

# ELIOT NEWS

A Publication of Eliot Neighborhood Association

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Spring 2017

## Eliot Annual Spring Clean Up

By Sue Stringer

It's that time of year again when we get the urge to do a bit of spring cleaning and get rid of all that clutter that has been gathering in our closets, basements and garages. How convenient that the Eliot Neighborhood Association is organizing its annual spring clean up event where you can bring items that you no longer want that someone else may have been pining for and throw away that broken chair that's taking up valuable real estate in your shed.

This event on Saturday, May 13 from 10 am -2 pm at the Legacy Emanuel parking lot at N Graham and Williams is sponsored by Metro, BPS, and NECN (the Northeast Coalition of Neighborhoods) and allows us to collect reusable items, broken or unwanted electronics, books, clothes, household junk and old furniture just to name a few. It is the same stuff you would take to Good Will or the Metro transfer station with the convenience of one stop dumping.

This is the only fundraiser for our neighborhood annually and the fees that are charged are used to sponsor events and neighborhood activities. Also, the neighborhood association is a 501(c)3 non profit so any donations are tax deductible which is another bonus besides having cleaner closets, organized basements and clutter free garages.

There are a few rules that Metro will **STRICTLY** enforce. We absolutely can **NOT ACCEPT** any wood, paint cans, remodeling de-

bris like ceiling tiles, dry wall, flooring, siding, insulation, electrical wiring or panels, or fire proofing materials and refrigerators or anything that might contain asbestos or lead. (see article on page 9) They are not allowed in the landfill in the city of Portland so we cannot collect them. We also can NOT take any yard debris, dirt, stumps, hazardous materials, household garbage or curbside recyclables. ([oregonmetro.gov/asbestosrules](http://oregonmetro.gov/asbestosrules))

Outside of those prohibited items we can take other items that would fit in a dumpster.

We **CAN**, however, take your scrap metal and anything with a cord thanks to Green Century Recycling. Household items and furniture will be delivered to Community Warehouse. Books will be taken to the Children's Book Bank (new to the Eliot neighborhood) and Title Wave Books.

There will be an onsite swap meet so come by and see if anything suits your fancy and bring a bag of things you're willing to part with... or fill up your car's trunk or pickup truck.

We do offer a pick up service for seniors and disabled with a prior appointment. Please see page 12 above the calendar for more details on contact info for pick up or to offer to volunteer. We need people to help with unloading, sorting, traffic control and photography as well as for our walk around trash pick up. (see page 7 for info on this event). Hope to see you there!

## A World Champion in Our Midst

By Anna Daggett

Place yourself at the corner of NE 7th and NE Broadway. What businesses do you remember seeing there? A few weeks ago, I would have said, "A mattress store, a few bars, restaurants, and the Les Schwab tire dealership."

No one would have any idea that two-time boxing world champion, Molly McConnell, teaches people how to box above that futon store. Look up while passing by and you could see the words BOXING and GET FIT are painted on the windows of the second floor. However, just by sight, you couldn't have known that McConnell's Boxing Gym houses such talent, expertise, and strong community.

McConnell's Boxing Academy is unique for several reasons. McConnell's Boxing Academy is the only boxing gym in Portland owned and operated by women! Molly McConnell and her wife opened the boxing academy in 2012. Since then, they have hired skilled teachers and built a tight-knit community that revolves around practicing the science and technique of boxing.

McConnell's Boxing Academy is set apart from other boxing gyms because of the level of expertise that Molly McConnell brings to the table. Molly "Fearless" McConnell is the only female boxing world champion *ever* from the state of Oregon. She probably would have gone to the Olympics for boxing, if they had allowed women to compete when McConnell was at her boxing prime. Boxing has been an Olympic sport (for men) since 1904. It wasn't until 2012 that women were allowed access to this athletic challenge as well.

McConnell competed in professional boxing for a whopping 16 years and retired when she was 40. Throughout those 16 years of experience, she trained at a plethora of boxing gyms. She observed what works and what doesn't work at a gym. McConnell observed that the unstructured nature of most boxing gyms is detrimental to the growth of boxers-in-training. When she opened up her own gym in 2012, she created a structured curriculum that resembles the structure of other martial

arts gyms. McConnell not only operates the gym, but also teaches most of the classes Tuesday through Friday.

Another unique aspect of McConnell's Boxing Academy is their slogan, "Fighting Solves Everything." As McConnell explained, "Our point is not that fighting actually solves everything. But everyone is fighting something. People are fighting for their rights, their families, and their health."

She proceeded to tell me a story of a random lady who saw the bumper sticker, googled their business, and called in. The lady told her that she was 68 years old and was undergoing treatment for cancer. She was calling because she wondered if they sold T-shirts. The lady said, "I'm on a fixed income, but I really want to buy one of those shirts. Every morning, I wake up and I think, 'Today is another day that I'm going to fight.'" McConnell replied, "Come on in and I'll get you a free T-shirt. It's my gift to you for what you've got going on. Keep fighting."

Their slogan, equal parts inspirational and humorous, also speaks to McConnell's Boxing Academy's commitment to community engagement. Fighting solves everything. In this politically tumultuous time when many people's rights are at stake, McConnell's Boxing Academy is not passively sitting back. They are fighting:



Molly McConnell, world champion boxer and owner of McConnell's Boxing Academy

(See BOXING, page 6)



Eliot Neighborhood Association

The Eliot Neighborhood Association is a 501(c)3 nonprofit organization whose members are the residents and business owners of the Eliot Neighborhood. Its purpose is to inform Eliot residents about issues affecting the neighborhood through meetings, newsletters and other activities. Members of the neighborhood association must be over 14 years old and live, own property, have a business, or represent a nonprofit within the neighborhood. The Eliot Neighborhood Association was founded in 1969. It is recognized by the City of Portland, is a member of the Northeast Coalition of Neighborhoods, Inc., and its members represent Eliot on other committees.

Eliot Board

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Land Use and Transportation Committee

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- LUTC Vice Chair - Mike Warwick - mike.warwick@pnl.gov 503-284-7010
- Paul Van Orden - pvossicles@gmail.com 503-522-3648
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- Clint Lundmark - clintlundmark@gmail.com 503-552-8678
- Montse Shepherd- montsearribillag@gmail.com

Eliot Monthly Meetings

Meetings of the Eliot Neighborhood Association are held on the third Monday of each month at 6:30 pm St. Philip the Deacon Church, 120 NE Knott Street (unless noted otherwise). It’s a great opportunity to meet your neighbors, stay informed, help build a stronger community, and have input into city decisions that may effect you.

All meetings are open to the Public. All meetings are held at St Philip the Deacon Church 120 NE Knott Street.

- Mid-Year GENERAL MEETING – APRIL 17, 6:30-8:30pm
- Land Use Meeting - April 10, 7:00-8:30pm
- Neighborhood Meeting - April 17, 6:30-8:30pm
- Land Use Meeting - May 8, 7:00-8:30pm
- Neighborhood Meeting - May 15, 6:30-8:30pm
- Land Use Meeting - June 12, 6:30-8:30pm
- Neighborhood Meeting - June 19, 6:30-8:30pm

For agendas and more information, see www.eliotneighborhood.org

Directions: St. Philip the Deacon Church - southeast of the Matt Dishman Community Center on the corner of NE Rodney Avenue and NE Knott Street

Eliot News

Eliot News is published four times a year by the Eliot Neighborhood Association. It is mailed free of charge to every address in the neighborhood. It does not have an ISBN or ISSN.

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Rights to articles are retained by the author. Opinions of the authors do not necessarily reflect the official positions of the Eliot Neighborhood Association.

ELIOT NEWS AD RATES

The Eliot News is a quarterly with circulation of about 3,000 and is mailed to all of the homes and businesses in the Eliot neighborhood.  
Ad deadlines are 3/8, 6/8, 9/8, and 12/8.

Contact Sue Stringer at news@eliotneighborhood.org or 971-255-0697

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1/16 Page	4.9” W x 1.8” H	\$32	\$61	\$88	\$112
1/8 page	4.9” W x 3.8” H	\$64	\$122	\$173	\$220
1/4 page	4.9” W x 7.8” H	\$128	\$244	\$347	\$440
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Full Page	10” W x 15.8” H	\$534	\$1019	\$1455	\$1848

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Website: eliotneighborhoood.org @EliotNeighborhd  
Eliot Neighborhood eliotneighborhood

Letter from the Editor

By Sue Stringer

As I take my morning walk with my dog I am pleasantly surprised by the sweet smell of daphne as it blooms. The Eliot neighborhood is awash in all the colors of the rain-bow as bulbs and trees finally realize that spring has arrived.

I love this time of year for many reasons just one being the flora and fauna. I think that even more than the beginning of a new year in January, spring symbolizes to me the excitement and potential for new habits, experiences, relationships and adventures.

At our house there is a lot of activity in the garage as we sort through what we should be storing or passing along as donations or even as trash. It is lucky that our annual Eliot Spring Clean Up is just around the corner on May 13. It feels good to know that items that we no longer have a use for may be just the thing that could help out someone else. Be sure to start saving some items of your own to donate and also to throw away as it lightens the load both physically and emotionally. As one resident said to me last year at the clean up, “I feel so much lighter getting rid of all this stuff from my house”.

I also like to start new projects or go to events that I had not tried before. I know that I’ll be sure to check out Port City Development Center’s Art Gallery and garden this year and will definitely be seeing if I can help out at the Children’s Book Bank. Perhaps even a boxing class is in order to get fit for the summer!

Spending time outside in the sun

reading a good book is one of my favorite activities and we found a few great book stores and rediscovered the Albina Library too. Maybe there’s an Eliot book club in our future?

Lastly, we have an amazing media center and neighborhood space in Open Media which should be utilized. We are lucky to live in Eliot where it just keeps getting more interesting and is a great place to live.

Please let me know if you have ideas for articles or businesses or people we should spotlight. You can also submit a letter to the editor to share your ideas with our neighborhood. Give me a call for the address to mail a letter or email me anytime.

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Your Eliot Real state Report from...

KIRSTEN LOMAX SESSIONS

ELIOT NEIGHBORHOOD REAL ESTATE SPECIALIST

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Active Listings	Bed	Bath	Sq Ft	Price
522 NE Morris	4	2	3362	\$675,000
Pending Listings				
3116 N Vancouver	3	1.1	2245	\$525,000
60 NE Graham	3	2.1	1734	\$499,900
44 NE Ivy	3	2	2594	\$499,900
62 NE Grand	3	2.1	1767	\$509,900
Sold Listings				
58 NE Graham	3		1734	\$508,900
56 NE Graham	3	2.1	1767	\$510,000
120 NE Sacramento	3	2.1	2217	\$585,000
32 NE Monroe	4	1	2889	\$610,000

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# Letter from the Chair—Age of Changes

By Pat Montgomery

Growing up in Portland was and still is a wonderful experience. The native Oregonians are hard to find these days, so most people say, but all I have to do is hear someone call out Patty Montgomery and I know they knew me from back when. Back when the Vietnam War was happening, when the hippie movement hit Portland in full blast, when inner NE Portland was predominately African American, and when the music scene in this city was unbelievable.

The still wonderful experience is that Portland has not lost its charm of being an open loving community in the sense of being diverse, accepting of different individuals (keep Portland weird), and always having that feeling of someone willing to give a helping hand. As a previous taxi driver I use to listen to the visitors to our town rave about how clean it is here, how wonderful and kind the people are, and of course, my favorite, no sales tax. It made me proud to be a part of this city.

That is why I have chosen to be a participant the Eliot Neighborhood

Association. The involvement in neighborhood clean-up, concerts in the park, street painting, environmental issues, land use concerns, and getting to meet more members of my neighborhood whom share the same passion of helping better our community because it starts at our own front door.

See, the old Portland in me is no different than the new Portland in me except when I have had to learn to have more patience due to lack of neighborhood parking and increased traffic (ugh) due to a larger population of people in this city. You see the secret got out – Portland is one of the most livable cities. Let’s keep our neighborhood livable, keep our streets clean, meet our neighbors, watch out for each other, listen to music together in the park, and make a safe place for our children. Let’s also address the parking issues, the traffic congestion, the never ending need for affordable housing, the issue of increasing car break ins, and lets help keep our streets safe together. Let’s start here.

# Art on Williams: The Port City Development Center

By Alexandra Weinstein

Perhaps the beautiful artwork in the window has caught your eye as you drove up Williams Avenue. Or maybe you’ve been surprised by the sight of two energetic goats clambering atop a shed in a nearby garden. Lastly, maybe the sight of a larger-than-life tree frog gracing the side of the building at Williams and Thompson caused you to muse to yourself, “What exactly is Port City?”

The Port City Development Center is a non-profit day program for adults with developmental disabilities. At 9 AM every weekday morning, about 150 participants come to the center to participate in a wide variety of activities. While the vast majority of activities are arts-based, some participants are drawn to the center because of the wide array of community-based excursions the center coordinates. Participants who elect to remain at the center for the day can immerse themselves in a wide variety of artistic endeavors including woodworking, music-making, textile design, sewing, painting or drawing. The artists are self-directed in their work, with the highly talented staff lending support to activities when needed or requested. Many of the center’s participants experiment with work in multiple media.



Resident goats - Salt and Peppa

Participants also have the opportunity to visit other artists’ studios city-wide, and several artists have visited the center to conduct workshops.

Port City further offers extensive experiences in animal husbandry and gardening. Their gardens are ADA-accessible, so that participants who are in wheelchairs are able to access the gardens as well. Staff work to accommodate the specific needs of the gardeners, and are highly inventive in their efforts to make the activities and tools match the abilities of the participants. The garden supplies pesticide-free products to some area restaurants. Participants work to care for Salt and Peppa, a mother-daughter goat pair that live in the garden on Thompson Street.

When I asked Program Manager Chandra Glaesman what the Eliot community could do to support Port City, she noted that the Eliot neighborhood residents and local businesses have already been very supportive of the center. She noted that Goldrush, Tiny’s and Jackson’s demonstrate continual support of the program through hosting exhibitions of the participant’s work, and through supporting participant’s autonomy as they frequent their businesses during neighborhood walks. Glaesman also added that many program participants go on morning adventures through the Eliot neighborhood, and should we see a group of program participants making their way down the sidewalk, we should be sure to extend our neighborly greetings. Lastly, she encouraged Eliot residents to consider patronizing the art gallery when we are looking for fine art or gifts. The gallery has a variety of beautiful pieces, ranging from art and tapestries made to be displayed on a wall, to other pieces like wallets and oven mitts that make fantastic gifts and are carefully handcrafted. The artists determine their own prices for their pieces, and keep 70% of the sale price (a much higher commission than galleries found elsewhere in the city!), with the remaining 30% used directly to purchase more art supplies for the program.

So, be sure to stop by the Port City Gallery at 2124 Williams Avenue when looking for gifts for friends and family members, or fine art for your home.

For more information about the Port City Development Center be sure to visit the program’s website, <http://www.albertinakerr.org/programs/DevelopmentalDisability/CommunityInclusion/PortCity> and find them on Instagram at #projectgrowportland, where you can see the artists’ works in progress and their adventures around Portland.



Gallery exhibit at Port City

When I visited the center, an artist had just completed a hanging sculpture that combined dyed yarn, clay, and wire. Nearby, a mannequin displayed a rough tweed suit decorated with fine embroidery, reflecting the artist’s inspiration of current street fashion trends. Recently, center participants expressed that they were interested in creating an avant-garde film, to which the staff responded with enthusiasm. Now, several artists at Port City are creating costumes and a set for the film. They are experimenting with scale through modeling miniature buildings to create the backdrop for their story. The film will ultimately be screened publically (be sure to stay tuned into the Port City website for screening information!). Walking around the center, the energy of the creative process abounds.

The staff at Port City seek opportunities to further expose Port City’s participants to sources of inspiration within Portland in support of the artists’ creative processes. Port City artists recently viewed the LEGO exhibition at the OMSI and found inspiration for their own built works. Par-

BAR

VENUE

JAYPOST

MARGARITA MONDAYS

ALL HOUSE MARGARITAS ON SPECIAL

TACO TUESDAYS

TACOS FOR 2.50

TRIVIA TUESDAYS

TRIVIA EVERY TUESDAY AT 7PM

THE PEOPLE'S OPEN MIC

EVERY SUNDAY AT 8PM

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★3120 N. WILLIAMS AVE★



# Using Laser Treatment to Erase Memories — Legacy Emanuel’s Oregon Burn Center Celebrates 1 Year of Laser Treatment Therapy

By Vicki Guinn

Janelle Roha, blinded by the thick smoke from her burning home, frantically searched for a way out. She felt the coolness of the window and thought, "safety."

But the heavy black smoke she was forced to breathe was too much and she passed out. She came to long enough to feel a tube in her throat and the vibrations from an engine. That was September 3, 2015.

Weeks later, Janelle woke up from a medically-induced coma and learned she was airlifted by Life Flight that fateful day to Legacy Health’s Oregon Burn Center (OBC). Heavily sedated and wrapped in gauze, she learned she had suffered third degree burns on her neck, back, legs, arms, hands, and face – 30 percent of her body.

Janelle’s 17-year-old daughter had run out the burning home that morning to get help from a neighbor and an off-duty firefighter. They knocked down the door and pulled Janelle to safety. She heard their beloved dog, whose barking woke her up that morning, perished in the fire. Although the fire had almost devoured the family home, she was alive and thankful she had a loving husband, family, and friends there to support her on a long journey to recovery. This was October 4, 2015.

After 49 days, Janelle was released from the OBC and went to the Legacy Rehabilitation Institute of Oregon for one week then dis-

charged to home. The scars went with her. Scars can cause emotional pain too. Burn survivors get looks of horror from total strangers and are shocked when they see their own reflection. “Getting looks of pity or catching my own reflection in a window or mirror was startling,” says Janelle. She was also left with limited movement in her hands making it difficult to pull on clothing and continue her work as a full-time florist.



Janelle before laser treatments. Courtesy of Janelle Roha

After multiple skin grafts, Janelle still had physical reminders of that morning. Thick scars from her burns and patches of discolored skin where doctors had to take grafts were visible reminders of what happened that day. Nathan Kemalyan, M.D., a burn surgeon with the OBC, recommends laser therapy treatment for patients like Janelle. The treatment appealed to

Janelle and she became one of the first patients to receive laser treatment for burns.

Legacy Emanuel began offering pulsed-dye laser and fractional CO2 laser treatment therapies in 2016 to treat patients with hypertrophic (raised) scars caused by burns and other traumatic injuries. These treatments are designed to reduce stiffness and reduce the appearance of scars. Typically patients need four or more laser treatments, with several weeks between each one. They go home the same day as treatment and use medication to manage any discomfort.

Dr. Kemalyan says specialists in other burn centers across the country have been using this technology with good results for several years. “Most patients reported their scars were improved; they’re more flexible, flatter and smoother with less itchiness.”



Janelle after several laser treatments. Courtesy Janelle Roha

The pulsed dye laser goes through the skin — without breaking it — to destroy tiny blood vessels near

the surface of the scar. This causes the scar to shrink, become less red, and less itchy. The fractional CO2 laser therapy, is used to treat older scars. It is designed to reduce feelings of tightness and to improve the appearance of the scar. This laser removes a very thin layer of tissue from the surface of the skin without removing deeper layers.

“I encourage burn patients to get the laser treatment,” says Janelle. “The tightness, pain, itchiness, and sunburn feeling have completely gone away.” Janelle says her scars are greatly reduced. Before the fire, she was an outdoors person who enjoyed fishing, camping, and gardening. She’s hoping to regain more functionality in her hands with the remaining treatments.

Janelle says it was the support of her grandchildren, husband and family that helped her healing. “They are my world. Things can be replaced but they can’t.”

Since Janelle, more than 37 patients have received laser treatment at Legacy Emanuel. Drs. Kemalyan, Thakar (plastic surgeon), and Eshraghi (burn surgeon) are trained and certified in laser treatment therapy.

For more information on Legacy Emanuel’s Laser Therapy treatments, go to <http://bit.ly/2kGXHkt>.

For more information, contact Vicki Guinn, Legacy Emanuel public relations, [vguinn@lhs.org](mailto:vguinn@lhs.org) or 503-413-2939.

## Within and Beyond the Borders of Eliot: A Bounty of Bookstores and Other Bookish Businesses

By Sue Stringer and Anna Daggett

*This column features businesses in Eliot and just beyond our neighborhood’s borders to help our residents learn what exciting businesses and opportunities are located in and around our amazing neighborhood.*

This issue’s focus is on some locally owned businesses where you can buy, borrow or donate books. There are literary events and volunteer opportunities as well as just some good old fashioned bound copies of reading material.

### Within Eliot...

#### The Children’s Book Bank



The Children’s Book Bank is a local nonprofit that engages the community in collecting, sorting, and distributing new and gently used books to children who might not otherwise have books in their homes. Children living in poverty

often enter school lacking the foundational vocabulary needed to learn to read and early literacy skills are directly linked to a student’s success in school and beyond. That’s why The Children’s Book Bank collects and distributes books to children in need ranging from birth through eighth grade. We distribute books through Head Start programs, public schools, and more.

Since its inception in 2008, The Children’s Book Bank has collected and distributed over 500,000 books to more than 35,000 children in the Portland area. We engage the public through schools, faith groups, civic groups, businesses, and individuals. The Children’s Book Bank accepts donations of new and gently used books during its regular office hours and financial donations are also appreciated.

Volunteers are the heart of The Children’s Book Bank. We wel-

come individuals and groups, including corporate partners, to help collect, clean, sort, bundle, and distribute books throughout the year. Volunteers can participate in one 2-hour session or on a regular basis and families are welcome. Please contact The Children’s Book Bank to learn more at [info@childrensbookbank.org](mailto:info@childrensbookbank.org).

*The Children's Book Bank  
1915 NE 7th Avenue  
Portland, OR 97212  
(503) 616-3981  
<http://www.childrensbookbank.org>*

#### Black Hat Books



Black Hat Books is an eclectic bookstore that opened only a year ago. Located between Stanton and Graham on MLK, it is home to unique collections of Latino and

Native-American literature and history, as well of one of the largest collections of African-American literature, history, and poetry in the Pacific Northwest.

Black Hat Books is owned by a man named Fred Nemo, who is a self-proclaimed “hoarder of books.” He has been frequenting Powell’s since the 1970s and has accumulated 30,000 - 40,000 books in his own home. All of the books now on sale at Black Hat Books were once part of Fred’s personal collection. When asked if he ever got sentimental about parting with his books, he replied, “Everything here is a duplicate. I have every single one of these books at home.”

Black Hat Books is in the process of applying for nonprofit status. The goal is to have their permanent Latino, Native-American, and African-American collections ac-

(See *ELIOT* on page 11)



# Open Invitation to Open Signal—A Full Scale Media Arts Center

By Sue Stringer

At the corner of NE Graham St and MLK Boulevard lies a building which, from the outside, looks like many other buildings in the neighborhood. However, on the inside is a newly renovated community space occupied and run by Open Signal.

What is Open Signal you may be asking yourself? Well, have you ever wanted to learn how to use the audio and video equipment to film a movie, or do you have a good idea for content for the public access channels or maybe have you wanted to get to know some of the artists in town and learn about their artistic process? Open Signal offers opportunities for all of these and much more.

Originally called Portland Community Access and focusing on providing content for the public access channels for the last 35 years, the media arts center is now making media production accessible for anyone and everyone in Portland. Rebecca Burrell, the Director of Strategy and Development, led our tour of the renovated facility and shared Open Signal's vision for the future of the space and the educational opportunities they offer.

Starting in 1981, Portland Cable Access was formed to create content for Portland's public access channels. Its main focus was to provide programming for these broadcasts. There was very little education on how to create this content or use the equipment that was offered to the public. However, nationally the scheme started to shift and moved to focusing to how you give the people the skills and tools that they wouldn't normally have access to for this technology. Portland Cable Access wanted to make sure the whole community was being served. Burrell says, "That's when they became the Portland Community Media Center. They started offering access and education. All of those values still hold true but cable is not the only medium anymore and it is not

quite as vital as it was in the '80s so we're looking at what are other ways to engage media."

Launching in 2017, Open Signal builds on this 35 year legacy of Portland Community Media Center to create something unique to Portland and also the Pacific Northwest. Offering a co-working space, artist residencies, workshops, classes, studios, and space for residents to just come and hang out or get access to computers and internet, there is something for almost everyone.

As their catalog states, "Open Signal combines the equipment and facility of Portland Community Media with new leadership, programs and former staff from the Hollywood Theatre, former staff from the Regional Arts & Culture Council and significant investment from the City of Portland. This is a new vision for community-driven media."

"We are building Portland's first full-scale media arts center," says Justin Harn, Open Signal Executive Director.

Harn was hired in January 2016. He was previously the executive director of the Hollywood Theatre and when he came to Open Signal he brought some staff from the theater and all of the curriculum. The classes cap at 12 students which allows for lots of contact with the instructor. The media classes teach students to use software and equipment, let you experiment with technology and certify you to use their equipment library and production studios, which happens to be one of the biggest studios in the city. The classes are offered to kids ages 8 – 18 and to adults as well. Also offered are summer camps, artist talks, and a wide variety of workshops. Once certified you can check out some of the almost \$650,000 worth of state of the art equipment that Open Signal has in its inventory.

In addition to the classes that are offered onsite at Open Signal, they also partner with local K-12

schools including Open School North, an alternative middle school in North Portland, facilitating a curriculum integrated media program.

Another great opportunity is Stream PDX, the podcast and storytelling studio led by Tyesha Snow which is located in a trailer in Open Signal's parking lot where you can purchase a membership and then record your own podcast. We are hoping to start our own neighborhood podcast if anyone is interested in getting on board for this thrilling adventure.

Starting in the fall of 2017 Open Signal's televised content will become available online which will increase access and viewership accommodating those who get their media via the internet rather than by traditional television.

"We're excited to be in the neighborhood and want to show our support and honor its past and have people walking down the street come use our space," says Burrell. "Anyone can come create content with no censorship at all."

Want to learn more or see the facility and equipment for yourself? Feel free to stop by or make sure to come to the next Open House on May 6 from 4-10pm. You can

tour the facility and see the equipment, attend a workshop, record a podcast, register for classes, enjoy some refreshments and tell staff how Open Signal can best serve the community.

Burrell says, "We are excited about how arts can help build community and inspire conversations." So come help form some new neighborhood connections, discover your creativity, and maybe record an interview in our podcast to be shared with our city and Eliot residents for generations to come.

For more information about Open Signal or to sign up for their classes:

Open Signal  
2766 NE MLK, Jr. Blvd  
503-288-1515  
opensignalpdx.org  
info@opensignalpdx.org

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# Letter from the Land Use Chair: Rezoning Eliot and its Effects

By Allan Rudwick

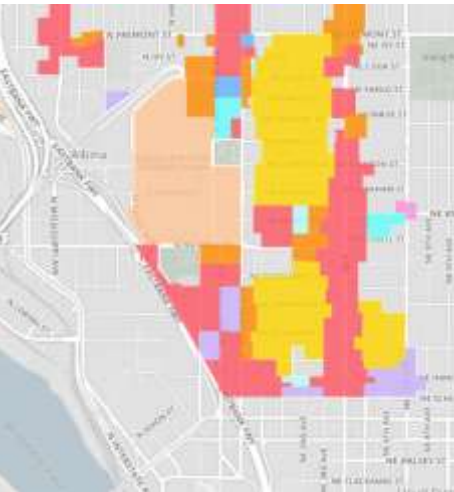
Much has been made of the Eliot historic conservation district rezoning proposal. Most of residential Eliot is being down-zoned from R2 to R2.5 which is more reflective of what is currently on the ground and slightly limits what can be built after tearing down an existing house. (The corridors are mostly getting up-zoned slightly and a new mixed use zone instead of the RX or EX designation they had before.) Detailed map here: <https://www.portlandmaps.com/bps/mapapp/maps.html#mapTheme=rz>

However, another proposal is going through the city right now called the Residential Infill Project. This project will be effectively increasing what can be built in single-family zones across the city.

It will be allowing:

- Internal house conversions (creating multiple units inside an existing house).
- Secondary accessory dwelling units (one inside the house and one detached).
- Cottage cluster development (multiple smaller houses on a single lot).
- Stacked flats (units arranged on top of each other as opposed to side by side).

Many of these changes, when combined with the down-zoning to R2.5 will have the effect of actually increasing the allowable density in Eliot. Essentially if you were a density advocate worried about Eliot’s down-zoning, fear not, we are still up-zoning. Just not quite to the extent that we would have before. There are a lot of moving pieces so we’ll have to wait for a more finalized draft to see the real effect of these changes, but I expect that we will be glad we down-zoned the historic conservation district to match neighboring zoning. Time will tell.



Interactive detailed map and legend can be found at <https://www.portlandmaps.com/bps/mapapp/maps.html#mapTheme=rz>

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(BOXING from page 1)

organizing a box-a-thon fundraiser on April 8th for the ACLU. Participants in the box-a-thon will do as many rounds on the bag as they can in three hours. People who want to support the box-a-thon and the ACLU can pledge a flat fee or pledge per round. If you are interested in pledging, please call the gym, (971) 266-1151, or email them at [mcconnellsboxing@gmail.com](mailto:mcconnellsboxing@gmail.com). As McConnell emphasized, “People won’t pay the gym. One of our members is setting up a specific account so that 100% of the proceeds go directly into that separate account and directly to the ACLU.”

If you are interested in becoming a part of the strong fitness community housed by McConnell’s Boxing Academy, consider taking advantage of the free introductory class that they offer. McConnell recommends that beginners try the cardio boxing class first and proceed to other technical classes af-

terwards.

McConnell describes the environment this way, “Boxing can seem like an intimidating thing to do if you’ve never done it before. We take all levels. Everything is tailored towards the individual. You can go at your own pace. The classes have a really great mix of levels: people on the Boxing Team who are very skilled next to complete beginners. There’s always someone that can help you if you have questions.”

The next time you’re at NE 7th and NE Broadway, look up to the second floor! Consider checking out the boxing gym gem that is located right in our neighborhood.

For more information:

McConnell’s Boxing Academy  
707 NE Broadway, Suite 201  
971-266-1151  
[mcconnellsboxingpdx.com](http://mcconnellsboxingpdx.com)

# Spotlight: Gina Kieval—Instructor at The People’s Yoga

By Sue Stringer

There are many yoga studios and yoga instructors in the city of Portland, but we want to focus on an instructor from The People’s Yoga who is from our northeast quadrant of the city with an expansive resume and who has trained instructors in an unexpected venue.

With over 20 years’ experience studying and teaching various forms of movement disciplines, Gina Kieval is known for her soulful and empowering teaching style. She infuses her lifelong study of dance, Gyrotonic, and qigong into a unique synthesis of yoga asana, meditation, and creative process. A former professional dancer, Kieval initially started teaching Yoga through the volunteer organization, Living Yoga, a local nonprofit focused on bringing yoga to youth and adults in correctional facilities and drug treatment centers. She completed her 200 hour certification in 2012. Kieval brings to her classes her love of music as a ritual backdrop, kinesthetic awareness and structural integrity to cultivate both strength and a sense of freedom within each individual student’s capacity.

In addition to her current classes at The People’s Yoga, she continues to teach yoga in prisons. Starting in 2009 she started teaching classes at a few of our correctional institutes. Seeing its benefits to the inmates she wanted to take the yoga instruction further. In 2015 she worked with the Daya Foundation to co-facilitate a 200 hour teacher training at Oregon State Correctional Institute for inmates who are now Yoga Alliance certified yoga teachers and are conducting weekly classes on the inside.

Kieval also teaches Gyrotonic, a unique movement method that’s designed to stimulate and open new neural pathways, increase range of motion, and improve strength and movement efficiency. Kieval’s yoga classes at The Peo-



Gina Kieval, yoga instructor and neighbor

ple’s Yoga focus on fluidity in asana, precision and subtlety of alignment, and a reverence for the body’s innate intelligence. She invokes a sense of artistry of movement and believes teaching is very much an experience of reciprocity. “We come together to share a sacred space for a brief moment in time and there’s an exchange that happens...bodies moving in unison, yet in different individual rhythms, souls speaking their own private languages yet still connecting to something common.”

Even though she has been practicing yoga for over two decades she says that she still feels like there is so much to learn so we should never think that this is a class with a definite end point but a journey. Try out a class with Gina at the Mississippi Street location of The People’s Yoga and maybe you will find that yoga is just the thing that you were missing in your life or a welcome continuation of your own yoga practice.

Kieval’s classes are on Tuesdays and Thursdays from 12:00-1:30 pm and Saturdays from 10:30-11:45 at The People’s Yoga at 855 N Failing Street (at Mississippi Avenue).

For questions or more information you can reach her at:

[Ginakieval@gmail.com](mailto:Ginakieval@gmail.com).

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## An Eliot Neighborhood Company Rallies Businesses to Back Refugees

By Carrie Sturrock

A Portland effort to rally businesses in support of refugees started in the Eliot neighborhood. We Hire Refugees (<https://wehirerefugees.org/>) was launched by Indow on N. Interstate Avenue in partnership with the nonprofit Immigrant Refugee Community Organization. The initiative is designed to rally businesses of all sizes to declare that refugees make our communities and businesses stronger. More than 45 businesses have signed including New Seasons, Ziba Design, Zapproved, Neil Kelly and IdeaLegal.

If a business isn't in a position to hire refugees, it can still sign the declaration and use the We Support Refugees or We Welcome Refugees badges.

Sam Pardue, CEO at Indow, began working on the initiative last spring with IRCO when he became worried about the negative political rhetoric around refugees. Indow employs four refugees, three from Burma and one from Iraq. They are some of the most hardworking people at the company, Pardue said.

"What I was hearing didn't describe the people I have the honor of working with every day. I hated seeing them feel scared."

President Trump issued an executive order Jan. 27 that barred people from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen from entering the U.S. for 90 days, banned refugees for

120 days and called for indefinitely stopping Syrian refugees from entering. Immediately after that, Pardue put his company in overdrive to roll out the initiative and rally the business community to support refugees and educate the public.

When refugees are granted entry, they have gone through extensive background checks and are here legally and are fully authorized to work. But that doesn't make it easy for refugees to find jobs, the cornerstone of a stable life in the U.S.

The We Hire Refugees initiative reads in part:

"We, the undersigned, believe hiring refugees makes our communities stronger and our companies more competitive. We know refugees are often highly skilled and have strong work ethics, in keeping with a nation built by hardworking immigrants. We know refugees often become valuable and loyal team members. They become one of us."

Indow makes custom interior thermal window inserts to create a more energy efficient built environment to fight climate change. Climate change induced drought contributed to the Syrian conflict and its refugee crisis. "Over time, rising seas and increased drought will displace more people and so it's incumbent on the world to be open to helping and welcoming refugees," said Pardue.

## Dining and Drinking in Eliot

### Breakfast/Coffee/Cafés

Bridges Café	2716 NE MLK Jr.	(503) 288-4169
Eliot E-Mat Café	2808 NE MLK Jr.	(503) 280-8889
Goldrush Coffee Bar	2601 NE MLK Jr.	(503) 331-5955
Little Gotham Coffee	722 N Page St	
Pine State Biscuits	125 NE Schuyler	(503) 719-5357
Tiny's Café	2031 NE MLK Jr.	(503) 467-4199
TwentySix Café	2723 NE 7th	(503) 284-6033

### Bars/Taverns

820	820 N Russell	(503) 284-5518
Bill Ray's Dive	2210 NE MLK Jr.	(503) 287-7254
Bunk Bar	128 NE Russell	(503) 327-8234
Ex Novo	2326 N Flint	(503) 894-8251
La Brewatory	670 N Russell	(971) 271-8151
Reverend Nat's Taproom	1813 NE 2nd	(503) 567-2221
Secret Society	116 NE Russell	(503) 493-3600
Sloan's Tavern	36 N Russell	(503) 287-2262
Waypost	3120 N Williams	(503) 367-3182
White Eagle Saloon	836 N Russell	(503) 282-6810
Widmer Gasthaus	929 N Russell	(503) 281-3333
WineUp On Williams	3037 N Williams	(503) 616-1918

### Groceries

Cathay Market	2858 N Williams	(503) 288-0330
Chuck's Market, J&S Grocery	2415 N Williams	(503) 281-6269
New Seasons Market	3445 N Williams	(503) 528-2888
Knott St Grocery	2709 N 7th	(503) 284-7490
Super Market	2322 NE MLK Jr.	(503) 281-0844

### Lunch/Dinner

Broder Nord	2240 N Interstate	(503) 282-5555
Izakaya Kichinto	102 NE Russell	(971) 255-0169
Mint	816 N Russell	(503) 284-5518
OX	2225 NE MLK Jr.	(503) 284-3366
Pizza A Go Go	3240 N Williams	(503) 335-0300
Popeye's	3120 NE MLK Jr.	(503) 281-8455
The People's Pig	3217 N Williams	(503) 347-2357
Queen of Sheba	2413 NE MLK Jr.	(503) 287-6302
Russell St Bar-B-Que	325 NE Russell	(503) 528-8224
Sizzle Pie	125 NE Schuyler	(503) 234-7437
Pocket Pub	2719 NE 7th Ave	(503) 287-3645
Sparky's Pizza	2434 NE MLK Jr.	(503) 282-3000
Toro Bravo	120 NE Russell	(503) 281-4464

## Volunteers Needed for Eliot's Litter Pick-up Event

**Please mark your calendar and volunteer to  
beautify your neighborhood!**

**What:** Eliot Neighborhood Litter Pick-up

**When:** Saturday, May 13th, 11am-1pm

**Where:** Legacy Emanuel parking lot, 120 N. Knott St.

**Why:** Please join your neighbors to help beautify Eliot and save our urban wildlife and waterways from trash! Supplies, refreshments, and good cheer will be provided.

**Register in person, or  
online: [http://  
www.solveoregon.org/](http://www.solveoregon.org/)**





# Major Expansion Project Planned for Legacy Emanuel Medical Center Campus

By Vicki Guinn

Legacy Health has announced a replacement and expansion project on the Legacy Emanuel Medical Center campus that would add new surgical suites and a new space for the Legacy Oregon Burn Center. Plans are to build a new four-level facility with parking for 100 cars on the N. Kerby Street lot, adjacent to the hospital and current operating rooms. This is the first major expansion on the Legacy Emanuel campus since the opening of Randall Children’s Hospital in 2012.

“We are experiencing growth constraints on our campus,” says Lori Morgan, MD, president of Legacy Emanuel Medical Center. “We also have physical and functional space limitations for current and new clinical programs. We’re building to expand and upgrade our services to accommodate these programs and to better serve our growing patient population.”

Legacy Health recently consolidated all open heart surgery at Emanuel in addition to adding advanced and interventional cardiology services and a new multi-person hyperbaric oxygen therapy chamber. The campus offers additional outpatient services, a comprehensive stroke center, ECMO (Extra Corporeal Membrane Oxygenation), and a Level 1 trauma center. The Legacy Oregon Burn Center is the only facility of this kind between



Artist’s rendition of the new Legacy Emanuel building to house the Oregon Burn Center and surgical suites

Seattle and Sacramento.

Some of the features of the new \$210 million, 340,000-square-foot facility include:

- Larger operating room suites with standardized equipment
- A cardiovascular intensive care unit
- Seven state-of-the-art cardiovascular catheterization lab suites
- Burn center
- Electronic perioperative tracking system
- Spacious family waiting areas
- New MRIs to accommodate anesthetized patients
- A larger central sterile processing unit
- 100 additional parking spaces with central elevators with lobby access

Construction on the four-year project is scheduled to begin in 2017.

## Where to Get Financial Assistance for Childcare?

By Jackie Waters

There is so much more to raising a child today than just loving them unconditionally and teaching them the right values. According to the US Bureau of Labor Statistics, 64.2 percent of women with children under 6 years old were either working or looking for jobs in 2015. If both parents are working, you may have to think about leaving your kid in a childcare facility.

What’s more, childcare costs in the United States are ridiculously high. American families spend an average of \$18,000 per year on childcare costs. Looking at this amount, it is perfectly normal to think that you cannot afford a daycare, nanny, or even health insurance! The good news is that there are various ways in which you can get financial assistance for childcare. Some of them are:

### Child and Dependent Care Tax Credit

You may not know about it, but you can enjoy some tax savings when you send your kids to daycare facilities. When you are paying someone else to



Photo courtesy Pixabay

take care of your kid for you, you can claim a tax credit using Form 2441 (<https://www.irs.gov/uac/about-form-2441>), or the Child and Dependent Care Tax Credit. This form can be used to enumerate up to \$3000 of childcare expenses, and that too for each child.

### Flexible Spending Account (FSA)

A Flexible Spending Account is an account that allows you to keep money aside for various health expenses. These funds can also be used for medical and dental expenses of your children. An FSA account is usually



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managed through a health plan offered by your workplace. The best thing about the money saved in the FSA account is that you do not have to pay any federal income or employment taxes on it. The key to remember here is that there is a cap on the amount that you can put aside in this account. As of 2016, the amount of money that you could put away in an FSA account was \$2600.

### Childcare and Development Fund

No matter what state you live in, you will find some sort of governmental financial aid when it comes to childcare. Most of the financial assistance will be administered through the Childcare and Development Fund (CCDF). Developed by the US Department of Health and Human Services, this fund aims to help individual states offer childcare facilities for working parents, low-income families, and even for parents who are attending school. The thing to remember about CCDF is that it has strict guidelines about income groups and the age of the children. So you may only be eligible if your children are under 13 years of age.

### Military Subsidies

If you belong to a family that has served in the US military, you can definitely take advantage of the military subsidies offered by the government. Childcare Aware of America offers subsidies to eligible military families to take care of the childcare expenses in the US. The amount given is based on the Total Family Income (TFI) of these Army families. If you belong to one of these families, you will receive monthly payments

through Childcare Aware of America.

### Children’s Health Insurance Program

The Children’s Health Insurance Program (CHIP) is mainly for those kids who are not eligible for Medicaid. This program gives children up to 19 years of age all the benefits of the standard Medicaid package, as well as the benchmark or benchmark-equivalent coverage.

### Free and Low-Cost Summer Camps

When money is tight, it can be difficult to find funds to cover fun extras such as summer camps. But the good news is there are some summer camp options (<https://www.care.com/c/stories/3319/8-free-or-cheap-summer-camp-options/>) that won’t break the bank. One of the first places you might look is at your church. Does it, or any other place of worship in your area, offer a low-cost summer program? Next, you might look into which non-profits in your area are offering camps. Often, these organizations offer programs funded by outside donations so the amount camp-goers have to pay is limited. The same goes for local businesses and even some public/local government departments. If your child really wants to go, don’t count summer camp out based on financial concerns. Chances are you’ll be able to find at least one free or low-cost option in your area.

Apart from these, you can also check if your workplace provides any childcare assistance. There is financial aid out there; you just need to figure out what you are eligible for.



### **'North Williams – Port City' Community Workshop**

Please join us for the first community workshop for the

'North Williams – Port City' affordable housing redevelopment project:

**Thursday, April 27, 2017 at 6pm - 8pm**

**New Song Community Church**

**2511 NE MLK Jr Blvd. (Russell St. Entrance) Portland, OR 97212**

This interactive event will be an opportunity to come together to:

**Learn** about the project

**Identify** needs/opportunities to create a thriving community

**Explore** site and building design preferences

Food and beverages provided

Childcare and language translation provided upon request

Please RSVP by Friday, April 21<sup>st</sup> to [rsvp@designculturelab.com](mailto:rsvp@designculturelab.com)

or call 971-337-0638

## Be Asbestos Wise When Remodeling - Exposure and Disposal

*From Bureau of Planning and Sustainability*

If you have an upcoming home remodel or other improvement project that will create waste from the construction site, you'll want to know about steps you can take to protect your health and reduce your exposure to asbestos. You'll also want to make sure your materials don't contain asbestos, and if they do, you'll want to know how to handle and dispose of them properly.

Asbestos is a common term for a group of naturally occurring minerals used in thousands of building products in the U.S., most extensively in the 1940s through 1970s. Asbestos was used because of its various qualities such as durability, flexibility, and resistance to heat or electricity.

Asbestos is known to cause lung cancer, asbestosis and mesothelioma. There is no safe level of exposure to asbestos. To protect the health and safety of the public, Metro is taking steps to prevent the delivery of asbestos-containing materials to its transfer stations in Northwest Portland and Oregon City.

Beginning in early 2016, Metro required certain types of construction materials to be tested for asbestos before those materials could come to a Metro transfer station. Starting April 1, additional types of construction materials will need to be

screened for asbestos before they can come to a Metro transfer station. Any materials that contain asbestos cannot be taken to a Metro transfer station and will need to be taken to a DEQ-certified disposal site.

Before you start a remodeling, demolition or construction, you'll want to take these steps to protect your health and safety:

- Use an accredited asbestos inspector to survey your project for materials that may contain asbestos.
- Have any suspect materials tested by analytical laboratory.
- If your construction waste will go to Metro Central or Metro South transfer stations, fill out a Metro Construction and Demolition Waste Acceptance Form, available online at [www.oregonmetro.gov/asbestosrules](http://www.oregonmetro.gov/asbestosrules).
- Bring survey or test results and your waste acceptance form with your load to show it contains no asbestos. If you do not have the proper paperwork, your load will be turned away.

More information about Metro's asbestos testing requirements can be found at [oregonmetro.gov/asbestosrules](http://oregonmetro.gov/asbestosrules) or by calling Metro's Recycling Information Center at 503-234-3000.

## PBOT News Blog: Tell us about your apartment's bicycle parking

Where do you currently store your bike?

Where do you WANT to store your bike?

As the City of Portland continues its work to reach 25% bicycle mode split, have you ever wondered where all the bikes will park? We've seen the public, blue staple racks along the right-of-way, but what about the office worker – where do they park their bike for the 8+ hours during the work day; or what about people who live in apartment buildings – where do they store their bikes every evening?

The Portland Bureau of Transportation (PBOT) is currently in the middle of reviewing and updating the Bicycle Parking code requirements to ensure the provision of adequate, comfortable, accessible and secure bicycle parking for new buildings and major redevelopment throughout Portland. The current text of the Bicycle Parking section of City Code (Chapter 33.266 Parking and Loading) was largely written and adopted in 1996 [there was a significant update in 2004 for short-term bicycle parking; and in 2010 to update the amount of required long-term bicycle parking spaces for multi-family dwellings].

PBOT has convened a Stakeholder Advisory Committee to help guide the process and address key issues around short and long term bicycle parking in new buildings. While the committee is grappling with a number of key issues, one of the current focus areas is on apartment/ multi-family dwelling bicycle parking, and specifically how and where to provide long-term, secure bicycle parking for residents.

We have developed an online commu-



nity survey regarding apartment bicycle parking, because, at this time, the Stakeholder Advisory Committee doesn't feel that it has enough user input on this topic. The survey addresses questions regarding the types of bicycles people own, where they are able to park their bicycle (long-term, secure), and their personal preferences for bicycle parking. A popular statement is that, "Portlanders love their bicycles so much that they want to sleep with them as close by as possible." While there might be some truth to that statement, we want to hear from users about their issues with bike parking and where they would prefer to store their bicycles.

Please weigh in on the bicycle parking and rack usability of your apartment by taking our survey here: <https://www.surveymonkey.com/r/apartmentbikeparking>

The results of the online survey will be used by PBOT and the Stakeholder Advisory Committee during the code update process.

Want to know more about bicycle parking in Portland? Click here for more info on all of PBOT's bicycle parking programs and services.

### Join the Eliot Neighborhood

## Community Conversation



All Eliot residents and folks who work in Eliot are invited to attend the *Mid-Year General Meeting of the Eliot Association on April 17*.

Bring your voice to the **Community Conversation around equity from an historical and a cultural perspective**. The purpose of the Neighborhood Associations in Portland is to bring citizens together around plans, issues and events that influence quality of life.

The Board needs your input in order to direct their work. We need your input to go forward to address such topics as development, employment opportunities and services within the neighborhood, to encourage and protect the aesthetic, cultural values and diversity in Eliot, as well as promote projects programs and social activities to improve the viability and heart of the community.

How can we bring our very diverse Eliot neighbors together? How can we be neighbors who care for and look out for each other? Come and talk.

**April 17  
6:30-8:30pm  
St Philip the Deacon Church  
120 NE Knott St  
(Corner of Knott and Rodney)  
Light snacks will be provided**



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# In Honor of MLK Jr.: It’s Time to be Blunt about Oregon’s “Progressive” Past and Present.

By Anna Daggett

On Sunday, January 15th, at an MLK Jr. Celebration titled “Advancing the Dream,” Portland’s new Mayor, Ted Wheeler, listed milestones of Oregon’s dark, racist past. Wheeler noted, “The 1857 Oregon Constitution explicitly excluded black people from living in Oregon. There were 20,000 KKK members in Portland in 1920. During WWII, Portland wanted black workers, but didn’t want black neighbors. Vanport was created outside of the city limits for a reason. 18,000 people were displaced by the Vanport floods, 25 percent of whom were black.”

Wheeler hadn’t planned to give the crowd a run-down of Oregon’s exclusionary past during his speech. He had come with a written speech, likely full of inspirational and justice-oriented rhetoric, but admitted to the crowd that he rewrote it while other leaders were speaking in order to reflect their perspectives.

One of those leaders that Wheeler listened to was NAACP Portland Chapter President, Jo Ann Hardesty. Hardesty illuminated the need to be honest with ourselves about the outcomes of progressivism:

“We know we’re in for a storm. We have to be prepared for the storm. We are not living in a time where liberalism passes for equality. When you look at the outcomes, we don’t live in a progressive state. Our first order of

business is we have to tell the truth. As I get older, I have less and less patience for pretend liberals and people that accept the status quo as it is.”

There are many statistics that uphold the truth of Hardesty’s statement about outcomes. The Southern Poverty Law Center recently published an analysis of hate crimes reported within the first 10 days after Donald Trump was elected president. With 33 hate crimes reported, Oregon came in as 10th in the nation. However, due to our small population in comparison with the other nine states in the rankings, we were ranked 1st in hate crimes per capita. How could such a “progressive” state reflect such regressive behavior?

In 2013, Oregon’s high school graduation rate was the lowest of any state in the country, at 68.7 percent, with a graduation rate for Black students at 57%. How could a “progressive” state have the lowest high school graduation rate in the country, with such a wide racial disparity, only a few years ago?

It’s time to be blunt about Oregon’s “progressive” past and present. What does progressive connote in Portland? Many young liberals from across the nation have flocked to Portland for its relatively cheap prices and “progressive” culture: music, art, bike lanes, innovative restaurants, abundant parks, and access to the outdoors.

Portland developers have sold Portland as a liberal haven. Consequently, the city is rapidly gentrifying, and affordable housing is increasingly rare. Instead of empowering our most vulnerable community members, progressivism has pushed them out.

We need to focus on being radical instead of on being progressive. One aspect of being radical is recognizing all of our privileges, whether they be race, gender, age, physical, or class related, and using the privileges we do have to advocate for family and community members who have less privilege or less access to institutions.

At the MLK Jr. Celebration on Sunday, January 15th, Mr. Wheeler locked eyes with Ms. Hardesty. Wheeler told Hardesty that he would advocate for her, in recognition of the fact that she does not have access to the same decision-making spaces that he does. On that day, Wheeler laid his white, male privilege across the podium and declared that he would use it in the fight for pluralism.

As Hardesty attested, we live in a dystopian political landscape, reigned by hate, trolling, and being offensive. We are lucky to have local representatives, such as Commissioner Loretta Smith and State Representative Janelle Bynum, who are women of color and mothers committed to justice and dignity for all people. At the MLK event, Bynum recited Langston Hughes’s poem “I, Too” and elaborated, “I represent the numbers, the 100+ club. I powered through over 4,000 doors myself, determined to gain my seat at America’s table. I didn’t want

our children to be banished to the kitchen. That’s why I marched.”

Smith and Bynum now have a seat at the legislative table. They work in tandem with other elected officials, all of whom we must hold accountable.

On January 15th, Ted Wheeler asked the crowd:

“Do you all feel like we’re being tested? The test is this: can we celebrate and embrace pluralism in this community in the toughest political environment? Are we willing to be deliberate in our defense of our values? You can’t stand in the middle. It’s on one side or the other. We stand on the side of justice. Pretty words. Tough actions. We have to fight for pluralism.”

Now I ask myself and you, dear reader, “Are we willing to hold Ted Wheeler and other elected officials accountable for their pretty words and speeches?” Let us redefine what progressive means in Portland. Let us make radical demands in defense of our neighbors and families and those who have less privilege than we do.

In the words of Dr. LeRoy Hayes, the chair of the Albina Ministerial Alliance’s Coalition for Justice and Police Reform, “There is a present state of insurgency and turning back the clock. We must go forward. We must keep advancing the dream, a community of beloved justice.”

## Join Us...Adopt-A-Block

By Lauren Mullen

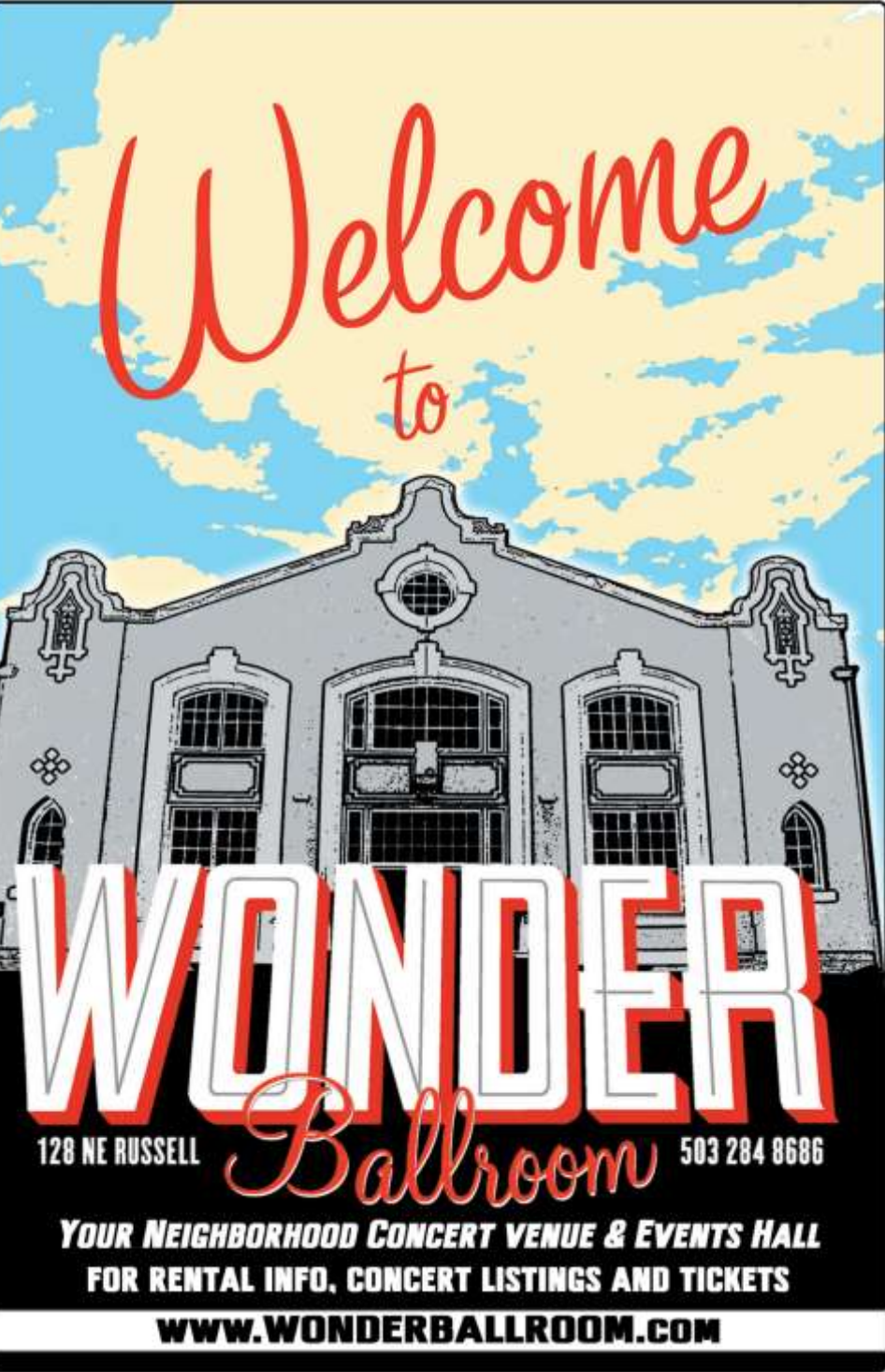
The Adopt-A-Block initiative is making a difference! We are adding new folks slowly but surely. Below is a list of your neighbors who have committed to helping keep the neighborhood cleaner and therefore a more pleasant place to live.

We still have more to do! Let me know if you are interested in keeping your block free of litter and the storm drains flowing and I’ll add your name to the list which will be published periodically. My email address is laurmullen01@gmail.com.

It doesn’t have to be a large area. Just adopting one side of your street can make a significant difference. Your neighbors will notice and thank you. They may even be inspired to adopt a small piece of Eliot too! I would love to hear from you!

A big Thank You to our volunteers!

- ♦ Jere- Graham (Vancouver to Williams)
- ♦ Karla- Rodney (Tillamook to Thompson) + Thompson (Rodney to MLK)
- ♦ Lauren- Tillamook (MLK to Flint)
- ♦ Jodi- Rodney (Sacramento to Thompson)
- ♦ Matt- Rodney (Knott to Graham)
- ♦ New Seasons- Ivy and Fremont (Williams to MLK)
- ♦ Sue- NE 7th (Brazee to Knott)
- ♦ Jane- Morris (MLK to NE 7th)
- ♦ Nathan at Microcosm Publishing - Graham (Williams to Rodney) + Williams (Broadway to Graham)
- ♦ Corey at Farmers Insurance- Knott (MLK to 7th)
- ♦ Linda- N. Morris (Vancouver to Williams)
- ♦ Joan- Stanton (Williams to Rodney)
- ♦ Anna-Fargo (Rodney to Williams)
- ♦ Shara- Rodney (Tillamook to San Rafael)





(ELIOT from page 4)

cessible as part of a lending library.

Currently, Black Hat Books is open on Mondays and Fridays from 10:00 - 8:00. The prices are very affordable, and the diverse range of books are in great condition.

*Black Hat Books*  
2831 NE MLK Blvd

## Title Wave Used Bookstore



On Knott Street, in what used to be the Albina Library back in 1912, sits The Title Wave Used Bookstore. In 1988 Title Wave opened its doors selling discard books from Multnomah County Library's collection. With an ever-changing inventory, there are 20,000 used books, audio books, CDs, DVDs and magazines to browse through. With bargain prices that start at \$2 for hardback novels and some items only setting you back \$.25, anyone can find something that they need to complement their home library or to satisfy that literary fix. They have great selection of children's book as well as large print items. As an added bonus, all educators receive a 25 percent discount every day by just presenting a valid educator ID. If those prices aren't enough of an enticement, there are special mark-downs every Wednesday. All proceeds go back to the Multnomah County Library.

Title Wave also has rare books, back copies of almost every Oregonian issue as well as old New York Times and other newspapers.

Volunteers are an important part of Title Wave helping with customer service, cashiering, sorting, pricing, shelving and much more. There are frequently openings so if you are looking for an organization to share your talents with contact Volunteer Services at 503-988-5731.

The store also donates books and gift certificates to worthy causes and organizations. Donation forms are available online if you are interested.

Be sure to check them out on Facebook for events and what's special on sale. Stop by the store to pick up a back copy of a favorite magazine or book or a gift for a family member or friend. They are open from 10am - 4pm Monday through Saturday with extended hours until 6pm on Wednesday and Thursday.

*The Title Wave Used Bookstore*  
216 NE Knott St  
503-988-5021  
<https://multcolib.org/library-location/title-wave-used-bookstore>  
Facebook: *The Title Wave Used Bookstore*

## Beyond the borders...

### A Children's Place



Portland's oldest independent children's book store has recently moved to just beyond our neighborhood border to Fremont and NE 14th Avenue just behind Whole Foods. More than 40 years ago Lynn Kelly and Jan Bruton opened A Children's Place Bookstore and through various locations and iterations it has remained a popular literary fixture passing along the joy of reading and, as the new owner Pam Erlandson likes to say, "raising readers".

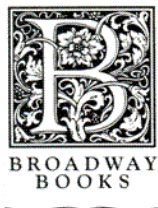
The store sells a wide variety of books for newborns through young adults and also books for adults on parenting, teachers resources, games and toys. They have a frequent buyer program and offer discounts to teachers too.

A Children's Place is holding a special event on April 8 and April 29 from 11 am to 1 pm. A new book called Oregon Reads Aloud offers a collection of 25 children's stories by Oregon authors and illustrators. Some of these authors and illustrators will be onsite and reading from their stories and talking about the stories and the illustrations.

The store is open seven days a week. For business hours and events you can find them on Facebook at A Children's Place Bookstore.

*A Children's Place*  
1423 NE Fremont Street  
503-284-8294  
[achildrensplacebookstore.com](http://achildrensplacebookstore.com)  
Facebook: *A Children's Place Bookstore*

### Broadway Books



In 1992 two friends decided that Northeast Portland needed a neighborhood bookstore and, after working in the book business for many years, decided to go out on

their own to open their own store. Turning an old furniture store into a bookstore, buying what seemed like a million books for their bookshelves, hiring a few good people, the beginning of an almost quarter century business had begun. There have been a couple changes in ownership but the spirit of the store and the dedication to the customers and neighborhood remains the same. As their website states, "Our friends became our customers and our customers became our friends."

The biggest change has been since 2007 when they started selling eBooks and an online store all the while rolling with the changing times in the bookselling world.

The bookstore hosts events that feature both established and emerging authors, supports neighborhood schools and literary organizations and also has a frequent buyer program.

Weathering the ups and downs of the last 25 years hasn't been easy but the past and present owners all agree that there isn't anything else they would have rather done or continue doing.

*Broadway Books*  
1714 NE Broadway  
503-284-1726  
[broadwaybooks.net](http://broadwaybooks.net)  
Facebook: *Broadway Books*

### The Albina Library



The Multnomah County Library has many branches but the closest one to our neighborhood is the Albina Library located on NE 15th Avenue just north of Fremont next to Whole Foods. Besides having a large assortment of books, CDs, DVDs, magazines and even eBooks to loan, there are many events and classes for all ages. It also has an interesting past.

The Albina Library started as a reading room back in 1906 with 100 books run by Mrs. P.P. Leche. In 1907 it moved to a larger space on Williams under the direction of Miss Ella G. Dewart and the was met with unexpected and overwhelming enthusiasm finding it difficult to keep the shelves supplied with books. It continued to

gain popularity and size having to move again in 1909 to Russell Street. The circulation increased to 36,800 items. In 1911 with a gift of a nearby property at 216 NE Knott Street (now housing Title Wave Used Bookstore) and funds from the Carnegie Corporation of New York, the library found a more permanent home until 1960.

Unfortunately the Albina Library closed in 1960 and remained closed until 1967 reopening in a storefront on Vancouver Avenue and Beech Street. It remained there for 10 years as its popularity and use declined.

One last move for our Albina Library was in store as the Library Association Board of Portland voted to move the branch to its current location on NE Fremont St and 15th Avenue.

Throughout the years thousands of volumes of books have passed through its doors. These days, in addition to reading and listening materials the library offers computer classes. From computer basics and how to make a basic website to a class called presentation tools to learn the basics of Google Slide and Microsoft PowerPoint and also tech help for assistance with your smartphone or tablet.

Thinking if trying to find a new job? You can meet with an experienced volunteer for help with your resume.

Want to join a book group? Check out Pageturners which meets monthly on the third Tuesday from 7-8pm. There are also story times for 2-3 year old toddlers and also a separate time for children 12-24 months old. Family story times are also offered and activities for kids and teens too. Who knew there was so much to do at the library?

For a full list of events check out the Multnomah County Library website page for the Albina Library. There is also a printed list available at the front desk. The library is open 7 days a week and surely there is something of interest for everyone in your family.

*Albina Library*  
3605 NE 15th Ave  
503-988-5123  
<https://multcolib.org/library-location/albina>  
<https://multcolib.org/albina-library-history>

### Stay tuned for the next issue of the Eliot News...

- ⇒ Dawson Park Concert Series
- ⇒ Meet our newest board members!
- ⇒ Jazz music comes back to Eliot
- ⇒ In the mean time join [Nextdoor.com](http://Nextdoor.com) to keep up with events and announcements—we post there between issues



# It's the Eliot Neighborhood Spring Clean-Up!

Organize your garage, de-clutter your shelves, clean out your closets...

Saturday May 13 - 10am-2pm

Location: Legacy Emanuel parking lot at N Graham between Vancouver and Williams

## YES!! PLEASE BRING

Furniture

Debris and Junk

Scrap Metal

Books

Bicycles and Parts (no charge)

Clothing and Household Items

Electronics (anything with a cord except refrigerators)

## Fees

Car trunk load to \$10-15

Pick-up truck \$30 and up

Oversize loads \$50 and up

Donated Bikes—Free

Tires— \$3 each

Scrap Metal -varies by quantity

TV—\$12

CRT Monitor \$7

Your tax deductible donations support neighborhood projects

## NO! DON'T BRING

Yard Debris, Dirt, Stumps

Wood (treated or painted)

Hazardous Materials

Household Garbage

Curb-side Recyclables Flooring: vinyl tiles, vinyl sheet, cove base molding, mastic

Walls: plaster, decorative plaster

Siding: cement siding shingles (e.g., "Transite")

Ceilings: acoustical tiles, "popcorn" and spray-on texture

Insulation: spray-applied, blown-in, vermiculite, pipe, HVAC and lagging

Electrical: wire insulation, panel partitions

Other: fire doors, fire brick, fire proofing, anything containing asbestos or lead paint

## Need help hauling your materials?

Pick-up assistance is available for Seniors and disabled residents. Call ahead to arrange for pick up.

**\*\*One Load Limit\*\***

Contact Sue

971-255-0697

## Have any questions?

**Want to volunteer?** We need people the day of the event to unload materials into dumpsters, to sort, direct traffic, etc. There is also a walking trash pick-up event that day and we need volunteers for that too.

**Pitch in and help clean up Eliot!**  
**You'll be so glad you did!**

Contact Sue: 971-255-0697, sstringer22@gmail.com



## Eliot Events Calendar

### Community Events

**Land Use and Transportation Committee (LUTC) Meeting**  
St. Philip the Deacon Church, 120 NE Knott St  
7:00pm Mondays—April 10, May 8, June 12

**Neighborhood Association Meeting**  
St. Philip the Deacon Church, 120 NE Knott St  
6:30pm Mondays—April 17, May 15, June 19

**Northeast Coalition of Neighborhoods**  
4815 NE 7th Ave  
Meetings/events- [www.necoalition.org](http://www.necoalition.org), 503.388.5004

- ♦ *Safety and Livability Meeting*—6:30pm, 3rd Monday of month
- ♦ *NECN Board Meetings*—6:30pm, 3rd Tuesday of month
- ♦ *Community Police Relations Committee*—5:30pm, 3rd Wednesday of month
- ♦ *NECN Land Use Transportation Committee*—7:00pm, 4th Wednesday of month

### Entertainment/Events

**McConnell's Boxing Academy: Box-a-thon** (proceeds to ACLU)  
[mcconnellsboxingpdx.com](http://mcconnellsboxingpdx.com), 5971-266-1151  
April 8 11am-2pm

**A Children Place Bookstore**  
[achildrensplacebookstore.com](http://achildrensplacebookstore.com), 503-284-8294  
Oregon Reads Aloud author and illustrator event  
April 8 and April 29 11am-1pm

**'North Williams - Port City' Community Workshop**  
New Song Community Church, 2511 NE MLK Jr Blvd  
April 27 6pm - 8pm

**Open Signal**  
[opensignalpdx.org](http://opensignalpdx.org), 503-288-1515  
Open House May 6, 4-10pm workshops and tours

**Spring Clean-Up and Litter Pick Up**  
Legacy Emanuel Parking Lot N Graham and Williams  
May 13 10am-2pm

**Good in the Hood**  
[goodinthehood.org/](http://goodinthehood.org/)  
Lillis Albina Park—N Flint and N Russell St  
June 23-25

**The Fremont Theater**  
[fremonttheater.com](http://fremonttheater.com), 503-946-1962

**Lloydean Presents Art Gallery**  
[lloydeanpresents.com](http://lloydeanpresents.com), 503-951-8234

**Portland Playhouse**  
[portlandplayhouse.org](http://portlandplayhouse.org), 503-488-5822

**Secret Society Ballroom**  
[secretsociety.net](http://secretsociety.net), 503-493-3600

**The Waypost**  
[thewaypost.com](http://thewaypost.com), 503-367-3182

**White Eagle**  
[mcmenamens.com/WhiteEagle](http://mcmenamens.com/WhiteEagle), 503-282-6810

**Wonder Ballroom**  
[wonderballroom.com](http://wonderballroom.com), 503-284-8686

### Recurring Events

**Tuesdays**— 7pm Trivia at The Waypost  
**Wednesdays**—8pm Know and Tell Trivia at Waypost  
**Thursdays**—9pm Quizzy Trivia at Billy Ray's Dive  
**Sundays**—8pm Open Mic at The Waypost

*Did we miss something? Email [news@EliotNeighborhood.org](mailto:news@EliotNeighborhood.org) to submit something for the next edition*