



Photo by Marshall Hammond.

PWB to Refill Reservoir 6 in Late March

By Marshall Hammond

The Portland Water Bureau (PWB) expects to begin refilling Mt. Tabor’s Reservoir 6 this spring after completing repairs, prompted by the discovery of “voids” beneath the reservoir that left it empty of water since 2021. Repairs on the reservoir are now in the final stages and, if all goes according to plan and weather conditions are favorable, the PWB will begin the week-long process of filling the reservoir in late March.

PWB personnel began to suspect the existence of voids beneath the reservoir after discovering an accumulation of silt in the underdrain system, leading to an inspection during the reservoir’s annual cleaning in 2021.

PWB Chief Engineer Jodie Inman has been overseeing the repair and refilling project. “There had been some silt accumulating in the underdrain over several years and we started to get concerned about the increased volume of material that we were seeing,” said Inman. “What that can mean is that part of the underdrain may not be

working, or we may have some sort of a leak, which is what we found.”

The silt accumulation was caused by groundwater seeping beneath the reservoir and washing sand, gravel and other materials through the underdrain system. “As you lose that material you create voids, you’ve washed away the material that’s supporting the bottom of the reservoir and then you no longer have anything holding the bottom of the reservoir up,” said Inman. “It could eventually lead to a failure of the dam if not mitigated.” Such a failure could lead to widespread damage to the surrounding area, according to Inman.

When the reservoir was emptied for a routine cleaning in 2021, the PWB found further evidence of voids. PWB then hired a company called Stantec to scan the area beneath the dam with ground penetrating radar. It was the first time the PWB used the technology on such a large project. The ground penetrating radar located several “significant voids that were of concern.”

A team then drilled through the 12 inches of concrete above the voids to take a core sample, confirming their existence. Portland City Council allotted \$250,000 for the use of the ground penetrating radar to detect the voids, and in 2023, an additional \$25,000 was allotted for the repairs.

The repairs completed so far consist of removing sections of concrete, repairing a damaged drain line and filling in the voids under the reservoir.

The next phase of the project, pouring the concrete that forms the watertight liner of the reservoir, was scheduled to occur on February 26, weather permitting. Once the concrete is poured, it will take 28 days to cure before water can be added.

When the water, fed by the Bull Run Watershed, starts flowing into Reservoir 6, it will take about a week to reach its full volume of about 75 million gallons and an average depth of about 20 feet.

The Mt. Tabor reservoirs, which are on the National Register of Historic places, were built between 1894 and 1911. The first conduit carrying water from the Bull Run Watershed to the city was completed in 1895.

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Protecting EBT Food and Cash Benefits From Electronic Theft

By Kris McDowell

The Oregon Department of Human Services (ODHS) is encouraging people in Oregon to take steps to protect their Electronic Benefit Transfer (EBT) cards from electronic theft. Electronic theft can happen through card skimming, card cloning, phishing and other similar methods.

“We know that many individuals and families in Oregon rely on the food and cash assistance they receive through their EBT cards to meet their basic needs and to get enough healthy food for themselves and their families,” said Claire Seguin, director of the ODHS Self-Sufficiency Programs. “We urge everyone with an EBT card to take these simple steps to protect their benefits.”

There are a variety of steps that should be taken to protect EBT cards. The ebtEDGE website, ebtEDGE.com, and mobile app (available on the Apple App Store or Google Play) are the only safe places to manage benefits. Do not use any other website or app to check benefits.

Be aware that scams may pop up on social media. Only posts from ODHS official accounts should be trusted. They are “ORHumanServices” on Facebook, Instagram and LinkedIn and “ORGovDHS” on YouTube. ODHS will never ask for benefits card information on social media.

ODHS recommends freezing your card right after each use and unfreezing it before making purchases. This can be done

at ebtEDGE.com or with the ebtEDGE mobile app. Look for “Freeze Card” under “Account Services.”

Blocking online purchases and purchases made outside of Oregon is also recommended. This can be done through the website or app at “Protect My Account” under “Account Services.” Blocks can be removed in the future if needed.

Keep your PIN secret and don’t share it with anyone outside of your household. When entering your PIN on a machine when making a purchase, cover the keypad.

Check the activity on your EBT account regularly. If you discover purchases that you did not make, cancel your card by calling 855.328.6715 during weekday hours (8:30 am-4:30 pm) or if it is outside normal business hours, call 888.977.4447. Canceling your card will protect your benefits and a new card can be requested, usually arriving within five business days by mail.

Check card reading machines before swiping your card, looking for anything suspicious on top of or attached to the card swiper or keypad. They can be hard to spot, but are often bigger than the original machine and may hide parts of the machine. These attachments capture data or record cardholders’ PINs. Then criminals use the data to create fake cards to steal from victims’ accounts, a process known as card

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Why Grow Food in Raised Beds?

By Pritha Golden Steele, Portland Edible Gardens

Gardening is both an art and a science, and for many, a bit of a mystery. I can’t tell you how many people have told me “I just don’t have a green thumb.” But I can’t emphasize this enough—EVERYONE—has what it takes to grow food. The life sustaining relationship between people and plants goes back as long as humans have existed. Working with plants to provide sustenance, medicine and more is part of our basic humanity.

That doesn’t mean everyone needs to have a garden, but for those who venture on the journey of growing food, it can mean a lot of guesswork and a lot of failures along the way. And you may be asking yourself should I grow my food in raised beds or just in the ground? If you are considering raised beds versus in-ground, below are some benefits of raised beds to take into consideration.

Choose your soil

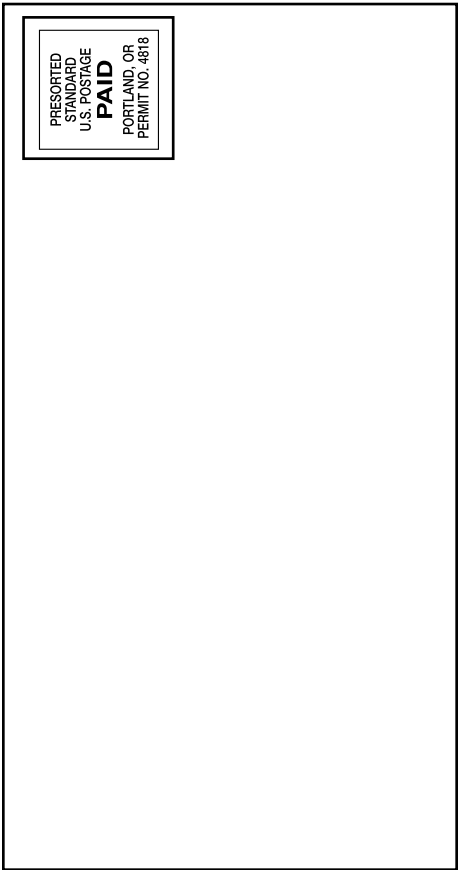
After the correct site selection and

a location with sufficient sun, soil is absolutely the most important factor in your garden’s success. While the art of building healthy soil from the dirt outside your doorstep can be a fun challenge for some, for the average gardener diving into the depths of soil testing and pH adjustments, soil drainage and aggregation is overwhelming and can create a barrier to success. Add the fact that many with urban garden plots are concerned with possible pollutants and some folks just give up all together. Raised beds allow you to bring in the highest quality soil to your garden (soil selection is not the time to cut corners) and set the stage for many years of successful gardening. It makes all the difference.

Get an earlier start on the season

In our climate, the limiting factor affecting when many people can get their first veggies in the ground is typically muddy soil. Because raised beds are above ground level, water drains out of them

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

Long time readers know I have to submit this column the week before it goes to print. Normally in politics, that is not too much of a problem, as very rarely am I talking/writing about something that is going to be resolved by the first of the month. But the short session is a glaring exception, given that I am actively legislating as I submit this. The constitutional sine die (the legislature’s fancy Latin phrase for end of business) is March 11, which is practically a lifetime away. Then, the filing deadline to run for office is the next day, March 12.

It can be dangerous to make predictions in politics when things are still actively being worked on, but I cannot resist. I can also correct the record or, hopefully, brag about my accuracy (crossing my fingers that is the case for my column in April). I will also make no predictions about who is running for office and who is not.

Here are some things I am sure we will do. First up, we will give you the “right to repair” your iPhone. We will likely spend more money on summer learning and on ERDC (Employment Related Day Care), and thus take steps to address our childcare shortage. We will pass a bill to help struggling college students access food stamps and Medicaid and other safety net benefits—something I could not have imagined needing to do when I was a college student in the 1980s and just becoming politically active. We will pass the COAL act which makes it easier for the state treasurer to divest Oregon’s treasury from fossil fuel companies.

I will predict that the arts will get something out of what is a tough session budgetarily. Yes, we have some extra money available to spend, although not as much as I would like in light of a \$5 billion in kicker refunds being sent back to voters.

Here are some things I am predicting that will not get done. We will fail to aggressively regulate PBMs (Pharmacy Benefit Managers). More to come on that one in 2025. We also will not fix school funding issues. There is a lot more to do about this and it will need to be taken up in 2025. We will need to take steps to fix up and make SE Powell Blvd. safer in 2025, as well.

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No bills that target transgender people for discrimination will even get a hearing. Those were sent to the committee that I chair, where they were quietly allowed to die without a hearing.

I cannot predict what will happen with daylight savings or with campaign finance reform. We voted on a bill to have permanent daylight savings a few years ago, but we need Congress to act in order for the bill to come into effect—um, no comment. The Senate voted on, but did not pass, a bill to have permanent standard time. They may take a vote to reconsider the idea. Just the other night my husband of 31 years threatened to leave me if I voted for that, so I’m clearly torn. He is still upset that I voted “no” on self-serve gas. He wanted it, and finally got it. I miss full serve gas as I hate having to pump my own gas and yet I find myself doing it more and more all the time.

Regarding campaign finance reform, I know we need it. There are dueling ballot measures coming to try to address it. There might be momentum to solve that problem but given that we are trying to land a lot of other bills and budgets, it’s hard to think that in the remaining two weeks we will also solve this thorny issue.

There will not be a walk out. Us Democrats are trying really hard to work with the Republicans, who thankfully don’t seem

to be in the mood to walk off in light of our efforts to be bipartisan and the important work we have to do.

I think we will be allowed to make Representative Julie Fahey out of West Eugene our speaker outright at the end of the session. But even if that option is something we cannot make happen by the end of the session, she will be the House Democrat’s nominee, and everyone will know it, and the job will be hers to lose in the fall after the November elections are done. I will also predict that State Senator Rob Wagner out of Lake Oswego will remain the Senate President.

Lastly, I predict that we will pass some version of SB 1537, the housing bill, which does many things, including a one-time limited expansion of UGBs (urban growth boundaries). We will also pass some version of SB 1530, a bill that provides for all kinds of housing and rental assistance and housing supports. The Oregon legislature will also pass some version of HB 4002, the measure aimed at changing some of the aspects of BM 110, including bringing back some criminal penalties for using and dealing illegal drugs openly in public. This will hopefully help us to avoid a nasty ballot measure fight to repeal BM 110 outright in November. Lastly, Oppenheimer will win the Oscar for best picture in 2023.

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Sustainable Plumbing Solutions

BY METICULOUS PLUMBING

Maybe it's the green trees, the fresh air, the abundance of wildlife and all of the things we can do outside, but the Pacific Northwest has always been forward-thinking when it comes to being "green." We like the way our environment is around here, and we look for ways to be as eco-friendly as we can. One of those ways is implementing sustainable plumbing solutions in your home.

There are countless ways that plumbing companies and individual homeowners alike can work to promote water conservation, efficient use of resources and overall environmentally friendly practices. From low-flow showerheads and faucets to rainwater harvesting and greywater reuse, there are sustainable practices for almost any plumbing system.

Whether you're building a new home or simply looking to upgrade your existing plumbing, consider sustainable options that are both eco-friendly and can save you money in the long term. With a little research and some

guidance from a professional, you can create a plumbing system that works great and helps protect the environment.

Low-flow toilets, faucets and showerheads are specifically designed to reduce the amount of water you use while still maintaining the same pressure and flow as traditional fixtures. By making the switch, you'll not only save on your water bill, but you'll be doing your part to conserve water.

These kinds of toilets use significantly less water per flush compared to traditional models. They utilize advanced flushing technology to efficiently remove waste while using about half the water. Dual-flush toilets offer options for solid and liquid waste, further optimizing water usage.

Providing a comfortable shower experience while reducing water usage, low-flow showerheads use aerators to mix air with water to sustain adequate pressure and coverage while using less water. Low-flow faucets use the same technology to use

less water without having to sacrifice pressure.

Low-flow fixtures significantly reduce water consumption in households and buildings. By using less water, these fixtures help reduce water bills, offering cost savings over time. In many jurisdictions, these fixtures are becoming part of the building code, making them essential for compliance in new constructions and renovations.

Low-flow water fixtures represent a practical way to reduce water waste without compromising convenience or comfort. As part of a broader commitment to sustainability, these fixtures offer an easy way to save water, reduce costs and contribute to a more eco-conscious lifestyle.

Collecting and storing rainwater for non-potable uses, such as watering gardens, reduces reliance on traditional water sources and contributes to water conservation. When it rains, water lands on your roof and flows down to

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Why Grow Food in Raised Beds?

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more quickly than the ground. As well, most soils in the Portland area have high clay content which makes for a heavy soil that drains and dries slowly, whereas the right soil mix will have much better drainage. Use of raised beds enables you to plant during the earliest possible window each year.

Ease of spring soil preparation
To grow healthy plants you must feed your soil and its microbiome. For a baseline maintenance of healthy soil, we add organic compost to our gardens each year, and recommend this practice for any vegetable garden. Digging the compost into the soil of in-ground beds is MUCH more labor intensive than integrating into a lighter soil higher off the ground. This makes your very needed annual compost application comparatively quick and easy compared to that of in-ground beds.

Protect your body/ADA accessibility
The added height of a raised bed is easier on your body and can hugely improve accessibility in the garden. Raised beds can make gardening accessible to folks in wheelchairs or for those whom bending all the way to the ground isn't an option. For many people, even if bending over is an option, in-ground gardening still comes with a fair amount of back pain. Raised beds can be custom built to the exact needed height and provide space to sit, to address all the issues above.

Save time weeding



Photo by Portland Edible Gardens.

When you bring soil into your raised beds, you can choose to bring soil with next to no weeds! Because the raised bed creates a barrier between your veggies and the surrounding lawn and garden, it protects the space from infiltration of new weeds. With proper management you can prevent entry of new weeds from ever taking place and have a future of spending only very minimal time weeding your garden. This is a huge time saver and is implausible with in-ground beds.

Grow more food in a small space

Raised beds contain a significant depth of high fertility soil that is fully aerated, and well drained, which make it easy for plant roots to move through soil, and access everything they need. Unlike an in-ground bed, you can plant right to the very edge of

your raised bed, maximizing the amount of food you get out of the space.

Many of our clients come to us because they feel that they could spend 10 years of trial and error learning how to grow food by internet search (or maybe they already have), but they want to cut through the conflicting information and learn the skills from a professional. Similarly, when you are working with an ecological system, there are an overwhelming number of variables that you need to take into account. Raised beds are helpful because they remove many of the hard to understand variables and greatly increase success in the garden.

This article was originally posted on the Portland Edible Gardens website, portlandediblegardens.com.

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One Day This Tree Will Fall

By David Krogh

With global warming and climate change issues at the forefront in the media today, a look at natural processes is an important tool to help people (especially children) better understand what is happening. Two children’s books that help set the stage for both the creation and transformation of rocks and the stages of life for trees have been written by Portland author Leslie Barnard Booth.

A Stone Is a Story explains the process of how rocks are created and transformed into stones and finally into soil or sand over millions of years. *One Day This Tree Will Fall* presents the life cycle of trees with a focus on the Pacific Northwest’s most commonly known tree, the Douglas fir. *A Stone Is a Story* became available last October and *One Day This Tree Will Fall* will be released March 26. Both are intended for ages four to eight and are appropriate for either classroom settings or at home with parent

guidance. They are profusely illustrated picture books and have detailed explanations in the back of each book (called backmatter) which includes a glossary, natural processes and resources for further reading.

The author is originally from Washington state and has always had an interest in rock collecting and nature. She has a MFA degree in creative writing and an MS degree in education from the University of Oregon. Her teaching experience includes K-3 (elementary grades) and college level creative writing and composition. Booth described her interest in nature in more detail saying, “Growing up, I did a lot of camping, canoeing and fishing with my family. My connection to nature has only grown as I’ve become a parent and seen my own children interact with the natural world.”

As part of the marketing for her books, Booth loves to do readings and demonstrations. “I like doing interactive presenta-

tions that get kids excited about science and literature. So when I visit schools, museums or bookstores to read *A Stone Is a Story*, I bring along my Traveling Rock Museum (which includes a piece of fossilized dinosaur bone, among other treasures!) and play a game I call The Mystery Rock Game. Kids love exploring my rock collection and learning about how a rock’s features can reveal its past.” For *One Day This Tree Will Fall*, Booth plans on using puppets and showing children tree-related samples including pine cones, moss, lichens and bark. She has several new readings scheduled; find details on the events page of her website, lesliebarnardbooth.com/events.

Prior to these books, Booth had several short pieces published in children’s periodicals *Ladybug*, *Highlights* and *Highlights Hi Five*. On obtaining an agent, she was able to get her current books published by Simon and Schuster. She adds, “I do have a third book on the way! *I Am We: A Story of Survival* is all about crows. Inspired by the crow roosts of downtown Portland, *I Am We* explores the science of crow behavior as well as our relationship to crows. It releases with Chronicle Books in fall of 2025.”

Booth says that her primary source of inspiration for writing comes from her children. “I learn a lot from watching how they



Author Leslie Barnard Booth.

approach nature; the way they pause, crouch and look closely at even the littlest, humblest creatures.” In addition, *One Day This Tree Will Fall* was also inspired by Peter Wohlleben’s *The Hidden Life of Trees*. “This book made me think of trees differently; as responsive organisms with dramatic life histories.”

The author also offers parents additional recommendations for books while encouraging a look at the natural world. “Jessica Lanan’s *Jumper* is an informational picture book about a backyard jumping spider (it’s got great backmatter too!). Jason Chin’s nonfiction for children is also excellent. Check out his

book *Grand Canyon*, a great pairing for *A Stone Is a Story*.”

Other inspiration comes from family trips. “We love the coast, the temperate rainforests, the John Day Fossil Beds. We also love to make our way up to the San Juan Islands in Washington state.”

A Stone Is a Story and *One Day This Tree Will Fall* will both be available wherever books are sold, including local bookstores and online. In SE Portland, they will be carried at Powell’s Books on SE Hawthorne Blvd. and Hammer + Jacks on SE Foster Rd. Find out more about the author and her books at lesliebarnardbooth.com.





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Business Walkabout

Eastside Guitar Repair Celebrates 15 Years in Business

By Marshall Hammond

Ryan Lynn was 17 years old when he realized his calling. “A friend of mine, he had built a guitar, and I was blown away. It didn’t ever dawn on me that you could actually make one,” says the now 48-year-old owner of Eastside Guitar Repair.

This past fall will mark Lynn’s 15th year in business. He’s come a long way since arriving in Portland during the fall of 2000.

Lynn grew up in Western Michigan. A lifelong musician, he received his first instrument, a Casio keyboard, in second grade. In high school, his cousins recruited him to play guitar for their band, covering songs by The Grateful Dead and Bob Dylan. But it was the idea of building guitars that really captivated Lynn; in 1981 he packed his belongings into a Volkswagen van and headed to Phoenix, Arizona to complete a five-month program at the Roberto-Venn School of Luthiery.

Lynn briefly returned to Michigan before heading to the west coast. He initially planned to use Portland as a jumping off point for exploring other cities like Seattle or San Francisco, but “things just lined up” when he arrived in the City of Roses.

Lynn soon got a job at The Music House on NE Glisan St. “It’s long gone but I would sit on the floor and set up guitars there for Earle Minor, the guy who owned that store.”

Shortly after that, Lynn landed his first guitar repair job in Portland. “I took a different way home one day, and I went by this store called Trade Up Music on 47th and Division, and they had been open for about a month,” says Lynn. “I was new in town and I said, ‘Hey, I’m looking for work.’ And now one of my really good friends, Scott Demay, one of the owners, he didn’t even know who I was and he sent me off with about 10 guitars. He kind of just put his blind trust in me and eventually I started contracting out of Trade Up Music.”

Lynn continued working for Trade Up Music for several more years. He also found work as a guitar tech for some well-known bands such as The Lumineers, Metric, M. Ward and Portland’s The Decemberists. Having firmly enmeshed himself in Portland’s music scene, and having built up a reputation and a loyal clientele for his guitar repair work, Lynn decided to strike out on his own, founding Eastside Guitar Repair

in 2008. The store moved to its location on SE 34th Ave. and SE Hawthorne Blvd. in 2011.

Over the years Lynn has repaired the guitars of luminaries such as Johnny Marr of The Smiths and Modest Mouse, famous producer and musician Steve Albini of Shellac, legendary guitar shredder Paul Gilbert and local hero Stephen Malkmus of Pavement.

“It’s interesting to work on guitars that are on albums that you’ve heard. And there’s nothing really that special about them, they’re just tools in the end, but it’s a little bit of rock history,” says Lynn. “It’s great to see these guys go out on the road and use their guitars, what’s really enjoyable is if I work on somebody’s guitar and then I go to their show and they’re using that guitar.”

Some of Lynn’s favorite moments didn’t involve the famous guitars of famous people. “I get kind of difficult vintage guitars, like old vintage Martins, that need neck resets and a lot of work like pickguard reglues, replica bridges, just kind of resurrecting the guitar from the ashes to make it play again. That’s really rewarding as well,” says Lynn. “These are people’s babies, you



Ryan Lynn, owner of Eastside Guitar Repair. Photo by Marshall Hammond.

know? And I’ve literally had people cry when they pick up their instrument and they can’t even tell that it was ever broken..”

Business has been going well for Lynn. He has hired two guitar techs to work with him, Jesse Antonick in late 2022 and Jacob Price in the fall of 2023. Lynn also shares space with former Old Town Music manager Hank Failing, who runs his instrument retail business, Hank’s Music Exchange, out of the front of the shop.

For the last year Lynn has been playing bass in Portland’s premier spaghetti western band,

Federale, which has also been keeping him very busy.

In the years ahead Lynn hopes to turn over more of his shop’s daily operations to his staff so that he can get back into building guitars.

“I just want to thank Portland for supporting my business for 15 years,” says Lynn. “I wouldn’t be here right now without the musicians in town entrusting me with their instruments, and I really appreciate that.”

Eastside Guitar Repair
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Protecting EBT Food and Cash Benefits From Electronic Theft

from page 1

skimming.

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Free March Classes at Portland Nursery

March 19 is the First Day of Spring and if you'd like to step into the new season by brushing up on your gardening skills, Portland Nursery has an exciting assortment of free classes at their SE Division St. shop all month. Classes will be held in Hoop House 1 (the greenhouse behind the store). While it is a covered area with heaters, remember to dress for the weather of the day.

Weeds, we all have them, but can you identify them? Learn how to identify the most common garden and landscape weeds, along with some of the other invasive species of the region Sunday, March 10, 10 am from the East Multnomah Soil & Water Conservation District. The class will walk through how these fast-growing plants can take over an area and provide some simple, yet effective, tips that will help you get the upper hand without turning to synthetic herbicides.

The following Saturday,

March 16, 10 am, Nick Canino of Rhythm Seed Farm leads Mushrooms in the Garden: Symbiotically Integrating Edible & Medicinal Fungi Into Your Landscape. The class will cover the most common species of mushrooms that grow well in Pacific Northwest gardens, inoculation, site preparation and ways to interplant mushrooms with vegetables for a truly symbiotic garden ecosystem.

Saturday, March 23, 10 am the East Multnomah Soil & Water Conservation District will lead a class through the benefits of gardening with native plants. It will cover common native plant communities in Portland, provide examples of species that do well in similar growing conditions, share successful planting tips to help them thrive and more. Walk away with loads of information so you can decide which native plants will work well in your yard.

Got slug woes? With their

ability to lay up to 500 eggs each season, it's no wonder. Portland Nursery's Claudia Groth leads Slug Hunting: Know Your Enemy Saturday, March 30, 10 am. Don't let slugs and snails get the best of your garden by learning about the behavior and biology of these fascinating, though pesky creatures during the fun and fascinating presentation. Then you can go home and use what you've learned to protect your garden.

The month finishes out Sunday, March 31, 10 am with a class on rain gardens. Learn from the East Multnomah Soil & Water Conservation District how to assess your site to determine the best location and size, calculate impervious surfaces, determine soil suitability, choose appropriate plants and how to maintain your new rain garden.

Visit portlandnursery.com/events/current-classes to register. Classes are held at 9000 SE Division St.

Oregon Kids' Tax Credit

Last year the Oregon legislature established the Oregon Kids' Credit, a refundable tax credit available to families making \$30,000 or less annually and raising a child under six years old. Receiving nearly unanimous support from both the House and Senate, the tax credit stands to benefit nearly 55,000 children across the state. A family can claim the tax credit for every child that meets the age requirement, up to five children.

"This tax credit is designed to help the most vulnerable families in our state stay afloat, providing extra cash needed to raise their kids," said Tyler Mac Innis, a Policy Analyst with the Oregon Center for Public Policy. "But to get the credit, families need to file a tax return." The Oregon Kids' Credit is worth up to \$1,000 per qualifying child for taxes filed by Monday, April 15.

Families meeting the income requirement are also likely

to qualify for the federal and state Earned Income Tax Credit, as well as the Working Family Household and Dependent Care Credit.

Those who need help filing a tax return may be able to access free tax preparation services from a trusted tax preparation program. Visit the Oregon Department of Revenue's resource page, bit.ly/49aQr8K, call 211, text your zip code to 898211 or email help@211info.org for more.

Portland Arts Tax Deadline



"We've Been Here," a mural in the Lizzie K. Weeks Room of the Portland Building, by Kayin Talton Davis.

The Portland Arts Education and Access Income Tax (Arts Tax) is due by Monday, April 15. The tax funds art and music education in public elementary schools and increases access to arts programs and performance for Portlanders citywide. Six public school districts in the city of Portland (Centennial, David Douglas, Parkrose, Portland Public, Reynolds and Riverdale) receive at least one visual art, music, drama or dance teacher for every 500 students. The remaining funds are distributed through grants to arts organizations which increase arts access to underserved communities.

Since 2012 when the tax was approved by voters, \$124 million has been collected for school districts and arts organizations. The annual income tax is \$35 per adult for each Portland resident age 18 and older that earns income above the federal

poverty level and has \$1,000 or more income.

The city of Portland sends filing reminders to all Portland households mid-March. Even if you have already paid the Arts Tax, reminders will be sent in case others in your household still need to file or there are new residents at the location.

Due at the same time as federal tax returns, there is no extension to file or pay the Arts Tax. Filing and payment can be done online at portland.gov/revenue/pay-arts-tax, by mail or in person. Filing is required even if you do not owe the tax and requires only your name, address, email address, full Social Security number and your year of birth.

Those who fail to pay the Arts Tax by April 15 will be assessed a \$15 penalty on April 16. An additional \$20 penalty will be assessed if the tax is unpaid six months or more after the due date.

County Planning Commission Seeks Members

Multnomah County's Land Use Planning Division is looking for two Multnomah County residents to serve as volunteer members on the County's Planning Commission. The Planning Commission addresses rural land use planning issues to meet state planning requirements and the policies set forth by the Multnomah County Board of Commissioners. They also make recommendations to the Board for adoption, revision or repeal of the Comprehensive Plan, zoning code and other regulatory ordinances.

The Planning Commission consists of nine volunteers appointed by the Board to serve four-year terms and they are

seeking two Multnomah County residents to serve as volunteer members. Meetings are typically held the first Monday of every month (except for holidays and the month of July) starting at 6:30 pm. Most meetings take place virtually or at the Multnomah Building, 501 SE Hawthorne Blvd. Occasionally, an additional meeting may be held, also on a Monday.

Those interested in applying can find the application at multco.us/landuse/webform/planning-commission-application or by US mail by calling 503.988.0188 or emailing kevin.c.cook@multco.us. Applications may be submitted online or by mail and must be received no later than Friday, March 15 (unless extended).

MARCH EVENTS

HOUSELESS FUNDRAISER – Unity of Portland, 4525 SE Stark St., holds a Helping Hands for Houseless Fundraiser Sunday, March 3, 12:15-2 pm. \$20 tickets include a lunch of baked potato bar, salad, drink and dessert. Larry Wilder will be performing and all proceeds benefit Unity's outreach team to provide weekly sack lunches to the houseless community. Tickets available in advance at unityofportland.org/donate and at the door.

CRYSTAL SPRINGS LAKE RESTORATION – SE Uplift hosts a briefing on the Crystal Springs Lake Restoration Project to enhance salmon habitat in SE Portland. The hybrid meeting takes place at Reedwood Friends Church, 2901 SE Steele St., and online Wednesday, March 13, 6 pm. Visit seuplift.org/events for more.

AFFORDABLE HOUSING PROGRAM – The League of Women Voters of Portland hosts a community education program, Solutions to Our Housing Crisis, Wednesday, March 13, 7-8:30 pm by Zoom. The program panelists will focus on what is being done to help solve our housing crisis. Visit lwvpx.org to register and receive the Zoom link.

BIKE SWAP – Baerlic Brewing, 2239 SE 11th Ave., hosts a spring bike swap Saturday, March 23, 11 am-2 pm. Bikes, parts, wheels, frames, accessories, clothing and of course, beer, will be available. Email events@baerlicbrewing.com with questions.

RECYCLING EVENT – The Brentwood-Darlington Neighborhood Association holds Spring Green 2024 Saturday, March 23, 1:30-3:30 pm at the community center, 7211 SE 62nd Ave. The recycling, environmental and gardening event is anchored by Green Century Electronics Recycling, which will be accepting all manner of electronic cast offs. There will also be a bike maintenance workshop, seed and plant swap and more. Email brentwood.darlington@gmail.com for full details and with questions.

CANDIDATE MIXER – SE Uplift hosts an open house and City Council District 3 Candidate Mixer Thursday, April 4, 6-8 pm at 3534 SE Main St. Visit seuplift.org/events for more information.



Landlord-Tenant Mediation Services Available

The Portland Housing Bureau (PHB) has partnered with Resolutions NW (RNW) to provide landlord-tenant mediation services for landlords and tenants looking to resolve conflicts prior to filing eviction claims. Conflicts come in many forms and can look different in each situation. When the mix of landlords, property managers and tenants come together, communication can sometimes be challenging. RNW works to resolve conflicts around past-due rent, rent increases, accommodations, pets and discrimination, and focuses on rooted issues of equity.

RNW’s vision is to build healthier bonds between tenants and landlords to keep those most impacted by financial hardship in their homes, and work toward a city where housing is a human right. In particular, disparities in power, race, gender, sexuality, class, etc., can leave tenants from marginalized communities feeling uncertain in approaching their landlords to discuss any issues or unfair treatment. Minor issues can escalate into serious matters such as eviction, biases, violence and feelings of unwelcomeness and fear.

The focus of landlord-ten-

ant mediation is to keep people housed through eviction prevention methods such as coaching. Since the inception of the program in July 2021, RNW has handled over 300 cases with facilitators who are trained in equity-informed mediation. RNW does not provide legal information and does not enforce any laws; however, they can offer resources. Through proactive facilitation and relationship building, all parties encounter long-term benefits.

For more information or to see if you qualify, call 503.595.4890 or email info@resolutionsnorthwest.org. The RNW team will ask for demographic information, your perspective of the situation and collect other parties’ information. Next, a mediator will connect with all parties to gather detailed information about the conflict from each party’s perspective. Once consent is gathered from all parties, a mediation is scheduled and facilitated. RNW will also do a follow up check to see if the case was resolved or if additional coaching is needed.

RNW’s services come at no cost to you, have no impact on rental and credit history and may result in the avoidance of court and legal fees.

Code Changes Passed to Advance Housing Production

Portland City Council has unanimously voted to approve the Housing Regulatory Relief zoning code amendments introduced by Commissioner Carmen Rubio that aim to advance housing production in response to ongoing challenges. The package includes both temporary suspensions and reductions to zoning code standards and processes, as well as clarifications to the code, to help reduce the cost of building housing in Portland.

“Last spring, I asked our development community stakeholders what local codes and rules were making it more expensive and challenging to build housing in Portland,” Rubio said. “Changing development rules is not easy business, and I’m proud of the end result, which will spur housing production without sacrificing environmental sustainability.” The Housing Regulatory Relief project creates temporary waivers (which will last for five years for development that includes residential units) and makes permanent changes to zoning regulations, addressing issues identified by the housing production survey.

The legislation covers 15 issues to advance housing production, including bike parking, ground floor active use/height, non-conforming upgrades, ecoroof standards, design review and neighborhood contact

requirements. Code changes become effective March 1. However, the ordinance allows projects currently in the development pipeline to take advantage of some of the relief items if they are providing housing.

The other ordinance makes key changes to the Inclusionary Housing program, designed to create sustainable mixed-income communities by requiring affordable housing to be included in new developments. In approving the changes, City Council sought to balance the program by offering a deeper property tax exemption for projects located in certain areas outside of Central City, as well as providing more flexibility and clarity for how the program functions. Although these changes are also slated to go into effect March 1, Multnomah County will need to approve the property tax changes before they go into effect.

“The Inclusionary Housing program is doing what it was meant to do: expanding access for low- and moderate-income families to live in some of the most desirable areas of Portland,” Rubio said. “At a time when development activity has dropped off, these changes will ensure that the City is providing enough financial incentives to adequately cover the costs of complying with the program.”

82nd Ave. Critical Fixes Proposal and Opportunity to Comment

At the end of January, the Portland Bureau of Transportation (PBOT) released plans for sidewalks, pedestrian safety improvements and new, smooth pavement on a two and a half mile stretch of 82nd Ave., one of the most dangerous streets in the city. The work, the 82nd Avenue Critical Fixes: Major Maintenance project, is part of PBOT’s multi-year Building a Better 82nd program.

60 percent of the design drawings and plans are available for public review and are the result of nine months of public engagement, safety and traffic analysis and design process. The Major Maintenance project is the largest of more than six projects PBOT will build on the corridor through 2026.

Safety improvements are focused on some of the major community destinations in the corridor, including McDaniel High School, the Jade District and Eastport Plaza Shopping Center. It will improve access to TriMet’s Line 72, a popular bus route.

Transformative maintenance upgrades include new pavement, from curb to curb and the NE Fremont intersection, from NE Siskiyou to Schuler streets and from SE Mill St. to SE Foster Rd. Some sections of the roadway will be completely rebuilt. The project will also build new or improved traffic signals at 10 intersections and update with more modern street markings.

“For too long, 82nd Avenue



has been known as a high crash corridor,” Portland Transportation Commissioner Mingus Mapps said. “With the help of legislative leaders and community partners, PBOT’s major maintenance project will make this a safer street, with the smooth, well-maintained pavement Portlanders expect. I’m especially glad that PBOT has made adjustments to the plan, so we can ensure businesses have the access they need.”

Over the last year, PBOT has made design updates in response to outreach and discussion with businesses and community groups, block-by-block, along the route. In some cases, planners and engineers are able to make additional areas for drivers to turn left from 82nd Ave. to driveways and side streets, improving access to businesses and preventing traffic diversion onto neighborhood streets.

In response to community interest in long-lasting tree canopy, PBOT’s planned design will give trees more space to grow and

thrive. The medians will be fully excavated down to the soil, and instead of trees confined to small concrete wells, the entire median island surface between the curbs will be landscaped with ground covers and shrubs. Plans call for 250 new trees along the corridor. Trees are set back at least 25 feet from crosswalks with wider median refuges to maintain visibility for pedestrians.

Visit the online comment form at surveymonkey.com/r/82nd-60percent/ to learn more and provide feedback by March 31. PBOT is also offering an in-person opportunity to review a larger map, talk with the design team and provide feedback. It takes place Monday, March 4, 6:30-8 pm at Marysville Elementary, 7733 SE Raymond St. Presentations will also be made to the Montavilla Neighborhood Association (Monday, March 11, 6:30-7:30 pm in person) and SE Uplift Land Use and Transportation Committee (Monday, March 18, 7-9 pm online).

Lead a Mt. Tabor Urban Nature Series Event

If you’ve ever participated in and enjoyed an Urban Nature Series event at Mt. Tabor Park, you may want to consider leading an event yourself and sharing your knowledge with others.

The Friends of Mt. Tabor Park is currently taking submissions from people interested in leading Urban Nature Series events. Maybe you have some regional nature facts that you want to share, a nature-based event that would be fun for the whole family, interesting nature-related art that you’d like to teach others or even something the Urban Nature Series hasn’t done yet that you’d like to share.

The Urban Nature Series takes place every Sunday, 2-4 pm. The current schedule of nature series events include a native plant walk, tree walk and geology talk. Past events have included a lichen walk, nature crafting, introduction to forest soil ecology and nature photography.

To lead an Urban Nature Series event, you must lead a demonstration of your event with the Urban Nature Series Coordinator and other volunteers, prepare your talk and any materials and lead participants through your event.

The application form, found at bit.ly/3uwmzqo, asks for con-



tact information and details on the type of talk you’d like to lead.

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LE Letter to the Editor

Editor's note: Letters to the Editor should be less than 300 words and The SE Examiner reserves the right to edit them for length or content.

To the Editor:

Reading the February issue of *The Southeast Examiner*, I was delighted to see Mary Lou Hennrich's photo and an informative campaign ad, as she puts herself forth to represent Oregon House District 46 in the upcoming May election. I am not a health care professional, but a fellow human being, have needed and used our confusing and complex healthcare system. Mary Lou has been a friend for almost 20 years and I can attest to her integrity, knowledge, expertise and compassion. She puts her friends and family above all else, is generous and a straight-shooter. She is a retired RN and healthcare advocate. Her seemingly boundless energy, bounty of new ideas and willingness to listen will serve District 46 well. I encourage all in District 46 to support Mary Lou Hennrich to represent you in Salem.

Patti Evans

WE WANT TO HEAR FROM YOU



We love hearing from our readers.
Email feedback or submit a Letter to the Editor to examiner@seportland.news.

When, Why and How to Write a Review

By DALE DIXON, CHIEF INNOVATION OFFICER BBB GREAT WEST + PACIFIC

Ever read a review before buying something? Of course you have. A simple Google search will tell you that anywhere from 95-99.9 percent of customers read reviews before buying products or services online (odds are strong you're among them). But here's the real question: When is the last time you wrote a review?

Writing a review is a simple act that leads to better shopping experiences and helps good businesses succeed. So, why, how and when should you do it?

Think selfishly when considering writing a review. If you write a great review, it could help a business you love or depend on stay in business. You're not just paying it forward, you're rewarding yourself. For positive experiences, you might express gratitude or thanks, and for underwhelming experiences, you might share thoughts that could lead to change. In the end, your thoughts help build a company's online reputation. With all that said, there are some dos and don'ts.

Do write a review to help others make an informed decision about a product or service. Outline your experience authentically and constructively. If there were issues with your purchase, use the review as a chance to educate other consumers, but also alert the business to what they can do.

Don't write a review to get revenge on a business. Unfortunately, reviews can be treated

as a public forum to unload on businesses that've fallen short. Despite how they've failed with their products or services, there are better ways to handle the situation. Complaint processes such as the one practiced at BBB shine a light on issues in a way that productively encourages change.

For service-related businesses, consider writing a review shortly after your experience. You want the interaction to be fresh in your mind so you can report it truthfully and accurately. A speedy review also lets business owners know sooner if there are issues to address.

For product-related reviews, consider writing a review after you've had time to try the product. If it's not satisfying your need, reach out to the business to see if they can offer any education or insights that could enhance your experience with the product.

In either case, a review should be written when you've had a chance to weigh your complete experience with a product or service professional.

Taking the plunge to write a review doesn't have to be overcomplicated. Remember, your thoughts could help others just like you, make a business owner or employee's day, or influence the way a business operates. Here are some ideas on how to approach your review.

Share your honest take. Whether you've had a positive or

negative experience, be genuine as you share the pros and/or cons.

Provide context for your review. What were the circumstances of your experience? If there are any variables to consider that provide a more balanced opinion, include them.

Get specific with your review. If there's a relevant date or product number, mention it. This can help businesses and consumers know the specifics.

Take care with how personal you get. If someone stepped up for you, give them a shout out. Conversely, avoid singling out someone with negative feedback, stay focused on the company.

Be respectful and constructive. Remember, there's another person—perhaps many—that will be reading your review. If you've got criticisms to share, offer them up in a solution-oriented way.

Finally, remember that BBB reviews go through a verification process. And with every review, businesses are encouraged to respond, which gives a more balanced picture of the experience. Not every review platform does this—some third-party sites will accept only positive reviews or even fake reviews. When you read or write a BBB review, you can feel confident that it's hosted on a platform committed to authenticity and responsiveness. If you have a marketplace experience to share, we'd love to hear about it at bbb.org/leave-a-review.



Mary Lou gets results

... for healthy children

A nurse and persistent advocate for children's health, Mary Lou Hennrich has led efforts that brought Oregon schools:

- School-based nurses and clinics
- Nutrition standards for all foods and beverages
- Weekly physical education requirements

And that's just the start of her successes. Let's bring a nurse to the House to improve the lives of Oregonians through policies for health, children, education, the environment and more.

Vote Mary Lou Hennrich for House District 46.

Learn more at MaryLouGetsResults.com



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Prize-Winning Quilter Still Sewing at 86

By Lenore Myers

“I got first place on that in a fair when I lived in North California. I could have taken it to Sacramento to put it in the [state-wide] competition, but I didn’t want to drive all the way!,” says Janet “Jan” Heiling about one of her many quilts. She is currently a resident at Whitewood Gardens, an assisted living facility in SE Portland. Heiling is a retired computer programmer who has been living there for the past year and a half. She has been making quilts for many years and has been sewing since her mother taught her in elementary school. In addition to the arts of quilting and sewing, she draws and paints.

The hallway of Whitewood Gardens is lined with quilts, vests and paintings. Heiling’s quilts are made with bright cloth and embellished with gems and pompoms. This also aligns with her vests, which are made out of fabrics of a variety of colors and textures. Her pieces add a colorful and vibrant touch to the hall.

Heiling explains the process of making a vest. “I took scraps of stuff...I went around, got what I could get and made a vest. They’re fun and they’re easy to make.” Her vests are vivid, and one even has a pin a friend made to match it. Another has intricate

threading in the shape of leaves that she hand-sewed individually to accentuate the autumn theme. While she enjoys vests, most of the hallway and her room are covered in quilts.

Each quilt she makes has a story. A favorite of hers is a complex image of Tom McCall Waterfront Park in downtown Portland. It’s a collage of fabric made with various patterns and colors that come together, creating a beautiful scene that won second place in a quilting contest.

Another eye-catcher is a quilt of a tree in the snow. Heiling and her friends each made their own versions of the same quilt from a pattern, and then hired outside quilters to join the patterned pieces with filling and backings. These quilters specialize in artistic stitching to add texture and patterns to quilts. Heiling’s quilt is accented by rhinestones attached throughout, which resemble sparkling snowflakes, and quilting made to look like bark, branches and falling snow.

Heiling’s favorite quilt is made out of a fabric from Egypt. It is framed in black and features a woman’s side profile. “It took me a long time to figure out how to quilt it,” she explains, adding, “I come in the door and I

look, and she’s just so beautiful.” She’s placed it so that it’s the first thing she sees when she enters her room.

It’s far from the only quilt in the room, where no wall is bare. There are table runners, wall hangings and a blanket she made for her late husband. It’s adorned with instruments and music notes, in honor of his love of song. “I made this for Christmas because he was very good at music...I had some music [fabric] so I made a music quilt for him.”

Heiling has sold her quilts to friends before, sometimes making the same quilt three times if multiple people like it. However, her quilts are mostly gifts. Her next project is going to be a table runner for her sister-in-law, who’s a big fan of the one Heiling has in her room and wants something similar. Currently, Heiling can’t sew due to an injury; however, she is excited to get back to it.

She’s quilted for contests and friends, but so many of her quilts come purely from the fact that she loves to make them. “You see something, you say ‘Ohh!’ and then you go and do it.” To her, the biggest challenge isn’t making or envisioning the quilt, rather it is finding the materials to fit her vision.



Photo of Heiling’s Tom McCall Waterfront Park quilt, which won her a second-place prize at a quilting competition. Photo by Chris Nelson.

First Comes Love...Then Comes Financial Security?

By OnPoint Community Credit Union

Planning a wedding or moving in with your significant other can be an exciting time in a couple’s life. A beautiful dress, new furniture or a romantic honeymoon may consume your thoughts. But there’s an often-overlooked aspect of commitment—financial security. According to a study published by the Institute for Divorce Financial Analysts, money issues are one of the leading causes of divorce.

OnPoint Community Credit Union branch manager Kristen Gillis suggests setting aside time for a frank discussion with your partner about finances, including debt, savings plans and how to manage your accounts together. “It’s not always easy to determine how to divide finances in a partnership. However, splitting bills is a fact of life for many couples that share expenses and responsibilities,” said Gillis. “It’s important to decide together how you want to manage your funds. Is a shared bank account the best decision? Or do individual accounts make more sense?” She encourages couples to consider the pros and cons of all options and make an educated decision together.

Shared accounts

You and your partner may choose to share one checking and savings account and direct both incomes into these accounts. An advantage of this arrangement is

ease of use. All your expenses come from this account, and you can quickly move money from checking into savings. This arrangement doesn’t have to be stressful, but making it work requires an open conversation about finances that you both can agree to and stick to.

Separate finances

If you prefer more control over how you spend your money, you might consider not sharing accounts. The main advantage of this approach is financial independence, but you will need to get creative with how to tackle shared expenses.

Combined accounts

Many couples choose a “best-of-both-worlds” approach, where each person has their own personal checking and savings accounts but share joint checking and savings accounts. With this approach, you can easily pay for shared expenses because each person can contribute their part to the joint account while keeping other costs separate.

Once you have decided how to manage your funds, Gillis recommends outlining what your finances will look like moving forward and offers these three tips for couples as they outline their financial future.

Be honest about your history

It’s important to understand your partner’s financial situation and their financial habits, such as credit card debt and spending behaviors. These facts may become obstacles when qualifying for a mortgage together or reaching other financial goals.

Play to your strengths

If you’re an avid sales shopper and your partner is a calculated risk taker, rely on each other to manage those distinct aspects of your finances. It might evolve as your relationship does, but you should agree on an approach before taking the next big step.

Check in regularly

A new job. New car or home. Children entering the picture. These are all events that can impact your financial situation. Dreams and aspirations can also change, so it’s essential to have regular check-ins about short- and long-term financial goals. Rank your top three financial priorities and have a weekly or monthly meeting to track your progress and discuss any new items.

Love and money can both be complicated, but these financial strategies can help you and your partner start your life together on solid financial ground. Visit onpointcu.com to find one of OnPoint’s 57 branch locations to discuss your options.



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Satori 30th Anniversary Concert

The Satori Men’s Chorus presents a 30th Anniversary Season Concert “in hope for a world peace” one night only, Saturday, March 23, 7:30 pm. Under the artistic direction of Susan Dorn and accompanied by pianist/composer Ben Milstein, the music of the chorus will dazzle, perhaps stun, and definitely make you stop and think. Some may be taken to a place they may wish not to go but Satori Men’s Chorus will always leave you with the reassurance that peace is possible, so long as we are willing to work for it together.

Revel in the melodies and words of Ysaye Barnwell, Barak Obama, John Lennon, Francis of Assisi, Pete Seeger, Alfred Lord Tennyson, Hillel the Elder and more. The contributors and creators of Satori’s music are varied and wide-ranging, but all of the music has one goal in mind: to encourage us to live in peace and harmony, no matter what life may throw at us. The performance takes place at Unity of Portland, 4525 SE Stark St. Tickets are \$15 adults, \$7 youth ages six to 10 and children under five are free. No one is ever turned away for lack of funds.

Parkinson’s Film and Panel

Indie Lens Pop-Up, presented by ITVS, INDEPENDENT LENS and Eastside Jewish Commons will host a screening of “Matter of Mind: My Parkinson’s” Wednesday, March 13, 7 pm. The intimate documentary follows three individuals—a political cartoonist, a mother turned boxing coach and an optician—as they navigate their lives with resourcefulness and determination in the face of Parkinson’s disease.

The free screening will be followed by a community discussion with panelists from Portland nonprofit Parkinson’s Resources about neurodegenerative diseases and their impact on patients and their families. The candid conversation will delve into what it means for those living with Parkinson’s as well as the importance of giving voice to stories like those in the documentary.

Eastside Jewish Commons is located at 2420 NE Sandy Blvd. RSVP to attend the screening at tinyurl.com/r2mfpp2j.

SheBrew Beer Festival

SheBrew kicks off Women’s History Month and celebrates women in brewing. The family-friendly beer and cider festival showcases over 45 professional female brewers and 10 homebrewers from the Pacific Northwest, during its ninth annual event Sunday, March 10, 12-7 pm. The immersive experience offers 50+ beers, ciders, gluten-free beers, non-alcoholic beers, hop waters, wine spritzes and more to sample from leading female brewers, in addition to unique women and POC run food carts and vendors

Organized by the Human Rights Campaign (HRC) and the Oregon Brew Crew, SheBrew is a 100 percent nonprofit event open to female-identified brewers, with proceeds supporting the HRC. Professional brewing participants include Lisa Allen (Gold Dot Beer), Natalie Baldwin (Wayfinder), Sonia-Marie Leikam (Leikam Brewing), Anna Buxton (Steeplejack), Jen Kent (Brewery XO), Tonya Cornett (10 Barrel), Whitney Burnside (Grand Fir Brewing), Madeleine McCarthy (Von Ebert) and many more.

Tickets (\$30-\$65) available at shebrew.beer. The event takes place at The Redd on Salmon St., 831 SE Salmon St.

OMSI Dinosaur Exhibit



The most famous of the Tyrannosaurs species is the mighty *T.rex* but these creatures came in all shapes and sizes and from many different parts of the world. A new exhibit at OMSI, *Tyrannosaurs: Meet the Family*, is the most comprehensive exhibition ever mounted on tyrannosaurs. This first West Coast appearance opens Saturday, March 2.

Tyrannosaurs’ history dates back more than 100 million years with various species living in different habitats, at different times and evolved to fill different ecological niches. Explore the tyrannosaur family in detail through specimens, casts, models and interactives. Take in the evolution of tyrannosaurs and how natural selection, continental drift and climate change facilitated their transformation from carnivores little bigger than humans to massive predators like *T.rex*.

The exhibit includes three full life-sized skeletons of a *Daspletosaurus*, *Albertosaurus* and *Lythronax*; an interactive augmented-reality experience where visitors can play with life-sized dinosaurs in the gallery; four never-before-toured *T.rex* fossils, including a partial upper jaw (with teeth), juvenile femur, pubic boot and a fused nasal bone; as well as two tyrannosaur species recently discovered in China, *Dilong* and *Guanlong*.

“This exhibit not only demonstrates the power of the *T.rex*, but also the incredible diversity of the full Tyrannosaurus family,” shares Andrew Haight, Director of Public Engagement of OMSI. “Visitors will learn about these fascinating creatures from paleontology’s most cutting-edge discoveries while interacting with the hands-on exhibit elements.”

The exhibition, created by the Australian Museum, has been shown in Australia, New Zealand, Scotland and Canada. *Tyrannosaurs: Meet the Family* is included with the cost of museum admission (\$14-\$19). OMSI, located at 1945 SE Water Ave., is open Tuesday-Friday and Sunday 9:30 am-5:30 pm and Saturday 9:30 am-7 pm. Visit omsi.edu for advanced tickets and additional information.

Buckman Art Show and Sell

The 34th annual Buckman Art Show and Sell will be held Saturday, March 9, 10 am-5 pm at Buckman Elementary, 320 SE 16th Ave. Over 100 local Portland artists will be participating, offering works from ceramics to illustrations to clothing and more. Additionally, Buckman student and alumni art will be available.

Coffee and food trucks will be on premise to satisfy your cravings while you shop. A community art project will be available, along with face-painting and fairy hair.

The event is a fundraiser to support arts education at Buckman; a suggested \$5 donation can be paid at the door. Visit buckmanartshow.weebly.com for more details.

A poster for the play 'Port Authority' by Conor McPherson. It features a dark, moody image of a train station with a bench in the foreground. The text 'IMAGO THEATRE PRESENTS' is at the top, and '17 SE 8TH' is in the top right corner. The title 'Port Authority' is in large white letters. Below it, the dates 'MARCH 8 to 24' are listed. At the bottom, it says 'TICKETS: IMAGOTHEATRETICKETS.COM, OR CALL IMAGO: 503.231.9581'.

A poster for the play 'Mission Gibbons' by Carol Triffle. It features a dark, moody image of three women standing in a cave, looking up at a bright light. The text 'IMAGO THEATRE PRESENTS' is at the top, and '17 SE 8TH' is in the top right corner. The title 'Mission Gibbons' is in large white letters. Below it, the dates 'APRIL 12 to 27' are listed. At the bottom, it says 'TICKETS: IMAGOTHEATRETICKETS.COM, OR CALL IMAGO: 503.231.9581'.

A poster for the play 'Eleanor' by Mark St. Germain. It features a black and white portrait of Eleanor Roosevelt. The text 'ELEANOR by Mark St. Germain' is at the top. Below it, a description of the play is provided. At the bottom, it says 'Starts March 7!' and 'www.trianglepro.org'.

A photo of Margie Boule, the star of the play 'Eleanor'.

Logo for Triangle Productions, featuring a stylized '34' and the text 'TRIANGLE PRODUCTIONS'.

503-239-5919

STARRING MARGIE BOULE

A poster for the 'Music Millennium 55!' event. It features a stylized illustration of a building with a large '55!' on top. The text 'MUSIC MILLENNIUM 55!' is in large, colorful letters. Below it, it says 'JOIN US FOR FREE BIRTHDAY CAKE & REFRESHMENTS FRIDAY MARCH 15TH AT 6PM!'.

Logo for Music Millennium 55!, featuring a circular design with 'SINCE 1969' and '55!'.

3153 E. Burnside St musicmillennium.com 503.231.8926

AE

Arts & Entertainment

Northwest Field Guide at Sidestreet Arts

Visit Sidestreet Arts, 140 SE 28th Ave., Thursday-Sunday 12-5 pm through Sunday, March 31 to explore the natural world with their featured show, Northwest Field Guide. No need for rain gear as you saunter through the three-person show featuring Wayne Bunker, Leah Kohlenberg and Avie Meadows.

The fantastical flora and fauna in this nature-themed show are sure to delight. Catch colorful glimpses of native fish swimming by, all crafted in ceramic, stone and wood by Bunker. See gestural paintings of ferns by Kohlenberg which are true eye-candy. And get ready to be astounded by newly discovered insect species by Meadows. Her ceramic bug sculptures are sure to make one appreciate these creepy-crawlies (none of which bite).



Individual Trout 1 & 2, ceramic and metal by Bunker.

Living in the beautiful northwest and spending time outdoors inspires Bunker to create sculptural pieces that reflect his love of the natural world. He enjoys combining natural elements like wood and stone with ceramics to create pieces that can be placed inside or out in the garden. The work is a rustic, naturalistic representation of the living world with a focus on the Pacific Northwest.

Kohlenberg has been painting for more than two decades and although she has painted in all mediums, she currently primarily works in acrylic, enjoying the quickness and drippy textures she can get from the paint. She is primarily self-taught but has studied at the New York Art Students League, Gage Academy of Art (Seattle), PNCA and with professional artists around the world.

Every bug in Meadow's ongoing series is inspired by an actual, living insect, and reimagined into hand-sculpted ceramic pieces. The works are made with mid-range white and red clay bodies, molds, slab work, porcelain slip, transfer papers, nichrome wire, stippling, sgraffito, stamps, glazes and lustres. All insects go through the firing process to cone 6, with a final low temp luster firing where real gold is affixed to each piece. Meadow custom builds all the wooden display/frames from locally sourced Alder and repurposed wood.



Fern in Orange Sky, acrylic on canvas by Kohlenberg.



Giraffe Weevil "Rachel," cone 6 clay & nichrome wire by Meadows.

Imago's Port Authority

Port Authority by Conor McPherson and directed by Jerry Mouawad plays at Imago Theatre (17 SE 8th Ave.) Friday, March 8-Sunday, March 24. In the fourth McPherson play Mouawad has directed, a woven work of thought-provoking stories follows the passages of life for three Irishmen at different stages of life.

Kevin's crushing on a new roommate whose eyes are directed elsewhere. Dermot's recounting a cocaine-fueled revel that may land him a life-changing job. And Joe's stuck in a senior center where a package in the mail becomes a guarded, then treasured, possession. So what do they have in common?

As with McPherson's other works, *The Birds*, *Shining City* and *The Seafarer*, this 90-minute work is all monologues. He's a master storyteller able to find humor, pathos and interconnections in the most unexpected places. The characters emerge as a collective Everyman, all searching for love, all the stars of their own tragic comedies and all with a story to tell.

Starring Tory Mitchell, Matt Sunderland and John Mikhail Duggan, the show is recommended for ages 16 and up. Tickets, \$23, at imagotheatre.org.

Fundraiser for Artichoke

Tuesday, March 19 DeNicola's Authentic Italian (3520 SE Powell Blvd.) is holding another fundraiser for non-profit Artichoke Community Music. Their first two fundraisers were wildly successful and Artichoke greatly appreciates the support.

DeNicola's opens at 4 pm and acoustic guitarist Alan Hager of the Curtis Salgado Band will perform 6-8 pm. Admission is free, but support of both businesses, by purchasing food and drink, is appreciated. A portion of the night's proceeds will support the mission of Artichoke.

Improvisational Comedy and Irish Music Documentaries

Get set to laugh and learn at Tomorrow Theater (3530 SE Division St.) this month. Friday, March 15, 7 pm *Ask Dr. Carla* offers a hilarious new night of improvisational drag comedy starring Portland's premiere drag clown, Carla Rossi. She might not have degrees or qualifications, but she has a full bar, liability waivers and a couch with your name on it. Joined by her enterprising receptionist Svetlana Transtastic, they welcome special celebrity clients David Saffert and Jillian Snow as Liberace & Liza. It's like a late night talk show, except it's unlicensed therapy with unhinged drag queens. Rated PG-13, this is the time to leave your children at home.

Sunday, March 17 offers a double header of St. Patrick's Day Irish music documentaries starting with *Crock of Gold: A Few Rounds with Shane MacGowan* at 4 pm. Filmmaker Julien Temple dives deep into the life of Shane MacGowan, the tortured vocalist best known as the lead singer and songwriter of the Pogues, who famously combined traditional Irish music with the visceral energy of punk rock. The film features unseen archival footage from the band and MacGowan's family, as well as animation from legendary illustrator Ralph Steadman.

Next up is *Nothing Compares*, the story of Sinéad O'Connor's rise to worldwide fame, and how her iconoclastic personality resulted in her exile from the pop mainstream. Starting at 7 pm, the Kathryn Ferguson-directed film focuses on prophetic words and deeds across a six-year period (1987-1993), reflecting on the legacy of this fearless trailblazer through a contemporary feminist lens. Local Portland arts and culture journalist Robert Ham will introduce both shows with his knowledge of the artists and their work.

Tickets for all three shows at tomorrowtheater.org.



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Ww

Wellness Word

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

Five Steps For Preventing Injuries During Exercise

All of us want to stay healthy and feel our best. Regular exercise is an essential part of achieving and maintaining that goal. Injury during exercises is common and can make feeling our best more difficult to achieve. Here are some specific guidelines to ensure that we can greatly reduce the likelihood of damage and enjoy injury-free workouts.

Warm-up and cool-down

Budget 5-10 minutes for warm-up and another 5-10 for cool down. By properly warming up we prepare our bodies for handling more strenuous activities. A proper warm-up gradually increases the heart rate while loosening muscles and joints. Many different activities can be used for a warm-up, including riding an exercise bike, jumping rope or simply doing jogging movements like high knees or butt kickers. Try out some different warm-ups to find what feels best for you. A cool-down is equally important. It allows us to gradually return our heart rates to normal and increase joint mobility. Gentle stretching, foam rolling or simply a 5-minute post-workout walk are all excellent ways to cool down.

Pre-workout dynamic stretching

Integrating dynamic stretching into our pre-workout routine is a great way to optimize flexibility, increase blood flow and prepare the tendons and ligaments for exercise. Dynamic stretching is stretching while moving. Instead of holding a hold stretch, called static stretching, dynamic stretching involves moving in and out of stretches in a controlled and steady flow. Full range of motion jumping jacks are a kind of dynamic stretch. Here are three others you can try.

Squat to heel raise

The stretch works on the low back, hips and legs. Start by standing with feet wider than hips

distance apart and toes turned out slightly. Engage your core, bend your knees and reach your hips back and lower down into a squat, bring your arms in front of your chest. Then, push up through your heels to stand up, while circling your arms out and back aside your hips. Once fully standing, press up onto your toes and lift your heels high. Lower back down with control and repeat 10 times.

Lateral hip openers

Work your hips, low back and core, starting by standing with feet shoulder-width apart and elbows bent at a 90-degree angle. Bend your left knee slightly for balance. Lift your right leg and bend the knee, circling it in, up and around. Place your right foot back in the starting position. Now move to the other side and bend your right knee slightly for balance. Lift your left leg and bend the knee, circling it in, up and around. Place your left foot back in the same spot and repeat 10 times. If you're unsure about your balance, start by doing this near a wall.

Inchworm

For the core, shoulder and chest, start by standing with feet hip-width apart and arms by sides. Slowly, and with control, bend over and touch the floor in front of your feet with both hands. Bend the knees if you need to. Keeping your legs as straight as possible and core tight, walk hands forward into a plank position. Pause, then slowly reverse the movement to return to the start position and repeat 10 times.

Ease into it

When initiating a new exercise routine or program, begin with a gradual approach. Start slowly and progressively increase intensity, duration and frequency as your fitness abilities improve. Make sure to give yourself ample time to recover between sessions.

It's better to err on the side of caution and train again than to suffer an overuse injury and not train for weeks.

Cross-train for versatility

Diversifying your workout routine isn't just a good idea—it's a key strategy for avoiding overuse injuries. Repetitive muscle movements can lead to inflammatory problems like shin splints and tendinitis. By changing up exercises you pave the way for a healthier, more sustainable fitness journey. With cross-training, the main muscle groups that were recently exercised are allowed to fully recover. To cross-train, try mixing running, weight lifting, swimming, yoga or pilates and cycling on different days. Find a few exercises that you enjoy and blend them into a routine.

Rest, refuel and recover

Be sure to allocate sufficient time for rest between workouts. Rest days provide your body with the necessary time to reduce post workout inflammation and rebuild the natural micro-tearing that occurs during workouts. This micro-tearing is normal and an essential part of muscle growth. Rest minimizes the risk of injuries and allows space in your routine for things like gentle stretching and meditation.

Eat a healthy well-balanced diet that provides your body sufficient protein for muscle recovery. Try avoiding processed foods and eating a balance of vegetables and protein sources.

Listen to your body! You have an amazing nervous system with all types of sensors that tell you when it's time to rest and when you can push forward.

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NN

Neighborhood Notes

Buckman Community Association
By Susan Lindsay

Please join the Buckman Community Association (BCA) Thursday, March 12, 7 pm, in our new ground floor, ADA accessible, in-person meeting space at Hinson Church, 1137 SE 20th St. Please enter on SE Salmon St. using code provided at door. Parking is available in the lot. The meeting is also available remotely. The link can be accessed directly from our website, buckmanpdx.org, or email us for it.

The BCA welcomes Vadim Mozyrsky, candidate for Multnomah County Commission District 1, to our March 12 meeting, and hopefully Rep. Rob Nosse.

The BCA has formed a sub-committee to begin work on a Good Neighbor Agreement (GNA) for the planned 70 bed treatment center in the Lolo Pass Hotel, SE 16th Ave. and E Burnside St. This plan will hopefully encompass both the Buckman and Kerns neighborhoods as it is situated between the two areas. For more information on the GNA, attend the monthly meetings where reports will be given or reach out directly to the Association.

Buckman is hosting a Portland Parks “Movie in the Park” Thursday, July 18 at dusk. After that, our annual summer event, Buckman Picnic in the Park, will be Sunday, August 4, 4-8 pm. Both will be held at Colonel Summers Park. We’ll need volunteers for both, especially the picnic, and your tax deductible donations are needed and welcome. Information about donating to support our ability to host fun summer events for residents, their friends and especially kids can be found on our website.

Sign up for our monthly e-newsletter, which comes out just prior to the meeting, at buckmanpdx.org. To ask for time on meeting agendas or if you have any questions or want to get involved, please contact the BCA Board at buckmanboard@googlegroups.com.

HAND
By Jill Riebesehl

Known to us old-timers as the Civic Auditorium, the Keller is on the drawing boards to be replaced or relocated, as Portland seeks a modern arts and performance events venue. The Hosford-Abernethy (HAND) Board and neighbors heard from one of the groups (PSU, the Lloyd Center and 21st Century Keller) in the running at its February meeting. The Keller Renaissance Project, a public-private entity, proposes a reinvented structure that would overlook and be connected with the Keller Fountain designed by Lawrence Halprin. We look forward to hearing Portland State University’s proposal.

Vadim Mozyrsky, who is running for a seat on the Multnomah County Commission, shared his qualifications and ideas. He is on the May primary ballot; HAND lies in District 1. We heard from another candidate last month.

In other news, infrastructure work is progressing on the Avalon sanctuary at SE 19th Ave. and Division St., with a hoped-for opening in late June. The HAND Board agreed to give \$150 to help build better protection from vandals at the Colonel Summers Community Garden, which is used by several HAND neighbors. Additionally, the Board gave its support for a new mural on the 7-11 building at SE 19th Ave. and Hawthorne Blvd.

We learned that the Clinton Triangle sanctuary (TASS) is at capacity; people from there are rolling out, finding more permanent futures; there haven’t been many expulsions; and efforts to deal with the area surrounding the camp are succeeding. Further, using a small pot of city money, we are eyeing spots in our neighborhood that could be brightened up with light displays using funds available as an offshoot from the sanctuary.

The HAND board meets at 7 pm every third Tuesday of each month on the campus of St. Philip Neri. Everyone is welcome.

Mt. Tabor Neighborhood Association
By Nadine Fielder

The Mt. Tabor Neighborhood Association’s February meeting on Zoom delved into important topics that included an update from Southeast Uplift’s director about the coalition office’s 31 percent budget cut and what that might mean for neighborhood associations, an update on the repair and refilling of Reservoir 6 in Mt. Tabor Park (soon!), an upcoming personal safety training for neighbors and much more. We also had a visit from representatives of the Portland Police Bureau, who addressed neighbor concerns and questions. Our next neighborhood clean-up, in conjunction with the North Tabor NA, will be Saturday, April 20, in the Unity Church parking lot on SE Stark St.

We invite all neighbors to come be a part of the process! The next meeting will be Wednesday, March 20, 7 pm, and you can find a link to all meetings under the Meetings and Events tab on our website, mt-taborpdx.org. Come join us!

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting Monday, February 12. Meetings are the second Monday of the month, 7-9 pm, except January, at Central Christian Church, 1844 SE Cesar Chavez Blvd. People can also participate via Zoom; the link to pre-register for Zoom is on the agenda, which is posted to richmondpdx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Nanci Champlin, Executive Director of SE Uplift, the District Coalition that provides services and funding to the SE area neighborhood associations and other community groups, gave a presentation on the changes to the Neighborhood Association (NA) System and a proposed budget cut under the new form of city government voted in last year. The services of the seven coalitions that currently oversee the city’s 95 NAs will be consolidated into four existing nonprofit coalitions, which will have boundaries that match the four geographic council districts. The new form of government will start on January 1, 2025; however, the new coalition maps and proposed budget cuts will start July 1, 2024.

SE Uplift faces a 31 percent budget cut, while the other coalitions get a budget increase, based on a population-based funding formula. The four new council districts were drawn to equalize the population count for the districts.

The largest and most direct impact to NAs is the possible elimination of insurance funding; if that disappears, NAs can no longer put on community events and many will fold. People are encouraged to email the mayor to ask for additional funding for coalitions, especially to ensure that NA insurance funding is not eliminated.

The Richmond Spring Cleanup takes place Saturday, May 18. Central Christian Church, 1844 SE Cesar Chavez Blvd., will again be the site for cars and trucks to drive in to unload bulky waste and metal/electronics/Styrofoam recycling for free. No construction or demolition material will be accepted. The popular,

continued on page 15

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Neighborhood Notes

from page 13

huge U-Price-It plant and rummage sale will return.

We are seeking volunteers to help at the event. Morning snacks and pizza lunch provided. We also need two-person pickup truck crews to pick up items from seniors' homes for \$20/hr. Contact richmond-cleanup@gmail.com to volunteer or be a pickup truck crew. If you have a passion for recycling, helping our seniors or getting involved in fun community events, this is the event for you.

Come and check out an RNA meeting and learn about ways to get more involved in your community. Our next meeting will be March 11.

South Tabor Neighborhood Association By Cathy Kudlick

Greetings to all who live and/or work in the area bounded by SE Division St., SE 50th Ave., SE Powell Blvd. and SE 82nd Ave.! With signs of spring starting to peek out, join us to bring our neighborhood together. We meet in person the third Thursday of every month to plan events such as our annual June garage sale/garden shares, street mural painting and of course discussions of safety and other concerns related to the world we share. We're low-key and open to your suggestions for topics, guests and ways we can connect.

For example, following our practice of meeting with candidates who request time with our association, at our February meeting we hosted a lively Q&A with Mary Lou Hennrich, who is running in the May Democratic primary for state representative in Portland's HD 46.

Get involved by coming to a meeting, joining our Board or pitching in for our in-the-works neighborhood newsletter.

Our next meeting will be March 21, 7 pm at All City Church, 2700 SE 67th Ave. (enter from the parking lot side). We will be hearing from PBOT about the Building a Better 82nd project, as well as possible improvements to the neighborhood greenway at SE Woodward St. and 59th Ave.

To learn more, follow us on Facebook or visit our website, southtabor.org, where you can also sign up for our low-traffic email list.

Sunnyside Neighborhood Association By Gloria Jacobs

In February the SNA had a special General Meeting to hear from our local state representative Rob Nosse. He shared his thoughts on reforming Measure 110, the governor's housing plan, the chronic under funding of Oregon schools and his bill to improve arts funding. The SNA also welcomed Nathan Broden as our liaison to the Sunnyside Environmental School (SES) PTSA.

The Sunnyside Neighborhood Association has been asked to sign onto a letter supporting the rezoning of Sunnyside and other Eastside neighborhoods to allow for more multi-family housing. At our March General meeting, Inner Eastside for All, the organization which is seeking a change in the zoning of inner eastside neighborhoods to enable increased denser development, will make a presentation. Bring your questions and help the SNA Board decide if this is an effort to support. The General meeting will be Thursday, March 14, 7 pm at Southeast Uplift (3534 SE Main Street).

Board elections are in May. If you have questions or think you might be interested in serving on the SNA Board, email board@sunnysideportland.org or Chris Waldmann at president@sunnysideportland.org.



Business Association Notes

82nd Avenue Business Association By Nancy Chapin

82nd Ave. has more people thinking about its future than ever before! They are the walkers, the bikers, the customers, the residents and potential residents, the businesses, the city, the county, the public transportation users, the students and their parents and more.

A large group is working to design the best 1,800+ acres to focus on for the potential growth and health of this city street/avenue now that it has been transferred from the state as a highway for a potential Tax Increment Financing (TIF) project. There will be community meetings and discussions coming soon. Watch for your opportunity to weigh in.

Meanwhile, the 82 Roses CEC Parade Team is planning the best ever Parade for Saturday, April 27. Go to 82RosesCEC.com to join, sponsor or volunteer.

For questions or to check in with the business association, email 82ndAveBA@gmail.com.

Foster Area Business Association By Jeff Lynott

The Foster Area Business Association (FABA) will begin hosting yard games in Laurelwood Park every third Saturday of the month. Commencing on March 16th, games such as giant Jenga, human-sized Connect Four, ladder toss and cornhole will be available for the community to use for free. Come enjoy this public space with neighbors, then visit nearby businesses afterwards to shop, dine and drink. More info can be found at fosterarea.com/events.

On March 23rd, FABA and Slabtown Tours will continue monthly historic tours of SE Foster Rd. Join us every fourth Saturday of the month as we learn about Foster's old streetcar system, visit historic buildings and dig into the commercial district's evolution over the last 100+ years. Registration required; visit FABA's website to learn more and reserve your ticket.

Hawthorne Boulevard Business Association By Nancy Chapin

Hawthorne Blvd. is busy these days with new businesses opening up, winter sales happening, long time Asylum owners retiring, the former Bank of America location being prepared for occupancy and more!

The Mothers Day Team is planning a fun and nurturing event at Kiln, 1120 SE Madison St., Saturday, May 11 so mark your calendar for that afternoon.

Discussion continues as to the best possible location for an informative, activated kiosk on the Boulevard. A nearby green space with some seating would be ideal.

Email us at Administrator@HawthorneBlvd.com with questions or ideas.

PWB to Refill Reservoir 6 in Late March

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The whole water system is powered by gravity, with the higher elevation reservoirs at Bull Run feeding water to the lower reservoirs located in the hills around the city in Forest Park, Mt. Tabor and Powell Butte.

After more than a century of use, the Mt. Tabor reservoirs were disconnected from the city drinking water supply in 2015 to comply with federal regulations requiring that reservoirs for drinking water to be covered. Now the reservoirs' sole function is to enhance the beauty of Mt. Tabor park.

The year they were taken off the city's drinking water system, City Council passed an ordinance requiring that the reservoirs be preserved for future generations, and allocated \$4 million to be spent over the following four years for restoration and maintenance projects.

The reservoirs are maintained by the PWB alongside the Mt. Tabor Neighborhood Association. Current repairs and renovations will not be the last efforts needed to preserve the reservoirs. "They are aging and they are aging gracefully, but we do know that this work will put these reservoirs back in service. We have done some additional inspection and they will continue to require some investment into the future to ensure that they stay watertight and safe," said Inman.

Once the concrete is poured and a date set for refilling Reservoir 6, a media event will be held to celebrate the refilling. City Commissioner Mingus Mapps has stated that he hopes to attend.

For updates on what's happening with Reservoir 6, visit portland.gov/water/improvements/mt-tabor-reservoirs-preservation.

Sustainable Plumbing Solutions

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your gutters. Instead of letting it all wash away, rainwater harvesting systems catch this water.

The collected rainwater is then directed to storage tanks or barrels, which can be placed near your house or in your yard. Harvesting rainwater can save money on water bills, especially if you use it for activities that don't require treated water.

Collecting rainwater helps reduce soil erosion and prevents excess water from flooding areas or overwhelming sewage systems. These systems can be simple to install, and there are various options available, from DIY setups with barrels to more complex systems for larger collections.

Installing energy-efficient water heaters, such as tankless or heat pump water heaters, uses less energy to heat your water. Instead of keeping gallons and gallons of water warm, tankless water heaters heat the water as needed. This also means you'll never run out of hot water (although keeping showers under 10 minutes is also a great way to save on water).

Many energy-efficient water heaters are designed to be more durable. Their longer lifespan means fewer replacements, reducing waste and the environmental impact of manufacturing new units. There may also be incentives or rebates for installing energy-efficient appliances, which can save you money right off the bat.

A smart water leak detector is a high-tech device that helps monitor and detect water leaks in your home. They use various sensing technologies—such as moisture sensors or water flow sensors—to identify the presence of water where it shouldn't be. When a leak is detected, the smart detector sends alerts to your smartphone or a connected device.

You can check on your home's water situation remotely using an app on your phone, allowing you to keep an eye on things even when you're away from home. Advanced detectors can even be connected to a smart water shut-off valve, stopping water if a leak is detected to prevent damage and save water.

Smart leak detectors catch leaks early, preventing small issues from turning into major water damage disasters. They provide peace of mind by allowing you to keep an eye on your home's water systems, especially when you're away for long periods of time.

Insulating your pipes, especially those on exterior walls, helps maintain the temperature of the water inside, reducing heat loss. This means that hot water stays hotter longer, reducing the need to constantly reheat water. Less energy is used to maintain the water temperature, contributing to energy conservation and lower utility bills.

Insulated pipes will also help prevent pipes from freezing during colder months, protecting your home from pipe bursts that could cause damage to the home and prevent leaks. Insulating pipes is a practical and sustainable approach to conserving energy and contributes to the longevity of your plumbing system.

This article was originally posted on the Meticulous Plumbing website, meticulousplumbing.com.

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PENDING


1846 SE 58th Ave.
1942 Bungalow
2,072 Total Sq. Ft.

\$ 740,000
4 BD, 2 BA



4642 SE Madison St.
2008 Craftsman w/ADU
4,292 Total Sq. Ft.

\$780,000
5 BD, 3.2 BA



6535 SE Pine St.
Lot #4: Mt. Tabor Modern
2,735 Total Sq. Ft.

\$1,975,000
3 BD, 2.1 BA



6250 SE Division St.
2021 Triplex
3,651 Total Sq. Ft.

\$1,195,000
Unit #1 2 BD, 1.1 BA
Unit #2 2 BD, 1.1 BA
Unit #3 1 BD, 1 BA



1525 SE 57th Ave.
2020 Modern w/ADU
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Neighborhood Happenings:

Shamrock Run
shamrockrunportland.com
Sunday, March 17th

The Shamrock Run is celebrating their 46th year of running in 2024. Register today for races ranging from 5k to a half marathon and enjoy a celebratory beer at the finish line!

Tom McCall Waterfront Cherry Blossoms

The cherry blossom trees on the waterfront are about to be in full bloom. While there hasn't been an official prediction yet on what days the trees will be at their peak bloom, you can bet the best time to visit will be mid-March to mid-April. The most beautiful indication that spring has sprung!

Free Webinar in March: College Planning for the High School Junior

This hour-long webinar is focused on college planning for the High School Junior and their families. Taking the mystery and anxiety out of the admissions landscape, they will cover:

- The nuts and bolts of building a college list that reflects YOUR priorities
- Understanding the cost of attendance and paying for college
- Trends in college admissions including test policies
- How to manage the Common App and Personal Statement

This is a free, virtual event Wednesday, March 13, 6-7 pm. To register, go to PeoplePlaceProgram.com.

HOW'S THE PORTLAND MARKET DOING?




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Data is courtesy of the RMLS.



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