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Future site of Montavilla Managed Alternative Shelter. Photo by Kris McDowell.

Montavilla Managed Alternative Shelter

By Kris McDowell

The site at 333 SE 82nd Ave. in the Montavilla neighborhood has been slated to be an alternative shelter for over a year, going through a couple different names but still being designated as an alternative shelter site to be managed by Straightway Services. In March 2023 the Joint Office of Homeless Services (JOHS) announced that Straightway had been selected as the nonprofit provider to manage what at that time was called a "safe park village" for people who live in passenger vehicles, not RVs, to park their vehicles, sleep and access services on their path to securing permanent housing. Plans had been for opening to occur in 2023, after construction was completed on the site.

In early December, the Multnomah County Board was scheduled to vote on the JOHS' overview and plans for the project, but the vote was delayed. According to Safe Rest PDX, saferestpdx.com, "The



consistent, chaotic JOHS mismanagement of projects and taxpayer dollars has come under recent scrutiny in multiple audits. Not only has JOHS neglected and misrepresented its community engagement and outreach, but it has been grossly unresponsive to Montavilla residents and leadership about the Safe Park project." Commissioner Julia Brim-Edwards submitted a list of questions for JOHS to answer before the vote was rescheduled, thus pushing back the time line posted on Safe Rest PDX.

Fast forward to March 2024 and the JOHS is now calling the site, on SE 82nd Ave. between SE Pine and SE Oak streets, the Montavilla Community Village. Consistent with the original plans, the site will be for people who live in passenger vehicles and provide onsite access to trash service, showers, restrooms, laundry, kitchenette and housing services and supports. Additionally, the plan now calls for the site to have 29 individual sleeping pods for up to 40 adults (individuals and couples, 18+) and designated accessibility for people with disabilities.

Hygiene facilities, kitchenette amenities, laundry facilities and office space for staff and participant services will be located in six, 8' x 20' metal relocatable shelters (repurposed shipping containers), similar to those used at the Peninsula Crossing Safe Rest Village on N Syracuse St. There is to be green space, covered outdoor community area and 33 parking spots, surrounded by a fence with privacy inserts on all street sides and 8' privacy fence along directly adjoining properties.

The JOHS aims to provide a safe place for people to live off the streets and connect to services that put them on the path to permanent housing, particularly those with disabilities, with Montavilla Community Village. Those experiencing vehicular homelessness tend to have higher rates of disability and other challenges and accessibility needs were taken into consideration when designing the site. Wheelchair accessible parking spaces

New Temporary Homeless Site Proves Successful

By Nancy Tannler

In July 2023, Portland opened the first of the city's outdoor homeless shelters. The Clinton Triangle Temporary Alternative Shelter Site (TASS), 1490 SE Gideon St., provides a safe, secure and clean place for residents to live while they access housing, mental health support, substance use disorder treatment and other critical resources to move them out of the homeless cycle.

Hank Smith, Policy & Communications Advisor for Mayor Wheeler; Urban Alchemy, a non-profit that runs the encampment; and the Clinton Triangle Oversight Committee are the people who are monitoring the progress of this outdoor camp site. In the last four months, the City of Portland has opened four other Safe Rest Villages or TASS—now serving over 400 people.

Clinton Triangle has 140 pods and 20 tent platforms and currently houses 197 people (in some instances two people can share a spot) and some pets. The site is fully occupied and when one pod opens up it is generally filled within a day. Only those who have gone through the vetting process are eligible to live here. Since they opened, 100 individuals have moved on to permanent housing.

In order to be eligible for a bed at the Clinton Triangle shelter site a person needs a referral by a city outreach worker or nonprofit service provider. These city and county workers will help the applicant navigate issues with pets, friends or family and possessions to determine where they should be placed. The referral number is 211. They do not accept walk-ins.

A few people from the Clinton Triangle Oversight Committee spoke with *The Southeast Examiner* and shared their observations of the TASS.

Peggy McDaniel is a member of the committee and lives in the boundaries of the Hosford-Abernethy Neighborhood Association (HAND) where the Clinton Triangle is located. McDaniel said for the most part this TASS is working. "Urban Alchemy is doing a great job of managing the site, plus having a direct line to Mayor Wheeler through Smith, gets questions answered and problems solved quickly," she

The Clinton Triangle area is well kept, but the situation remains unresolved in the surrounding neighborhood where unsanctioned camping spots still exist. "The problem is that we can't build these TASS fast enough partly due to the expense," McDaniel said. She believes the TASS and Safe Rest Villages are a solution that most people would prefer over random campsites and all the related problems.

Both Smith and Savannah Eadens, Public Information Officer from the mayor's office, agree that this site is working well. Smith said homeless people tend to be wary of social programs trying to "help"

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Central City Concern's Significant Role in the Homeless Crisis

By Beatrice Liebrecht

In the past decade, Portland has seen an increase in homelessness of around 65 percent. At the same time, the city has spent nearly \$2 billion on affordable housing development and similar programs, according to Portland.gov. Despite those efforts, long waiting lists prevail for individuals who are seeking affordable housing. Central City Concern (CCC), a non-profit organization located and operating for the past 45 years in Portland, is taking another approach to end homelessness—offering extensive opportunities to achieve self-sufficiency, specifically by employment.

According to CCC's website, "[we are] ending homelessness by treating the whole person, as a person. Each year, more than 13,000 people turn to us for compassionate support to become self-sufficient and productive." Each client has unique needs, so CCC offers three programs to facilitate them along their individual employment preparedness pathways.

Community volunteer corps are an option for participants to build soft skills and promote self and community enhancement. The skills they learn allow them to more easily rejoin the workforce and community. This serves about 400 people annually, usually those who are fresh out of CCC's detoxification center. CCC offers various services to recovery such as substance use treatment through primary care, recovery groups and even one-on-one counseling and peer support; this way clients have a choice in their path to recovery.

From there, clients are referred to the employment access center (EAC), staffed by employment specialists such as Angelo Polvorosa, a speaker at CCC's recent panel discussion, "Inside the Mission: More Than a Paycheck." This is where one-on-one services are implemented, helping formerly homeless clients compete for living wage jobs. Polvorosa shared that CCC's EAC "services are referral based, but there's not

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[≗]SOUTHEAST EXAMINER

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Representatively Speaking

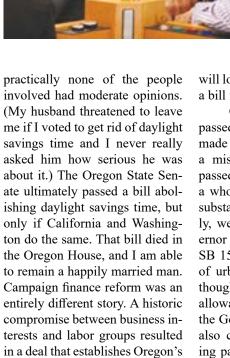
By State Representative Rob Nosse

Last month, my column was written roughly two weeks before the legislative session was predicted to adjourn. The column was published on March 1. The legislature's constitutional sine die (our fancy Latin phrase meaning end of business) was supposed to be March 10. I would not have predicted that we would have actually adjourned on Thursday, March 7; yet, less than a week after I submitted my column, we were done. By my count, my last column contained approximately 13 political predictions (and one pop culture prediction); I am incredibly relieved to report I was right in all but one of them.

I predicted the legislature would pass a right-to-repair bill and we did! Right-to-repair is the simple idea that you should be able to take your electronics (especially your cell phone) to an independent repair shop—as opposed to solely using a repair shop run by, say, Apple or worse, or having to buy a new one. I sponsored a similar bill in 2019, and it's been defeated every session since. This bill finally got across the finish line this year! I would like to give a special shout out to Free Geek, a not-for-profit based here in SE Portland, for helping to make that happen.

I expected we would pass more funding for employment related daycare (EDRC), summer learning and the COAL Act (Clean Oregon Assets Legislation). All three of these things passed. The legislature passed a whopping \$171 million for EDRC this session, which will go a long way toward getting more families the childcare they desperately need. \$30 million will go towards summer learning. This is less than what we've done in the past, but substantially more than the zero dollars it was looking like we might do before the session started. The COAL Act, which I was a sponsor of, divests the Oregon treasury's investments in coal while putting the treasury on a path to be carbon neutral. All three of those concepts will go a long way toward making Oregon better for workers, parents and our climate.

I was honestly not sure what would happen around daylight savings time and campaign finance reform. Both of those issues are incredibly charged, as



I correctly guessed that no bills targeting discriminating against the transgender community would go anywhere. As chair of the House Committee on Behavioral Health and Health Care, I played a role in killing these kinds of bills, as all of them were referred to my committee. I also correctly predicted that we would not address school funding in a major way. This felt like too big of a topic to handle in a short session, although I bet we will deal with school funding in 2025. We also did not have a lot of extra money to spend, and the extra we did have was targeted for housing and substance use disorder services. I also predicted the legislature would not aggressively regulate pharmacy benefit managers (PBMs). Unfortunately, I was right about this. Some minor regulations on PBMs were passed and I will run a work group that

MELISSA MAID IT

first ever campaign finance limits.

It was incredible and surprising to

see such a big bill pass in the last

few days of the short session on

a topic that has eluded results for

decades.

a bill for 2025.

Closing out, the legislature passed House Bill 4002, which made possession of certain drugs a misdemeanor again. We also passed a companion bill to fund a whole host of services to treat substance use disorders. Similarly, we passed a version of Governor Kotek's housing proposal, SB 1537, to allow for expansion of urban growth boundaries, although the legislature slashed the allowable acreage to half of what the Governor proposed. This was also coupled with a large funding package for housing production and rental assistance, among other housing items.

I was delighted that arts funding did pass. I initially asked for \$27 million and was expecting only a fraction of that. Instead, the legislature found nearly \$13 million for arts and culture venues across the state, including several major venues right here in Portland.

I got one prediction wrong. I had hoped the legislature would help struggling college students access food stamps, Medicaid and other safety net programs. We failed to do this. I am not entirely sure why this proposal didn't go anywhere, but for whatever reason the bill died. I may take this up in a bill in 2025.

Oh, and there was no walkout, Representative Julie Fahey was elected the new Speaker of the House and Oppenheimer won best picture, as I predicted, though in all fairness lots of people predicted Oppenheimer would win. All in all, it was one of the most productive, least acrimonious, short sessions in recent Oregon history.





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By Kris McDowell

In March, TriMet released their proposed budget for Fiscal Year 2025 (FY25), which is now open for public testimony prior to TriMet's May meeting in which the Board will consider adopting it. TriMet must adopt a final budget by July 1 in order to stay in compliance with Oregon Budget Law and to begin spending funds allocated for FY25.

The proposed \$1.75 billion budget is putting a priority on ridership and getting more people to utilize buses and trains. It will allow TriMet to grow ridership, improve customer experience so people feel comfortable and confident each time they ride and add service, as staffing allows.

In addition to continuing to run existing buses and trains in the 533-square mile service district, it would add four new Frequent Service bus lines; add new bus lines in East Portland, Sellwood and West Linn; extend service in East Multnomah County and I-205 between Tualatin and Oregon City; add more buses to well-used lines that do not currently have Frequent Service; and continue to streamline routes and discontinue service with less ridership and demand.

and expansion plans require appropriate staffing levels to be successful and sustainable. Hiring and training additional operators and maintenance staff will contin-

ue to be an important emphasis in FY25, as will efforts to increase retention of both new and longterm employees.

The budget also includes more resources to support maintenance and cleanliness of buses, trains and the overall transit system. Ongoing spot cleaning, deep cleaning, graffiti cleanup and aesthetic repairs are designed to make the system feel more desirable and welcoming overall.

In the FY25 budget, Tri-Met has quadrupled the funds for safety and security from what they were in FY22. Over the last year they have doubled the number of security personnel on the transit system and continue to adopt a comprehensive and layered approach to safety and security. Included among the 350+ unarmed security personnel is the Safety Response Team, whose members carry Narcan, the nasal spray that can reverse the effects that occur, can be reached by ridthe security button at trimet.org.

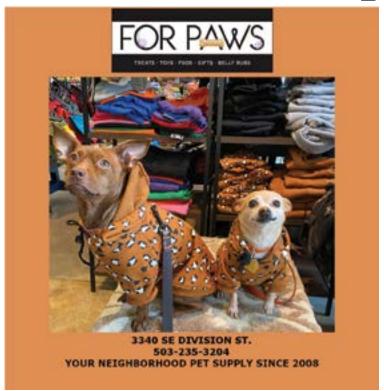
ects; others include replacing the oldest light rail vehicles with new

Type 6 models, expanding the SE Park Ave. Park & Ride and developing the Columbia Operations facility, which is pivotal for testing and expansion of the Zero-Emissions Bus Program.

A continued transition to a zero-emissions bus fleet, as well as the expansion of electric bus charging infrastructure at the Merlo and Powell Operations facilities, is in response to global warming and ongoing climate crisis. Once the initial bulk purchase of 24 battery-electric buses is complete, there will be 34 operating, making up about five percent of the total bus fleet. TriMet aims to continue to build capacity to reach their goal of a full zeroemissions fixed-route fleet by

Over 90 percent of the funding for FY25 operating resources comes from three sources: payroll tax revenues (\$540 million), passenger revenues (\$62 mil-

details and additional information about providing testimony.





of an opioid overdose. The Safety lion) and federal operating grants Operations Center, which helps (\$139 million). A small portion coordinate TriMet's response to of the funding comes from accesnon-emergency security concerns sible transportation and service contracts and advertising. ers 24 hours a day by texting or Upcoming TriMet Board calling 503.238.7433 or by using meetings take place Wednesday, April 24 and Wednesday, May 22. The service improvement The A Better Red project The public can provide testimony wraps up in FY25, set for comat the meetings either in-person pletion in late August. The projor virtually. Visit trimet.org/meetect is one of TriMet's capital projings/board/index.htm for meeting

Get an Early Start on Allergy Season

By Alexis Smithers, Legacy-**GOHEALTH**

About a quarter of Americans—85 million of us—are bracing for seasonal allergies. And the results can be exhausting and debilitating-constant sneezing, hacking coughs, watery, itchy eyes and interrupted sleep.

Early-season spring allergies are often caused by pollen from trees, such as oak, elm, birch, poplar or maple. Summer may also bring new reactions to grasses and other plants. There are plenty of ways to mitigate your allergies—even before symptoms show up.

Fighting symptoms before they start

Allergies are caused when your body mistakes pollen for a threat. A mass of immune cells come to the rescue, causing an inflammatory response. You can keep inflammation at bay by starting some medicines before allergy season. Corticosteroid nasal sprays and antihistamines can be found over the counter or may be prescribed by your healthcare provider. Some medications can take several weeks or a month to reach their full effectiveness, so

someone who often suffers from allergies to tree pollen in mid-April might start taking preventive allergy medicine in March.

Decongestants can offer some relief, but some decongestant pills can be a bad choice for people with high blood pressure or heart problems. Likewise, decongestant sprays such as oxymetazoline may help for a few days but could make congestion worse with longer use. Talk to your healthcare provider about

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Central City Concern's Significant Role in the Homeless Crisis

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a single person that doesn't walk through that door that doesn't get an answer or pointed in the direction for the right answer."

Finally, social enterprises provide low-barrier employment chances that provide living-wage jobs, converge community needs and build clients' resumes and work histories. These financially viable social enterprises enable CCC to carry out its mission successfully. Clean Start and Central City Staffing, two of the most prominent, employ graduates of CCC's programs and ultimately profits are reinvested into CCC's programs and improvements.

Just recently, CCC launched

their new three-year plan. In a three-part conversation series, "Inside the Mission," they plan and have already discussed with leaders, experts and partners who play significant roles in launching their approach. The overall aim is straightforward and one we can all collectively support—to end homelessness and guarantee a future for all Oregonians that will be healthier, more equitable and even more resilient.

At the most recent event, four panelists, Polvorosa; CCC's Director of Development, Dana Kleinhesselink; CCC's Vice President and Chief Strategy Officer, Sean Hubert; and Branch Manager, Andrea Sepulveda, spoke. At this free event, they discussed the capacity for employment to promote access to opportunity, stability and rehabilitation. A common theme of their discussion was that, yes, housing is fundamental, but it does not repair the social aspect which we all rely on. We must have a longer-term solution to decision-making changes, and people can get out of homelessness, not fall back into it.

Hubert had much to say about employment as a constructive intervention. "It increases someone's housing stability, it reduces social isolation and improves socialization. It has positive impacts on health and well-being...in mental health very specifically. And for people with a substance use disorder, it improves recovery engagement, and reduces the chance of relapse."

There were three specific headlines the group tackled, the first being that employment is one of the most effective interventions one can make in homelessness. The second is that employment is also one of the most cost-effective interventions. Hubert explained, "The average cost to get someone into employment, it's \$3-\$5,000. That's about half of what we spend just to shelter somebody for a single month." Finally,



Panelists at "Inside The Mission: More than a Paycheck" (L to R): Dana Kleinhesselink, Sean Hubert, Andrea Sepulveda and Angelo Polvorosa. Photo by Scarlett Aguilar:

when talking about the homeless programs that contributors are paying for, employment is the one aspect that few fund. CCC's approach and mission place a large emphasis on these factors, highlighting how much more employment does for one attempting to get out of homelessness than most other interventions.

Although two of the four panelists were higher-ups, CCC provided various perspectives as both Polvorosa and Sepulveda were homeless and went through CCC's programs, eventually getting out of homelessness and receiving jobs through and within CCC. Polvorosa opened up about his experience, stating he "didn't want to go meet with somebody that could help me put a resume together, things that I could do myself...I had an employment

specialist, I had a parent mentor, I had a housing specialist, I had my case manager, and I had my counselor. I mean, I could go on and on with the specialists I had. In the long run, I was really scared, I was really worried, and I didn't think it could help me at all. Now, as I meet folks, I try to keep that in mind and try to [help them] realize I'm not [their] probation officer." Working for CCC, Polvorosa can pay forward the services that helped him and can change and save lives.

In all, CCC is changing the method of tackling the homeless crisis within Portland, and hopefully, other organizations will follow in their footsteps, as employment seems to be a long-lasting and effective approach with the most positive outcomes for clients involved.





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Community News

Volunteer for Earth Day with SOLVE

SOLVE, a statewide nonprofit organization that brings people together to improve the environment and build a legacy of stewardship, celebrates Earth Day with The Oregon Spring Cleanup April 13-22. They invite families, community members, neighborhood associations and environmental enthusiasts to engage in their environmentally conscious event series.

Participants are invited to join SOLVE, event leaders and partners from across the Pacific Northwest in a collective celebration of Earth Day. There are a variety of events throughout Oregon and SW Washington, with two inner SE Portland opportunities to contribute to the enhancement of our shared surroundings.

Thursday, April 18, 9-11 am, meet at Powell Park, 2500 SE Powell Blvd., for "Celebrate Earth Day: Make Mother Nature Proud!" There will be a Spanish speaker present at the event for translations and the area is accessible for folks with mobility concerns. There are no public restrooms available. The area is serviced by TriMet bus lines 6, 9, 10 and 45 and for those driving, street parking is available.

Saturday, April 20, 10 am-12 pm, "Lend a Hand, Clean the Land!" will meet at Buckman Elementary, 320 SE 16th Ave., under the covered basketball courts. Street parking is available and TriMet bus lines 15 and 70 run

nearby. The area is accessible for folks with mobility concerns. There are no public restrooms at this site.

For both events, participants should wear closed-toed shoes and weather-appropriate clothing, utilizing a backpack for hands-free convenience and resuable water bottle for hydration. People are welcome to bring their personal tools if available. SOLVE will provide trash grabbers, trash bags, work gloves and high-vis vests. Advance registration, at volunteer.solveoregon. org/oregon-spring, is not required but it is highly recommended to guarantee a spot. Volunteers 17 and under must be accompanied by an authorized adult.

Mt. Tabor Park Major Project Completion

Construction is nearly complete on Mt. Tabor Maintenance Yard and multimodal pathway project at Mt. Tabor Park which began in 2008 when City Council adopted the Mt. Tabor Plan Update, amending the 2000 Mt. Tabor Plan. Phase 1 was funded in fiscal year 2014/15 by Major Maintenance funds and in November 2014 voters approved the Parks Replacement Bond that included \$10 million for maintenance facility work at Mt. Tabor Yard and Urban Forestry's Yard at Delta Park. The multimodal path at SE 64th Ave. and Division St. was designed and constructed in Phase 2, funded by System Development Charges (one-time fees assessed on new development).

Mt. Tabor Maintenance Yard serves as the central dispatch for more than 160 Portland Parks & Recreation (PP&R) maintenance and horticultural service staff. These employees are responsible for maintaining park facilities and services across

Many of the existing structures at Mt. Tabor Maintenance Yard were originally designed as horse stables in the early 1900s provides improved workspaces, munity celebration will occur and were eventually converted secure storage for equipment once the project is complete.



New plant storage on Long Block looking west. Photo credit PP&R.

to offices and workspaces. Many improvements were needed to make the area safe for workers and visitors.

The project includes a wide variety of new features and improvements. A long-awaited bike path and multiuse trail will create a safer, more accessible connection to Mt. Tabor Park for the South Tabor neighborhood. Street improvements include a new sidewalk along SE 64th Ave. between SE Sherman and Lincoln

A new maintenance shop for PP&R's skilled tradespeople and safer working conditions. A fenced storage area between SE 60th and 64th avenues and SE Harrison and Lincoln streets will house potted plants and trees managed by PP&R's Horticultural Service team. A new greenhouse in the Upper Nursery area north of Mt. Tabor Maintenance Yard. As part of native plants landscaping, over 100 new trees have been planted. A public art installation in partnership with the Regional Arts & Culture Council (RACC).

The city expects to finish and open the bike path and multiuse trail around April 1. A com-



Laurelhurst Work Parties



Friends of Laurelhurst Park working together pruning, weeding and mulching to spruce up the park.

As spring approaches, plans for the annual, seasonal volunteer work parties at Laurelhurst Park are in the works. This marks the 20th year Friends of Laurelhurst Park have been volunteering to maintain the health of this beautiful gathering place and to support Portland Parks & Recreation (PP&R) staff. The historic park has diverse plantings that need pruning, mulching and weeding annually so there is always plenty to do. In the late winter and early spring the group also puts in new shrubs and perennials while the soil is moist.

PP&R staff provide project support and guidance and are "fun to work with," say Friends of Laurelhurst Park. The work

parties attract volunteers from around the city, as well as new and longtime neighborhood residents. The ever-evolving group welcomes new faces to join in to support this special place in SE.

Work parties are held the second Wednesday of the month, 9 am-noon, April through October. Volunteers meet at the bluegreen PP&R building, 3600 SE Ankeny St., on the north side of the park. Make sure to bring work gloves and wear work shoes/ clothes. All tools are supplied.

To get on the mailing list to receive information and updates, or for questions, email laurelhurst.parkfriends@gmail. com or call Peggy Glascock at 503.459.9248.

Art Competition for High School Students

The 2024 Artistic Discovery Contest, open to any student grades 9-12 who lives in Oregon's First Congressional District, which includes a large portion of Multnomah County, is currently accepting submissions. The contest is an opportunity to recognize and encourage the artists in our Congressional District as well as across the nation.

A panel of local arts leaders will select the winning student artist, whose artwork will be displayed in the US Capitol in Washington for one year alongside the winning artwork from participating districts around the country. The winning artwork will also be featured on house.gov's Congressional Art Competition page. All students who participate in the competition will be invited to a reception with Congresswoman Suzanne Bonamici, where the winner will be announced and all submissions shown.

"I am always inspired by the creativity and thoughtfulness of the student artists in our community," said Congresswoman Bonamici. "I host the Congressional Art Competition each year to provide students with the opportunity to express themselves and

share their work in our nation's Capitol Building for visitors from across the country and world to see. I encourage all high school students who are interested in the arts to participate, and I look forward to seeing the works they

Artwork must be twodimensional and each framed piece can be no larger than 26 inches high, 26 inches wide and four inches deep; framing is not required. Accepted mediums include paintings (oil, acrylics, watercolor, etc.), drawings (colored pencil, pencil, ink, marker, pastels, charcoal), collages, prints (lithographs, silkscreen, block prints), mixed media (using more than two mediums), computergenerated art and photographs. The artwork must be the creation of a single student and only one entry per student is allowed.

Visit bonamici.house.gov/ services/art-competition for more information. The deadline for art submissions is Monday, April 29, 5:30 pm. Art may be mailed to Bonamici's Beaverton office at 12725 SW Millikan Way, Suite 220, Beaverton, OR 97005. To arrange an in-person drop off, call 503.469.6010.

Community News

Respiratory Virus Guidance Issued

Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the US. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). Both the CDC and the Oregon Health Authority (OHA) endorse updated recommendations for limiting the spread of these viruses.

"This updated guidance represents a milestone in bringing a range of respiratory viruses under a single set of recommendations for preventing transmission in communities, and it aligns with changes made in Oregon in May 2023," said Dean Sidelinger, M.D., M.S.Ed., health officer and state epidemiologist at OHA. "Oregon fully supports this approach for lowering health risks posed by these viruses. While many are ready to move on from any discussion of COVID-19, respiratory viruses are still impacting many of us. If we all take these steps, we can help to keep our loved ones healthy."

The updated guidance advises people with respiratory symptoms to stay home until they

have been fever-free for 24 hours without the use of fever-reducing medications, and their symptoms are improving. They also urge people to protect those around them-older adults, young children and people with weakened immune systems, with disabilities or who are pregnant-by taking additional precautions for the next five days to curb disease spread. Those precautions include wearing a well-fitting mask; taking steps for cleaner air, such as opening windows, using air purifiers and gathering outdoors; keeping a distance from others; enhancing hygiene practices like washing hands and covering coughs and sneezes; and getting tested to inform your actions to prevent the spread to others.

Additionally, it is recommended that people stay up to date with immunizations. For most people that means getting a current flu and COVID-19 vaccine. Adults 60+ should talk to their healthcare provider about whether a RSV vaccine is right for them. To prevent severe RSV in infants, either the pregnant mother gets a RSV vaccine or the infant gets an immunization with RSV monoclonal antibody.

Don't Flush Money Down the **Toilet**



a lot of money and water, to the tune of more than one trillion gallons of water nationwide each year, from visible faucet drips to silent toilet leaks. However finding and fixing leaks can be quick and easy.

Get in the habit of checking your whole house for leaks at least twice a year. You're probably already checking your smoke and carbon monoxide detectors twice annually so consider adding "check for leaks" to the list. In less than 30 minutes, you can do your part to help save water at home.

Inside the house, the bathrooms (bathtubs, showers and toilets) and kitchen (dishwasher and sink) are obvious areas to check. But don't forget the washing machine, refrigerator ice-making unit and other faucets, regardless of how often they're used. Found usually in the basement or garage,

Household leaks can waste there may be a water heater, water softener, humidifier or boiler in your home as well.

> Outdoors, as applicable, check your automatic sprinkler systems and swimming pool. The service connecting line is another potential source of a leak as is the water meter (usually inside a concrete or plastic meter box set flush with the ground). The Regional Water Providers Consortium has information about checking each of these areas at regionalh2o.org/ water-conservation/householdleak-detection.

> Some leaks are big enough to cause a higher-than-normal water bill so consider using your water bill to track your household's water use. If that's the case, after you've fixed the leak, make sure to contact the Portland Water Bureau and ask about a leak adjustment. They may be able to adjust your bill back to what would be more typical for you.

Help Revise Portland's Urban Forest Plan

Portland Parks & Recreation (PP&R) invites community members to help update the City of Portland's Urban Forest plan. The Bureau is leading the effort to update the plan that was last updated in 2004 and is funded by the 2020 Parks Local Option Levy.

The revision effort will set new canopy goals and guide the city so people and wildlife can enjoy the benefits of Portland's trees for generations to come. When complete, the plan will serve as the city's roadmap for protecting, preserving, restoring and expanding the urban forest equitably and sustainably.

Trees are part of the very fabric of our city, helping to keep Portland green and healthy. They offer shade; lower temperatures in homes and neighborhoods; provide wildlife habitat, beauty and cleaner air; and help mitigate the effects of climate change. PP&R regularly plants new trees in areas of town where the canopy is not yet as robust as others. Still, their most recent study showed Portland's tree coverage has declined in recent years.

"Trees are vital to our city," notes Vibrant Communities Commissioner Dan Ryan. "It's clear how important it is to update the Urban Forest Plan. Data show that, for multiple years in a row, Portland lost tree cover equal to the size of Mt. Tabor Park. I look forward to the conclusion of this work, and to having actionable



PP&R Arbor Day planting event. Photo credit PP&R.

recommendations for achieving and monitoring tree-related goals for Portland."

Portlanders have several chances to help shape the new Urban Forest Plan. PP&R wants to hear from people of diverse backgrounds. This includes those who have been involved in urban forest and environmental advocacy for a long time, and neighbors from traditionally underserved communities.

There are two ways to get involved with the plan this spring. Take the project survey, at surveymonkey.com/r/urban-forest, and share your vision, values and priorities for trees in our community. The survey will be open through Thursday, May 2. Complete the survey and enter a drawing for a gift card to Fred Meyer. Multiple people will be selected each week until the survey closes.

PP&R is also hosting an open house Wednesday, April 24, 5-7:30 pm at The Commons at McDaniel High School, 2735 NE 82nd Ave. Learn about the plan at this family-friendly event. There will be activities and opportunities to speak directly with the project team. Everyone is welcome so bring your friends and neighbors. Childcare, translation services and light refreshments will be provided.

To be added to the list to receive project updates, email belinda.judelman@portlandoregon. gov. PP&R intends to have the draft plan ready for public review by early 2025.

APRIL EVENTS

DISTRICT ATTORNEY DEBATE – City Club of Portland hosts a debate between incumbent district attorney Mike Schmidt and challenger Nathan Vasquez Tuesday, April 2, 5:30-7 pm via Zoom. Visit pdxcityclub.org/calendar to register.

RECLAIM YOUR VOTE – Join the Urban League of Portland for a virtual hour with information about registering to vote, maintaining registration and the city's new ranked choice voting Wednesday, April 3, 6-7 pm. Registration at ulpdx.org/ReclaimYourVote2024.

PIKA RESEARCH WEBINAR - The Friends of the Columbia River Gorge present "Pika-ture Perfect Comeback: Exploring Pika Research and Community Science in the Gorge" Thursday, April 4, 6-7:30 pm. Dr. Johanna Varner and Keri Sprenger will share their knowledge about pika in the Columbia Gorge. Register for the free event at mobilize.us/gorgefriends.

PPS CHALLENGES DISCUSSION - The League of Women Voters of Portland presents a panel discussion Wednesday, April 10, 7-8:30 pm via Zoom looking at the challenges and opportunities Portland Public Schools are facing. The community education program is free; register at lwvpdx.org.

WESHINE VILLAGE PREVIEW - Celebrate the start of construction on WeShine's second village, Avalon, Friday, April 12, 4-6 pm. The program will feature speakers from PBOT, JOHS and the HAND neighborhood. Tours of the site and the sleeping pods will be offered. Avalon Village is located at 2539 SE 19th Ave. More about the village at weshinepdx.org/avalon.

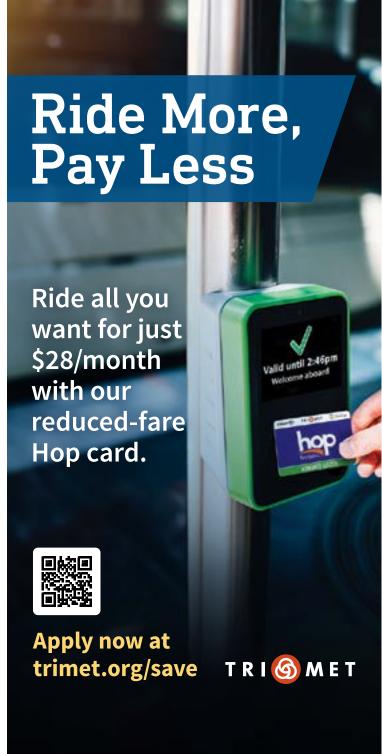
VIKING PANCAKE BREAKFAST - The Sons of Norway Grieg Lodge host an all-you-can-eat breakfast of Vikings pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea, plus specials of au gratin potatoes, riskrem and Blotkake Sunday, April 14, 8:30 am-noon. Adults \$15, kids ages 3-10 \$6, under 3 are free. The event takes place in the Bergen Dining Room of Norse Hall, 111 NE 11th Ave. Parking is free.

CONGRESSIONAL CLIMATE FORUM - Portland Citizens' Climate Lobby presents a candidate forum for District 3 with Susheela Jayapal and Maxine Dexter. They will answer questions on their commitment to addressing climate change and other climate-related issues. The event takes place Thursday, April 18, 7 pm (doors at 6 pm) at TaborSpace, 5441 SE Belmont St. Registration encouraged (lu.ma/2r17rlpv) but not required.

HOUSE OF DREAMS FUNDRAISER - Saturday, April 27, 10 am-4 pm the no-kill, all-cat shelter holds a plant and vegan bake sale to support the work they do. Indoor/outdoor plants, decorative pots, garden art, raffle prizes and vegan baked goods will be for sale at 7634 SE Morrison St. Visit kittydreams.org for more.







South Tabor Area Enjoys Disco Tent

By Daniel Perez-Crouse

What started as a misheard Shakespeare quote became a yearly, beloved winter tradition for a South Tabor neighborhood where people dance and enjoy music during the dreary winter months.

Jen Berg and her partner host a winter disco tent outside their home that brings "joy" and "delight" to neighbors and people in the know. Back in 2020, it was born from a conversation where one person quoted Richard III ("Now is the winter of our discontent"), to which Berg and her partner heard, "Now is the winter of our disco tent."

Berg said, "My brain tends to freely associate different ideas and so it was just this thing I heard and we were like, a disco tent! Wouldn't that be fun? We are in the middle of a pandemic. We don't know how to engage with each other and we just moved into the neighborhood."

So, they got a disco ball, a camping pavilion tent to put over the sidewalk, some spotlights, ran cables and got Bluetooth speakers to blast tunes at reasonable noise levels. The first year, people weren't quite sure what to do with it and initially asked if they could use it, which Berg and her partner enthusiastically encouraged.

That first year during Christmas, Berg recalled one of the most notable tent guests. "I'm standing at the kitchen sink, and I hear jingling. I look up and there is a bicycle near the disco tent and Santa Claus is dancing in the disco tent with bells and jingling. It was the perfect Portland thing. Santa on a bicycle."

And they've done it every year since then. They have also improved on it over time in the face of occasional weather issues. "The first three years, we used one of those pop up tent things. One of the roof supports got sheared off in a windstorm. So we didn't want to cause a hazard and took it down. The second year, we an-



Disco tent at night. Photo by Jen Berg.

chored it better. The next year we lost it to one of the rain storms. And then the third year, we had wind and ice. So that almost full-on collapsed the tent." Their most recent iteration is a homemade wood structure that they use as a greenhouse most of the year and re-purpose as the disco tent during the winter.

Something Berg noted is that nobody has ever attempted to vandalize it and it's continually enjoyed. "People come through and they dance. People will go out of their way and off their routes to check out the disco tent. It's just such a delight." Berg says they enjoy the laughter they occasionally hear from children outside and figure that there's an impromptu party happening. Some neighbors even came over to do homeschool lessons near it.

This year, there was a special needs class that would consistently enjoy it during their planned walks. "This was something that became so much a part of their world and routine now."

Despite its title, the tent is not exclusively disco. There can be 80's tunes, Christmas classics, Hanukkah songs and whatever suits the mood and vibe.

"The idea started out of this fun, playful mishearing, then it evolved into this way for us to get to know the community where everyone was distant and nobody knew what to do," said Berg.

"There are so many things in this world that are not joyous. If this is something that just brings some lightheartedness and playfulness and imagination back, it changes things. It changes the vibe. It changes the dynamic. Those are the things that allow us to find our way through hard things."

Berg and her partner have had multiple jobs where they enjoy play, possibility, curiosity and imagination. "These are the things that connect people together. Mostly it's just, we think this is fun, somebody else might think it's fun, and they are experiments. And this experiment happened to be sticky. So we kept going. This happened to be something that was really resonant with folks. It brought light and joy into a time that was dark and confusing. But ultimately it shows us that humans are community-based entities. And it's just something to come together around."

Berg believes adults are big kids with shorter attention spans. And that we all are still that little kid we were. "Those moments of delight still light us up. Allowing those moments to live and breathe is actually the most important thing. Take a moment to play."

Berg said the disco tent will return next winter. Find it in the South Tabor neighborhood near All City Church, 2700 SE 67th Ave., and Taggart Street Community Garden, 6909 SE Taggart St.

Montavilla Managed Alternative Shelter

from page 1

will accommodate 27 percent of the participants (nearly triple the 10 percent required by code), 50 percent of the hygiene units are planned to have roll-in showers and all community facilities will have ramps and landings.

Montavilla Community Village will be staffed 24/7 by Straightway Services, with only participants and their registered guests allowed to enter the village. Access to treatment for unmet behavioral health needs, including help accessing treatment for mental health challenges and substance use disorders, is to be offered. Straightway Services has successfully aided community members in overcoming substance use disorders in the past with weekly meetings based around the 12-step curriculum of Narcotics Anonymous/Alcoholics Anonymous.

Recognizing that neighboring businesses and residents may be hesitant about the shelter opening in their neighborhood, the JOHS will convene a committee of community partners to establish a Good Neighbor Agreement (GNA). The agreement will outline collaborative efforts to address potential impacts of the site and foster working relationships in support of participants.

The Montavilla Neighborhood Association (MNA) and Montavilla East Tabor Business Association (METBA) have formed a joint committee to engage with the Montavilla community, gathering input on the creation of the GNA. Their goal is to represent the needs of resi-

dents and businesses most likely to be impacted by the project, and to create a framework which ensures communication and followthrough from all stakeholders.

The JOHS is also holding community engagement meetings. A meeting was held at the end of March and another will take place Wednesday, April 3, 6-7:30 pm at Montavilla United Methodist Church, 232 SE 82nd Ave. The MNA encourages people to attend and share feedback with the JOHS; RSVP at bit. ly/3TIfHgn.

Questions and comments about Montavilla Community Village can be directed to mcv@multco.us. Those who would like to connect with the joint MNA-METBA committee can reach out to goodneighbors@metba.org.

In the Wake of Madness: My Family's Escape from the Nazis

By Marshall Hammond

"Like many Holocaust survivors, my parents didn't want to talk about the horrors they had lived through," says Portland author Bettie Lennett Denny. "They were focused on the future."

Denny was born in 1949 and raised in the borough of Queens, New York by her parents, Robert and Ella Lennett. Before immigrating to the United States in 1941, they had been Saly and Elsa Levi of Frankfurt, Germany. The change to American-sounding names was one example of how the couple wanted to put the past behind them.

It wasn't until after the death of her father in 1984 that Denny would learn the harrowing story of her family's escape from the Nazis from her mother.

Ella had left her home in Queens, where she had lived for 40 years and moved in with Denny and her husband, Pat, who were then living in Omaha, Nebraska. When Ella's health began to fail, Denny, an aspiring author working at an ABC Television network affiliate, knew she had to preserve those stories before they disappeared.

"In 1993, when she was 88 and I was exactly half her age, I almost lost her, and it hit me then that if I wasn't more pointed in my questioning, I would lose that history forever," says Denny.

"So I started asking about

her childhood, how she met my father, how they escaped, how part of the family ended up in Chile. After all those years, the stories just started spilling out. I think it was her way of reconnecting with my dad."

Those conversations with her mother were the seeds that would eventually grow into Denny's book, *In the Wake of Madness: My Family's Escape from the Nazis*, released in February by Amsterdam Publishers.

In addition to her mother's firsthand accounts, Denny inherited a trove of documents from her parents. These letters, receipts, travel applications and photographs allowed her to piece together the story of her parents' escape in granular detail.

"It's a miracle that my parents saved all these documents," says Denny. "And that I never discarded them!" Deciphering and translating the letters, all written in German, was a monumental task.

The book provides a perspective of WWII and the Holocaust that is not as common as that of the soldier or the death camp survivor. It's a story about refugees fleeing violence, death and oppression, forced to leave behind everything they know for an unknown future in an alien land.

The story starts with a

young Ella, then known as Elsa, growing up during World War I and the fractious inter-war period in Germany. By the time she married her husband in 1935, Hitler had taken power, antisemitism was rampant and many Jews were beginning to flee Germany. Ella's family was torn apart as a brother fled to Chile and a sister fled to Palestine.

By 1938, Ella and Robert thought they had found safe haven in neutral Belgium – until Nazi bombs fell on the city in May 1940. Barely escaping with their lives, they worked their way into France, only to have to flee again when that country also fell to the Nazis. Their next stop was Lisbon, Portugal, where the couple would wait in limbo until finally securing passage to the United States in April 1941. It was a journey fraught with peril.

The United States had not yet entered the war; Nazi allies and anti-semites seemed to be everywhere. Only two years prior in 1939, Madison Square Garden hosted a rally for 20,000 members of the pro-fascist, pro-Hitler, German-American Bund complete with swastika banners hanging beside a giant portrait of George Washington.

For Denny, learning about the global spread of antisemitism and fascist ideology, and the role those attitudes played in en-



Robert and Ella Nennett. Photo by Bettie Lennett Denny.

abling the Holocaust, was an eyeopening process. It wasn't just a story of one government turning on the citizens it deemed undesirable, but of a whole world turning its back on those people as well. Many countries, including the United States, did not want to take in Jewish refugees.

Even more concerning are the parallels Denny sees between the political climate of the 1930's and 1940's and that of today, when fascist rhetoric, antisemitism and all kinds of "othering" are once again on the rise globally.

"I now understand that societies are fluid, and that things can change," says Denny. "America went through turbulent times when I was young, but you had a sense that this was a stable country, even if it wasn't perfect."

Now Denny is not so sure. Ironically, she has recently be-

come a naturalized citizen of Germany, as Germany allows children of German victims of Nazi persecution to reclaim their citizenship. If the political climate in the United States becomes intolerable, she will have the ability to move anywhere in the European Union. For now, she is just hoping to pay a visit to the country her family fled all those years ago, but with antisemitism on the rise in Germany as well, that trip may be on hold.

In the Wake of Madness: My Family's Escape from the Nazis is available at Powell's Books and most online and neighborhood booksellers. A book signing will be held Friday, April 3, 5-8 pm at Chapters Books & Coffee, 701 E. First St., Newberg as part of First Friday Art Walk.

Learn more about Bettie Lennett Denny and her work on her website, bettiedenny.com.





Arts & Entertainment

My Darling Daffodil

Just in time for spring,
Red Yarn joins kindie buddy
Kelli Welli to bring something
a little different in the realm of
kids' independent music: a duet
between a dandelion and a daffodil. The song, written by Welli
and produced by Bryan Daste,
is all about love and admiration,
paying homage to the unsung patience and persistence of flowers
in nature and anticipation of the
coming joy that springtime can bring.



Welli says, "I was so grateful when Red Yarn agreed to sing this song with me. It's not an easy one! But he brought that warm quality I'd envisioned as the voice of our dandelion. Not sure if he's played the part of a dandelion before...but he did great!"

Releasing alongside the song is a fun and funky music video. Creative powerhouse Dave Gulick flexes his animation and video creation talents to bring the artwork of artist and muralist Maddo Hughes to life. Visit kelliwellikids.com for both the song and music video.

Brazil Rhythms

The Concerts at Lincoln Street Methodist Church, 5145 SE Lincoln St., hosts Duo Violão Brasil Plus One Tuesday, April 23, 7-9 pm. The ensemble navigates 20th century Brazilian popular music, emphasizing Brazil's first original music genre, choro, while also showcasing original works and inventive arrangements.

The ensemble started with Rio de Janeiro-based guitarists, Rogério Souza and Edinho Gerber, and the desire to explore and expand the musical possibilities of playing two violões (Brazilian guitars). When they met percussionist Ami Molinelli, the musical connection was immediate and Duo Violão Brasil Plus One was born.

Visit duoviolaobrasil.com/calendar to purchase tickets (suggested \$15 donation).



albertarosetheatre.com

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Borderline Returns to Milagro

Borderline was first presented by Milagro with Teatro Unidos for the 2018 INGENIO play reading series. Due to the positive feedback on how the theme resonated with the community, the play has returned for a two-week, full stage production in May. There is a preview night Thursday, May 2 and opening night, Friday, May 3, will include a post-show reception of Mayaninspired favorites catered by Tamale Boy.

Borderline is set in the old cotton fields of Socorro, TX, where Enzo and Rosita have snuck away to write ghost stories, while Tony and Veronica are both building up the courage to tell the other a secret. Threatened by a creature in the darkness, this group of teens will have to rely on each other and the voice of Tio Ofelio, a radio DJ, to escape the desert alive. It will take made up myths, stories of the past and a rendition of La Llorona to defeat the very real monster stalking children in the borderlands.

The production is written by Andrew Siañez-De La O, a Mexican-American writer whose work often centers on the culture of the Borderlands and his diasporic identity through myths and monsters, and directed by Anthony Green Caloca.

Tickets (\$20 students/\$26 seniors/\$30 adults) are available at milagro.org. The preview and Friday and Saturday performances are all at 7:30 pm, with Sunday matinees at 2 pm. Milagro is located at 525 SE Stark St.

Arts events,
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Tabor Challenge Trail Race



The Tabor Challenge 5k trail race is celebrating 10 years of running through Mt. Tabor Park with this year's event Saturday, April 13. The setting takes runners through the winding, forested trails that circumnavigate the dormant volcano with sweeping views of Portland.

The all ages, all levels race is a fundraiser for the LTJG Thomas J Cameron collegiate scholarships offered to two graduating seniors of Cleveland High School. Race funds also contribute to the upkeep of the field house at Cleveland's community field.

To truly solidify the "Portland Proud" atmosphere, there are Secret Aardvark Hot Sauce finisher trophies for the first 24 participants to cross the finish line. Racers gather to celebrate over pizza, Migration beer and Happy Mountain kombucha.

There's also a newer event for the younger crowd. The Tabor Trot is open to kiddos of any age that are interested in running/walking/crawling a .1 mile dash toward snacks. They'll even receive their very own Tabor Challenge Race Bib.

Register (\$20-\$100) in advance at taborchallenge.com or the day of the race. Dogs and strollers are allowed; however, the course does have narrow trails and stairs. The race kicks off promptly at 10 am.

Mazaud Show at Pushdot

Pushdot Studio, 2505 SE 11th Ave., Suite 104, welcomes Philippe Mazaud and his photographs *Sets (for a Theater of Night)* Friday, April 5-Friday, May 31. The exhibit kicks off with an opening reception and artist talk the first day of the show, 6-8 pm.

Sets (for a Theater of Night) features pictures, "...selected from a larger ensemble of nocturnal pieces, shot over a period of 10 years in parts of the Western US—areas in Idaho, Utah, Nevada and Washington," said Mazaud. "The work is as much about fiction as it is a documentary. It suggests a set-like quality that places take on at night, a staged, somewhat artificial appearance that becomes evident in the photograph."

Mazaud, born in New York and educated in New York and Paris, currently calls Portland home. His work involves both painting, notably in its unconventional use of dry pigments and pastel blocks, and photography, a blend of analog and digital. It positions itself, in some sense, at the interface of several domains—pictorial and photographic, analog and digital.

Pushdot Studio is open Monday-Friday, 8:30 am-5 pm. Enter through the doors on the Division St. side of the Ford Building. Admission is free.



Arts & Entertainment

April Alberta Rose Shows

The first Saturday in April at Alberta Rose Theatre celebrates Jazz Appreciation Month with the 17th Annual Billie Holiday Tribute Night, and her 109th birthday. This year's event is curated and emceed by Marcia Hocker and brings together musicians of many genres to pay tribute to one of the greatest jazz singers and songwriters of our time. Holiday, also known as "Lady Day," was admired all over the world for her deeply personal and intimate approach to singing.

The show features Nafisaria Mathews, Jessie Marquez, Shelly Ruldoph, Marcia Hocker, Marilyn Keller and Lenanne Sylvester Miller. Tickets (\$25 + fees) available for either in-personal general admission or live stream. A portion of ticket proceeds will be donated to Siren Nation and KBOO Community Radio.

Tuesday, April 9 brings Ruthie Foster, four-time Grammy-nominated singer-songwriter, to the stage. She mixes a wide palette of American song forms, from gospel and blues to jazz, folk and soul, and draws influence from legendary acts like Mavis Staples and Aretha Franklin. Foster has developed a sound that is unable to be contained within a single genre with a uniqueness that echoes a common theme in her life and career—marching to the beat of her own drum. Tickets are \$39 advance, \$49 at the door, \$59 preferred seating.

The final Friday of the month has Willy Porter with special guest Portland singer-songwriter Clara Barker opening the show. Porter found what he loved to do at an early age and has been expanding and developing his work for 30 years, stretching the form of what his own music can be. His guitar-driven live shows offer grit, soul, silence and muscle as his voice blends and fuses with his fret work. \$25 advance tickets or \$30 at the door.

Find additional information about these shows and the full month's lineup at albertarosetheatre.com. Alberta Rose is located at 3000 NE Alberta St.

Banff Film Festival

The Banff Center Mountain Film Festival World Tour, presented by Adventures Without Limits, is returning to Portland for three nights only at Revolution Hall, Thursday, April 18-Saturday, April 20. The festival is one of the largest and most prestigious mountain festivals in the world, with stops in more than 40 countries across the globe. This year's tour features a collection of the most inspiring action, environmental and adventure films from the festival.

Travel to stunning landscapes and remote cultures, up-close and personal with adrenaline-packed action sports in the award-winning films and audience favorites that were chosen from the 400+ films that were entered. Each of the three nights offers a unique film line-up. Doors open nightly at 6 pm for the 7 pm shows. All shows will feature open captions, along with ASL interpreters and live audio description. Revolution Hall, 1300 SE Stark St., is ADA accessible. Visit awlout-doors.org/banff for tickets (\$20).





Cary Morin in Concert

The Portland FolkMusic Society is proud to present Cary Morin in concert Saturday, April 20 at Reedwood Friends Church, 2901 SE Steele St. International touring artist Morin is a Crow tribal member with Assinboine Sioux and Black heritage. His songwriting has been described as roots-infused Native Americana with hints of bluegrass, folk, blues and rock. Skillful acoustic guitar work combined with a warm worldly-experienced voice captivates audiences.

Described as "one of the best acoustic pickers on the scene today," Morin brings together the great musical traditions of America like no other. His deft fingerstyle guitar and vocals alternately convey melodic elation and gritty world-weariness. Adding to his many awards, in 2019, Morin took home an Indigenous Music Award for Best Blues CD for the second time, was named Telluride Blues and Brews Blues Champion and won a Telly bronze award for this music video "When I Rise."

Tickets (\$12-\$24) at portlandfolkmusic.org/concerts and at the door (\$14-\$27). Children under 12 are free. Doors open at 7 pm for the 7:30 pm show.

Tag! Queer Shorts Festival

The 11th anniversary edition of the Tag! Queer Shorts Festival presents a vibrant perspective on queer life Saturday, April 6 and Sunday, April 7 with 51 all new films coming to the big screen. Celebrating the work of both local filmmakers and directors from as far away as Tunisia and Iran, Tag! selections are thought-provoking, humanizing and often a bit disruptive to typical discourses around sex, gender and relationships.

Taking place at and sponsored by The Hollywood Theatre, Tag! features short-format film made by queer or trans-identifying creators in every genre. This year's program offers four curated thematic blocks, each one with an eclectic mix of animation, music video, narrative fiction, dance and documentary. Festival attendees will have the chance to see dozens of unique films and interact with directors between screenings.

Shows start at 3 pm and 7 pm both days. The event opens with the #queerfam program, a collection of films about finding belonging and community. The first day ends with #bestcoast, an amazing display of local talent including projects from marginalized youth working with nonprofit Outside the Frame, a quirky horror short by Queer Screams festival director JT Seaton and a stop-motion gem by animator Nick Boxwell. Sunday explores queer resistance in the #actingup program, and the festival ends on a high note with #ensemble, a kaleidoscope of 15 high-energy films that draw from a range of queer identities and experiences.

According to founding director Juan Trujillo, one of two queer Latine-identifying organizers of the festival, Tag! is all about helping new audiences experience great queer film. Oh, and the name? Is it about graffiti? A childhood game? The scratchy fabric square sewn to your collar? Signaling your peeps on social media? It's all of that and less! The festival name is a celebration of absurdism and a way to stay geographically unattached now that we are building a broader regional and international presence.

The festival takes place at Hollywood Theatre, 4122 NE Sandy Blvd. and a complete listing of films is at tagqsf.org. Full festival passes are \$45 general admission/\$40 students and seniors. Discounts and passes are available from the festival organizers for fans experiencing economic difficulty.





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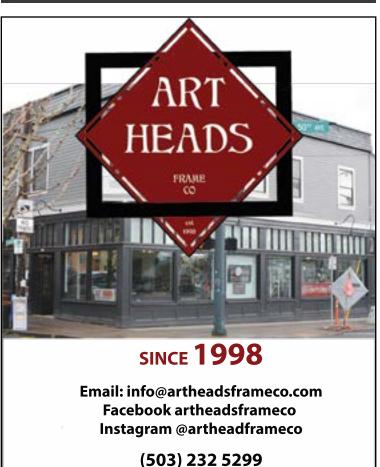
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Wellness Word

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

How to Make Goals Stick For the Long Haul

Spring is here—it is a natural time to take inventory of the goals we may have set at the start of the year and how we have so far progressed. As humans, we yearn to progress and strive to improve ourselves and the world around us. Unfortunately, the way we often approach goals sets us up to fail; we start with great intentions but then fall short and return to old habits.

How, then, do we truly change, not for a week or a month, but for the long haul? First, we need to have an accurate understanding of motivation and willpower and the role they play in the change process.

Motivation is often viewed as the fuel for change, the impetus that gets us out of our comfort zone to act. While it may do this at times, motivation is fickle. It is a feeling and a fleeting one at that. If we wait for motivation, we won't take the action needed for real change. Rather than pushing us to action, motivation reinforces action we're already taking, telling us that we're on the right

If motivation isn't the fuel, then what is? Some might say willpower. Like motivation, however, this has long been misunderstood. We start each day with a certain amount of willpower: the more we use it, the less we have, becoming more susceptible to our instincts, impulses and habits. This is why many of our slip-ups and bad habits happen later in the

Rather than motivation or willpower, effective change needs to begin with a clear, firm decision made from a place of conviction. We must want to change for us and not for anyone else. Once we have a personal conviction to change, we must define the action we will take. If the goal is to get in shape, we need to define a specific action that we will take to get there. What's more, that action should be simple, realistic and sustainable. The ultimate goal, and the key to sustainable change, is action that can be built into our daily routine so that over time, it becomes a habit.

Using the above example of getting in shape, the sustainable change may be waking up every day 15 minutes earlier to do pushups or sit ups before work. At first it may feel challenging to build a new routine into an old daily schedule, but it will become easier by the day. Once it has truly become a habit, it will be automatic. Then, you can build upon it by exercising for 30 minutes instead

of 15 minutes. The new habit becomes easier by building on top of the old one.

Decisions, motivation and willpower remain crucial factors in this process. We may still feel the urge to choose the old way, and that's okay. We can allow that feeling to exist without letting it make our decisions for us. We can then recall the emotions we felt when we decided to make the change and choose to continue our daily habits.

Where goals fail is that they focus on lofty, abstract objectives that often have an endpoint. Real change is a lifestyle change. If we want to be different, we need to behave differently every day. Small changes in our decisions will compound over time, and soon, we will actually crave our better habits. We will become the type of people we choose to be.

Change is possible, and it is built brick by brick, day by day.

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







Neighborhood Notes

HAND By Jill Riebesehl

The Hosford-Abernethy Neighborhood Board's March meeting was so busy it kept us overtime. We heard and discussed progress on a brand new school building, a pitch by a county commission candidate, a proposal for rezoning eastside neighborhoods and an update on the Avalon sanctuary.

Eric Gerding from Portland Public Schools described current planning for Cleveland High. As of this writing, it looks as if the 1929 building will be replaced. Architectural and engineering design work and interactions with the city will take two years, by which time the district hopes there will be money to start building.

We heard from Kevin Fitts, who is running for a District 1 spot on the Multnomah County Commission. He is a longtime activist for improved community mental health responses and homeless solutions and is executive director of the Oregon Mental Health Consumers Association.

Luke Norman and Laura Fleming, volunteers with Portland: Neighbors Welcome, presented a proposal being made to City Council for a broad upzone of the inner eastside. It would allow for any residential lot to be used to build up mixed-income, mixed-use urban neighborhoods by allowing street-scale apartment buildings. The area would be from SE Powell Blvd. to NE Fremont St. and 7th/12th Ave. to 60th/58th Ave.

HAND Board member Mark Linehan updated us on progress at Avalon, the mini-sanctuary on city property near New Seasons being readied by WeShine. They will hold a press conference on Friday, April 12 at the site, and an open house in June.

The next HAND meeting will be Tuesday, April 16, 7 pm on the St. Philip Neri campus. We welcome one and all.

Montavilla Neighborhood Association By Louise Hoff

Montavilla is welcoming some changes this spring. The Montavilla Neighborhood Association has re-launched the MNA Newsletter with lots of information and links to info and events around Montavilla. Go to montavilla.org to sign up.

Our monthly public meetings, open to all residents in our neighborhood, are resuming. In March we met at Flying Pie Pizza, where the Portland Bureau of Transportation provided updates on the 82nd Ave. Project, its updated design on the Davis (Vestal) intersection as well as the Glisan Greenway project. Both are still open to public feedback.

The city and county are planning several homeless shelters in our neighborhood. The Joint Office of Homeless Services (JOHS) will be hosting a meeting to engage with the community on their Montavilla Community Village Project in the coming weeks. It will be held at the Montavilla United Methodist Church, Wednesday, April 3, 6 pm. We encourage all MNA members to attend and share their feedback with JOHS. MNA and METBA are working on Good Neighbor Agreements between the shelter management and community.

We meet every second Monday of the month. Our next meeting will be April 8, 6:30 pm.

Mt. Tabor Neighborhood Association By Nadine Fiedler

The Mt. Tabor Neighborhood Association's March meeting on Zoom focused on several important topics, including the completion of the maintenance yard construction and new path into Mt. Tabor Park from SE 64th Ave. and SE Division St., and the role that MTNA played in the past in saving this property from being sold; the joint cleanup with MTNA and the North Tabor NA, set for Saturday, April 20, at the Unity Fellowship site at SE 45th Ave. and SE Stark St.. Come! Volunteer!; the possibility of requesting a temporary location for the Belmont Library branch when it closes for renovation for an entire year; the MTNA Board election in May—the Board has current vacancies, and MTNA encourages neighbors to get involved to help support the neighborhood; and requests from political candidates to speak at MTNA meetings

We invite all neighbors to come be a part of the process! The next meeting will be Wednesday, April 17, 7 pm. You can find a link to all meetings under the Meetings and Events tab on our website, mttaborpdx. org. Come join us!

Richmond Neighborhood Association By Brian Hochhalter

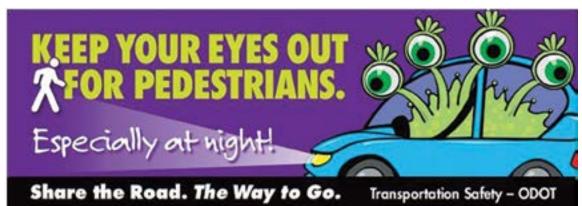
The Richmond Neighborhood Association (RNA) held its monthly meeting March 11. Meetings are the second Monday of the month, 7-9 pm, except January. They are held in-person at Central Christian Church, 1844 SE Cesar Chavez Blvd. You can also participate via Zoom. The link to pre-register for Zoom is on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

Hector Lopez, Project Manager with Portland Public Schools' (PPS) Office of Modernization presented preliminary plans and options for the Cleveland High School remodel. One proposal includes the complete demolition of the historic façade. Another option retains the historic façade as part of the remodel/modernization of the school.

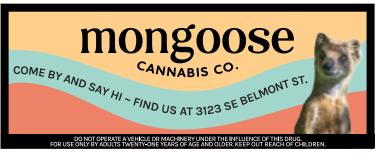
Rob Nosse, Oregon House Representative District 42, spoke about recent legislative activity in Salem. PPS will receive \$30 million to relocate their headquarters and the property will be sold to the Albina Vision Trust. Multnomah County and the City of Portland will receive funds to create a drop-off center for first responders to take individuals exhibiting addiction related distress for treatment.

The RNA Board voted to hold the annual Board member election in June, centered around the June 10 monthly meeting. Consider becoming a Board member to be more involved in the community or to start a new community project.

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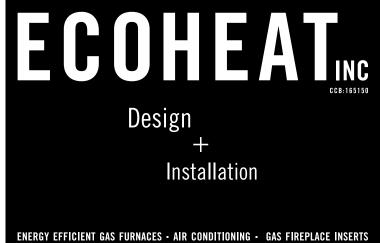


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Neighborhood Notes

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The Richmond Spring Cleanup takes place Saturday, May 18. Central Christian Church, 1844 SE Cesar Chavez Blvd., will be the site for cars/trucks to drive in to unload for FREE, bulky waste and metal/electronics/Styrofoam recycling–NO construction or demolition material. The popular, huge U-Price-It plant and rummage sale will return.

Volunteers are needed for the Cleanup 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 richmondcleanup@gmail.com to volunteer or be a 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.

The next RNA meeting is Monday, April 8. Everyone is welcome. Come and check out a meeting and learn about ways to get more involved in your community.

South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association continues to meet with city officials and candidates who reach out to us about the upcoming May elections.

At our March 21 meeting we heard from PBOT (Portland Bureau of Transportation) representatives about the Missing Modal Links Program related to the Safe Routes to School Project, as well as the latest plans for 82nd Ave. And District 3 Candidate Daniel DeMelo give a brief statement followed by questions from neighbors.

Our next meeting will be in person Thursday, April 18, 7-8:30 pm at All City Church, 2700 SE 67th Ave. (enter from the back parking lot). Come meet your neighbors, share your ideas and join us for exciting new projects in the works on the third Thursday of every month.

To learn more, follow us on social media and/or join our low-key, low-traffic mailing list at southtabor.

Sunnyside Neighborhood Association By Gloria Jacobs

Our March meeting focused on the proposal from Portland: Neighbors Welcome that would add language to the Housing Bureau Strategic Plan (HBSP) for increased density in inner eastside neighborhoods. The proposal—Inner Eastside For All—would allow for what they call "four floors and corner stores" to be built between approximately SE 12th and SE 60th avenues and SE Powell and NE Fremont streets. There was a good turnout and a lot of new faces. Opinions were varied. Many welcomed the effort to increase housing availability and hopefully make renting more affordable, but there were worries about how this development would actually occur. Would it be the small groups of people building community together through creating shared living spaces in small apartment buildings? Or would it be developers buying up lots and leaving them vacant while they put together large enough parcels to make it profitable? What would the effect be on longtime residents? How about the recent Residential Infill Project that already allows for the expansion of ADUs and small multiplexes? You can learn more at portlandneighborswelcome.org/innereastside-for-all.

This summer we plan to repaint the beloved Sunnyside Piazza at SE 33rd Ave. and Yamhill St. The piazza is one of the oldest intersection art installations in Portland and it needs a refresh. If you are interested in helping out, please contact the Piazza Working Group at board@sunnysideportland.org.

Annual Board elections will be held Thursday, May 9. Please reach out to president@sunnysideport-land.org if you are thinking of joining the Board and want to learn more.

At our Thursday, April 11 Board meeting we will hear from the CEI Hub Task Force, which is building awareness around the dangers to all of Portland posed by the Critical Energy Infrastructure Hub, the bulk fuel storage facility located between the Willamette River and Hwy 30 in N Portland.

BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

We are looking forward to the 82nd Avenue Parade, "Roses in the Heart of Portland," on Saturday, April 27. Now presented by 82 Roses Community Enrichment Coalition, it remains a great event to celebrate the Avenue's long standing history as a place to go to eat, shop and celebrate community.

We are hoping to have a photo contest in June and July to highlight the many roses on the Avenue. Is there a photographer or rose lover who would like to assist us? Is there a space that would like to host a celebration of the winners? Contact us at 82ndaveba@gmail.com.

Welcome to Spring!

Belmont Area Business Association By Blake Armstrong

The Belmont Area Business Association (BABA) is in the early stages of planning our end of summer event: the 2024 Belmont Street Fair. Applications for vendors, sponsors and bands will open soon and we are very excited! To keep up with when registration officially begins, please follow our Instagram account, @belmontdistrict.

For membership information, please visit our website, belmontdistrict.org.

Hawthorne Boulevard Business Association By Nancy Chapin

Happy Spring! Looking forward to the next Boulevard Beautification Bunch Clean-up on the usual second Saturday of the month (April 13). We meet at Dairy Hill Ice Cream, or you can go out on your own if that is more convenient. Mainly, we want the Boulevard to feel clean and inviting to our neighbors.

In May, we will be letting you know where any Mothers Day specials can be found. Check out our website, hawthorneblyd.com, to find our social media icons and much more.

The 41st Annual Street Fair will be Sunday, August 25. Vendor forms are also on the website.

New Temporary Homeless Site Proves Successful

from page 1

them. Clinton Triangle has proved the exception and people are now queuing up for their turn.

The pods give guests safety, privacy and warmth, along with a multitude of other services available on site. Urban Alchemy care coordinators help guests create a "service plan" by entering them into the Homeless Management Information System (HMIS). This system identifies the barriers that prevent people from finding housing and helps guests navigate the bureaucracy of social services so they can move ahead. The ratio of staff to clients is one to 15.

Peter Finley Fry has been a board member off and on for the Central Eastside Industrial Council (CEID) for 30 years. His knowledge as a land use planner and urban studies master makes him a qualified spokesperson on the subject of the homeless in inner SE Portland. His take on the Clinton Triangle TASS is positive. "There is a problem to be solved and TASS is a creative transitional housing solution," he said.

Fry spoke to the fact that in the past there were poor farms and mental institutions in every state to help people who were floundering. Many of those institutions quit functioning years ago and there hasn't been a comprehensive mechanism in place to stabilize people in need of these types of services—until now.

Jeff Dickey, Urban Alchemy Director of Operations here in Portland, says Clinton Triangle has already been a success in helping people transition off the street. "Many of the people are coming from a fight or flight situation and the pods give them a safe place to decompress, set goals and grow emotionally," he said. He went on to explain that many of today's people experiencing homelessness have had a home, a job and relationships but a simple twist of fate has them living in their cars or on the street.

Dickey said the city and county and a myriad of other social service providers have made this possible by funding and offering their services. He especially acknowledges the Urban Alchemy staff whose skills at interacting and negotiating with the guests keeps things flowing smoothly in what could be a very volatile situation.

The people interviewed for this article believe the Clinton Triangle site is proving successful. Moving forward, it will be up to our governance with the backing of citizens to prioritize the funding and social services required to build more TASS and begin to solve our homeless crisis.

Get an Early Start on Allergy Season

from page 3

the most effective medicines and pretreatment strategies for your specific situation.

Managing your exposure outside

Keep an eye on an air quality indicator (like airnow.gov) to check on daily pollen loads in your area. Minimize outdoor time early in the morning and on windy days when pollen counts tend to peak. In the car, keep windows up and air conditioning set to recirculate filtered air, rather than bringing in pollen from the outdoors. If you're doing yard work, wear a face mask. This is not a good time to dry laundry outdoors, as windblown pollen can settle on your clothes.

Controlling the environment inside

At home, keep windows shut and use the air conditioner, making sure filters and vents are clean. Indoor air filters and vacuum cleaners with HEPA (High-Efficiency Particulate Air) filters can remove pollen particles that sneak inside. Take off shoes at the front door to avoid tracking pollen inside and wipe down your pets' paws and coats. Consider taking a shower before bed to

wash away pollen and avoid contaminating your pillow. And what if pollen has you sneezing? A saline rinse with a nasal irrigation device such as a neti pot can help rinse your nose out.

Going further with a formal diagnosis

If allergies are affecting your quality of life, a healthcare provider can advise you on pretreatment strategies and medication, as well as initiate testing to help you pinpoint your allergy triggers. A diagnosis can help patients pursue long-term strategies such as allergy shots or sublingual (under the tongue) allergy tablets, which desensitize the immune system by exposing it to very small amounts of the allergen. Typically, patients receive weekly shots for several months, followed by a maintenance phase of monthly shots that can last for three to five years. About 85 percent of patients experience relief.

While there is no permanent cure for allergies, a healthcare provider can help you find effective strategies to cut suffering. Legacy-GoHealth Urgent Care providers are available to help without an appointment.

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Sunday, April 21 bridgetobrews.com

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Wooden Shoe Tulip Festival

March 22 - May 5 woodenshoe.com

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