



Photo by William Levesque

Thanksgiving Vandalism on Hawthorne Sparks Awareness

By Jack Rubinger

The vandalism, graffiti and other destructive activities that took place in the early morning hours of Thanksgiving on Hawthorne Blvd. had messages about issues facing indigenous peoples. That morning, the community was greeted with the graphic message, “F*** UR Thanks-Giving.”

Roger Jones from the Hawthorne Boulevard Business Association (HBBA) believes this was a highly organized direct action that violated community standards.

“These people were taking their aggression out on an innocent business district,” he said.

HBBA’s mission is to promote the idea that Hawthorne is a great place to work, shop and live and they responded by helping with the cleanup. Following

the incident, the community showed great resilience and hard work cleaning up graffiti and property damage done to the 35-40 small businesses.

Security cameras captured activity in the wee hours of the morning and the footage was supplied to the police. Three of the 20+ perpetrators were arrested and released the same day.

Charges were dismissed by the Multnomah County District Attorney despite the plethora of damage to windows and glass which was primarily restricted to banks and big corporations on Hawthorne, i.e. Fred Meyer, New Seasons and all of the banks.

Bill Levesque, HBBA president, stated that it is important to understand this incident in the context of 2020.

“We need to have accountability for damages done to our businesses, Levesque said, “but this is also an opportunity to bring people together. As a district, we are developing a cultural values statement. We hope this effort will give voice to the kindness of the people in our neighborhood and provide a framework for celebrating our diverse cultures throughout each year.”

Pam Coven from Imelda’s at 3426 SE Hawthorne Blvd., had her front door repaired just before these incidents occurred,

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Portland’s Struggle with Diversity

By Don MacGillivray

Portland is known for its lack of racial diversity and its lack of African Americans. With the Black population at six percent and Latinos at 10 percent of the population, it may be surprising that this summer sustained its ongoing minority civil rights demonstrations.

These demonstrations succeeded in part because many young white participants believed in the ideas for positive change.

Many things about Portland are changing rapidly. The city’s population increased by 86,000 or 13 percent over the last 10 years. Today there are 660,000 residents.

In 1940, the racial makeup in Portland was 98 percent Caucasian, but today the figure has dropped to 77 percent. In the public schools, 56 percent of the students are white and the remaining 44 percent are of another race or of mixed ethnicity.

The median annual household income here is now \$73,000, the average home sells for \$410,000, and \$1,250 is the median rent for a typical apartment. The poverty rates for Portlanders are 11 percent for whites, 29 percent for Blacks and 21 percent for Hispanics. This indicates a difficult economic life for ethnic minorities as well as having to contend with racial discrimination.

Portland is also known as a progressive city with a racist past. While minority lifestyles have improved over time, people of color often won’t achieve the lifestyle of the average resident.

They endure higher rates of unemployment, school dropouts, homicides, incarceration and poverty. In recent years gentrification has moved many them from their historic inner NE neighborhoods to outer East Portland.

The discontent of the recent demonstrations and riots are in part because of this historic discrimination, but it is also over the perceived unfair treatment by the police and authorities. Local government and business leaders are working to address these concerns.

The working group titled Community Connect began a study in 2006 to strengthen the level of community involvement in Portland. Many interests believed that the neighborhood association system needed to be changed so that other unrepresented groups in Portland were able to have greater access and involvement concerning the local government decisions that affected their lives. After much research, work and discussion, its report was finalized and widely distributed in 2009.

The report focused on connecting people, including more voices in civic affairs and making government leaders more responsive and accountable. There was a desire for structural reforms in city government that could only be made by revisions to the city charter. Unfortunately, the Charter Review Commission overlooked many of these suggestions in 2010.

Now, there will be a new Charter Review Commission this year with another opportunity to consider recommendations

continued on page 3

Measure 101 Promises Addiction Recovery Tools

By Nancy Tannler

In November, 58 percent of Oregon voters approved ballot Measure 110. This yes vote is intended to provide the state with more addiction recovery services, partially financed by marijuana tax revenue. The measure also reclassified possession/penalties for specified drugs.

In a recent webinar sponsored by Oregon Health Forum, *Oregon’s Pioneering Approach to Addiction: An Upstream*

Perspective, four professionals in this field gave perspective on what this means both pro and con for Oregon’s growing substance abuse situation.

Moderator Dawn Richardson, Dr. PH, MPH, clarified what Measure 110 means. Oregon is the first state to decriminalize the personal possession of small amounts of illicit drugs, including cocaine, heroin, Oxycodone and methamphetamine.

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A&E

¡HUELGA! at Teatro Milagro
See the World Premiere of ¡HUELGA!, the life story of Dolores Huerta, February 6. PAGE 10

Mary Flower
Cascade Blues Association presents guitarist Mary Flower in a livestream from Artichoke Music. PAGE 11



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Rs Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

These columns are always submitted a week or two in advance of the printing. Hopefully President Biden and Vice President's Harris' inauguration, despite the pandemic and the safety precautions that were implemented after the January 6 seizure/raid on the United States Capitol, has continued to take hold.

It is tempting to focus on how awful the Trump presidency has been for the country and for our state, but I will save that for the pundits and the historians and frankly, all of you.

It is an understatement to say I am more than happy to move on and focus this column on the state of Oregon and the 81st session of the state legislature.

As of this writing, the Democratic legislative agenda is still forming. The state of our session was delayed by two days to avoid potential protests and riots in Salem outside the Capitol.

Most of you probably remember that while we were in a special legislative session on December 21 extreme right-wing demonstrators broke into the Capitol building which, unfortunately due the pandemic and public health needs, is now temporarily closed to the public.

Despite public health and physical safety risks, one of my Republican colleagues allowed a few of these demonstrators inside the building. More about all of that for another time as well.

Yours truly is serving as the Vice Chair of the still relatively new Behavioral Health Committee. This state has many challenges and poor rankings compared to other states when it comes to mental and behavioral health access. There is much work to be done and I expect the committee to be busy.

I am serving my second term on the Joint House and Senate Ways and Means Committee (the budget committee for the legislature) where I will serve again as the one of the co-chairs for the



Human Services sub-committee.

This committee's main responsibility is developing a budget for the Oregon Department of Human Services which operates many of our state's social service and safety net programs for children, the disabled, the abused, the elderly and of course, folks who are poor or temporarily down and out on their luck and need help.

The committee develops a budget for the Oregon Health Authority which operates a variety of state programs related to health, most notably the Oregon Health Plan, our state's Medicaid program, as well as a host of policy functions related to health, the state hospital, and a ton of public health functions on overdrive right now due to the pandemic.

At last count, I have submitted just over 50 bills I hope to pass into laws on behalf of constituents and longtime activist organizations that I have worked with over the three decades I have lived in Oregon and during my previous three terms in office.

My bills address issues around housing and renters, public health particularly for the LG-BTQ community, animal rights, fair taxation, healthcare access and behavioral healthcare access, the needs of college students and workers particularly nurses and healthcare workers, leasing concerns for small businesses, and a couple of changes to the state's constitution I am hoping will be referred to voters.

One change would ask us to put the money that comes back to taxpayers as the "kicker" into a state savings account so we have money available for the next recession or economic downturn

in the state's economy. The other would ask that we make access to healthcare a right in our state and enshrine it in the state's constitution. I will endeavor to keep you posted on all these issues and more.

You can follow along with how the session goes on my Facebook page or write to me and ask to be included in my e newsletter list which will come out periodically to address a variety of topics related to our state and the legislative session.

Please know that while I have my individual bills, as do many of my colleagues, we will ultimately be filtering the passage or failure of legislation through the eyes of getting through the pandemic and coming out stronger and ready to tackle the next public health crisis that comes along.

We will also be trying to set ourselves up to address climate change as it relates to our forests and wildfires.

Last but certainly not least, we're really trying to do a better job of evaluating the impact of legislation on people of color in this state and advancing the social, economic, and political standing, and move toward greater equity for BIPOC (Black, Indigenous, and People of Color) communities.

Hopefully we can do all that smoothly given that we are meeting virtually, except to vote on actual bills on the floors of the House and Senate, and we can do so despite deep political tensions that exist in our state and country.

More to come about all of that I am certain. Thanks for reading and stay tuned.

BA Business Association Notes

Division/Clinton Business Association
By Honey LeFleur

Greetings to all Division/Clinton businesses! As we find our groove in the New Year, the DCBA is fully committed to sustainability and growth of our fantastic community. Community is defined as a feeling of fellowship with others, as a result of sharing common attitudes, interests and goals. With the continued uncertainty that's been carried over from 2020, let's lean on each other as we work towards our goals and interests.

We want you to join us this year. When you join DCBA the perks are endless, but let's list a few:

- Listing in online biz directory
- Profile page on DCBA website
- Social media promotion, re-posts and shares
- Event participation
- Networking opportunities and dedicated outreach
- Advocacy and business support
- Sponsorship opportunities
- Be part of an inclusive and growing community

Even if you're not quite ready to join DCBA, we still want to support you. How can we best support your businesses during this wild and wacky time? What do you want to see in this year? Workshops? Events? We're getting creative so anything is possible. Email us at dcba.pdx@gmail.com for any thoughts or questions you may have.

Save the date for our annual DCBA community meeting officially scheduled for February 25, 5-6:30 pm. Stay tuned for more details. Follow us on Instagram (@divisionclinton) and divisionclinton.com for all the latest.



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Improvement Projects, New Leadership at Leach Botanical Garden

By ELLEN SPITALERI

Change is in the air and on the ground at Portland Parks & Recreation's Leach Botanical Garden, the former estate of botanist Lilla Leach and her husband John. The garden, located near SE 122nd Ave. and Foster Rd., was left to the city of Portland in the 1970s and opened to the public in 1984.

Major improvement projects at the garden include new, accessible visitor facilities, three-season pollinator garden, aerial tree walk with adjoining fireside terrace, a new entry plaza and a grand stairway connecting the upper garden to the west terrace in front of the Manor House.

Another big change: in mid-January, long-time executive director David Porter retired and handed over the leadership of the garden to Mae Lin Plummer, who moved from North Carolina to accept the post.

Plummer previously served as garden director at the Duke Mansion and filled other roles at the University of North Carolina-Charlotte Botanical Gardens.

She noted that when she first visited the garden, she im-

mediately felt that it was a special place.

"[It] aligned with my values and interests in educating and stewarding the relationship between people and plants, eliminating barriers so all feel welcome and a sense of belonging in the garden," she said.

"Public gardens play an essential role in reminding people of that desire and connection to plants and nature," Plummer added, "and I believe humanity's future depends on ensuring that connection is not lost."

Porter said Plummer stood out for her "career decision to become a garden professional after nearly two decades in the financial industry, her demonstrated passion to equip herself with the needed training and tools, and her engaging, articulate and enthusiastic persona."

The now-retired Porter started at Leach Botanical Garden in 2010. He hopes to have more family time and to do more writing, painting and volunteering. Looking back, he says he is most proud of "moving the Leach Garden organization from being

a 'kitchen table' organization run mostly by volunteers to a successful nonprofit business to better serve our community."

Porter lauds the aerial tree walk, a football-field length steel ellipse which curves through the northwest woodland slope in the central garden. Since the land drops away toward Johnson Creek, the walk allows visitors to be elevated above the forest floor while still being completely accessible.

"My 94-year-old mom and I can walk out on the tree walk into the forest with her walker. It makes being in nature possible for people who can't easily do that," he said.

"Walking out on the aerial tree walk is truly a memorable experience and the bird's-eye view of the garden is beautiful," said Annie Winn, manager of volunteer services at the garden.

She added that an admission fee will go into effect this spring "to provide essential funding, support enhanced programming and to ensure having a well-maintained, healthy garden."

That is one goal of several which Plummer supports, including making Leach "as much of a destination and as relevant as the other great gardens of the city and region."

Another key objective is "to establish the garden as a key



Leach aerial tree walk photo by Tamra Tiemeyer

player in the economic, social, cultural and environmental development of East Portland and the city.

"None of this is possible without strengthening our partnerships, cultivating new ones and ensuring our long-term financial sustainability," she added.

"We must also expand access to the gardens and reach new audiences, ensuring we provide opportunity for all to visit and feel welcome to this treasured place."

Plummer noted that the hardships of the current times have shown that "when humanity faces difficulty, we seek comfort in immersing ourselves in nature...or a house full of plants. There is something deeply calming and comforting about that connection that we seek, whether we are conscious of it or not."

Leach Botanical Garden

reopens Monday, February 1, but the new development areas will not be open to the public until later in March. Public health measures still apply; face coverings must be worn at all times and physical distancing is required.

The construction projects are the culmination of more than five years of planning and design, in partnership between Leach Garden Friends and Portland Parks & Recreation.

Leach Garden Friends raised more than \$1.25 million in private funds and other funding included just over \$9 million in Parks System Development Charges, \$2 million from Prosper Portland and a \$188,000 grant from Metro.

More information is at leachgarden.org and portland.gov/parks/leach-botanical-garden.

Portland's Struggle with Diversity

from page 1

from the Community Connect committee. One of its significant suggestions is for city government to create legislative districts to improve and decentralize community involvement.

The City of Portland was actively involved in improving race relations during the Civil Rights and Great Society activities in the 1960s. In the 1990s the name of the Office of Neighborhood Association was changed to the Office of Neighborhood Involvement in part due to the desire to expand the voice and involvement of underrepresented groups.

Still, it remained difficult for minorities and people of color to use the neighborhood system because their issues frequently diverged from the issues of place-based citizens.

Finally in 2012, the Office of Equity and Human Rights was created to provide educational and technical support to city staff and elected officials involving issues of race and disability. Their work involves removing traditional barriers to the fair and just distribution of resources and opportunities to work with staff, employees and the many others involved with the work of the city of Portland.

The Diversity and Civic Leadership Organizing Project, located within the Office of Civic and Community Leadership (previously the Office of Neighborhood Involvement), is a capacity building program for community-based organizations. They work to strengthen the leadership skills

and the management of participating organizations related to civic affairs in local government.

Their work includes broadening the diversity of participation here, improving leadership, organization, development and communication, and improving community identity and livability with a focus on communities of color and immigrants.

Several of the current grantees are the Immigrant and Refugee Community Organization (IRCO), the Latino Network, and the Native American Youth Association, among others.

Last summer's protests, with thousands of Black and white activists in Portland mobilizing massive crowds, show that there is still more work to be done.

Protestors are demanding that city and state leaders provide greater racial justice. Many of the demonstrations here began on the steps of Revolution Hall in the inner SE neighborhood of Buckman.

These sustained protests have led to cuts in police funding, increased interest in alternatives to policing, a voter-approved overhaul of officer oversight and newly attentive segments of Portland's white majority, mostly through the recent actions of city and state governments.

In order to change appropriately, the city will need to expand its cultural views of ethnic communities in ways that support diversity and help everyone honor the differences among all people.



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Ode to the Neighborhood Corner Store

By Megan McMorris

I first visited Taylor Court Grocery hoping to sweet-talk my way into a job. It didn't work. Little did I realize, Mel Hafsos and Errol Carlson have famously manned their store personally since 1996.

Even though they weren't hiring, they weren't going to get rid of me that easily and the store quickly became a part of my routine.

With Mel cheerfully stocking the shelves and Errol chatting with customers behind the counter, the business and life partners made "picking up a few items" an event. In other words, don't be in a hurry because the chat is part of the charm.

My "thing" with Errol was our pretending to be annoyed with one another. He'd start off with, "Oh, you again." I'd follow with something along the lines of, "What do you want? \$9.17? Fine! Take my money. Are you happy now?" Then he'd finish with, "With an attitude like that, young lady, let's make it an even 10."

As we'd discover, our shared snark is a part of our birthright. Arriving to buy a bottle of wine to celebrate my birthday last year, I looked up to see Errol wearing a party hat. "No wonder we get along so well! We're birthday twins!" I pointed at my ID.

I have a long love affair with corner stores. As a child in small town Ohio, the corner store

was the meeting place for me and my friends where I'd ride my bike to get Marathon candy bars and bubble gum.

In my 20s living in a Puerto Rican neighborhood in Brooklyn, NY, I got to know my neighborhood bodega, where men played cards in the back and the owner and I shared a special "pointing and nodding language" to bridge our Spanish-English gap.

In my 30s I lived near NW 23rd Ave. Market on Thurman St, run by Homer for 50 years (RIP). Homer would bring my dog pepperoni sticks while his cronies sat on overturned milk cartons, read the paper and chatted about golf.

I like corner stores so much, in fact, that I even used to work at one.

On my first night at the Speedy Mart on Glisan St., I met Jesus who, while emphasizing the first syllable of his name, told me he had my back. He worked at the phone store next door and proved true to his word by knocking on our shared wall to warn me of unsavory characters or popping his head in "just to check in."

Jesus wasn't alone. Between the Vietnamese pool-hall owner two doors down, the barber shop boys down the block and the Halal market across the street, the other neighborhood business-people, and their customers, made it clear they "had my back." I was their corner store lady, after all, and they believed in me. I didn't

want to let them down.

Sure, I had a few stumbling blocks. I broke the register on my second day in front of the very patient milkman. I set the alarm off once. I was afraid of getting trapped in the beer cooler, though slowly but surely, I got the hang of things.

I knew I had mastered the job when I could casually change the lottery machine paper in the middle of a transaction calm as a cucumber.

When John in the Red Pickup could simply hold up a certain number of fingers and I'll pull down that many blue Pyramid cigarette packs, I felt like a superhero. When my till finally started balancing out, that's when I knew I had made it.

Some of my favorite customers used the corner store as their community hangout and it wasn't unusual to see them several times a day. John the Marine would stand to the side of the line, chatting about his life as I'd ring customers up.

Tara, who shared her stories, her cooking and a nightly reminder that "I'm just down the street, so if you have any troubles, call me!"

Richard used the store as a one-stop shop to charge his phone, warm his feet, check the time and tell me about his day. "Hi sweetheart, let's see if I have enough for a beer today," he'd say as he'd empty his entire pocket



Taylor Court Grocery photo by Megan McMorris

contents on the counter for us to count together.

I only worked there for six months, but two years later, that experience is still in my day-to-day. It's rare to go a day without seeing a customer, some of whom have become my friends, my confidantes, my community.

I stop and pet their dogs, I see them at the local tavern, I hire them for handyman work. Once a corner store lady, always a corner store lady and I wouldn't have it any other way.

When I saw that the Taylor Court Grocery was for sale (owners Mel and Errol retired this year), I had a moment of nostalgia for life "behind the counter." On the other hand, I hope

that I can't get a job there because the new owners are personally running it, just like Mel and Errol did. I'm not alone in this sentiment.

"This store has been a gift to us and we're so grateful for it and to this neighborhood that we love so much," said Mel, quick to point out that they still live just down the street.

"It is our hope that whoever purchases the store feels a dedication to this wonderful community that we've been a part of for 25 years and does something to enhance the neighborhood and carry on the tradition."

Taylor Court Grocery, currently for sale, is located at 1135 SE 80th Ave.

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Commissioner Bureau Assignments for 2021

By David Krogh

As one of the by-products of Portland’s Commission form of government, City Council members (each of whom are referred to as “Commissioner”) are assigned to oversee city bureaus. No other large cities in the US currently do this.

Here in Portland, the Mayor is charged with assigning bureau oversight and does so after elections or when changes are otherwise deemed to be necessary.

Considering that many elected City Council members don’t have the background or experience in the management or oversight of multi-million-dollar specialized city departments (including the areas of police, fire, public works, etc.), this is not an easy task.

The Mayor responded to *The Southeast Examiner* on this issue by stating “multiple factors go into assigning bureaus, including balancing workloads and responsibilities” which “also leverages commissioners’ talents and skills to ensure all commissioners are working collaboratively and with urgency toward a more just, resilient future.”

Each bureau still has its own internal management hierarchy to lend support to the assigned Commissioner, and the Commissioners in turn have their own support staffs.

Because the recent November elections resulted in substantial changes to City Council, Mayor Ted Wheeler has re-assigned bureau oversights to include the three new members of the Council: Dan Ryan, Carmen Rubio and Mingus Mapps.

As he has in the past, Mayor Wheeler has assigned himself the heaviest load of bureaus to oversee.

Bureaus he will oversee include the City Budget Office, the Office of Management and Finance, the Office of Government Relations, the Office of the City Attorney, the Portland Police Bureau, Prosper Portland, the Portland Bureau of Emergency Management, the Office of Equity and Human Rights and the Office of Violence Prevention.

Jo Ann Hardesty, the one

pre-existing Commissioner, is assigned to the Portland Bureau of Transportation, Portland Fire & Rescue and the Office of Community and Civic Life.

Hardesty formerly oversaw the Fire Bureau, and the two additional bureaus she has now been assigned were previously overseen by former Commissioner Chloe Eudaly, who was defeated by newcomer Mingus Mapps.

Commissioner Mapps is assigned to the Portland Water Bureau, the Bureau of Environmental Services and the Bureau of Emergency Communications.

Commissioner Carmen Rubio is assigned to Portland Parks & Recreation, the Bureau of Planning and Sustainability and the Office of Community Technology.

Commissioner Dan Ryan (elected in a special election to fill the remainder of Nick Fish’s term) is assigned to the Portland Housing Bureau, the Bureau of Development Services and the Joint Office of Homeless Services.

Although Mayor Wheeler considers bureau assignment requests from Commissioners, he does not necessarily grant these as with Commissioners Hardesty request for Police Oversight and Mapps’ request to oversee Community and Civic Life.

“I’m very excited to dive into my two new bureaus,” said Hardesty. “During my campaign for City Council, I worked very closely with transportation advocates and now I have an opportunity to revisit those relationships to develop a new vision for PBOT.

“Despite not being the Police Commissioner, I’ve never been a Commissioner that works in silos, so my ability to bring change to the Portland Police Bureau will continue. I look forward to continued conversations with the Mayor and my colleagues around rethinking community safety.”

“Yes, I did want Civic Life and I was disappointed that I did not get it, Mapps said. “The Mayor did not elaborate on his decision making in our meeting. I will

continue to advocate for neighborhoods, coalitions and business associations as they are an important part of our civic ecosystem.

“I have talked to Commissioner Hardesty about that bureau and I am hopeful that under her leadership Civic Life will address internal issues and hit the reset button with neighborhoods and coalitions.”

He added that upgrading Portland’s infrastructure is a major concern to be addressed.

City Council emails:

Mayor Ted Wheeler: mayorwheeler@portlandoregon.gov;

Jo Ann Hardesty: joann@portlandoregon.gov;

Dan Ryan: CommissionerRyanOffice@portlandoregon.gov;

Carmen Rubio: Comm.Rubio@portlandoregon.gov;

Mingus Mapps: MappsOffice@portlandoregon.gov.

All emails are reviewed by each Commissioner’s Staff. Each City Council member has staff identified for contact purposes to provide assistance, constituent services or community engagement. If a citizen or group needs to speak or meet with the Mayor or a Commissioner, contact the appropriate staff person listed.

All the council offices have websites with their mission and projects identified. Many questions can be answered by visiting the websites.

Thanksgiving Vandalism

from page 1

had this to say:

“It felt like a kick in the head. I don’t get biting the hand that feeds you, especially when we employ people who live in the neighborhood.”

Coven added that what she loves about the Hawthorne area is that the community has been very supportive and were able to get repairs underway quickly.

“We’re all curious about what the Multnomah County District Attorney plans to do to help deal with these types of crimes,” she added.

According to Brent Weisberg, communications director for the Multnomah County District Attorney’s office, there’s a neighborhood unit called the *Strategic Prosecution and Services Unit*, which works with precinct offices

to investigate and take action on high level crimes with repeat occurrences.

This unit is leading the effort into investigations of property damage on Hawthorne Blvd.

While the damages were quickly repaired and small businesses continue to serve the community, graffiti doesn’t seem to be going away, whether it’s driven by a particular group or an issue.

Still, the community spirit is strong. Developing a cultural values statement is an excellent way to kick off the New Year as we see a new administration that promises unity, ownership and cooperation.

For more information from the DA’s office, contact Weisberg at brent.weisberg@mcda.us.

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February Recycling Tips

By BONITA DAVIS, SE RESIDENT
AND MASTER RECYCLER

Food on the go has become more popular than ever and a necessity for Portland restaurants doing their best to weather the pandemic.

For those who enjoy waste-free dining using durables, it can be disappointing to be left with a pile of non-recyclable paper and plastic at the end of a meal. It is use once and throw away by design for billions of plates, cups and cutlery per year, in the US alone.

Cost associated with one time use supplies include depletion of natural resources, energy, additional manufacturing, the price of transportation and disposal, plus litter and pollution. What about reducing that impact by trading out disposables with durable alternatives?

Turning to solutions, locally-owned GO Box has created a circular system offering a zero waste service that eliminates single-use trash. They provide reusable packaging for takeout to vendors (restaurants, cafes, food carts, markets) and their customers.

A subscription service, GO Box customers select the level that works for them and then use the GO Box app to choose from partnering eateries.

Ordered food will be placed into a durable container with a secure lid that is portable and great as a food bowl. It is easy to find convenient drop off sites for the empties. Vendors are kept stocked with a clean sanitized supply of containers.

The impact of GO Box is impressive: 202,678 and counting, single-use containers have not been used. That's over 16 tons of containers and cups not going to landfill! More information on how it all works and more on the positive impact of reuse at gobox-pdx.com.

A new venture, Loop, rolled out a system just over a year ago to get popular name brand products to consumers without any packaging to throw away or recycle.

Started by the team at New Jersey-based TerraCycle (terra-cycle.com), known by many for their mail-in box programs for hard to recycle materials, the fo-

cus of Loop shifts to reuse.

Traditional product packaging has been replaced with durable, reusable containers redesigned by product companies. Made from stainless steel, glass and durable plastic, they fit into a reusable zippered tote. Coolers are included as needed. Shoppers complete an online order and once filled, the packed tote is shipped via UPS.

Each container and the tote carry a deposit, refunded when the empties and tote are returned to the company. In short, you end up with just the consumable product with no package to discard or recycle.

Online reviews indicate that service is prompt, customer service is very good and the products are excellent, but noted drawbacks are premium pricing and the large tote is bulky to store.

Tote delivery is available coast to coast although currently, in-store returnable containers are only available in select east coast locations. Learn more at loop-store.com.

Press releases have announced Burger King's plans to test market reusable packaging options in a partnership with TerraCycle. Customers will be able to opt for reusable food, beverage and coffee containers that require a small deposit, refunded upon return.

Like durables at other restaurants, packaging will be cleaned and sanitized before reuse. Portland has been named one of the three US cities to pilot the packaging later this year. Learn more at bit.ly/BKreusable.

Reuse, however it is imagined, is an important action to reduce waste and may be more important than recycling. Whether we dine out or order takeout, we can practice reuse when we shop and prepare our food at home.

Simple things we can do to reduce waste: shop the bulk aisles, reuse our own clean containers, use durables at home rather than disposables and switch to cloth napkins and dishtowels.

Small actions can lead to impressive results. Watch not only the garbage rollcart volume go down, but the recycling rollcart volume as well.

Friends of Mt. Tabor Park Seeks Board Members

The Friends of Mt. Tabor Park is seeking new Board members to serve a multi-year term starting in March 2021.

The Friends are stewards of Mt. Tabor Park with the purpose to improve and help maintain the park for the benefit of individuals, organizations and the Park Bureau; to identify and help solve problems; and to participate in park planning projects.

They offer programs to edu-

cate the public about the park's ecological health and its unique geological and rich cultural history.

Board members meet bi-monthly to help support the organization's mission and the Foot Patrol, Weed Warriors and Visitor's Center programs.

Email taborfriends@gmail.com for information on how to apply by Wednesday, February 10.

Fields Artist Fellowship Applications Open

Oregon Humanities, in partnership with Oregon Community Foundation, is currently accepting applications for the second round of the Fields Artist Fellowship program.

The program offers two years of financial support to Oregon-based artists who are in a pivotal moment or inflection point in their careers.

Four artists will be awarded two-year fellowships to advance their artistic practice while de-

veloping creative and meaningful ways to address and respond to the opportunity gap in Oregon. In addition, eight finalists will each receive a one-time award of \$10,000.

Each fellow will receive \$100,000 over the course of the two-year term to support their exploration of and response to the opportunity gap in their region, participation in cohort gatherings and documentation of their experiences and projects.

Artists of all disciplines are encouraged to apply, including writers, filmmakers, visual artists, multimedia artists, culture bearers and performance artists.

Eligibility requirements and information on how to apply can be found at oregonhumanities.org.

Applications will be accepted through Monday, February 15. A selection committee will review applications and award the fellowships by July 2021.

AOR Seeking Volunteers

The Association of Oregon Recyclers (AOR) is seeking volunteers for their Conference, Events, Fundraising, Legislative, Marketing and Membership committees.

Most committees meet on a monthly basis and may require extra hours of work between meetings to support projects. They welcome all and are committed to providing an inclusive and welcoming environment.

The organization was formed in 1977 to support the fledgling recycling industry and



promote recycling.

AOR provides a forum for discussing recycling issues at a level that reflects the deep pool of membership expertise and encourage education and growth through newsletters, forums,

tours, an annual conference and award presentations.

For more information about how to get involved on any of the committees, visit oregonrecyclers.org/about/committees.

Charter Review Committee Seeks Members

Multnomah County's Charter Review Committee is seeking community members to play an important role in local government.

Every six years the Committee is convened to review Multnomah's County Charter and if needed, propose changes for voter approval.

The charter is the local version of a constitution and addresses issues including the powers of county government, the responsibilities of the County Chair and Commissioners, and the elections of county leaders.

Serving on the Committee is an important responsibility and a unique opportunity for anyone

interested in deeper involvement with local government.

Those interested can learn about responsibilities, time commitment and the selection process at multco.us/multnomah-county/apply-charter-review-committee. Applications are due by Monday, March 1 (online or by US mail).

Dear Stranger Letter Exchange

Oregon Humanities offers a chance for making connections across physical distances with their Dear Stranger letter exchange project.

Since 2014, Oregonians have been invited to write letters to someone they've never met and create a shared understanding among people with different backgrounds, experiences and beliefs.

Each round of the project asks writers to address a different question or theme. In 2020, more than 250 people participated, with letters coming from 29 states.

The process is simple: write a letter, get a letter and make a new connection. Letters are swapped anonymously and each person receives a letter from the person who received the one they wrote.



What happens next is up to the writers. If they'd like to write back, they can do so through Oregon Humanities.

This winter's prompt for writers about food, asks "How has your relationship with food – what you eat and how you get it – changed over the past year? What is a favorite meal of yours

and when is your first memory of that meal?"

Address letters to Dear Stranger, c/o Oregon Humanities, 921 SW Washington St., #150, Portland, OR, 97205, along with a completed release form, by March 1. The release form and additional information can be found at bit.ly/OHDearStranger.

Have an event coming up the public needs to know about?
Send your Community News announcements to
examiner@seportland.news by the 15th of the month.



Community News

Metro Investment and Innovation Grants

Nine nonprofit organizations and two private companies are the recipients of Metro's Investment and Innovation grants for the 2020-2021 cycle.

The grants are intended to build lasting private-sector and nonprofit-sector capacity to reduce waste through reuse, recycling, composting or energy creation from discarded materials.

The 11 grants range between \$10,000 and \$50,000 to support personnel costs, operations and equipment. In addition to preventing waste and fostering creative reuse, the grants help advance equity goals outlined in the Regional Waste Plan.

The grant recipients are:

City Repair – *Useful waste initiative*

City Repair will develop a process to guide architects and contractors to divert usable construction waste from mock-ups to provide home for unhoused communities. They will work with PSU's Center for Public Interest Design to develop a training to expand the network of people with knowledge to successfully divert mock-up waste from the wastestream and deliver it to architects, contractors, builders, developers and individual project advocates.

Community Cycling Center (CCC) – *Reusing and recycling salvaged bicycles and parts*

CCC will expand its reuse and recycling operation to increase the recovery of used bicycles and parts, anticipated to double the amount of aluminum it salvages and increasing the number of bikes repaired.

The grant will support CCC in providing free bicycles to communities of color and other historically marginalized communities and fund the hiring and mentorship of four to six interns.

Community Development Corporation of Oregon – *East County food rescue shuttle*

This grant supports Rockwood Food Systems Collaborative's efforts to reduce food waste and grow the capacity of BIPOC-owned businesses to "upcycle" excess food into culturally-relevant food products and bring them to market. It will fund a van and logistical support to pair those businesses with food growers and producers who have excess food that would otherwise be disposed of.

Cracked Pots – *Integrating equity into mission and operations*

Cracked Pots will contract with a local equity trainer to provide staff and volunteer training to implement diversity, equity and inclusion more fully into the organization's practices and interactions with community members.

Cracked Pots will hire an additional part-time gleaner, making a concerted effort to hire a local person of color and convene an informal community advisory group to develop specific strategies to carry out its waste reduction mission in a way that meets the needs of the community and advances equity.

Free Geek – *Electronic waste collection and recycling*

Free Geek will conduct 16-22 collection events to recover an anticipated 70,000 lbs of discarded computers and other electronics for reuse or recycling during the grant year. Free Geek will partner with multi-family housing complexes and outdoor neighborhood cleanup events and organizations serving communities of color and those in low-income neighborhoods to make safe disposal of electronics accessible to community members and promote its other programs that include access to free technology and classes.

Hygiene For All – *Clothing and bedding exchange*

The organization will launch a pilot program for people experiencing homelessness to trade soiled clothing and bedding for clean items, diverting approximately 600-1,200 lbs of bedding and other goods from the waste stream each week.

St. Andrew's Presbyterian Church volunteers will retrieve dirty items, launder them and return clean items to the hub where paid houseless ambassadors will promote reuse among their peers.

James' Neighborhood Recycling Service, LLC – *Expanding neighborhood collection events*

The company will expand their current collection program for non-curb-side plastics like Styrofoam blocks and plastic bags and hold at least two collection events per month during the grant period. They are developing partnerships with organizations to provide services directly to communities of color and identify and secure locations for collection events in under-served neighborhoods. Grant funds will support a driver's salary, a used box truck to transport materials and a granulator for collected plastics.

Professional Business Development Group – *Building a culture of reuse for minority contractors*

The goal is to inform, incentivize and increase the reuse of practices of minority and women operated subcontractors, conduct focus groups and surveys to gather data on minority contractors' current practices and reuse philosophies, and develop a curriculum based on research results. The Group will work with the Rebuilding Center to deliver a training to at least 30 subcontractors.

Re-Use Consulting – *Building up a industry that takes down buildings*

Re-Use will train and provide technical support to six minority and/or women-owned deconstruction contractors to help them overcome key barriers to making deconstruction profitable. Training will include hands-on completion of 10-12 deconstruction projects not subject to the deconstruction ordinance, with an impact of diverting 200-250 tons of reclaimed building materials from the wastestream.

ROSE Community Development – *Multi-family composting initiative*

ROSE will expand culturally responsive access to composting food scraps for communities of color in their homes by adding collection bins for food scraps at each of its affordable housing communities and providing residents with in-home composting kits.

They will also deliver 30+ workshops on composing benefits and best practices. The results of the project will be developed into a case study for use by others that may be considering adding compost service.

Salvage Works – *Expansion of high-demand product made from reclaimed fencing*

Salvage Works will expand its production of wall paneling made with reclaimed fencing that would otherwise end up in landfill. The demand for Salvage Works' product is exceeding supply.

With a dedicated material processor and driver to pick up and break down the fencing, capacity to produce their product will increase by 25 percent during the grant year.

The grant will fund a new full time staff member, a truck for fence pick up and equity, inclusion and diversity training.

February Events

LOVE IN MOTION – Street Trust holds a unique online storytelling event called Love in Motion Thursday, February 4, 5:30 pm. Four local leaders Pam Stoddard, Augusto Carneiro, Candace Avalos and Paul Buchanan, share their stories about what gets them moving. Join emcee Ayleen Crotty for the free evening of connecting community to the organization's mission of advocacy and the intersection of transportation and social justice by registering at bit.ly/LoveInMotionFeb4.



PORTLAND WINTER LIGHT (NON)FESTIVAL – Instead of a large, centralized festival, this year's activities will take the form of pop-up light art installations throughout the city. Public art exhibits will be available for viewing the first two Friday-Saturday combos of February 5-6 and 12-13. Visit pdxwlf.com for locations and if you're so inclined, to make a donation to the free event.

COCKTAIL CLASS FOR A CAUSE – Dregs Vodka presents a virtual cocktail class supporting Next Up, Thursday, February 11, 8-9 pm. Instructor Lydi McLuen, Bar Director at Kex will make two vote-themed cocktails. Participants have the choice to purchase a "class only" ticket (\$35) or a ticket that includes all ingredients needed (\$65). Those 21+ may purchase tickets at bit.ly/Feb11CocktailClass.

VIRTUAL YOUTH LOBBY DAY – Next Up presents a half day of trainings on how to lobby and testify for legislators on Monday, February 15, 11 am-4 pm. There will be a chance to directly discuss topics like civics education and lowering the voting age to 16. Register at bit.ly/VYLDFeb15.

FREE PARKING AT METRO PARKS – Metro is offering free parking at Oxbow and Blue Lake regional parks, Broughton Beach, M. James Gleason Memorial Boat Ramp and Chinook Landing Marine Park on selected days in 2021. In February, those dates are Monday, February 15 (Presidents' Day) and Thursday, February 18. See a full list of dates at bit.ly/FreeParkingMetroParks.

FIXIN' TO COOK WINTER VEGETABLES – The Portland Farmers Market and Cook First PDX present cooking demonstrations highlighting winter vegetables, root to leaf. Each demonstration includes recipes, techniques and resources to make it easier to get more vegetables on the table. The free webinars are Tuesday, February 9 and Tuesday, February 23, 2-2:45 pm. Register at portland.gov/bps/fix-it-fairs.

COMMUNITY SAFETY TRAINING – The Office of Community and Civic Life's Community Safety team will present a webinar about a variety of self-protective and self-empowerment options Wednesday, February 24, 3-4 pm. Learn more about self-awareness, practice assertiveness and explore options for de-escalation, avoidance of and escaping from situations that feel unsafe. Register for the webinar at portland.gov/bps/fit-it-fairs.



AHC VIRTUAL GALA – "Portland House Party" is a reinvention of the Architectural Heritage Center's annual gala that promises to charm and cheer you out of the doldrums of late winter. The Thursday, February 25 event features video stories, guest appearances and more with an online auction and raffle with vintage items and local trips. More details at visitahc.org.

LWV HOMELESSNESS TO HOUSING PANEL – The League of Women Voters of Portland present a Zoom panel discussion about how organizations in the metro area are addressing the problems of homelessness. A link to the recording of the discussion will be available at lwvpdx.org by Friday, February 12.

SKATE POP-UP AT LLOYD CENTER – Rose City Roller's popular "winter break" outdoor skating days have been extended through the end of March. Held in the open-air, covered parking garage, there are two sessions available each Saturday and Sunday. Full details and tickets (\$10 or \$20 with gear rental) at bit.ly/RCRPopUpSkate.



Bw

Business Walkabout

No Reply Press

By Nina Silberstein

The art of printing books by letterpress (a type of relief printing that makes copies by impressing an inked, raised surface onto paper) and then binding them by hand has mostly disappeared. The reason isn't necessarily due to a complex process though.

Rather, it's the skill involved. When machines made bookmaking easier, the skills necessary to make books by hand were lost, so when you buy a book today, it was most likely bound by complex machinery that cost the manufacturer millions of dollars to acquire.

No Reply Press, located in Ladd's Addition, is a fine press publisher of letterpress and hand-bound limited editions founded in 2019. Their books are bound using only a few hand tools that can be purchased for about \$50. Their bookmaking process is much simpler than that of a standard trade publisher.

While in college, Griffin Gonzales, who manages book editions for the company, became interested in fine bookmaking after meeting the owner of Thornwillow Press, which Gonzales says is "one of the two or three most prolific, fine presses in the world."

The two became fast friends and Gonzales joined on as managing editor of Thornwillow in New York. He learned a lot during that time and met a variety of people in literature and the arts, but had a never-ending workload.

After three years, he left to travel and eventually returned to his hometown of Portland. He hadn't planned to start his own fine press, but after meeting craftspeople and artists interested in this sort of work who lacked experience on the business side of things, he decided to set up No Reply.

"I didn't expect [it] to become a full-time operation, but in the past year and a half we've found a lot of success and it's grown to the point where it's my primary job," Gonzales said.

Along with managing the editions from start to finish, he steps in to fill any gaps, whether it's taking and editing photos for the next edition's announcement or sewing book signatures.

The materials used at No Reply Press are of the highest quality and usually selected for substantive and artistic reasons.

For example, for their edition of Leo Tolstoy's, *The Great Man*, they commissioned an artist in Russia to create marbled papers designed after those in Tolstoy's own library.

"None of the materials we use are mass-produced," Gonzales said, "and only a few are made by machines like the boards in our covers."

Because of their materials, their books are archival, meaning they'll basically last forever. "This is part of the reason that museums collect fine press books," he adds. "Aside from be-

ing works of art, they're much less costly to preserve."

The Press finds their materials from sources around the world, but tries to get as much as possible within Oregon.

"Oftentimes the materials we use are unique. All of our cover papers, for example, are commissioned specifically for the edition," said Gonzales. "I have a roll of marbled paper that was made in the 1800s and given to me by the owner of Legatoria Piazessi – the oldest paper store in Italy."

Design is equally important and they take a lot of pride in the look of their books.

"As the skills behind hand-made books have been lost, so has the aesthetic sense behind typography and design," Gonzales said. "Today, trade publishers just drop text into a template and click 'print.' Very little care goes into typography or even cover design."

He estimates about 95 percent of current book covers use stock photography or graphics, rather than unique artwork, and are designed before the designers even have the text.

The bookmaking process at No Reply Press went something like this in 2020: Two people worked full time (50-ish hours



Photo by No Reply Press

per week), and another three worked part time (10-ish hours per week) to produce 700 books. That's about nine hours per book, taking everything into account like design work, shipping, collector outreach, etc.

In general, Gonzales likes to balance No Reply Press's publishing agenda between emerging and established artists, and first editions and reprints. The cost of their books ranges from \$35 to \$3,000. Gonzales says he tries to keep their books comparatively affordable so more people can see what handmade books are like.

In 2021 they plan on roll-

ing out an "across-the-board, no-questions-asked" 50 percent discount on all of their books for teachers and enrolled students. They're also considering extending this to active-duty service members, public libraries and museums.

All orders are done online and there isn't a storefront where the public can come in and see books. The best way to contact No Reply Press is through their website.

No Reply Press
noreplypress.com

City Commissioners Raise Safety Concerns

By David Krogh

Mayor Ted Wheeler has made the Commissioner bureau assignments for 2021 and will have oversight of the Police Bureau under his umbrella. In response, City Council Commissioners have all sounded off with concerns about public safety and policing in Portland.

Commissioner Jo Ann Hardesty has already spearheaded efforts to cut the Police budget

as a means to initiate a downsizing and readjustment of police activities and perceived racism. She has also been instrumental in establishing the Portland Street Response pilot program.

Her website states, "Portland Street Response is a non-police response to assist people experiencing homelessness or a behavioral/mental health crisis."

The program is due to commence initially in the Lents area and will include a Fire Bureau EMT and social workers who will respond to homeless or behavioral 911 calls instead of police.

New Commissioner Carmen Rubio has posted her first term priorities, and although she does not have any public safety related bureau assignments, she also is looking at the big picture view of public safety.

Her goals include ideas for re-imagining public safety. "I am committed to working with stakeholders, community advocates and my colleagues to re-imagine a community safety system that is right for Portland, and to make progress on dismantling systemic racism" she stated.

New Commissioner Dan Ryan does not have any public safety response bureaus to oversee as well. He views homelessness as a major safety concern

and acknowledges citywide issues exist that will require cooperation and coordination from all City Council members, public and private agencies and the public at large.

His blog states, "I am playing a bridge-builder role, encouraging unity and earning the necessary buy-in to build a better system." Regarding policing, he adds, "There is little hope for progress in either police reform or homelessness until our state commits to significantly improving its mental health system. Thankfully, voters and investors are committed to this effort."

At Commissioner Mingus Mapps' virtual swearing in ceremony, many of his comments were directed towards broader public safety issues and the rioting within Portland.

"The violence must stop," he stated. "Please join us in building a team to reinvent Portland's government to provide recovery, reinvention, and celebration."

Mapps is a strong advocate for changing the City's commission form of government and, like new Commissioner Ryan, views himself as a bridge-builder. His principal public safety bureau assignment is to oversee the Bureau

continued on page 15

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Bw Business Walkabout

Unfold Yoga & Meditation

BY NINA SILBERSTEIN

Given that there is an abundance of yoga offered in Portland, there are certain qualities that set some studios apart from the rest.

Although Unfold Yoga & Meditation offers classes that are focused on strength and balance, the emphasis here is on healing. Classes tend to be gentler than those of other studios and more than half of their teachers are specifically trained to work with the traumatic brain injury community.

E.B. Ferdig is one of three co-creators of Unfold Yoga, (the others being Rachel Plies and Leigh Drake), which opened in spring 2013 at SE Division and 28th, across the street from Pok Pok.

After five years their landlord sold the building and they moved to SE 37th and Caruthers Ave. behind Collage.

“What brought us together was our training as integrated movement therapists,” Ferdig says.

Integrated Movement Therapy (IMT) is a holistic healing modality that uses the wide array of yoga tools to support people in their healing – “physical, mental, emotional and spiritual.”

The IMT philosophy holds that people are not broken and don’t need to be fixed, and that the teacher/therapist is simply a partner in the healing process.

“The three of us are united in our commitment to social justice and using yoga practices and community as a vehicle for creating more equity and inclusivity in the world,” Ferdig adds.

People who are interested in IMT are often those who feel “stuck” with other methods of healing and are looking for a partner-oriented, holistic approach.

“We work with people with all kinds of life challenges,” he continued, “but most often those with anxiety, depression, substance use and addiction, body image challenges, ADD/ADHD, Parkinson’s, cancer and grief.

“We work best with people who are interested in how yoga tools like breath, movement, meditation and philosophy can help navigate the mental/emotional challenges of major life changes.”

The three co-creators were less interested in opening a yoga studio, wanting more of a place where they could build community around the ideals of healing, growth and social justice. Still, a yoga studio is what made sense to people, so Unfold was born.

“When we opened, we had each been teaching yoga and practicing as yoga therapists for varied amounts of time,” Ferdig explains.

“Prior to that Leigh was in corporate banking. I was fundraising for the Columbia River treaty tribes in Portland, raising my kids and started teaching yoga,” she said.

When her son was nine months old, Ferdig and her fam-



L to R: Leigh Drake, E.B. Ferdig, Rachel Plies
Photo by E.B. Ferdig

ily moved to Eritrea, followed by Ethiopia, and then on to Indonesia for a total of five years away from Portland.

“My husband worked for Mercy Corps for 20 years and I started teaching yoga soon after we arrived in Eritrea. Rachel had been a student prior to the yoga teacher and IMT training.”

Unfold’s regular, weekly drop-in classes are titled as simply as possible: Meditation, Gentle, Flow, Strength & Balance and Gentle Core Strengthening.

There’s always a topic of the month and classes start with a brief talk or framing of that healing quality.

“We practice that healing quality in class so that we can take it out into the world and make a difference in our varied communities,” she notes.

Yin Yoga focusing on relaxation and energetic aspects of healing and Yoga Nidra, a lying-down, guided meditation, are also offered and for a deeper dive, there’s professional development.

“Our teacher training and professional development offerings lean toward social justice, accessibility, cultural appropriation, anti-racism and anti-oppression,” Ferdig said.

Upcoming programs include Bone Health, Partner Stretching & Massage, Yoga for Parenting and Exploring Sobriety. They likely will be shifting to weekend-focused trainings, as opposed to the 200-hour yoga teacher training they offer now.

Other focus areas: making yoga accessible, yoga and social justice, simple movement and meditation for addiction professionals, and cultural appropriation.

While Unfold had adapted to their new space, they were forced to stop holding classes there when COVID-19 hit. Thankful their new landlord agreed to negotiate a price to get them out of their lease, Unfold has shifted their work to be almost entirely online.

The challenges of COVID-19 and social isolating is the kind of thing Unfold has had to prepare for. Many of their students have expressed how grateful they are for Unfold as a lifeline during this time. As a result, they intend to keep their business 95-99 percent online.

“We believe that it makes our practices more accessible to not have to travel to a studio, so it fits well with our mission,” says Ferdig.

They don’t intend on taking on another lease, but as needed, will drop into parks and other places for pop-ups, and will partner with organizations looking to host classes and trainings.

“We’re really open to ideas that like-minded businesses and organizations have in this arena and encourage them to contact us.”

Know that the heart of Unfold is not defined by a physical location but by its people, inclusiveness and focus on healing.

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unfoldportland.com
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THREE – Sidestreet's Member Show



Carved book by Melody Bush

Sidestreet Arts celebrates three years of joyous gallery-hood that happens to coincide with their annual show featuring artwork by their members and the show runs February 3-28.

The theme of the show is **Three**. Book excavator Melody Bush has carved three versions of the book, *Nightwatchers* featuring owls and then sliced *Faeries* three ways as well. Dawn Panttaja handcrafted a new ceramic doll series she calls *Trois*

Gymnopedies – Three Sporting Girls; Bridgett Spicer offers up *Three Merry Bees* in mixed media while Michele Sabatier's tapestry works explore Earth, Wind, & Fire.

Preview Night is Tuesday, February 2, 6 pm online via Zoom. See the artists' featured work and hear them discuss inspirations, ideas and stories behind their pieces.

The Online Anniversary Celebration is also via Zoom, Sunday, February 21, beginning at noon and featuring a fun look back at their **Three** years.

Regular gallery hours are Thursday-Sunday, 12-5 pm at 140 SE 28th Ave. Find the Zoom links and purchase artwork directly from sidestreetarts.com / 503-327-8064.



Doll by Dawn Panttaja



TidalWave Comics has two new titles to celebrate the Inauguration: **President Joe Biden** and **Madam Vice President Kamala Harris**.

The first is the story of Biden's emotional rollercoaster of family loss, and his 47-year career that has

led to his determination to help the working class and becoming the 46th President of the United States.

Harris is the first woman (and person of color) to become Vice President. She's been a lawyer, prosecutor, a former attorney general and has devoted herself to bettering her constituents by focusing on social issues to help minorities and women.

To order, see tidalwavecomics.com. There have other biographical titles available as well.

Jocularity from PSG

Portland Storyteller's Guild (PSG) begins the new year with Jocularity as Trish Anderson, Patrick Gannon and Eric Foxman promise to put a smile on your face Saturday evening, February 6, 7 pm via Zoom.

Hear about The Whale that Goes Boom as well as Ram, Lamb, Thank You Ma'am and other stories for a big evening of imaginative hilarity.

Anderson discovered that beyond evoking laughs, stories can distract us from our daily troubles, and sometimes even give hope and healing. She is a freelance editor/illustrator, and paints pictures with words, telling stories with drawings.

Gannon was a third-grade teacher who loved reading stories to his students. Now retired, he focuses on historical accounts of people whose achievements are rarely recognized by the public.

Armchair storyteller Foxman has also retired to a corner of his library, after decades exploring remote corners of the globe. His tales feature unexpected endings or a well-turned phrase, and depict folks overcoming unusual circumstances.

Tickets are \$10 – just pennies a laugh – at tinyurl.com/jocularityPSG. See portlandstorytellers.org.

Fertile Ground Continues



The 12th Fertile Ground Festival of New Works, a program of the Portland Area Theatre Alliance (PATA), continues through February 7.

The festival presents pre-recorded shows online this year streamed on Fertile Ground's YouTube and Facebook channels.

A sampling of February titles: *Prolific, Be Careful What You Ask For, I Defy You Stars, Stop - An Absurdist Quarantine Comedy* (pictured), *Sadie and Myrtle* and many others.

Scheduled shows are available on-demand through February 15. All events are free, and audiences are encouraged to make donations to Fertile Ground. Donations can be made while viewing projects in support of each work directly.

See the full schedule at fertilegroundpdx.org.



Photo by Liset Puentes

¡HUELGA! by Maya Malan-Gonzalez and directed by Mandana Khoshnevisan in its virtual premiere online opens Saturday, February 6, 7 pm as a part of Teatro Milagro's national tour. Tickets are \$10 per family. Register by emailing liset@milagro.org and a link to view the play will be sent with registration.

"The great social justice changes in our country have happened when people came together, organized, and took direct action. It is this right that sustains and nurtures our democracy today."
– Dolores Huerta

¡HUELGA! travels back in time to 1962 to the beginning of the farm workers movement and tells the story of the incredible journey of Dolores Huerta, who encouraged far-reaching changes, has changed the normative ideas about women in leadership and continues to make history.

Huerta found her calling as an organizer serving in the Stockton Community Service Organization (CSO) and founded the Agricultural Workers Association, set up voter registration drives and pressed local governments for barrio improvements.

After meeting CSO's Executive Director César E. Chávez, the two found they shared a common vision of organizing farm workers. In the spring of 1962, Chávez and Huerta resigned from the CSO, and launched the National Farm Workers Association and her organizing skills were essential to organization's growth.

Her lobbying and negotiating talents secured Aid For Dependent Families (AFDC) and disability insurance for farm workers in California in 1963, an unparalleled feat of those times. She was instrumental in the enactment of the Agricultural Labor Relations Act of 1975, the first law of its kind in the US, granting California farm workers the right to collectively organize and bargain for better wages and working conditions.

There have been many more firsts along the way. Now, nearly 90, Huerta continues to work tirelessly developing leaders and advocating for the working poor, women and children. As founder and president of the Dolores Huerta Foundation, she travels across the country engaging in campaigns and influencing legislation that supports equality and defends civil rights.

The Dolores Huerta Foundation has given their approval for this new biographical play. The production will be made available to school and community groups through an online video platform. School performances are accompanied by workshops or residencies focusing on social justice theatre, environmental justice activities and sexual health education for young adults and teens.

To book a performance of **¡HUELGA!** or a workshop with Teatro Milagro, contact Dañel Malan, Artistic Director at malan@milagro.org.

How the Working Class Home Became Modern

It wasn't really that long ago, but between 1900 and 1940, the average American home went from kerosene to electric lighting, out-houses to full indoor baths, and saw the rise of the formal dining room, among many other technological and domestic innovations.

In a new book, *How the Working Class Home Became Modern, 1900-1940*, author Tom Hubka explores compares upper-middle class and vernacular working class houses, and how new mechanical conveniences, public utilities, and changes in social behavior and hygiene, led to vast improvements in living conditions and the emergence of the American middle class.

The Architectural Heritage Center (AHC) presents Hubka in a virtual presentation, **How the Working Class Home Became Modern**, Saturday, February 6, 10 am. It's free to members and general admission is \$15. Register for the talk at tinyurl.com/AHCHubka.



Kickstand Comedy Classes

Want to find your own unique voice in comedy? Kickstand offers Stand Up, Improv, Sketch Classes online with teachers from around the country and right here.

A non-profit, all-inclusive space for Portland's comedy scene to experiment, collaborate and perform, Kickstand offers a 6-level improv curriculum to help students learn skills necessary to play effectively and support and create with honesty both on and off stage.

Classes start every two months with the next round of registration in March.

See kickstandcomedy.org.



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Go

Staying In

arts & entertainment

PDX JAZZ FEST 2021

PDX Jazz Festival's 18th annual event features 'live' performances and livestreams from Portland each day, along with exclusive performances from around the globe. The Fest opens Thursday, February 18 with a free public stream of the Pink Martini Cabaret, China Forbes and Thomas Lauderdale live from Biamp World Headquarters.

Friday, February 19 features ticketed shows with Harold López-Nussa **Live in Havana, Cuba**, and Cyrus Nabipour from the Jack London Revue downtown. Grammy award-winning Prince protégé, Judith Hill streams Saturday and Saeeda Wright, Alonzo Chadwick and Arietta Ward's Gospel-inspired concert Sunday, February 20 will surely be a Festival highlight.

Portland premieres take over the Jack London Revue including Brian Jackson performing **The Gil Scott-Heron and Brian Jackson Songbook** featuring greaterkind, along with Ted Poor featuring Cuong Vu, the Marcus Shelby Quartet's **Black Music and Freedom** featuring Tiffany Austin, Darrell Grant, and Carlton Jackson, and the PDX Jazz All-Star Pandemic Big Band directed by Lars Campbell. **The American Refrain: Jazz and Modern Music**, a new commissioned work arranged by Noah Simpson for PDX Jazz education, has its debut and Wayne Horvitz' *The Royal We* closes the Fest Saturday, February 27.

International and national web streams through the week include INDABA IS featuring Thandi Ntuli, Sibusile Xaba, The Brother Moves On, and The Ancestors' Siyabonga Mthembu plus Nduduzo Makhathini in conversation; and two free public masterclasses, **Behind the Boards with Blue Lab Beats** with producer NK-OK and multi-instrumentalist Mr. DM, and **Behind the Boards with Kassa Overall** featuring Giovanni Russonello from *The New York Times*.

Three jazz films are presented in partnership with The Hollywood Theatre online, and more Portland musicians in free livestreams, Rivkah Ross Trio at Jupiter NEXT, Saturday, February 20 and Marilyn Keller at Music Millennium, Wednesday, February 24.

PDX Jazz has online access to performances for as little as \$5 per show. A new online membership level starts at \$50 annually, and allows Members to watch every show free. Shows will be available to view for 48 hours and films for 72 hours.

For the whole schedule, the latest information, added events and tickets, go to pdxjazz.com.



Brian Jackson, photo by Monique Delatour



Photo by Kinderpics

Erma Bombeck: At Wit's End, is triangle productions! new show, written by Margaret Engel and Allison Engel, and featuring AM NW Host, Helen Raptis as the legendary Bombeck.

It's a comic look at one of America's great humorists, who captured her generation's frustrations with observations like "If life is a bowl of cherries, what am I doing in the pits?" and "The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one."

This one-act play with no intermission is directed by Donald Horn. Bombeck is a beloved author who championed women's lives with wit that flowed from the most unexpected place of all – the truth.

The show will not be presented at the theatre and instead, videotaped live and streamed at bit.ly/3sWfurp online through February 13.

Tickets are \$15 for 24 hour viewing and not available through the box office. See trianglepro.org for more.

WE ARE A PART

Artists Kia Zora and Ila Rose have a unique relationship. Both are painters and both grew up in Eugene, Oregon; Kia as a triplet with two identical brothers and Ila with a twin brother.

They are presenting a show of their art together called **We Are A Part**, on the walls at the Red E Café, 1006 N Killingsworth Ave., February 15-March 9.

The show is about relationships and a dialogue about how we are a part of a greater connected network that, at the same time, stands apart separately from each other.

Even before the pair had met, they were often mistaken for each other. Though not tied genetically, they are sisters, and their art has obvious correlations as well as unique stylistic differences. While Kia paints more intuitively and directly, Ila often plans and works through many detailed layers to reach her final destination.

Despite these technical differences in their approach, they depict much of the same subject matter: anatomy, nature, symbolism and cycles, as well as sharing a similar color palette that speaks to the interconnectedness of all things and people.

Through years of painting together and sharing creative process in dialogue of how it might relate to their lives and the world, these two have created works that speak to each other as well, and the show is a combination of individual works by both artists and several collaborations as well, meant to showcase how art is a language.

Their work displays the unique bond these two artists have shared and how a connection and ongoing conversation between creative soul-sisters might play out on canvas.

Sometimes we meet someone we know we have always known, and there is no way to explain or reason around it. For these two, the art has done the reasoning and the work speaks for itself.

We Are A Part – New art by Kia Zora and Ila Rose at the Red E Café, open from 8 am-1 pm daily. See theredecafe.com.

This is the two artists' first time showing together, but surely not their last.

See more of their work via their Instagram pages: @kiazora and @ilaroseart.



"Cyclical Nature" by Kia Zora



"Toward the Light" by Ila Rose

PWNW Happy Hour

PWNW features experimental performance artists each month in their Zoom Happy Hour Series, Third Thursdays at 5 pm with two different artists, a chat, cocktails and a prize giveaway.

February 18 Zoom artists are Intisar Abioto (pictured, left) and Maura Campbell Balkits.

Abioto works with photography, dance and writing. Her works refer to the living breath/breadth of people of African descent against the expanse of their storied, geographic and imaginative landscapes. See intisarabioto.com.

Campbell-Balkits deconstructs and reinvents TV aesthetics and mediated performance styles of white women. This time, she presents *Talk Show*, a television show hosted by "Grace Doonan" who interviews

Janet Boomhauser, inspirational speaker and author of the best-selling book, *Stop Being a Loser*, in an intimate, devastating and life-changing visit.

Sunday February 14, is a retrospective look at 20 years of performance with clips from Cabaret Boris & Natasha with music, dance, film, theater, poetry and strange hybrid forms, as well as the Boris & Natasha Dancers. The online event begins at 4 pm.

Mark your calendars and put on your sweatpants. Tickets are free or by donation. RSVP is required for access and a Zoom link is sent with registration. Register at PWNW-PDX.org.

Cascade Blues Presents Mary Flower



Mary Flower by Absolute Images

was the only woman finalist at the National Fingerpicking Guitar Championship in 2000 and 2002 and relocated from Denver to Portland in 2004. Flower's playing is rooted, schooled and dynamic within the Mississippi blues, especially when she breaks out her lap-slide. She has a love of swing, ragtime, folk and hot jazz, and her original songcraft has a soulful voice, clear as a winter night. A modern artist with a deep respect for the traditional, she brings an immediate vibrancy and dynamism to her vast catalogue of tunes.

For Flower, it's about making music come alive onstage, in her recordings, and with her teaching.

More at MaryFlower.com.

Guitarist and songwriter Mary Flower returns to the Artichoke stage in person for a livestream blues hour presented by the Cascade Blues Association, Wednesday, February 3. The show starts at 7 pm on Facebook.com/artichokemusic/live and is open to everyone. Donations to the artist are welcome.

Flower has been called "a national treasure in your own backyard," by another legendary guitarist, Jorma Kaukonen. She is fluent and masterful in the Piedmont style of acoustic guitar, and her deft touch, intricate picking and innate sense of subtle harmonics is wrapped in a rousing good time.

Originally hailing from Indiana, Flower first migrated to Denver and was a founding member of The Mother Folkers. She

was the only woman finalist at the National Fingerpicking Guitar Championship in 2000 and 2002 and relocated from Denver to Portland in 2004. Flower's playing is rooted, schooled and dynamic within the Mississippi blues, especially when she breaks out her lap-slide. She has a love of swing, ragtime, folk and hot jazz, and her original songcraft has a soulful voice, clear as a winter night. A modern artist with a deep respect for the traditional, she brings an immediate vibrancy and dynamism to her vast catalogue of tunes.

For Flower, it's about making music come alive onstage, in her recordings, and with her teaching.

More at MaryFlower.com.

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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.

Is Coffee Good for You?

Coffee is one of the most widely consumed beverages in the world. In America, 80 percent of adults consume coffee every day.

Medical research on the health effects of coffee appears to provide more good news than bad news. Growing evidence highlights coffee's ability to reduce cancer risk, mitigate diabetes, preserve cognition and improve vascular disease.

Following are summaries of the relevant research:

An exciting new study published in *The New England Journal of Medicine* suggests that coffee drinking may add years to your life. Researchers examined the association of coffee drinking with subsequent mortality among over 400,000 men and women in the National Institutes of Health AARP Diet and Health Study. They found that coffee drinking added years to participants' lives.

A large study of women showed no overall association between caffeine consumption and breast cancer risk. Multiple studies have associated coffee drinking with as much as a 57 percent reduced incidence of colon cancers.

Two large studies showed that relatively modest caffeine consumption was associated with a lower relative risk of basal cell carcinoma.

People who consumed more than three cups of coffee a month had a 17 percent reduction in the relative risk of basal cell carcinoma compared to individuals who drank less than one cup per month.

Coffee intake in women has been shown to be associated with a lower risk of type 2 diabetes mellitus.

A quality scientific review found that moderate coffee consumption was associated with a lower risk of heart failure. The strongest association was two of two seen for consumption of two cups a day.

Coffee consumption has been associated with improved cognitive function in aging adults. In one study of 676 individuals with an average age of about 75 years, coffee consumption was associated with less cognitive decline over a 10-year time period.

In a large study, medical researchers found no correlation between long term coffee consumption and increased blood

pressure or cardiovascular disease. In fact, studies show that coffee consumption produces a 33 percent reduction in the risk of dangerous blood clots that can travel from veins to the lungs or brain.

Despite its health benefits, coffee does have a couple of drawbacks: Excess consumption (more than three cups per day) can contribute to the risk of headaches and caffeine consumption (as little as one cup of coffee a day) during pregnancy is associated with a reduction in infant birth weight.

Optimally, women should reduce caffeine intake before conception and throughout pregnancy. Once pregnancy is confirmed, the mother-to-be should make every effort to stop or markedly reduce caffeine consumption.

Overall, research provides assurance that coffee drinking is not an unhealthy choice for most people.

Dr. Hari Dass Khalsa is a chiropractor specializing in the non-surgical treatment of spinal conditions with offices located in the Hawthorne District. Call 503.238.1032 for information.

MCL: Record Digital Checkouts + Everybody Reads 2021 Program

By KRIS McDOWELL

Just because locations of Multnomah County Library (MCL) have had to alter operations due to COVID-19 doesn't mean reading isn't happening or being promoted.

Recently released numbers from OverDrive, the digital catalogue of ebooks, audiobooks, magazines and other content that MCL uses, show that in 2020 there were over four million checkouts by MCL patrons.

To put that in perspective, there were only eight other library systems that had more checkouts than MCL, with the Toronto Public Library topping the list at eight million checkouts, and four other library systems that tied MCL's numbers.

Globally, 102 library systems surpassed one million digital checkouts each.

The Library has been providing readers 24/7 access to ebooks and audiobooks for several years through OverDrive and its Libby reading app. Reader interest and usage has grown every year.

Readers in Multnomah County just need a valid library card to access digital books, which can be viewed on any major device, including Apple, An-

droid, Chromebook or Kindle.

"The digital collection has been an important and reliable resource for our community during a year of uncertainty in a global pandemic," said Kady Ferris, Electronic Content Librarian at MCL.

"Making more of our collection available with no waiting and providing unlimited access to anti-racist and social justice books contributed to this record-breaking year of checkouts."

The highest-circulating ebook title MCL readers borrowed through OverDrive in 2020 was *Me and White Supremacy* by Layla F. Saad, also the third most borrowed audiobook of the year.

The top-circulating genre, romance, represents the most popular in a vast catalog that includes thrillers, biographies and children/young adult.

Continuing its ongoing efforts to encourage reading, MCL is kicking off the 19th annual community reading project, **Everybody Reads 2021** with *The Book of Delights* by acclaimed author and poet Ross Gay. This collection of essays drifts across a wide range of topics from the natural world to his experience living in America as a Black man.

Everybody Reads 2021 invites the community to explore daily, ordinary wonders and be awake to the beauty around us. *The Book of Delights* offers delight, attentiveness and a chance to reflect on difficult subjects and to discover humor, joy and charm.

The library will distribute thousands of copies of the book through libraries and high schools across Multnomah County in February as part of the project.

It is currently available for checkout and extra copies will be available in February at all neighborhood libraries. Downloadable audiobooks are available from the library catalog, thanks to the generous support of The Library Foundation.

Everybody Reads 2021 will culminate in a virtual lecture with author Gay, presented by Literary Arts, Thursday, April 8, 6 pm.

Free registration for the event is available for community members suffering financial hardship, as well as a range of ticket rates to ensure the event is accessible to all.

Ticket details at literary-arts.org/event/everybody-reads-2021-ross-gay.



Neighborhood Notes

Hosford-Abernethy Neighborhood Association By Jill Riebesehl

Now, two months since we last met, the HAND board with many faces, some new, started the New Year with a bang of a Zoom meeting. Two illustrious guests stopped by: Rep. Rob Nosse and outgoing City Commissioner Amanda Fritz. Rob came to seek our endorsement of a new approach by the city and county for dealing with people having to live outside and on the streets. He is asking neighborhoods and Southeast Uplift to join with him, City Commissioner Dan Ryan and Multnomah County Chairwoman Deborah Kaf-aury to support sanctioned camping.

The idea involves smaller sites distributed around the city with the goal of eliminating the unsuccessful, disruptive cycle of illegal sites followed by sweeps. The Board voted to support the effort, adding some suggestions that might make the idea succeed, such as having on-site management that could, among other things, deal with people who get out of hand, and would include neighborhood participation in siting.

We thanked Amanda Fritz for her 12 years of public service on City Council that included, among other things, her diligence in finally getting public funding for elections. She said she has high hopes for the new members of City Council along with Mayor Ted Wheeler’s steady hand. She described her enthusiasm for and belief in neighborhood participation in shaping our city and urged that everybody be kind to one another.

Hank Cattell also dropped by. He’s the new owner of Palio, the coffeeshop in Ladd’s Addition where our executive committee often meets. He introduced himself and let us know that Palio, with Dots and Jaciva’s Bakery, will be launching a GoFundMe, February 17, that will in turn provide food for lunches at the Wishbone Kitchen at St. Francis.

Our next Zoom meeting will be Tuesday, February 16, 7 pm. All are welcome. Check our website or Facebook page for details.

Laurelhurst Neighborhood Association By John Liu

The Laurelhurst Neighborhood Association (LNA) is organizing a series of racial justice workshops. LNA representatives recently testified in support of the Mann House affordable housing project on NE 33rd Ave. The LNA has also acquired the historic Laurelhurst Club building with the intent of adding neighborhood, community, non-profit and arts and culture events to the building’s uses when COVID restrictions permit.

Montavilla Neighborhood Association By Jacob Loeb

Montavilla Neighborhood Association (MNA) began a new year of meetings by launching three initiatives to improve the community’s safety, health and inclusivity. The evening’s conversation included a presentation from Rahab’s Sisters, a hospitality group for marginalized women. Later, Southeast Uplift shared information regarding grant opportunities in the 2021 calendar year. The remainder of the meeting focused on new MNA programs.

MNA’s volunteer cleanup initiative started collecting names of interested people, officially launching the group. Located at montavillapdx.org/clean, the page offers more information on the program and links to the signup form. Joining the Clean Montavilla team connects residents with cleanup resources, safety information and group coordination efforts.

The next program focuses on the recognition of our diverse community. The Montavilla Directory has a simple goal of listing all businesses and organizations in Montavilla. Through this outreach effort, it is the hope that all groups in Montavilla feel connected to the neighborhood. The directory will help residents shop locally and support everyone in the area. Businesses can now signup at montavillapdx.org/directory.

A representative from the Neighborhood Emergency Team (NET) presented information on the group’s efforts preparing neighborhoods for an earthquake. The group, comprised of Portland residents trained by the Portland Bureau of Emergency Management and Portland Fire & Rescue, provides emergency disaster assistance within our neighborhoods.

A core part of the program is educating the public and encouraging residents to maintain a personal two-week supply of food, water and other necessities. MNA will work with NET and other resources to share this information with residents and build up emergency plans for the neighborhood.

The next MNA general meeting is on Monday, February 8, 6:30 pm. The link to the online Zoom meeting is available at the MNA website, montavillapdx.org.

Mount Tabor Neighborhood Association By Sam Noble

MTNA hosted a community meeting January 13 on Zoom. The Taborvilla Neighborhood Emergency Team gave an earthquake preparedness presentation. The website, hazardready.org, will show localized reports for earthquake hazards for individual Portland addresses.

MTNA will host a community meeting on Wednesday, February 17 on Zoom. Find links for this and all of our meetings, under the “Meetings and Events” tab of our website, mttaborpdx.org. MTNA creates a monthly newsletter about important civic issues, which you can find on our website next to each month’s meeting minutes.

North Tabor Neighborhood Association By Kim Kasch

Meghan Caughey, MFA will be offering a free presentation, *Working Through Suicide - For Those Struggling and Those Who Care About Them* at our North Tabor Neighborhood Association Meeting February 16 which begins at 6:30 pm via a Zoom presentation.

Please check out our website, northtabor.org, for additional meeting information or email us at board@northtabor.org.

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Measure 101 Addiction Recovery Tools

from page 1

It also reduces the penalties for possession of larger amounts and the most an offender will receive is a \$100 fine. The goal is to take people who are addicted to drugs out of the criminal justice system and to treat their addiction as a medical problem.

The other intent is to establish more treatment centers that can address a person’s overall health, as well as their substance abuse problem.

Unfortunately, Governor Brown has put off releasing the funding for this until 2022.

Richardson’s work as a social epidemiologist concludes that racism, health inequities and chronic stress are the reasons there are a disproportionate number of Black and Brown people in America caught up in the drug addiction problem.

Bobby Byrd was convicted for a drug offense 27 years ago even though he was not in possession when he was arrested. This blight on his record has made this ambitious, educated man’s life very difficult. He told of several instances of procuring a good job just to have it taken away when his past record was found out.

Today, Byrd is a community organizer on the Yes to Measure 110 campaign and a PAC board member of the National Association for the Advancement of Colored People. He believes the passing of Measure 110 will give more young people a chance to break the cycle of poverty and substance abuse.

This will be achieved by using what is referred to as an upstream approach. If someone is caught using, they are not prosecuted and put in the social justice system. Instead, they are offered treatment and a chance to reclaim their life.

James Schroeder, PA-C, MPAS, Chief Executive Officer Health Share of Oregon, has focused his career on helping others connect to the available medical

services they need.

Schroeder hopes Measure 110 will decrease some of the hurdles he knows drug users experience when seeking help.

The fear of having Substance Abuse Diagnosis (SUD) on their record keeps many users away from seeking help. By decriminalizing the use of drugs and building better partnerships between health systems, behavioral health and criminal justice, more abusers will trust the system and seek help. This is especially true if there are more programs offering access to culturally specific providers and non-traditional approaches.

Schroeder gave a statistic drawn from a 2019 study of the 370,745 Health Share members his company serves. This study showed that people who have received some kind of treatment after being incarcerated for drug use are 65-70 percent less likely to be arrested as a repeat offender.

The Medical Director for Serenity Lane Treatment Center, Eric Geisler, MD, describes addiction as a treatable, chronic medical disease.

If addictions go untreated, people begin to behave compulsively despite the harmful consequences, he said. Geisler also emphasized that addiction is a mental health issue.

He explained the three stages in the addiction cycle that take place in the brain. The prefrontal cortex is where the person is preoccupied with and anticipates the next fix; the basal ganglia receives the satisfaction from the binge and the extended amygdala is the area where the negative affects of withdrawal are activated.

At Serenity Lane’s facilities, 60 percent of the admissions are for alcoholism. Geisler noted that alcohol has the most death related incidents and it is the deadliest to withdraw from.

According to Geisler, Measure 110 is intended to reduce the

barriers that prevent most substance abuse users from seeking help. He is concerned that Measure 110 will increase drugs on the street; the consequences being more overdoses, deaths, ER visits, and HIV, HEP and STI infections that will overwhelm the drug courts with even more cases.

Geisler believes we should model our system after the one in Rhode Island where everyone who enters the correctional system is offered voluntary drug treatment. This includes medication assisted therapy, which has advanced over the years and is more effective now.

In Umatilla County, District Attorney Dan Primus, J.D., sees Measure 110 through a different lens and he explained it in legal terms.

The biggest change is that possession of small amounts of controlled substances has gone from a Class A misdemeanor (up to a 364-day jail sentence and/or \$6,250 fine) to a Class E violation (no jail time and a \$100 fine or completion of an assessment). He did note that the manufacturing, delivery and commercial drug offenses remain the same.

Primus’ concerns for the people in his community and other rural areas throughout Oregon is the lack of treatment opportunities, minimal street level law enforcement response and the ability of the drug court to adequately deal with people being charged.

In addition, the current COVID -19 pandemic has exacerbated the problem. There was a 70 percent increase in drug-related deaths in April and May of 2020.

Since addiction is a mental health issue, all of the presenters at this event repeated that the solution lies mainly in treating substance abuse as such. The promise of Measure 110 for funding to open more recovery facilities is still an elusive promise waiting to happen and for some, the wait will be too long.

City Commissioners Raise Safety Concerns

from page 8

of Emergency Communications (BOEC).

There has been much in the media calling for a reorganization of Portland’s Police Bureau, and recent articles in *The Oregonian* have suggested the Police Union is eager to join the discussion. Mayor Wheeler’s website includes a page entitled “Racial Justice” which outlines steps he is taking to reform policing.

The Southeast Examiner contacted the Mayor’s office for clarification on the program and received comments from Timothy Becker, the Mayor’s spokesperson.

“The Mayor’s 19-point Police Reform Action Plan is part of a larger and continuing plan,” he said. “The public has given us this historic opportunity to reimagine what policing and public safety look like in Portland and all across America. The Mayor is

also directing all City bureaus in his portfolio to develop strategies to better serve Black communities.

“In addition to the 19 actions the Mayor called for, most of which are complete, the Mayor and his colleagues on the City Council are in the early stages of renewing the city’s contract with the Portland Police Association. The negotiations around a new contract provide more opportunity for important reforms.

“City Council is doing the work needed to implement the voter-approved reforms to the city’s police accountability system. Finally, due to economic conditions created by the pandemic, it is likely the Police Bureau – and all other general fund bureaus – will face additional budget reductions beginning July 1 this year. The additional reductions will require rethinking the

bureau’s role and priorities.”

It is not clear as yet how public involvement will be addressed for this process. With many of the Commissioners interested in public safety and policing reform, perhaps the process will become more transparent and open to public input in the coming months.

This is especially important in light of Mayor Wheeler’s comments in *The Oregonian* on Monday, January 11. The Mayor conceded that the current legal system is not able to adequately deal with anarchists who infiltrate protests and then commit acts of “violence and vandalism.”

Wheeler stated that state lawmakers need to focus on protest issues so as to give local authorities feasible tools with which to protect persons and property, as the problems identified are not limited to just Portland.



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Note From the Caplener Group

Housing Market Continues to Surprise

Everyone wants to know the answer to one question: What’s driving the current real estate market in Portland? The answer is found by looking at some of the market forces at play.

According to the Regional Multiple Listing Service, the number of current homes for sale set an all-time record low, meaning there is virtually no inventory. December statistics show further decline in inventory to 0.8 months.

That decline in inventory, combined with historically low interest rates (near 2.5 percent) and appreciation rates between 6 and 9 percent makes for a hot seller’s market.

Total market time in Portland has decreased to 26-40 days with 97215 averaging less than 28 days.

The current reality is that if you own a home in close-in SE or NE Portland, your home is worth more than ever. Now is a great time to consider selling.

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advantage of the
current seller’s market!



LEFT TO RIGHT: Jamie Marion, Kevin Caplener and Jan Caplener

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