Yes, It Could Happen Here

The geyser that erupted last month on NE Skidmore was caused by a break in a hundred-years plus, thirty-inch diameter water pipe and could happen anywhere.

While this was the largest main break in Portland’s recent history, the city experiences some two hundred main breaks per year within its 2,200 miles of pipe, says spokesperson Jaymee Cuti. “We can not predict where or when the next break will happen,” she said. About ten miles of pipe are replaced annually.

Aging pipes are certainly at risk of failure especially in century old neighborhoods like those in SE. Soil, water temperature, and corrosion can also be factors. The pipe in NE, however, was thick and not corroded.

Other similar size cities have it worse. Cuts says our area’s low-corrosive soil keeps the pipe failure rate relatively low.

“We ask that customers be our eyes and ears. If you spot a main break, please call our Emergency Line, 503.823.4874.”

Schools Face Challenges, but Kids are Okay

Even without cuts in state educational funding, flat school budgets will likely mean teacher layoffs.

Portland Public School parents recently received a disturbing letter from the Superintendent forecasting a $17 million budget gap for next year due to higher costs of Public Employees Retirement System (PERS) obligations; reduced funding due to lower numbers of English Language Learners, and declining poverty rates in the district.

Ongoing maintenance needs, salary increases and what an aide calls administrative fat in the central office may also be factors.

Cuts could hit inner SE sporadically with schools in the Cleveland cluster potentially hit hard. A visit to several area schools netted varying degrees of alarm with one proactively planning ways to do so.

Laurelhurst Neighborhood Receives National Historic Recognition

It’s official! After years of work by hundreds of community volunteers, the Laurelhurst Neighborhood has been added to the National Register of Historic Places as a historic district.

The National Parks Service summary decision said “Laurelhurst represents a distinctly planned community/neighborhood in early 20th century Portland.”

Chief organizer John Liu said the listing will help preserve the neighborhood’s historical architecture, design character and urban forest without placing restrictions on remodeling, solar paneling or accessory dwelling units.

“As Portland grows,” Liu said, “we need to preserve the good and lasting things... I hope the city will give historic preservation higher priority.”

Liu thanks Restore Oregon, the Architectural Heritage Center, the McCallouch Foundation, the University of Oregon’s Historic Preservation Program and the city for guidance and support. MP

Clarifying PERS Benefits

By Don MacGillivray

The Public Employee Retirement System (PERS) began in 1946 and includes many types of public service employees. The employee breakdown is: public school – forty-three percent, state government – twenty-nine percent, and municipal government – twenty-eight percent.

The PERS system was once easy to explain. Benefits equaled the employee contributions plus investment earnings. Three quarters of the money came from investment earnings managed by the Oregon Investment Council and the Oregon Treasurer. Over the years this has been very successful.

A mandatory employee retirement contribution of six percent went into a separate retirement account, but since 2004, it’s no longer used to support the pension fund. Now the six percent of PERS covered salaries go into money market accounts similar to 401(k)s, but retirees still receive their PERS defined pension benefit.

Since there is never enough money, the shortfall is paid by the state, schools, and municipalities. Recently the debt is $22 billion and it’s increasing. The more than nine hundred public employers are required to pay $1.1 billion more to fund the system in the current biennium.

Many of the problems with PERS were initiated in the years between 1980 and 1990.
Coming from the middle of the last century, my imaging about society is a little different than those born in later generations. What I sense is that we are a linchpin generation bridging the old days to the techno era – or in more esoteric terms the Piscean age to the Age of Aquarius. Although when exactly this astrological date occurs is not quite clear, but something is happening here – I can see it in our cultural norms and feel it in the way things are changing.

I studied astrology for years, back when I had time on my hands as it was so fascinating. One of the best things I learned was how unique each one of us is given the multitude of possibilities of our birth chart. Another teaching from that study was the astrological knowledge that we had come from the Piscean Age and are preparing for the moment when the March equinox point moves out of the constellation Pisces and into the constellation Aquarius.

During the Piscean era, the leaders of three of our major religions were born: Buddha, around 523 B.C.; Jesus around 6 B.C.; and Muhammad, in 571 A.D. Spiritually many of us raised in those religions were told early on what we were supposed to believe and who to be obedient to.

We were developing an inner life and a personal connection but mostly to a monotheistic deity that had power over us. These powers have been losing ground as we shift towards the power of self. Now that the age of reason is upon us, the theme emerging among some is that we are the Christ, Buddha, Muhammad we’ve been waiting for.

On a more mundane level, I knew people who farmed with horses; people who didn’t have a television when they were young; people who fought in WWI. These were the people that were described as Normal during my impressionable years.

They were focused on developing easier survival skills, experiencing more luxuries and finding time to be with family and friends. Their sphere of influence wasn’t as far as it is today.

The shift to a faster paced, high tech, interconnected society became apparent to me in the nineties. Technology and a new ideology began altering everything from the way to communicate, to the way to do business, to food and shopping choices, to the ability to know what is going on in the world instantaneously. So many new processes were making things easier and faster once the system was learned.

Those born during the last thirty years just absorbed the technology and accepted the speed with which things change. In addition, they have been made aware since birth that to continue on the path of their predecessors means extinction.

So who are these evolving people, the Gen Z’s, Millennials, GenXer’s? It is my opinion that because of their early imprinting, their highly developed brain capacities and nervous systems and with all the technological advances, they will create the leisure time to explore the highest realm of Maslow’s Hierarchy of Needs – morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts – and act upon them.

They will have the ability to make different decisions knowing that they affect the greater good. The belief in advanced science and technology to improve human and environmental situations on earth will be put into action. They will tread more lightly and personify the values of brotherly love, unity and integrity – Jesus’ message made real.

Our young are very connected and intertwined in each other lives. If their empathy and fidelity is any indication of taking this message to heart, then this is the great hope, the dawning of the Age of Aquarius.

↑Maslow’s Hierarchy of Needs is used to study how humans intrinsically partake in behavioral motivation.
Dear Editor:

Thanks for your recent front-page article on the fact that crime in Portland keeps happening whether we listen or not.

It’s no secret to anyone who pays attention to local and national news: there has been an erosion of trust in our police over the past few years. Ironically, so many of those who might verbally abuse our cops are the same people who day in and day out depend on them to keep our city safe.

With hundreds of officers retiring in the next few years and a national shortage of replacements, we must take responsibility for building trust in our police. After all, these are the people we ask to routinely face the aftermath of murders, suicides, shootings, robberies, drunk drivers and the rampant homelessness in our community – all while potentially putting their lives at risk.

Imagine two years from now; if we as a society have made it so undesirable to be an officer that there’s no one available to respond to emergencies.

This crisis is already unfolding at a national level and police departments across the country are not attracting applicants. New officers coming to Portland are arriving from all over – many of whom come to us of their own free will – but are all while potentially putting their lives at risk.

Imagine two years from now; if we as a society have made it so undesirable to be an officer that there’s no one available to respond to emergencies.

I would like to bring to your attention proposed changes to the zoning laws to allow higher density: 45 to 75 units per acre (or app. five to nine units on a typical lot) for the entire area within half a mile on either side of any bus service that runs at least every fifteen minutes during rush hours.

I believe it would be destructive of the numerous neighborhoods that make Portland so liveable. I share the general concern about the need for more housing. However, it can be achieved without making all the neighborhoods into the same huge apartment developments.

I see lots of four to six story apartments being built right now along major thoroughfares. This seems to be the way to bring higher density into our community, without destroying the unique quality of our individual neighborhoods.

Eric Roost

Letter to the Editor:

Neither Erik Matthews’ Letter to the Editor nor Midge Pierce’s article about the RNA mentioned the two Board votes at the June 2018 Election meeting that prompted the Grievance filed by thirty-four people. (1) The vote to appoint to the Board the three unelected candidates immediately after the election results were announced, overruling the vote-count, and (2) the vote to rescind sending Bylaws amendments to members for vote, without providing the seven day Agenda notice required by the Bylaws.

The Board basically disenfranchised the Members in the 2018 election cycle. Grievances are allowed by the Bylaws and the city’s Standards governing neighborhood associations – they are the only way members can enforce the Bylaws and Open Meetings rules.

Matthews and Pierce also failed to mention that the SE Uplift Board found that there was a “clear violation” by the former Chair of the “Open Meeting Rules per ONI Standards, RNA Bylaws, and the RNA Code of Ethics as outlined in the Grievance Complaint” on the vote to rescind the Bylaws vote.

However, SEUL ruled (based on three factual errors) that the Grievants were not harmed by the cancellation of their right to amend the Bylaws. The Grievants appealed that ruling and SEUL’s failure to address several grievance issues.

The Appeal, which links to the underlying Grievance, is at bit.ly/2yYppb.

Contrary to Matthews’ characterization, RNA meetings in the past eight months have not been contentious or hostile. Board Members have not been harassed or threatened – the audio of those meetings on the RNA website will bear that out.

The RNA is now past the two grievances and the Recall is moot. The Board can work to prevent the problems that led to the two grievances.

The board should receive Open Meetings training and enact Best Practices to help avoid Open Meetings violations.

If someone asserts that a vote would violate the Bylaws or Open Meetings rules, the vote should be set over to a later meeting. The grievances could have been avoided if the votes were set over to a later meeting for further discussion and the community given proper notice of the issues.

The Board Member communicating a vote to the city must communicate that vote accurately without changing the Board’s vote.

RNA should refrain from taking a position on contentious issues, especially divisive land use issues, which necessarily picks winners and losers. Voting on such issues is contrary to its mission to “provide a forum to develop neighborhood cohesiveness and improve livability by coordinating neighborhood projects, disseminating information and promoting active involvement in neighborhood activities.”

Allen Fields

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State Bills Affecting Housing and Planning

By Da vid Krogh

Several bills in both the State House and Senate are being considered which will provide major changes to how future planning occurs and housing needs are met in Oregon. Certain of these are highly controversial and all will impact SE Portland in various ways.

HB2003: This bill was discussed in The Southeast Examiner last month in great detail. It requires cities to redo their housing needs assessments to better address the State Housing Goal in order to meet “missing middle” obligations. This bill was sponsored by House Speaker Tina Kotek and is specifically intended to require cities to do better in addressing housing needs than has occurred thus far.

A public hearing was held by the House Committee on Agriculture and Land Use on March 5 and continued to March 21. Additional information and testimony is available at bit.ly/2TotuY4. The Committee is discussing modifications to this bill.

HB2001: Like HB2003, this bill was originated by Speaker Kotek and requires cities with populations greater than 10,000 and counties with populations greater than 15,000 to allow middle density types of housing in lands zoned for single-family dwellings within urban growth boundary. Middle density housing includes duplexes, triplexes and fourplexes. This bill is a State legislative mandate on cities and counties and, per Taylor Smiley Wolfe of Speaker Kotek’s office, is intended to require jurisdictions to address missing middle densities not adequately accommodated by local comprehensive plans.

The House Committee on Human Services and Housing held a hearing on HB2001 on February 11 and is reviewing potential modifications March 18. Additional information is available at the following link: bit.ly/2uW7JEH.

Much controversy has come out of this bill, and some aspects of which have been added to Portland’s proposed Residential Infill Project (RIP), which will be considered by the Portland City Council this summer.

Misinformation abounds regarding both the rationale and potential results from both HB2001 and RIP. If HB2003 is adopted, it could negate the need for HB2001 by mandating fresh housing need assessments statewide.

HB2075: This bill establishes a Development Readiness Program within the Department of Land Conservation and Development (DLCD) to assist local governments with land use goals relating to housing and economic development. It establishes a Development Readiness Fund to fund this program with $2.03 million, to be transferred from the State General Fund.

DLCD has a history of providing planning assistance to local jurisdictions, especially when they need to comply with State planning mandates.

This bill would provide assistance, particularly in terms of complying with HB2001, HB2003 and SB10, which create planning and housing mandates to cities.

Governor Kate Brown requested this bill for DLCD and the House Committee on Agriculture and Land Use held an initial hearing January 29.

To keep track of this bill and testimony for it, see: bit.ly/2HV5Zyc.

SB10: This was sponsored by Senator Peter Courtney and establishes density requirements within urban growth boundaries in the Metropolitan Service District (Metro) as well as with populations of more than 10,000, in areas adjacent to transportation corridors and zoned to allow residential development.

Areas residentially designated within a quarter mile of a priority transit corridor (light rail, bus rapid transit, or 15 minute bus service during peak periods) would be required to have a density of not less than seventy-five units per acre.

Areas out to a half-mile radius would be required to have a density of forty-five units per acre.

For cities not within the Metro area, densities for such

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Laurelhurst
By Laura Smith

The Laurelhurst Historic District was listed on the National Register of Historic Places, culminating a twenty-five-year effort beginning in 1991. The most recent effort involved hundreds of Laurelhurst volunteers. In the 2017 neighborhood vote, eighty-three percent of voting residents supported the historic district. During the nomination process, fewer than one percent of property owners objected to the historic listing.

Friends of Laurelhurst Park pruning/work parties start April 10, 9 am. Meet at the blue-green Parks building at 3600 SE Ankeny St, the park’s north side. Bring work gloves; tools are supplied.

The Laurelhurst Neighborhood Cleanup is May 11, 9 am to 1 pm at Laurelhurst School. $15 fee per car, $25 per pickup truck/SUV, higher fees for other vehicles, and additional donations gladly accepted.

Items accepted include scrap wood, household items, books and clothing, furniture, some electronics and appliances other than refrigerators and air conditioners. The cleanup will not accept construction or demolition waste, yard waste, chemicals or oil, or other potentially hazardous substances. For hazardous waste disposal, see oregonmetro.gov. Volunteers are sought and will be fed.

Elections for the Laurelhurst Neighborhood Association will be held May 28, 7 pm at All Saints Parish on NE Glisan at Cee Circle. All Laurelhurst residents, businesses or non-profit organizations are eligible to vote.

Laurelhurst’s Garage Sale is June 22. Mark your calendars!

Mt. Tabor
By Laura Smith

Mt. Tabor Neighborhood Association (MTNA) holds its annual board elections Wednesday, May 15, at 7 pm at Mt. Tabor Presbyterian Church, SE 54th and Belmont St. MTNA is a nonprofit organization that provides an open process for all members of the neighborhood to involve themselves in the affairs of the neighborhood.

If you live, own property, maintain a business, or represent a nonprofit within the geographical boundaries of MTNA, you are eligible for membership. Attend our monthly meetings on the third Wednesday of every month (except December) to see how you can contribute to the neighborhood. Visit our website to find out more: mttaborgpdx.org.

The annual neighborhood cleanup co-sponsored by the Mt. Tabor and North Tabor Neighborhood Associations takes place Saturday, April 27, in the parking lot of Mt. Tabor Middle School from 9 am to 1 pm. Minimum donation is $20 for a small load (car or sedan), $30 for a medium load (SUV or small truck), and $40 for a large load (large truck, van or trailer). Styrofoam recycling is available for an additional $5 fee.

Bring yard debris, wood, computers and peripherals, cellphones, small electronics, furniture, carpets, mattresses, metal, glass you can’t recycle curbside, hardware, clothing, bicycles, toys, and car seats.

We CANNOT accept food waste, construction materials (plaster, concrete, dirt, sheet rock, roofing, etc.), hazardous materials (tires, paint, aerosol cans, batteries, liquids or chemicals of any kind, poisons, toxins, herbicides, fluorescent lightbulbs, etc.), large appliances, or any of the above that you can recycle.

Mt. Tabor Park Weed Warrior work parties have begun. The season runs March through October on the last Saturday of each month. For info, check friends of Mt. Tabor Park’s website: taborfriends.org.

The next meeting of the MTNA will be Wednesday, April 17 at 7 pm at Mt. Tabor Presbyterian Church with social time starting 6:50 pm. For information, visit mttaborgpdx.org.
New and Revised Taxation Plans

By Don MacGillivray

With the Oregon legislature in search of more funding for public schools, various new or revised tax plans are being advanced. Democrats believe that a new tax of approximately $2 billion is necessary to adequately fund Oregon’s schools and the rest of the state budget.

More revenue is needed because the average spending per student in Oregon’s schools is $1,000 less than the national average and it would take $1 billion per year to bring Oregon to within six percent of this national average. If this were to become possible, fifteen states would still outspend Oregon’s schools.

Another factor is that the Public Employee Retirement System (PERS) debt is taking $1.4 billion away from what otherwise could be used to fund public education and this situation is slowly getting worse. In this legislative session, an alliance between labor and business is advocating for a solution to the educational shortfall with a significant tax increase.

The most popular method seems to be through a gross receipts tax based on business sales, similar to Measure 97, defeated in 2016.

In 2017, another version of this form of taxation was unsuccessful. Various committees in the Oregon legislature are attempting to find a formula that can be successfully passed by the voters in an upcoming election.

The discussion to reduce the PERS deficit being suggested. Many hope a successful way can be found to fund Oregon Schools at the rate required to bring them above the national average while repairing the retirement system.

The Oregon legislature and organizations knowledgeable about Oregon’s tax structure believe the property tax system is broken. This has been discussed over the years while the situation continues to become worse, leaving Oregon’s school children as the losers.

However, there soon may be a solution to this dilemma proposed during this legislative session in Salem. Voters adopted Measure 5 in 1990 to provide property tax relief for most taxpayers. Seven years later Measures 47 and 50, were passed and added to the Oregon Constitution to improve upon Measure 5.

These changes have grown to become unfair and inequitable to the majority of property owners. The basic problem revolves around differences between the property assessed value and its market value. These measures required the assessed value of properties so much that the annual tax payments have little relationship to the market value of the properties.

The assessed value cannot decrease by more than three percent per year and the market value often increases by much more. When a property is sold there is a significant adjustment upward by the County, changing the assessed value to more closely reflect the real market value.

Therefore the same home that has not been sold on the market for many years will pay a much lower property tax than a property of a similar market value that recently has been purchased.

This difference in property taxes on the two homes can vary by several hundred percent and the difference usually increases over time. The gap between real market value and assessed value has grown to be an average of thirty-five percent statewide. Most of the older homes in the inner east side of Portland benefit from this situation.

Property tax revisions under consideration in the Oregon legislature would most likely improve Oregon’s tax system and school funding for everyone. Metro is also seeking ways to fund a bond measure for transportation and to meet the needs of the Portland region, estimated to be $47 billion over the next twenty-five years.

If not addressed, streets and roads will become more congested and deteriorate further, negatively impacting Portland’s commercial enterprises.

Metro recently polled the electorate and found that the average household would support $200 million in additional taxes. A property tax levy of this magnitude could generate $2.2 billion.

One of Metro’s next projects is to find funding for the SW Portland Max line in the planning for many years. All that is needed is funding to begin its implementation.

Last spring, Metro reported on new ideas on how to fund transportation. Already on the table were more common ways to increase revenue such as taxes on sales, property, business, and/or income. A local expert in the fields of economics and politics provided several ideas that may also be considered.

• $5 million could be raised by taxing luxuries such as jewelry selling for over $5,000 and fashion items more than $1,000.

• $18 million could be generated with an annual fee for properties left vacant or undeveloped as has been done in San Francisco, California.

• $19 million could be raised if the exponential increase in the use of personal, handheld smartphones were taxed.

• $90 million could be provided if people earning over $125,000 were taxed an additional 0.5 percent of their income.

• $147 million could be raised with a sales tax of 5 percent on food service in restaurants.

• $380 million could be generated with a carbon tax of $10 per ton in the metro area that would help improve the environment and slow climate change.

The combined total of these is a little over half a billion dollars per year, only about a quarter of future transportation funding needs.

Of course, this still leaves other critical needs such as housing, education, public safety, social services, and healthcare under-funded.

No decisions have been made and discussions are ongoing. Whatever is decided will likely be on the ballot in November of 2020.
It takes inspiration. It takes immunotherapy research and education. And it takes remarkable surgeons like Dr. Paul Hansen. Every day he’s motivated by his patients and their life stories to fight liver and pancreatic cancer – and win.

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Paul Hansen, M.D., FACS, medical director, surgical oncology at Providence Cancer Institute, educator, husband, father, Hood to Coast runner
Sabileation at Unique Boutique

Northstar Unique Boutique, 5600 NE Glisan St, will be celebrating its two-year anniversary throughout the month of April and special discounts will be offered and refreshments served.

The name has been changed to reflect the shop’s connection to NorthBlue, an evidence-based rehabilitation program for those with mental health issues.

Formerly known as The Next U, Unique Boutique features a collection of antique, vintage and one-of-a-kind items, perfect for gifting or personal acquisition.

There’s a range of household items, books, art, crafting materials and furnishings too. Proceeds from sales help support the cost for this free mental health program.

NorthStar participants have the opportunity to learn and demonstrate useful skills in the shop and other areas such as preparing simple, healthy and low cost lunches each day, learning computer skills or assisting with overall operations of the club house.

You can drop off unused, rechargeable batteries and cans for its Bottle Drop fund raiser or support this program by donating items to sell.

In order to meet a one-to-one match for general support up to $3000 for the operation of NorthStar Clubhouse, cash donations are being sought to match the gift from the 2014 Caudain Fund of the Oregon Community Foundation.

NorthStar. 5600 NE Glisan St. is open 9-3 weekdays. The shop is open weekdays 11 am - 4 pm.

For information, contact NorthStar at 971.271.7273 or leave a message at 971.231.4875. Email info@northstarstore.org.

Celebrate Common Table and Common Ground

Colonial Heights Presbyterian and Metropolitan Community Church invite you to Easter and Holy Week observances. Pastors Nathan Meckley and Linda Stewart-Kalen will lead:

• Maundy Thursday Observance April 18 – Dinner at 6 pm and communion service at 7:30 pm
• Easter Sunday Events Sunday April 21 – Easter sunrise worship at Rose Garden and below tennis courts. Welcome Resurrection as the sun rises over Mt. Hood. Dress for the weather and bring a folding chair.
• Easter Sunday Breakfast – begins at 8:30 am, 2828 SE Stephens St. Share breakfast in preparation for Easter Sunday worship.
• Resurrection Sunday Worship – 10 am. All are welcome. For more information and details about activities for children, contact MCC Portland, 503.281.8868; mccportland.com.

All events except Sunrise at Colonial Heights Presbyterian Church, 2828 SE Stephens St. 503.236.2430; chcppdx.org.

EarthTalk® gas guzzling to electric
Dear EarthTalk: I saw a news item about overheating classic old cars with electric engines at Washington Park (above Rose Garden and below tennis courts). Welcome Resurrection as the sun rises over Mt. Hood. Dress for the weather and bring a folding chair.

It’s true that there’s never been a better time to convert an old gas guzzling car into an emissions-free electric vehicle (EV), but some makes and models are better suited for a so-called “EV swap” than others.

Michael Bream of San Marcos, California’s EV West, made news recently with its conversions of old VWs and Porsches for an interesting project, lots of classic old cars with electric engines.

How to Convert Your Car to an Electric Vehicle in 5 Easy Steps at EVRecyk.com or Mechanic Doctor’s How to Convert Your Car to an Electric Vehicle for step-by-step instructions. California’s EV4U runs 3-Day Hands-On Conversion Workshops near Sacramento for $495.

With a new base model Prius starting at $25k, you may well be better off doing the EV Swap on your old car.

The operating costs of driving a Prius hybrid (50/14/mile) are about four times what it costs to get around in an EV (whether native or a conversion).
Discover hundreds of ideas for making simple changes in everyday living at this great site, resourcefulpdx.com. Get tips on reducing, reusing, and buying less – take a small change in choices can make a difference.

Consider this from The World Wildlife Federation; 2,700 liters of water are needed to produce the cotton used to make just one t-shirt, not to mention the costs and materials associated with labor, transportation and packaging.

Get into Plogging! Originated in Sweden in response to a growing litter problem, the term means picking up litter while you jog or walk (just bring along a bag and wear gloves). You get a better workout, your neighborhood becomes cleaner, and less plastic and debris makes its way into storm drains, and through waterways to the ocean.

Join forces with Stop Or somone Else, the organization behind the annual Portland’s Great Race for the Environment. The 30th annual event returns to Centennial Park this year with more than 6000 volunteers. The day kicks off at 9 am with an event kickoff, and features clean-up activities throughout the day.

The Audubon Society of Portland meets at the main parking lot at 7 am every Wednesday starting April 3, rain or shine. This month special guest, Dr. Alicia Bigelow, ND, naturopathic physician, herbalist and proprietor of “Vital Vinegars” will introduce you to the amazing properties of using herb infused vinegar to improve blood sugar control and help prevent diabetes. This month, look for something different. The Audubon Society has invited 10 vendors to participate in the event, sharing their expertise and new products.

Watch the show to find out more. And, for more great opportunities to help our environment, check out our web page: resourcefulpdx.com.

By BoniTa Da vis, MasTer non-profit 501(c)(3). All proceeds from the sale help support kitties until they are adopted. For information, call 503.381.5885. This event is free and open to the public.

THE FERAL CAT ORANGE ACT (FCA) is kicking off it’s count to 0 by 100,000 spay/neuter surgery so every cat that comes to the clinic between now and the 100,000th cat (expected in Au-gust) will be entered into a drawing to win $1,398. Second place gets $101. This might seem like an odd number, but FCCO chose the prize money on purpose. According to the feral cat equation, one unaltered female and her offspring can produce 1,398 million cats over the span of ten years. To schedule an appoint- ment and enter the drawing, call 503.797.2606 or go to feralscats.com.

HOSFORD HUSKY HUSTLE 5K FUN RUN – Sun, May 5, 10 am at Hosford Middle School, 2303 SE 28th Pl. The non-competitive 5K fun run/walk thru Ladd’s Addition is a fundraiser benefiting Hosford Middle School PTSA and Shu Ren, the parent support organization for the Mandarin Immersion Program. More information: runsignup.com/hosford.

LEACH BOTANICAL GARDEN SPRING PLANT SALE – Saturday, April 13, from 9:30 am-2 pm (early admission at 9 am for Leach Garden Friends Members) at Floyd Light Middle School 10800 SE Washington St. Choice selection of natives, rare and unusual plants, trees, shrubs and perennials from local and regional nurseries and the Leach Garden collection. All proceeds support operation of Leach Botanical Garden. For information: 503.823.1671.

HAWTHORNE DIABETES GROUP: VITAL VINEGARS – Thursday, April 25, 7 pm at Colonial Heights Church, 2828 SE Stephens St. Vinegar is a time less healing agent, that has special benefits for managing diabetes. This month special guest, Dr. Alicia Bigelow, ND, naturopathic physician, herbal-ist and proprietor of “Vital Vinegars” will introduce you to the amazing properties of using herb infused vinegar to improve blood sugar control and help prevent diabetes. Tasting samples included. Find out how tasty, versatile and healthy vinegars can be. $10 donation requested. No one will be turned away for lack of funds. RSVP through meetup.com/Hawthorne-Diabetes-Group or by contacting Julia Hanfling at jula@3peachesnutrition.com. 503.936.8086.

PORTLAND SINGS! A community sing-along and a casual, fun group-singing opportunity for anyone wanting more singing in their life. Sunday, April 21 2-4 pm at Artchoscope Music, 2007 SE Powell Blvd. Sling- ing scale $8 - $15. For more info, see PortlandSings.com.

CREATIVE SOLUTIONS TO PORTLAND’S HOUSING CRISIS – Inflit cohousing and villages, ADU’s, home retrofits, and tiny home villages. A one hour presentation followed by discussion and Q&A. April 8, 6:30 pm at 421 NE Street Townhomes Community House, 5842 NE Mason (Red Building). Are you looking for a human scale place to live in the city of Portland, or wanting to find a community setting where you will have friends and companionship? Perhaps you are looking for ways to have just enough home space for yourself and save funds, but also wanting to share indoor and outdoor common space with others? This presentation will provide a dazzling array of ideas, designs and plenty of answers for you to consider. A robust discussion will follow, and refreshments will be provided. For information, call Mark Lakanem 503.381.5885. This event is free and open to the public.

THE BASICS OF WOOD WINDOW REPAIR – Patty Spencer gives a presentation at the Architectural Heritage Center, 701 SE Grand Ave. April 27 at 10 am. Contrary to mass marketing, original windows can be refreshed and repaired to meet today’s energy savings goals. At the same time, preserving original win- dows preserves historic character and re-uses material that is inherently sustainable. This workshop covers the basics of identifying problems and repairing wood windows in older homes. To reserve a space, go to freshairash.com or visitac.h.org. The workshop is $12 for general public, $8, AHC members.

MT. Tabor PARK EVENTS – Free Wednesday Morning Songbird Guided Walks. The Audubon Society of Portland meets at the main parking lot at 7 am every Wednesday starting April 3, rain or shine. Register at Meetup.com. Bring binoculars if you have them, stay at long as you wish. Tabor Challenge 5K – April 6, Saturday. Honor the memory of LTFG Thomas Cameron, who lost his life in 2012 when his helicopter went down during a Coast Guard training mission. All funds go to Grover Cleveland High School college scholarships. Details and registration at taborchallenge.com. FREE Tree I.D. Walk – April 21, Sunday, 2 pm. Happy Easter! Join Bob Rogers on the third Sunday of every month to learn about a tour of some of the park’s most notable trees. Meet at the Visitor Center rain or shine. Mt. Tabor Weed Warriors Habitat Restoration – April 27, Saturday, 9 am-moon. The last Saturday of the month from May – October volunteers restore health to the park by removing invasive plant species. Meet at the Visitor Center by the main parking lot, and wear durable long pants and long sleeve shirt. If you have heavy-duty garden- ing gloves and supplies, bring them. Otherwise, there are loaner items. Plan to come five to ten minutes early to sign-in. If you arrive late, there’s information at the sign-in table.

SUMMER CAMPS AT THE ART GARAGE – For 2nd-6th graders from 9 am- 3 pm. Art Camp 1: June 24-28, Art Camp 2: July 8-12. To learn more see annestorrs.com.

By SAMUEL ADELMAN O.D.
4133 SE Division St.
Portland OR, 97202.

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LOCAL EYECARE • GLOBAL EYECARE
Animal Traffic’s new chapter in SE

By Peter Zimmermann

After years in NE, Animal Traffic is starting fresh at 134 SE Taylor St #201. The store has been around since 2009 and features high quality brands and reasonably priced Western shirts, boots and other vintage clothes, plus new accessories by American brands.

Although this is a new start for owner Tom Erickson, this is not Animal Traffic’s first time in SE. Erickson started out in a small shop on Division, where he sold his personal vintage collection and people started buying, and Animal Traffic grew.

With a business model based on providing authentic, quality merchandise at a good value, Erickson was able to move to a larger location on Mississippi St., and opened a second location, a footwear store, and even had a coffee shop.

Animal Traffic became known for under-represented brands like Filson and Danner Boots, and heritage brands like Woolrich, and for years, the business thrived.

Then, in 2017, business began to slow, and Erickson was forced to downsize and close multiple locations and eventually leave the flagship location on Mississippi St.

He became part of a new, up and coming community on the central eastside, among businesses like Cargo, Bunk Bar and Trew Gear.

After the downsize, Erickson went back to what got him started – quality merchandise and a customer focused approach.

The store sports heritage brands like Filson and Danner Boots, as well as products made by local craftspeople, like jewelry, leather and bags, and will always be a place to purchase quality vintage.

Faced with an ever-changing retail marketplace where it seems like everything is being purchased online, Erickson believes in a local, community-based approach.

Animal Traffic does have social media channels and an online store, but is focused on establishing relationships with customers, and being a place where people can come and discover something new, and trust that they are getting the best product.

As Erickson says, “We’re a place where you can come sit on a cool couch and try on some cool clothes.”

Animal Traffic can be found at animaltrafficpdx.com, 503.249.4000.

Vespa Portland combines community and fun

By Peter Zimmermann

Since last year, Vespa Portland, the Pacific Northwest’s largest scooter store, has been under new management. Taking over after the retirement of the previous owners, current owner Andrew Callaci has created an inclusive atmosphere for the Portland Scooter Community, hosting events, movie screenings and more at the shop on SE Martin Luther King Blvd.

Callaci had just returned the scooter scene here was vibrant, with everyone from Nike executives to loan-strapped students making their way through the Vespa Portland store, and boasts local clubs like Twist ‘n’ play.

The popularity of scooters makes sense too. It costs about $5 to fill the tank, they’re easy to park and can cost as little as $2500 brand new. Of course, the real reason, as Callaci says, is they’re just fun.

Unlike a car, where you are closed off from the world outside, scooters allow you to interact with the landscape, to feel the wind in your hair, and with no shifting to speak of, you just turn the throttle and go.

Vespa Portland is located at 205 SE Martin Luther King Blvd and hosts A Nod to Mod, a scooter and bike themed fashion show April 12.
Inner Portland neighborhoods consist mainly of houses that predate the 1950s and we all know the frustration of having windows that won’t open.

Patty Spencer had this same problem, but she was an Environmental Engineer and figuring out how things worked is what she does best.

So when the bathroom window of her craftsman house wouldn’t open, she took it apart and learned how it operated.

Eventually every window in the house could open both up and down and she had the idea for her business, Fresh Air Sash Cord Repair, Inc. – celebrating twenty years as a successful business this April.

So Spencer remembers the day her four year old son put her business registration in the mail box, and he’s twenty four now.

She started building the business slowly by working in the late afternoons while a sitter watched the kids until their dad got home. Eventually they went to school, and she went to work full time. Now Fresh Air Sash Cord Repair has two other female employees.

“I have a passion for detail, a light touch and I stand behind my work,” Spencer said. This ensures that when the job is done, her customers are satisfied and have windows that open and close easily both up and down.

The business follows the requirements of the 1978 lead ban to a "T" so a bubble is created around the project to keep the house and workers dust free and safe.

Spencer advises that people consider repairing windows before replacing them.

“The quality of craftsmanship in an older home means the windows will last as long as the house.”

Replacement windows don’t always withstand the test of time and end up in the landfill. Fresh Air is an advocate for the Reduce, ReUse, ReCycle mantra. They’ll make a rough estimate of costs and will come to your place in person when you decide to proceed. Then they’ll give you a time line for completion.

“We like to do at least two windows at a time and in the summer months, seven, since we have to haul a lot of equipment,” she said.

See freshairsash.com or call 503.284.7693, NT.

Spencer is giving a presentation, The Basics of Wood Window Repair at the Architectural Heritage Center, 701 SE Grand Avenue, April 27, 10 am-Noon.
The workshop is $12, $8 for AHC members. Reserve a space at freshairsash.com or visitahc.org.

Reinventing Cargo

BY JACK RUBINGER

Cargo has reinvented itself from a standard retail model into an international bazaar/small business incubator. It’s an emporium with several new stores all housed under the same roof amidst an extravagantly colorful collage of sights, smells, tastes and touches.

Cargo is now home to Gi-raffe (modeled after a Japanese convenience store); Bloke Botanical (plants, flowers, pottery); Tasi Jewelry & Gifts; Hello! Goodmorning!, Rx Letterpress; and the Loaded Hips Press. The printing press folks make their goods right in the basement and sell their wares upstairs.

Celebrating five years of success in the same central Eastside business district location, partners Bridgid Blackburn and Patty Merrill, are excited about seeing these start-ups thrive and numbers in the holiday season.

In choosing new business community members, the partners sought complementary type and numbers in the holiday season.

“Tasi’s is Tasi – a local jeweler which Cargo has carried for years. Under this new entity, this is Tasi’s first retail experience. One of Cargo’s most stunning neighborhoods is their outer turn to page 13.
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RNA Carries On

BY MEGE PIERCE

Perplexed Richmond residents filled tables, pushed together in a symbolic gesture of well-being, as the Neighborhood Association held its March meeting despite the absence of a board majority and resignation of its Chair.

The twelve missing board members, on a self-proclaimed "pause," had resigned their office posts following appeals for a recall of the Chair and grievances signed by thirty-five residents over perceived procedural discrepancies in last year’s elections. The designate attending officer Brian Hochhalter tried to stick to a full agenda, the elephant in the room was how the association had paid its bills.

The dozen or so new attendees pressed for answers. Grievance filler Allen Fieler via phone hookup, explained that open meetings, transparent elections and bylaws are bedrock tenets that cannot be forgone.

Former board members in attendance added accusations that some absent board members had blocked, edited or removed meeting and agenda notices, essentially holding the NA hostage.

The lack of a quorum meant that replacement officers could not be elected, a vote to withdraw grievances could not be held and routine business such as paying rent to Vawerly Church could not be conducted.

Hochhalter said the neighborhood list-serve was inaccessible and appealed to SE Uplift to retrieve a password kept by an absentee member.

He expressed frustration that SEUL was not being more proactive in providing mediation for a divided community. In its initial ruling, SEUL acknowledged violations SEUL had occurred, but indicated no harm had been caused.

A lack of grievance charges, former chair Matt Otis has been vocal online that he had been wronged. At the meeting, several attendees countered that they had been the ones bullied by heavy-handedness on the chair that steered discussions on contentious development issues.

Field, who objected to board members being installed even though they had not been elected, wondered why vote if everyone is just appointed.

The next election is in May, a temporary solution to the PERS and school budget issues. The three suggestions made at the Oregon Leadership Summit were: 1) employee cost-sharing, 2) have employees choose between a pension plan or an expanded之情 definition plan, but not both, or 3) a working retirement payback plan.

The unfunded liability will grow by about $4 billion to a total of $26 billion. There is another $2 billion in increases in the statewide pension costs and other rate increases within the next two years. The real solution may be a ballot measure sent to the voters in the near future, but this has yet to be determined.

Given the fact that demands on the financial situation is projected to get consistently worse over the next twenty years, some stakeholders are concerned about the possibility of bankruptcy. This is not expected because it is the state and local governments that are required to fund PERS and they would need to declare bankruptcy.

This has happened in other places such as in Stockton, California and in Detroit, Michigan, but Oregon statutes do not allow the state or a municipality to declare bankruptcy.

Another factor in these considerations is how current employees will react to any change that might reduce benefits. With one third of the current public employees in the PERS system able to retire at any time, a significantly unfavorable change could cause a spike in retirements and make it difficult to replace experienced employees with new ones.

While the financial burden of the PERS fund has been changed and reduced over time, it is important that everyone is pleased.

Abraham Maslow’s definition of ‘real’ listening: to listen ‘without presupposing, classifying, improving, controverting, evaluating, approving or disproving, without being said, without rehearsing the rebuttal in advance, without free-associating to portions of what is being said so that succeeding portions are not heard at all.’
Scotland’s Tannahill Weavers bring their dynamic version of traditional Celtic music to The Aladdin Theater, Saturday, April 6 in a 9 pm show. The Weavers’ repertoire spans the centuries with fire-driven instruments and original ballads and traditional hallubles and honors the musical heritage of the Celtic people. The band has received worldwide accolades for energizing performances and their outstanding recordings.

As they enter their fifty-first year in 2019, the Tannahill Weavers are one of Scotland’s premier bands. Named for the town’s historic weaving industry and local poet laureate Robert Tannahill, the group has made an international name for its special brand of Scottish music, blending the beauty of traditional melodies with the power of modern rhythms. Get a preview of the band at tannahillweavers.com.

The Aladdin Theatre is at 3017 SE Milwaukie Ave. Tickets are available through Aladdin Theatre - bit.ly/2Wfu9wK.

Read songs and Ropin songs

Artichoke Music hosts a rare afternoon record release concert with two award winning songwriters, Claudia Nygaard and Cowboy Poet Tom Swearingen on Saturday, May 4 beginning at 3 pm.

With a voice “like amber honey” powerful and clear, Claudia Nygaard tours tirelessly, and has torn up the highways of all fifty states and nine foreign coun-

tries by Brenda Lang and she’s bringing her new CD Lucky Girl along for a rollicking fun. Her songs are heartfelt, humorous, tough and tender, and her tales are emotionally fearless and downright captivating. A staff songwriter on Nashville’s Music Row, Nygaard will surely shine in the

tation Saturday, April 6 in a 9 pm show.

In Otta’s story, Isadora stands up to her abusive husband. Sép-
timo, as he forces the very pregnant Yolot to stay against her will. While Séptimo makes plans for the baby, Isadora and Yolot devise a plan of their own. A pack of wolves clos-
es in on the hacienda, and Isadora must decide the price she’ll pay for her own freedom.

The play is part of a cycle of fairy tales Otta is preparing inspired by Latino folklore and mythology. Wolf at the Door is presented

May 2-25, Thursdays-Saturdays at 7:30 pm, Sunday at 2 pm. The preview night is Thursday, May 2 at 7:30 with opening night the next night May 3. Milo Grove Theatre is at 525 SE Stark St. Tickets are $27 in advance, $32 at the door. There are group and special discounts for seniors, veterans, students, Arts for All and more. Contact milagro.org or 503.236.7253.

THE SOUTHEAST EXAMINER   APRIL 19

THE MYSTERY BOX
Road songs and Ropin songs

available through Aladdin Theatre - bit.ly/2Wfu9wK

blending the beauty of traditional melodies with the power of modern rhythms.

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The Aladdin Theatre is at 3017 SE Milwaukie Ave. Tickets are available through Aladdin Theatre - bit.ly/2Wfu9wK.
Shakti and Shiva and The Vedas

Madame Palmetto Amusement Company's Mystery Circus Theatre presents The Legend of Shakti and Shiva in different kinds of theatrical experiences, blending physical theater and Vedicle mythology. The performance has live Kirtan too, to tell the ancient tale of the Divine Mother (Shakti) and her search for her Divine Lover (Shiva). Come and see how she brings consciousness, life, and love to the planet.

Written and directed by Axi and Tristan Cadekoff, it is an epic, irreverent, comedic, ecstatic call and response singing and an education on the role Shakti has on enlightenment.

The show features live Kirtan by Luz Helena and the Shakti Experience ensemble present with Chitrup, Yogeshwar and Ayesha.

There are four performances; three in SE: Friday, Saturday April 19 and 20 at Echo Theater, 750 SE 37th Ave., Friday, April 15 at Yoga Shala, 3808-B NW Williams Ave., and Saturday April 13 at Yoga Shala, 3808-B NW Williams Ave. Curtain is at 7:30 pm. Tickets $20 in advance, $25 at the door, online at legendofshaktishiva.bpt.me.

A Musical Journey To Eastern Europe

A Musical Journey To Eastern Europe is a fundraiser for Health Care for All Oregon (HCAO), an organization it's five hours of living blues by Portland's all-stars from 5:30 pm on. The line-up features Norman Sylvester Review w/ Lenanne Anderson says “Like any paradox, you're feel like you're living in two spaces at the same time.”

For a limited time, use coupon code SEEXAM to save 20%!”

The gallery is at 140 SE 28th Ave. See SidestreetArts.com.

The 8th Inner City Blues Festival's Heal...
Don’t Blink – More Change Coming

By MIDGE PIERCE

Pro-growthers score a big one
RIP, the Residential Infill Project’s elimination of Portland’s single family neighborhoods, moved closer to fruition with the Planning and Sustainability Commission (PSC) vote to allow four-plexes in more than ninety percent of residential neighborhoods — virtually all of SE. The amendments will likely reach City Council this fall.

In an expansion of RIP that surprised even seasoned staffers, the narrowly-approved PSC proposal has a significantly larger impact than one conceived four years ago. PSC reasoned that allowing duplexes, triplexes and those four-plexes in every neighborhood enables more Portland residents to have more housing — untested theories with contradictory data about how many units will be built and whether they will be affordable.

The state legislature has a parallel proposal in HB 10 that would eliminate single family neighborhoods in population centers statewide. (See page 4.) RIP Amendments can be found at: bit.ly/2TsnnxN

Design Matters
As Portland heads spin with acronyms, city staffers walk a tightrope between delivering on directives and pleasing the public.

Acknowledging that building mass and height have huge impact, Design Overlay Zone Amendment (DOZA) planners seek input on thresholds that would trigger high level reviews by Design Commissioners versus standard staff reviews.

Generally, the bigger the building, the tighter the scrutiny. In the draft, intensive Type III reviews are triggered by 80,000 sq foot, 65 foot high proposals — typically the equivalent of a six-story building.

That threshold should be lowered, according to Heather Chatto of the newly re-branded PDX Design Initiative (formerly Division Design). Because the newbuilds along SE’s narrow streets, Chatto says Flint Chats do not have the ability to keep people housed in existing affordable units.

“Where is the political will to mitigate displacement instead of incentivizing it,” she asks.

History Plays Catch-up
In a time of unprecedented growth, Restore Oregon says the state’s protection of historic buildings and districts is considered the worst in the nation.

Under Historic Resource Code (HRCP) amendments would give Portlanders more control over what should be protected from demolition in- clude procedures for updating the city’s thirty-five-year-old Historic Resource Inventory (HRI). On the state level, Senate Bill 929 proposes a twenty-five per cent rebate on historic building rehabilitation costs, potential- ly resulting in rehab of four times more buildings, creating nearly 1400 jobs annually, according to Restore.

A related bill, SB 927, would replace owner consent laws for historic designations with community consent.

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Belmont ‘Christmas House’ debuts on April house tour

The rehabilitation of a once beloved, formerly abandoned three-story, turn of last Century mansion is among three homes in SE featured on the Architectural Heritage Center’s April 13 Old House Tour.

Elaborate renovations of the Jacob H. Cook house on Belmont St. are bringing the boarded up classic back from the brink. Sitting empty for years, it was heavily damaged by rodents and squatters with a conscience, according to owner Lynne Murphy, who says they left century-old woodworking largely intact.

Murphy, a realtor with the passion and energy to save old homes, bought the house next door, Walter (possibly for a rumored connection to Walt Disney) at auction, narrowly winnings the property as a bed ‘n breakfast, community events and weddings. After sorting out four or five stories, SE’s first four-plex, the limits of what should be permitted trickles down to the Architectural Heritage Center. Register at: bit.ly/2FaCUuU.

The future use of a landmark locals used to call the Christmas House for its grand holiday light displays, potential- ly resulting in rehab of four times more buildings, creating nearly 1400 jobs annually, according to Restore.

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math calculations by Richard DeWolf at Arciform.

The curved corners were then carved out of Mahogany wheels and each spindle was hand-nailed into place.

“Clearly there’s a reason they don’t build like this anymore,” laughs Murphy who went from panic to thinking how incredible it looks.

“What a long road and a lot of work. It’s remarkable how the community rallied behind this house to help save it.”

The future use of a landmark locals used to call the Christmas House for its grand holiday light displays is dependent on city permits. Murphy envisions a place for a traditional bed ‘n breakfast, community events and weddings. Once the gardens are planted.

Other houses on the tour include a 1923 bungalow in Ladd’s Addition, the first time in years a home in the historic district will be featured.

For information on all six houses: see visitahc.org/events/oldhouserevel.
Police Shortage Worriers

Despite entry level salary boosts, historically high numbers of Portland police recruits leave the force before their two-year training and probation period ends. In addition, another fifty more officers are due to retire this summer.

As a result, Portland’s police shortage grows worse daily, with the need for more officers due to retire this summer. 

Negativity about police has morale at an all-time low. “A little bit of appreciation can go a long way,” said an officer.

By DAVID KROGH

Rent Control Adopted

National media has been touting Oregon as the first state in the nation to adopt statewide rent control. In actuality, what Governor Brown signed into action February 28 is not rent control per se. Rather it is a means to limit rent gouging, a serious problem, especially in the Portland area.

Senate Bill 608 sailed through the Democrat-controlled Oregon Legislature and was the first bill signed into law during the 2019 legislative session. It caps how much landlords can raise rents, and, makes it harder for them to evict tenants without cause. It does not, however, establish base rents or provide specific caps other than for rent increases.

Under the measure, landlords statewide can now raise rents no more than seven percent per year, plus the annual change in the consumer price index. The sum of these is roughly ten percent per year.

The bill includes an exemption for rental properties less than fifteen years old. It limits a landlord’s ability to evict tenants without a reason after they have lived at a property for a year.

Landlords can still evict tenants for cause if they violate the terms of their lease. Landlords may also evict renters without cause at the end of their first year of tenancy with ninety days notice.

The only problem appears to be in enforcement. No state agency is responsible for this, so tenants would need to take a noncompliant landlord to court for restitution.

According to Speaker Kotek’s office, the only role for a state agency in the law is for the Department of Administrative Services, which is required to post the annual allowable rent increase for landlords.

The Oregon Law Center has resources available about how the law works at this link: bit.ly/2BXMVY.

The City of Portland additionally has tenant protections in place which, if violated, require the landlord to pay the tenant for relocation. Enforcement for that is also via court process. The City Housing Bureau has an informational webpage at portlandoregon.gov/phb/745s4.

An article posted in The Oregonian March 18 indicates Portland’s tenant protection program may be in jeopardy because of a Multnomah County Circuit Court determination that the City is not lawfully able to provide rent control provisions. (bit.ly/27mJxOC).

Finally, a non-profit tenant advocacy group, the Commonality Alliance of Tenants is available to help educate and advise tenants as to their rights and options. Their website link is: oregoncat.org. The phone is 503.288.0130.

PBOT Intersection Modifications Causing Concerns

PBOT is in the process of providing modifications to SE Lincoln and Harrison Streets from SE 60th west into Ladd’s Addition as part of their change of designation to a Neighborhood Greenway. The project intent is to greatly limit vehicle use while adding bicycle and pedestrian improvements.

One of the locations is providing concerns for several drivers and neighbors.

The signalized intersection at SE 50th and Lincoln used to provide left, right and through movements. PBOT has, however, placed barriers at the intersection so that no left or through movements are now permitted.

Through movements on Lincoln are only permitted by pedestrians and bicycles. Vehicles now must cut through narrow neighborhood streets in order to access both sides of Lincoln and cannot turn left either onto Lincoln or 50th.

The Southeast Examiner contacted PBOT’s project manager Sheila Parrott for an explanation and was told the status of Lincoln has changed and the project is following the allowed standards of the Neighborhood Greenway designation.

Southeast Examiner staff scoped the intersection on different days and observed several potential problems. Signage announcing the movement changes was lacking or insufficient. Large bollards placed in the intersection make it near impossible for large vehicles to turn safely from Lincoln onto 50th.

On one occasion, a Trimet LIFT vehicle was seen doing a U-turn in Lincoln St. as the driver noticed left turns onto SE 50th were no longer permitted. On another occasion several full-sized school buses diverted down narrow neighborhood streets because they, too, could no longer utilize the 50th and Lincoln intersection.

There was also an increase in traffic on SE Harrison carrying diversions from 50th.

PBOT’s official position is that increased bicycle improvements and traffic calming features that reduce vehicle speeds both help to reduce traffic congestion. Individuals in the area were asked their opinions of the improvements and responses included more cars than pros.

Neighbor David Clark was opposed. “Portland’s solution to traffic congestion is to destroy the ability of drivers to get around.” Foster Brooks doesn’t think the improvements “ruined what used to be a functional and safe signalized intersection.”

Jack Burns responded “it’s great for bikers.”

If you have concerns, contact the project manager at Sheila.parrott@portlandoregon.gov. To report a traffic safety or maintenance concerns, see bit.ly/2HMo7zK or phone 503.823.4638.

SE Updates

from cover

more with less. By contrast, shiny new Franklin is experiencing burgeoning enrollment that may shield it from cutbacks.

Meanwhile students themselves have shown exceptional leadership skills as they take on climate, security and human rights issues that stymie their elders.

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The Oregon Law Center

proximities to priority transit corridors would be fifty and twenty-five units per acre respectively. This bill is being reviewed by the Senate Committee on Housing and scheduled for a public hearing April 1.

Testimony thus far has been mixed, but with concerns over a lack of citizen involvement and increased density does not consider light rail station and transit access locations.

Information about the SB10 review process is at: bit.ly/2HAA2WM. The mandated planning processes for all these bills and construction activities from new housing requirements will take years to accomplish. None of these will provide an immediate resolution to Oregon’s housing crisis but are intended as goals to be attained.

To search for State bills and to track their progress and to provide testimony, go to: bit.ly/1EMO6ha.
Many patients ask their doctors to use magnetic resonance imaging (MRI) to diagnose their chronic low back pain. They want to use the most up-to-date technology to determine the cause of their pain and to make sure it is nothing serious. But is MRI helpful? Does it provide benefit or simply expose the patient to risks?

Research studies confirm that MRIs are not necessary for most patients with low back pain and have generally been overused. Recently, an international medical team conducted a scientific review of research investigating MRIs and low back degeneration.

Based on their assessment, the team reached the following conclusion: There is insufficient evidence to support the routine use of MRI in patients with chronic low back pain. A concern for all low back pain patients should be false-positive findings. These are findings of clinically-irrelevant abnormalities on an MRI that lead to unnecessary treatment.

A recent study funded by the National Institute on Aging and National Institutes of Health examined the relationship between adults with and without chronic low back pain and degenerative disc and osteoarthritic disease. Researchers from the University of Delaware and University of Pittsburgh conducted this study, and over three hundred adults participated.

This high quality study confirmed that degenerative disc and osteoarthritic disease is widespread in older adults, regardless of clinical status, with greater than ninety per cent of patients demonstrating some level of degeneration. It also demonstrated that the severity of disc and joint disease shown on MRI is not associated with pain severity in patients with chronic low back pain.

This study is supported by previous findings showing that disc degeneration is frequent among subjects without symptoms and is not clinically relevant. Degeneration of spinal discs is a progressive and normal age-related circumstance in adults, and has only a weak relationship to pain and disability. Degeneration and herniation are biological realities, but pain and disability do not necessarily occur. Many imaging findings that traditionally were presumed to be pathologic, are common in asymptomatic populations. Researchers have found that MRI abnormalities are not major predictors of outcomes in patients with low back pain. In fact, the joint guidelines of the American College of Physicians and the American Pain Society explicitly recommend not using routine imaging in patients with non-specific low back pain. Research also suggests that patients with whiplash injuries, spinal stenosis and meniscal tears might want to avoid the routine use of MRIs.

The advice for patients is to avoid MRIs unless there is a compelling reason for their use. Talk openly with your doctor about your specific condition and possible alternative diagnostic methods. A complete medical history and physical examination can usually identify any dangerous conditions that may be associated with back pain, and simple blood tests are usually more accurate at locating early signs of serious medical issues.

Dr. Hari Dass Khalsa is a chiropractor specializing in the non-surgical treatment of spinal conditions.

Call 238.1032 for more information.
emissions are some of the most toxic pollution created by any engines. Particulates from diesel cause damage to human health, especially among children, the elderly, and those with respiratory ailments. They harm crops too by clogging the stomata on their leaves through which they breathe.

According to a 2015 study by the Center for Disease Control, Oregon not only leads the country in rates of adult asthma, but also has the country’s highest asthma-related mortality rate. Among US cities, Portland ranks second for adult asthma rates, according to the Asthma and Allergy Foundation of America. The Oregon Environmental Council reports that ninety per cent of Oregonians now reside in areas where diesel particulate levels are above the state’s safety benchmark.

Due to the Willamette Valley’s topography and weather patterns, temperature inversions trap diesel fumes and lead to significant spikes in pollution levels, exacerbating our already poor air quality. In the last two decades, California and Washington have adopted restrictions on diesel pollution. As a result, trucking firms and other industries in those states sold off their polluting assets in Oregon. As I mentioned earlier, these engines are durable and last a long time. We have become a dumping ground for the West Coast’s unwanted dirty diesel engines, making our problem worse.

Tax Act Costly in the Long Run

from cover

change in earnings.

Another school teacher, whose partner also teaches said his taxes went up $2500 when generally they receive a $400 or $500 refund.

Wyden summarized that many people rely upon their tax return as a kind of enforced savings, but some middle income wage earners will not be seeing that this year.

The tax consultant said that some filers have noticed a tax increase, while others did not. It was too early in the tax season to tell. She said people will benefit a little but the TCJA definitely gives a “boonload” to the already wealthy. Her fears are that the country will end up paying the price in the long run.

Both Wyden and Blumemauer are opposed to this new Act. The idea of supply-side or trickle-down economics that began in the 1980s says what’s good for the wealthy will trickle down to everyone in the society, but it has not shown to be true. Senator Wyden had been at the table with Big Pharma in Washington D.C. for five days before this town meeting. “They expect to receive millions in tax cut with no plans to lower the rates on the pharmaceuticals,” he said. Congressman Blumemauer for these two politicians, whose intention is to do what is best for the long term economic growth of the country and the people, tax laws like this one are out dated. The previous centu-
ry’s motto that “greed is good,” does not pencil out in this day and age. NT
Homes Now Available in Your Neighborhood

1815 NE 79th Ave.
1966 Ranch
2064 Total Sq. Ft.
$415,000
2 BD, 2 BA

5301 NE 16th Ave.
1906 Bungalow
2364 Total Sq. Ft.
$Call for price
3 BD, 2 BA

2927 NE 63rd Ave.
1920 Craftsman Bungalow
2377 Total Sq. Ft.
$449,900
2 BD, 1 BA

2117 NE Hamblet St.
1923 Colonial
2817 Total Sq. Ft.
$Call for price
3 BD, 3.1 BA

3301 NE 64th Ave.
1912 Craftsman
3634 Total Sq. Ft.
$Call for price
5 BD, 2 BA

Community Events Bulletin

Old House Revival Tour
April 13, 10 am – 4 pm
visitahc.org

After 20 years, the AHC’s Old House Revival Tour continues to provide resources and inspiration for preserving original building materials, restoring spaces lost to previous remodels, and creating new spaces that are sensitive to the architecture of the home. The residences on this self-guided tour represent many of the most common eras and architectural styles in the Portland area. Buy tickets online today!

House of Dreams Cat Shelter Annual Plant and Vegan Bake Sale
April 14, 10–4 @ 7634 SE Morrison St.
Kittydreams.org

You’ll find indoor/outdoor plants, pots, garden art, terrariums and vegan baked goodies! Great selection and low prices. All proceeds benefit this grassroots, no-kill, free roam, all-volunteer cat shelter and sanctuary in NE Portland. 503-262-0763, hodplantsale@gmail.com

Hortlandia
April 20 & 21
hardyplantsociety.org/hortlandia

The Hardy Plant Society of Oregon’s Plant & Garden Art Sale is one of the largest of its kind in the Pacific Northwest. Vendors from far and wide – from nearly the Canadian border to the California border – come to Portland to offer the latest plant introductions as well as the time-tested (and hardiness-tested!) plants. Complementing the plant vendors are specialty garden art vendors bringing one-of-a-kind pieces made from metal, wood, glass, ceramic, fabric, and stone. Admission is Free!

The Caplener Group

The Caplener Group is a dynamic real estate team that is part of the Windermere Realty Trust family of brokers.

We specialize in homes for sale in Southeast Portland, and have been representing buyers and sellers here for over 35 years. We know the kind of knowledge and insight that can only be gained through experience.

But we aren’t old school; we work with the latest and best in real estate technology. That means you can sell your home faster and for more money, or find your dream house or next investment in the most efficient way possible.

We never stop learning, improving, or working hard to earn your business.

The Caplener Group at Windermere

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

To schedule an appointment, call us at (503) 232-4763 or visit us online at www.thecaplenergroup.com