *Grading for Equity: What*

It Is, Why It Matters, and How It Can Transform Schools and Classrooms, is putting a name to the shift in educational priorities we've seen in schools lately. While a steep change, this isn't the first time we've seen plans to standardize the grading process; a similar proposal was almost brought to fruition through an Oregon law in 2013. While "Equitable Grading Practices" is new and specific to just PPS, equitable grading certainly is not.

Writer Luke Susswood is a student at Franklin High School.

Hawthorne Embraces the Kiosk Culture

from page 8

started in the 1930s, laws actually discouraged public gathering and conversation; the kiosks fell into disrepair and all but disappeared.

Catarina Portas, a native of Lisbon, said in an interview with NPR that, "From the 19th to the 20th century, there were some hundred different kiosks in Lisbon. The city was full of them in different colors, different designs." She teamed up with an architect to bring these beautiful Moorish design structures back to their former glory. Their first three kiosks opened in 2009.

Since then they have restored many more of these unique architectural wonders to the city. They have proved to be a great success in returning prominence to Lisbon's public spaces. See them bit.ly/SeeLisbonKiosks.

This fall, five different neighborhoods and business districts, PBOT and local property owners, will begin working with PSU architecture professor Lisa Young to ensure they choose the right location for The Kiosk Project. For more information, visit pdxmainstreets.org/kioskdesign.

Metro Study on Reused and Repaired Home Goods

from page 9

pilot program will be conducted in Gresham. "By sampling materials collected in this pilot, Metro will garner information on the amount and types of large household items that could be reused," stated Carl Grimm, a policy and program development planner at the agency. "This data will help Metro and local governments predict what kinds of reuse services and infrastructure would be needed to make the most of the collected items."

Since its release, the Large Item Reuse Study has shaped draft scenarios in Metro's Garbage and Recycling System Facilities Plan, which will be presented to Metro Council for decision making this fall.

Study recommendations that appear in the draft scenarios include funding for material recovery, reuse and repair, reuse warehouse hubs and retail centers, and reuse collection at transfer stations and recycling centers.

Finally, the study will shape Metro's 2024 Investment and Innovation Grant program's selection process. Since 2018, the program has provided approximately \$1 million to nine local organizations supporting reuse and repair of large household items.

While the study clearly outlines the complications of achieving an equitable and efficient system for keeping bulky waste out of our landfills, the partners in this effort all express hope.

Kurnizki is enthusiastic about the process thus far. "I see so much opportunity in the genuine interest from Metro and other agencies to put actual investment into the circular economy, and to ask for input from thought leaders. It is so exciting; it feels like we are all pulling in the same direction."

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

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