

ELIOT NEWS

A Publication of Eliot Neighborhood Association

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Fall 2018

The Case for NE 7th Avenue as a Calm, Local Street

By Allan Rudwick

Currently, the City of Portland is undergoing a project called the Lloyd to Woodlawn Neighborhood Greenway. This project is looking at making a calm, safe route for bicycles from south of Broadway to north of Ainsworth street. However, this project is also the best chance we have had for years to solve some major problems on NE 7th Avenue (NE 7th). Some neighborhood residents have been advocating for a safer NE 7th for over 5 years.

Between Fremont and Broadway, some of the problems include: cars crashing into median islands, not yielding to pedestrians, excessive speeding, and aggressively passing bicyclists. The causes of these problems are fairly simple: there are far too many cars using NE 7th, these cars want to go faster than is safe, and the cross streets are misaligned so pedestrian crossings are more challenging. This last problem of cross-street misalignment is unlikely to be solved in my lifetime.

Why do so many cars use NE 7th in the first place? They use it for two reasons: it is faster and more direct than other routes. Recently, as the economy has picked up so has driving, and the number of cars using NE 7th (along with other streets) as a cut-through route has increased dramatically. The city's policies and neighbors generally want those trips to be happening on

our major arterial streets, like MLK, and not on residential streets like NE 7th.

Historical Note: There are a limited number of north-south streets in this corridor between Interstate and 12th Avenue. This is due to the way that the street-grid was laid out in 1873. At the time there were 2 main streets, which we now know as N Williams Avenue and Martin Luther King, Junior Boulevard (MLK). This part of the platting of the town of Albina was somewhat of an afterthought, as there was much more detail on the lower Albina portion of the plat and the upper section that we now think of was subdivided later. I imagine that real estate speculators at the time must have thought that having all the houses "within one block" of these major routes would help sell lots and they could also get away with building less streets. This left us in Eliot with a pattern of long east-west blocks and short north-south ones. The pattern seems to have been designed for a city focused towards the river with east-west traffic on Russell Street being more prevalent than our current north-south traffic on MLK.

In order to get these car trips back onto MLK, we need to make using NE 7th as a cut-through route impossible or at least difficult enough that it isn't faster for drivers. Specifically the

(See *GREENWAY*, page 6)

New CEO for Our New Neighbors -Memorial Meyer Trust

By Kimberly Wilson

Michelle J. DePass is the president and chief executive officer of Meyer Memorial Trust.

DePass began her career as a community organizer in New York and went onto leadership positions in philanthropy, government, academia and the nonprofit sector. Over three decades, she has distinguished herself as a thought leader at the intersections of social and economic justice, community organizing and political strategy, and progressive philanthropy and academia. She is known as a leader who brings people together, encourages problem solving and makes a meaningful difference for underserved communities and beyond. She is particularly passionate about social, economic and environmental justice for people of color, women, indigenous peoples and low-income communities.

Each step along DePass' professional journey has lent fresh insights into entrenched injustices across a broad spectrum of sectors — and honed her conviction to overcome them. As a civil rights lawyer, she litigated racial discrimination and human rights violations at the Center for Constitutional Rights. As a Senate-confirmed presidential appointee in the Obama administration, she oversaw a \$120 million budget at the Environmental Protection Agency, where she led the creation of the Office of International and Tribal Affairs, elevating the agency's recognition of the sovereign rights of indigenous peoples in the United States. And as a program officer at the Ford Foundation, she created funding initiatives focused on the intersection of environmental justice and community and economic development. This work included the Gulf Coast Fund for Community Renewal and Ecological Health, which supported community-led rebuilding efforts after Hurricanes Katrina and Rita, and ReGenerations, a national youth organizing program that linked environmental justice with reproductive rights, culture and policy advocacy.

DePass recognizes the need to invest in the next generation and educate them on the importance of social, economic and environmental justice. Early in her career, she taught environmental law and policy at the City University of New York and was responsible for creating the city's first environmental jobs skills training program for underserved young men and women. She was also the founding executive director of the New York City Environmental Justice Alliance, a membership network linking grass-



Michelle DePass, new CEO at Meyer Memorial Trust. Photo by Michael Rubenstein Photography

roots organizations from low-income neighborhoods and communities of color in their struggle for environmental justice. In 2013, DePass became dean of the Milano School of International Affairs, Management and Urban Policy and Tishman Professor of Environmental Policy and Management at The New School, an incubator for the next generation of leaders. There, she has shepherded the graduate school toward a social justice focus, developing leadership and supporting project-based research to solve some of society's most pressing problems around race, climate and sustainability, even as she has elevated the school's policy and management offerings. DePass also serves as director of The New School's Tishman Environment and Design Center, a university-wide center committed to bringing an interdisciplinary and environmental justice approach to contemporary environmental challenges. Through the Tishman Center, DePass worked to position The New School as an academic ally in the environmental justice movement by bringing visiting scholars to the university to co-produce research on environmental justice issues, including the implications of the EPA's Clean Power Plan, and Native and Indigenous resistance movements working on climate change. She has also actively served in dozens of philanthropic and nonprofit organizations throughout her career, and currently sits on the governing or advisory boards of The Nature Conservancy of New York, the Center for Constitutional Rights, Grist.org, the Climate and Clean Energy Equity Fund and the Hudson River Foundation.

In each endeavor, DePass has sought to build a culture of interdisciplinary collaboration and inclusion — exactly the spirit that sparked her interest in

(See *CEO*, page 11)



ELIOT NEIGHBORHOOD ASSOCIATION GENERAL MEETING AND BOARD ELECTIONS

Special guest presentation by Portland Clean Air
Monday, October 15 6:30pm 120 NE Knott Street

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

- Chair - Jere Fitterman - jerefit@gmail.com 503-504-9308
- Vice Chair - Maggie Gardner - Maggie@maggiegardner.com 503-913-4404
- Recorder- Monica Choy Salazar - monicawchoy@gmail.com 323-217-4697
- Treasurer - Jim Hlava - jim.hlava@cascadiabhc.com 503-998-3406
- News Editor - Sue Stringer - news@eliotneighborhood.org 971-255-0697
- Brad Baker - bradmbak@gmail.com 415-385-0875
- Shireen Hasan - shihas_2005@yahoo.com
- Patricia Montgomery - needachange@comcast.net 503-758-1263
- Jimmy Wilson - jwilsonassoc@yahoo.com 503-740-5923

Land Use and Transportation Committee

- LUTC Chair - Allan Rudwick - arudwick@gmail.com 503-703-3910
- LUTC Vice Chair - Jonathan Konkol - jonathankonkol@gmail.com 503-315-7795
- Brad Baker - bradmbak@gmail.com 415-385-0875
- Laurie Simpson - laurie@mosiarch.com 503-280-1005
- Phil Conti - pconti@lwocorp.com 503-281-1378
- Clint Lundmark - clintlundmark@gmail.com 503-552-8678
- Montse Shepherd- montsearribillag@gmail.com

Committees:

- Webmaster - Clint Lundmark - clintlundmark@gmail.com 503-552-8678
- NECN Rep - Jere Fitterman— jerefit@gmail.com 503-504-9308
- Livability Team Chair—Karla Gostnell - livability@eliotneighborhood.org

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. Building is ADA accessible.

- Land Use Meeting - October 8, 7:00-8:30pm
 - GENERAL MEETING with Board elections - October 15, 6:30-8:30pm
 - Land Use Meeting - November 12, 7:00-8:30pm
 - Neighborhood Meeting - November 19, 6:30-8:30pm
 - Land Use Meeting - December 10, 7:00-8:30pm
 - Neighborhood Meeting - December 17, 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.

- Editor and Layout -Sue Stringer - news@eliotneighborhood.org 971-255-0697
- Business Bulk Delivery - Susan Bailey baileywick97212@msn.com 503-284-7010

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

Letters to the editor, suggestions or comments: news@eliotneighborhood.org

ELIOT NEWS AD RATES

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Contact Sue Stringer at news@eliotneighborhood.org or 971-255-0697					
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Letter from the Editor

By Sue Stringer

Autumn is upon us and I can’t believe how fast 2018 has gone! It is so nice to see the kids walking, riding, and sometimes, on a day that has gotten a late start, running to school. I have a good vantage point from my front porch to see kids heading to Irvington Elementary School and, now, to Tubman Middle School.

It is still dangerous for kids and other pedestrians to cross NE 7th on their way to and from school, but hopefully that will change if it becomes a dedicated greenway reducing the number of cars and also car speed. Our Land Use Chair has written an article worth checking out on the cover of this issue. Additionally, select intersections at NE 7th are part of the Safe Routes to School program which receives funding from the gas tax so help may be on the way to calm the street and paint crosswalks for pedestrian safety.

Summer brought lots of changes to Tubman Middle School with one major improvement being a whole new air filtration system that hopefully will mitigate the poor air quality that, unfortunately, we have to live with in Eliot. Note the article about the improvements to the school on page 4.

Also check out the article on page 12 about the Portland Clean Air nonprofit and their work to improve the air quality in NE Portland. We need to take action to improve our air as it is affecting the health of our residents which will only get worse if we stand by and let more unfiltered diesel

trucks continue to pollute our neighborhood. It’s unfortunate to have to install a state of the art filtration system because of lack of action by the state legislature on the unfiltered diesel trucks.

Even with the bad news about traffic and pollution, there’s a lot to be proud of in our neighborhood. The new garden space at Lillis Albina Park, the opening of the Garlington Health Center, and a bunch of great events at Matt Dishman Community Center makes Eliot a great place to live.

Let’s work together for the sake of our kids’ futures to make Eliot a bright spot in the city.

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Your Eliot Real state Report from...

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Active Listings	Bed	Bath	Sq Ft	Price
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380 NE Stanton	2	1	1303	\$398,000
2631 NE 6th PL	2	2.1	1245	\$439,000
106 NE Morris	4	1.1	3133	\$525,000
Pending Listings				
321 NE Stanton	2	1	804	\$328,000
202 NE Graham	5	2	4996	\$699,900
122 NE Cook	5	4	2504	\$799,000
Sold Listings				
81 NE Tillamook	4	2.1	2830	\$525,000
2754 NE Rodney	3	2	2267	\$555,000
59 NE Cook	4	1.1	3596	\$715,000
12 NE Fremont	1	2	1616	\$764,000

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Letter from the Chair

By Jere Fitterman

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”
— Margaret Mead

What is the change you seek? With what small group will you work for that change? Your neighborhood can be the place to start.

Our Eliot neighborhood is changing. Is it the change you want to see? Do you want to help guide that change? The Eliot Neighborhood Association, ENA, needs your energy and vision. You can join the Board. Elections for one year terms are October 15th at the General Meeting (6:30 pm 120 NE Knott). Everyone who lives or works in Eliot can vote at this meeting and is eligible to be on the Board.

At the General Meeting in October, Portland Clean Air will present a plan for improving our air quality. You can be part of the plan for getting our air cleaned up. (See article, page 12)

The ENA Adopt-a-Block program has cleaned up 21 areas in Eliot. An “Adopter” picks up stray trash and alerts the Clean Start PDX program of large objects for disposal. You can adopt your block and keep it picked up. See the article to the right for more information.

In working with business associations and alliances in Eliot, ENA discovered a city-wide plan to install and maintain public trash receptacles in all neighborhoods within 3-5 years. We will be watching for this to happen.

ENA supported Dawson Park Summer Concerts and the Black Parent

Successful BPI Family Fun Day and Concerts in the Park

By Leigh Bohannon

Thank you for making our BPI Family Fun Day and Concerts in the Park a huge success! The weather was amazing! The music was fantastic! We were surrounded by families and community, love and good times!

Every year around this time we come together to celebrate our participants and volunteers. This year we partnered with Portland Parks & Recreation to help host the Dawson Park Concerts in the Park series. For Three weeks we hosted musical magic at Dawson Park and welcomed Eldon “T” Jones & N Touch, Embrace PDX, and Zoulful Muzic to the stage. They showed up, turned it out, and fun was had by all! For the third and final concert we also hosted our annual Family Fun day and it was one of the best Family Fun Days yet! So many of our families and partnering organizations came out to help, celebrate and have a good time and we partied like never before.

With such an amazing turn out from the community and support from our sponsors Legacy Health, Wonder Ballroom, Dwell Realty, Bureau of Environmental Services, Unitus Community Credit Union, Eliot Neighborhood Association and

Initiative with a successful Domino Tournament on August 23.

ENA Board is polling neighbors to see if there is sufficient interest to form a residential parking district in our neighborhood. If there is, we intend to create or move through the process of creating a neighborhood parking district. So far 116 neighbors in the target area have said, “YES, count me in!”

Thanks to the city of Portland reimbursing us for all of our expenses, the ENA Annual Clean Up raised \$1814 for the neighborhood association to use for neighborhood events like the summer concerts and food served at general meetings and other events still in the planning stages.

ENA funded Albina Community Garden Scholarships for up to 10 ENA residents and the Community Garden Coop to work with neighbors to learn how to develop gardens on patios, yards or near their homes.

ENA funded Friends of Trees to plant approximately 20 large street trees in spaces identified in the 2017 street tree inventory. These trees will be planted in the 2019 planting season, usually in February. <https://www.portlandoregon.gov/parks/article/433143> With our mostly narrow parking strips, Eliot has few public spaces suitable for large trees. ANTT, Albina Neighborhood Tree Team, is working to enhance our tree canopy with large trees, more trees and healthy trees.

All these opportunities came about because someone cared. What do you care about? Can working with your Eliot Neighborhood association bring about the change you want to see?



Family Fun Day domino tournament at Dawson Park. Photo credit Sims Photography

Williams Vancouver Business Association, all we can say is THANK YOU!

And we would like to share a special note of appreciation to:

- **PACKY Academy** for providing the culturally specific arts & crafts
- **Three Wishes Entertainment** for the beautiful face painting
- **NE Coalition of Neighborhoods** for hosting an, at capacity, domino tournament
- **Portland Police Bureau** for providing snacks and swag
- **Hana's PDX** for serving up tasty snowballs and snacks
- **Po'Shines** for bringing us their

(See BPI, page 10)

Adopt-a-Block Update

By Lauren Mullen

Hi Friends and Neighbors,

It's always fun to announce our latest block adopter winner(s) of the New Seasons \$100 gift certificate! We award these quarterly and the winners, by lottery, this quarter are Brad Baker and Monique Gaskins! Congratulations! Here's a little about them:

“We moved to Eliot just over a year ago from Goose Hollow and love the neighborhood. Some of our favorite things about living in Eliot are the friendly and welcoming neighbors, the morning crew at the Dishman, and all the delicious restaurants (yay Queen of Sheba!). We pick up trash on our adopted block a few times a week on the way home from the Dishman.”

Have you noticed an improvement in and around the Eliot Neighborhood as far as litter debris? We sure hope you have because listed below are the block adopters who have been working diligently to make this happen:

- Jane** - Hancock from MLK to 2nd
- Brian** - Knott from MLK to 7th
- Christian & Andrew** (Game Knight Lounge) south of Monroe and west of Williams
- Stacy** - Fargo from Rodney to MLK
- Brad & Monique** - Rodney from Sacramento to Russell
- Dana** (Windermere Realty Trust)- Cook between MLK and 7th
- Lamar** - 7th from Fargo to Monroe
- Jim & Angela** - Rodney from Tillamook to San Raphael

- Carlene**- Cook & Ivy from MLK to 7th
- Kasey & Aurelia**- Thompson from Rodney to Williams
- Shara**- Tillamook from Rodney to Williams
- Corey** (Farmers Insurance)- Knott from MLK to 7th
- Nathan** (Microcosm Publishing)- A block in every direction from the corner Williams & Graham
- Jane**- Morris from MLK to 7th
- Sue**- 7th from Braze to Russell
- Jennifer** (New Seasons) - Ivy & Fremont from Williams to MLK
- Matt**- Rodney from Knott to Graham
- Jodi**- Rodney from Sacramento to Thompson
- Karla**- Rodney from Tillamook-Thompson & Thompson from Rodney to MLK
- Lauren**- Tillamook from Rodney to MLK

If you are interested in joining this great group of people please connect with me, Lauren, at eliot.blockadopters@gmail.com. We have consistently added one person at every publishing so far, so please be that person! SOLVE and Central City Concern support our efforts and supply us with bags, gloves etc.

Clean streets send a valuable message...We are proud of our neighborhood. We hope to spread the word that visitors to the area should respect our streets by holding onto their trash to dispose of or recycle. It is not just about a prettier neighborhood; community health research shows that neighborhood cleanliness has a measurable effect on residents' mental

(See ADOPT-A-BLOCK, page 10)

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PPS Clears The Air For New Middle School At Harriet Tubman Building

By Rob Manning, OPB

As Portland school officials toured Harriet Tubman Middle School, they marveled at the new science labs and dance studio. Upstairs, with a great view west of the Fremont Bridge and Forest Park, science teacher Paul Bubl was getting ready for students.

Like many of his students, Bubl was at a K-8 school last year — Boise-Eliot-Humboldt — and he was grateful to have more space and modern science equipment at Tubman. Those improvements will translate into better experiments for his students. Bubl’s room is bigger, and he’s got a wide hallway out his door where he’s planning to do a physics exercise on force and velocity.

“Maybe instead of using a little car and a cart, maybe using a bowling ball, and seeing if those same principles apply in the small scale that they do in the big,” he said.

Portland Public Schools officials are excited about finally opening two new middle schools on the east side of the city, Tubman and Roseway Heights, after years of planning. Getting those buildings ready, as well as preparing Rose City Park as a neighborhood elementary school, cost \$30 million.

More than half of that was spent at Tubman to address environmental problems that nearly derailed the school’s opening.

Oregon’s largest school district has drawn a great deal of attention in the past few years for how its leaders handled dangerous levels of lead in drinking water. PPS administrators have acknowledged deferring maintenance on its decades-old buildings and the reality that it will now take years and potentially billions of dollars to solve all the problems.

At Tubman, the biggest challenge was air quality.

As Bubl shared his excitement recently about the start of the new year and the experiments he can do in his new science room, a buzz persisted in the background. It came from a temporary air monitor that Portland State University researchers are using to analyze whether millions of dollars in air quality fixes are working. During a tour of the remodeled building, while other district officials appreciated the new dance studio’s shiny wooden floor and wall-to-wall mirrors, school board member Paul Anthony stared at the ceiling. “You can see, like, on the seams here — that’s brand new,” Anthony said.

“Yeah, all of the duct work in the building is pretty much brand new,” added Steven Simonson, a project manager on the improvements at Tubman, Roseway Heights and Rose City Park. “It’s all part of the new filtration system that we put in.”

Simonson said about \$18 million of the \$30 million spent at the campuses went to address air quality and asbestos abatement at Tubman. He was eager to show off the crown jewel of Tubman’s air quality upgrades: the air handler, which sits across a courtyard from the dance studio.



Paul Bubl teaches science at Harriet Tubman Middle School in Portland. His room has a view of the Fremont Bridge and Forest Park — and Interstate 5, if you look down. Photo credit Rob Manning

The air handler has two main doors on it. One opens into a chamber with rows of filters on each side, intended to dramatically curtail chemicals and particulates entering Tubman.

“This is what you’d have in hospitals,” Simonson said. “There are none of these inside of schools in Oregon, that we know of.”

The second door goes to a room of fans, which draw air through the air handler. They pull air both from the outdoors and from inside the school, so that the air is actually filtered twice before being emitted back outside.

“This thing is unreal,” Simonson said. “The only place I’ve seen anything anywhere close to this was an engineering building [in Colorado].”

Harriet Tubman Middle School and poor air quality have a long history. The Tubman building went up in 1952, initially as Eliot Elementary School. Interstate 5 was built next to it several years later. Tubman’s air quality was closely studied for the first time in 2009, when the Environmental Protection Agency put air monitors nearby. At the time, the Harriet Tubman Young Women’s Academy was operating at the building. The magnet school closed in 2012 due to low enrollment. The air quality was not widely discussed.

Later, Tubman would be the temporary home for staff and students from Faubion K-8, as Faubion’s Northeast Portland campus was rebuilt, through funding from a 2012 bond measure. Again, air quality was not widely discussed as a concern.

Air quality surfaced as a big concern in 2016, when PPS parents were already on edge over the district’s handling of lead in school drinking water. City and state regulators were also wrestling at the time with reports of toxic air emissions from glass manufacturers. One of those implicated glassmakers was in North Portland, not far from Tubman.

At the same time, PPS had proposed reopening Tubman as a neighborhood middle school drawing students from four K-8 school communities that would shrink to elementary schools: majority white Irvington and Sabin schools and more ethnically diverse King and Boise-Eliot-Humboldt schools. A recent story in The Oregonian/OregonLive included Ron HERNON, an African-American civic lead-

er, questioning the lack of outrage over the local air quality when Faubion, a school with a comparatively large population of African-American students, was operating out of Tubman.

Much like with the revelations about lead in school drinking water, PPS leaders stumbled in their handling of the air quality issues at Tubman.

School board member Paul Anthony now says he passed along erroneous information to community members based on what he was hearing from district officials.

Anthony said he had been told the air filtration at the school was good.

“I and a lot of other people were lied to,” he said. “It was not remotely acceptable.”

Last fall, PPS board members pulled back from opening Tubman and asked for more information. They called on district staff to consider other buildings that could work as a middle school for inner North and Northeast Portland, if Tubman couldn’t be cleaned up adequately.



Project manager Steven Simonson stands in a new air handler at Harriet Tubman Middle School. Photo credit Rob Manning

By spring, PPS had a new air quality study and had committed millions of dollars to a new air system.

After two years fixing hazardous facilities, district leaders are ready to refocus inside the classroom.

Tubman principal Natasha Butler said that on the first day, parents had a simple message: “We made it,” she said.

Butler’s focus is on school culture rather than the quality of the air. She’s excited to help teachers collab-

orate as “thought partners,” and to get students to adjust from their cozy K-8s to the big, challenging middle school.

But “we made it” doesn’t mean “we’re done” in Butler’s mind, nor for the Tubman parents from whom she’s hearing. After years of limited offerings for middle-grade students at K-8s, Butler said parents want to see the electives and challenging courses.

“I think our parents are ready for the change. They’ve embraced the change. They just want to see if we’re going to deliver,” Butler said.

Butler made the statements alongside Superintendent Guadalupe Guerrero and Portland Mayor Ted Wheeler, who both used the phrase “promises delivered,” to describe the first day at Harriet Tubman Middle School.

Butler doesn’t expect to compromise the middle school experience for her students based on her school’s location. PSU researchers recommended limiting the time students spend outside in their recent report. Butler said her middle schoolers will go outdoors.

“The findings didn’t indicate that we should not be able to have students outside to do recess, to have gym outside,” Butler said. “In fact, that is the plan.”

Tubman is far from the only school in Portland along a high-traffic corridor. After spending millions overhauling one school ventilation system, PPS leaders expect to hear from parents at those other schools. But Guerrero said there’s a limit to what the district should do.

“I think it’s a statewide issue, to be frank,” he said. “These aren’t the only schools near freeways here in Portland.”

Officials noted that schools such as Lincoln High School and Kellogg Middle School are slated to get robust air filtering systems under plans voters approved in a 2017 bond measure.

“We should be talking about truck emissions standards and other topics,” Guerrero said. “So if we do that kind of work, legislatively, we would have to worry less about the kind of air that our students are breathing.”

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Within and Beyond the Borders of Eliot: Volunteer opportunities

By Sue Stringer

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 we focus on volunteer opportunities in and around Eliot. Volunteers are needed all year long.

Within Eliot...

Albina Cooperative Garden

Albina Cooperative Garden's mission is "to grow food to share with coop members, community members, and especially those in need." According to their Facebook page, they also want to "use the farm to educate schools and others about the importance of growing healthy food and other plants for healthy habitats."

The Albina Cooperative Garden is the largest urban farm in the inner Portland area. Join them to learn about organic gardening, composting, pollinator habitat, and pruning while meeting some neighbors and giving back to the local community at the same time. Volunteers will be weeding, spreading compost, digging, planting, watering, transplanting, harvesting and pruning all of which are needed to grow organic food in an urban farm setting.

Volunteers should plan to wear outdoor/gardening gear appropriate for the weather, a water bottle, and gloves. Tools will be provided on site. Membership is required (\$75-100) with scholarships available.

Albina Cooperative Garden
N Russell just west of N Vancouver
(503) 490-5185
albinagardencooperative@gmail.com

Ronald McDonald House

According to their website, the Ronald McDonald House Charities of Oregon and Southwest Washington provides a "home away from home" for families with seriously ill children, and supports initiatives to improve pediatric health.

The Portland and Bend Ronald McDonald Houses are built on the simple idea that nothing else should matter when a family is focused on the health of their child—not where they will get their next meal or where they will sleep. Their volunteers remove the stress of everyday life by keeping the Houses beautiful, the kitchens full and the children entertained. Volunteering with the Ronald McDonald House is an enriching experience not only for the volunteers, but for the thousands of families who walk through the doors. There are

many ways to get involved!

There are many volunteer opportunities. You can commit to a weekly or monthly shift, or volunteer periodically as you are able, or help us out with event-specific opportunities.

Ronald McDonald House
2620 N Commercial Ave
503-943-6672
jordan.boustead@rmhcoregon.org
http://www.rmhcoregon.org

Title Wave Used Bookstore

The Title Wave Used Bookstore sells retired Multnomah County Library materials at discounted prices. Their inventory includes more than 20,000 used books, audiobooks, CDs, DVDs and magazines at bargain prices.

Volunteers are an important part of Title Wave operations. They help with customer service, cashiering, sorting materials, pricing, shelving and much more.

Check for current openings and apply to be a Title Wave volunteer. Contact Volunteer Services with questions.

Title Wave Used Bookstore
216 NE Knott St
Volunteer Services : 503-988-5731
https://multcolib.org/library-location/title-wave-used-bookstore

Friends of Multnomah County Library

Do you like to be around fellow book lovers? Friends of Multnomah County Library provides supplemental funding for the public library. The money collected from the Friends Library Store helps to fund the Pageturners book groups, Adult Summer Reading Program and other library initiatives.

Each year hundreds of volunteers donate their time to support the Friends of the Library. Every volunteer makes a measurable impact in the funds that Friends raises for the Library's life-enriching programs and services. Friends offers many rewarding volunteer opportunities for individuals, and high school, college, corporate, or community groups of any size. You can help out with the annual Fall and Spring Book Sales at the Lloyd Center Doubletree Hotel, help sort donated items in the book room, or work a shift at the Friends Library Store at the central library location downtown.

To find out how you can be part of this important team, contact Lisa Jordan, Membership and Volunteer Coordinator.

Friends of Multnomah County Library
216 NE Russell St
503-445-4903
volunteer@friends-library.org
Friends-library.org

VOA Men's Residential Center

The Volunteers of America (VOA) has many different programs across the city. A volunteer can work with kids, teens or even adults helping them to enrich their lives and live up to their potential. The VOA Men's Residential Center (MRC) is located in Eliot and has many volunteer opportunities for one time events or ongoing volunteering.

The MRC is a drug and alcohol treatment facility for men referred by the criminal justice system. The men residing in the 52-bed facility enter voluntarily after being referred from the Multnomah County criminal justice system. Most entering have never known lives without crime, and many have used alcohol and drugs from the early ages of ten or twelve. The program is six months of intensive, tightly structured treatment ultimately learning how to monitor their own thought processes in order to recognize and prevent relapses, practice anger and stress management, as well as learn communication and living

skills.

The MRC holds events throughout the year like the winter holiday dinner, Annual Alumni Celebration in the spring and the much anticipated and enjoyed block party in August. Volunteers are needed at these events to help set up, serve, and clean up.

Volunteers are also needed on a regular basis at their front desk (3-4 hours per week on a regular shift).

Bring your creative talents to their Creative Expressions Art Therapy group as a guest instructor (past volunteers have offered pottery painting and creative writing).

I, personally, volunteered at the MRC bringing my trained pet therapy dog to visit the residents weekly which was not only fun for them but also was great for my dog.

Assistance is also needed with donation procurement/fundraising/grant writing for the Al Forthan Memorial Scholarship.

Many different opportunities abound and all you have to do is reach out to Alex Rice, the MRC volunteer coordinator at arice@voaor.org to see where they need assistance. You can sign up through Volunteers of America and (See VOLUNTEERING, page 9)

Eliot Sewer and Stormwater Project Update

By Matthew Gough

Coordination between Environmental Services and the Water Bureau to relocate water lines away from sewer pipes is complete. This will allow sewer repair crews to work without impacting water service. Crews will now focus on upsizing and repairing sewer pipe on Rodney Avenue between Sacramento and San Rafael streets, and on Thompson, Tillamook, and San Rafael streets between Rodney Avenue and Martin Luther King Jr. Boulevard. To view the most current map that shows where crews will be working, go to www.portlandoregon.gov/bes/eliot.

Please be aware that schedules are subject to change due to a variety of factors, such as conditions underground, weather, traffic impacts, and subcontractor and materials availability.

The neighborhood can also expect additional construction preparation activities throughout the project area including inspecting and cleaning sewer pipes, surveying, trimming trees, marking and relocating utilities, manhole maintenance, and crews bringing equipment and supplies to the project area. These preparation activities typically occur over time, not all at once. To view photos and learn more about these activities go to www.portlandoregon.gov/bes/precon.

Background

The City of Portland Environmental Services is upsizing or repairing approximately 10,000 feet of public sewer pipes in the southern part of the Eliot Neighborhood. These pipes are deteriorating due to age or are undersized for the sewer and stormwater



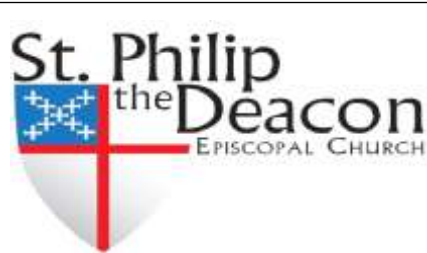
For a larger map go to: www.portlandoregon.gov/bes/68793

flows in this area. The oldest pipe being replaced is 115 years old. These improvements will help protect public health, property and our environment by reducing the possibility of sewage releases into streets, homes and businesses.

The project also includes constructing eight green street planters in the right-of-way on public streets in key locations. These green street planters will divert 1.9 million gallons of stormwater annually from the sewer system, which helps prevent overflows into the river, basement backups, and street flooding during periods of heavy rains.

To learn more about the project, what to expect during construction, or to sign up for email updates, visit www.portlandoregon.gov/bes/Eliot. You may also contact Matt Gough, Community Outreach for City of Portland Environmental Services at (503) 823-5352 or Matthew.Gough@portlandoregon.gov.

Thank you for your patience while we complete this important work.



Come worship with us

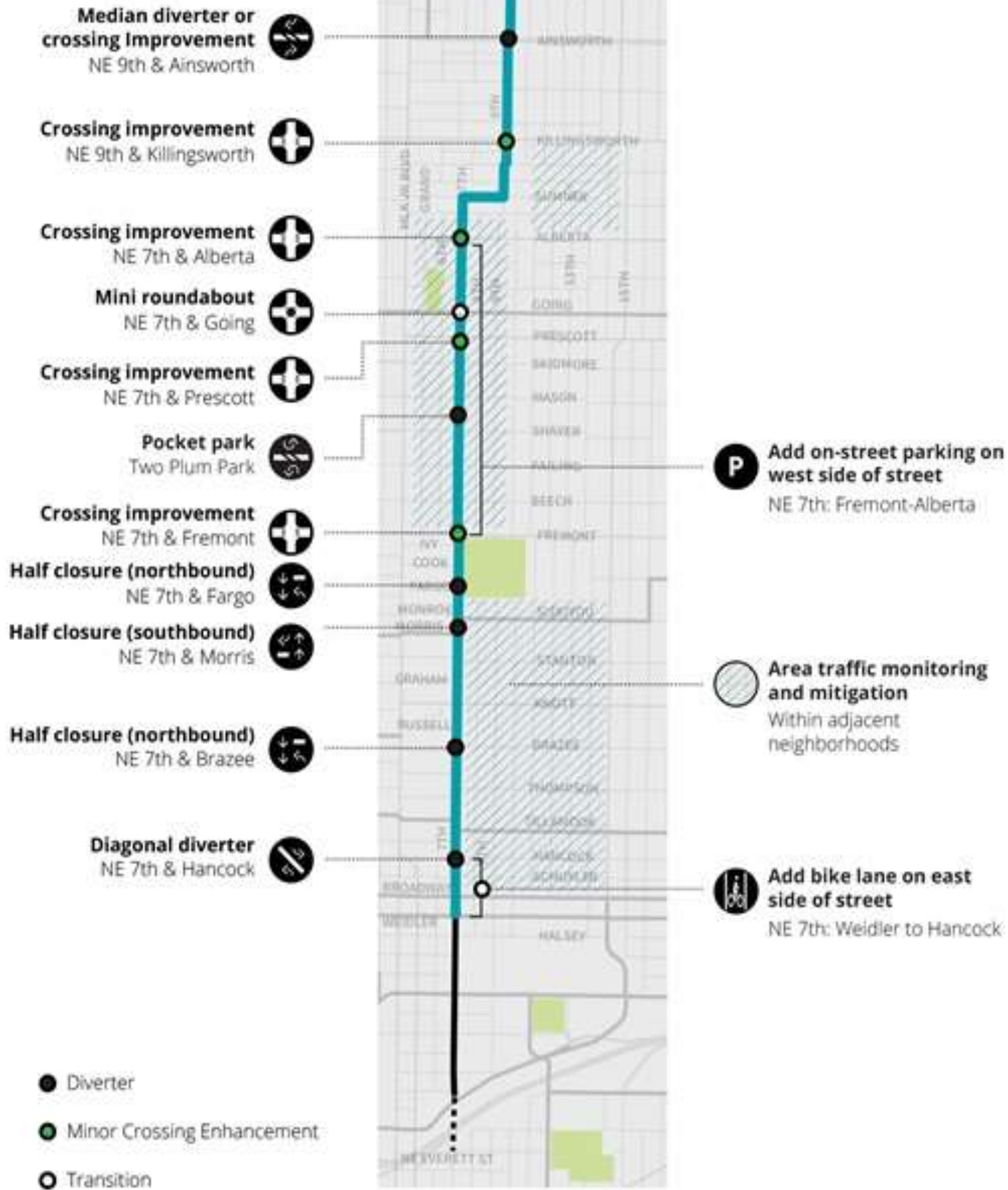
"You are invited
and welcome"

Sunday services at 10:00am

A Historic African-American and Diverse Community
Celebrating 100 Years of Ministry

120 NE Knott Street (corner of Knott and Rodney)
503-281-5802
www.stphilipthedeacon.org
office@stphilipthedeacon.org

Alignment elements



(GREENWAY, from page 1)

city has proposed several diverters or obstacles would need to be placed in the roadway on NE 7th to prevent automobile traffic from using NE 7th for the whole length from north of NE Fremont to NE Broadway. If installed, these diverters will be a great improvement for people who live on NE 7th and those that travel across or along it while walking or bicycling. Redirecting an estimated 80% of the traffic off of NE 7th will make NE 7th a calm and relatively quiet street. Most local trips will be only slightly altered because of the strategic locations of the diverters. The proposal calls 2 half-diverters between Knott and Fremont, one diagonal diverter at NE 7th and Hancock, and one full diverter next to two plum park.

Where will those cars go? The City is also proposing to change the traffic signals on NE MLK to optimize traf-

fic. This scares me as I've heard while optimizing a road for cars, it's easy to make the road more difficult to cross on foot or by bike or even in a car. However, the diverted traffic from NE 7th would only represent a 10% increase in the number of cars on MLK per day. The current signal timings for cars and trucks on MLK seem to be quite ineffective, especially at rush hour so this should be a relatively easy change. One could also argue that even if the additional cars can't be accommodated on NE MLK, reducing the car capacity of our neighborhood would be nice for residents, but that isn't being proposed for this project.

Farther north, between Skidmore and Alberta, their main problem is speeding. The highest speeds on NE 7th were registered in that section. This seems completely due to roadway design – a double yellow line and no speed bumps, combined

with short traffic lights that make drivers want to accelerate to catch the light. This happens to be right past King Elementary School - not an ideal spot for speeding. This could be addressed if NE 7th is chosen for the Lloyd to Woodlawn project all the way through Alberta Street.

From the bicycle rider's perspective, the choice between NE 7th and NE 9th Avenues could not be clearer. According to PBOT's survey, "The vast majority of [survey] participants were very supportive of building the Neighborhood Greenway on NE 7th with additional monitoring and mitigation of traffic in the area. Supporters for the NE 7th alignment mentioned that it's a direct connection to Lloyd District, the planned Sullivan's Crossing pedestrian bridge over I-84, and other destinations, and addresses traffic issues on NE 7th, i.e. reduces cut-through traffic and speeding drivers". Additionally, NE 7th is more di-

rect, less hilly, has better quality pavement, and already serves considerably more bicycles than 9th Avenue – it is an intuitive route. The 9th Avenue route being proposed is substantially more expensive due to repaving required south of Knott Street and additional signalized crossings that would need to be built as well as a bike path around the perimeter of Irving Park ball fields.

Are we ready to take bold action to calm NE 7th Avenue, or are we going to build out a route on NE 9th that will be underutilized, more expensive, and indirect?

More information can be found at <https://www.portlandoregon.gov/transportation/12w>

Allan Rudwick is the Land Use Chair for the Eliot Neighborhood Association.

Long Awaited New Garlington Health Center Now Open

By Jennifer Moffatt

After two years of design and construction, Cascadia Behavioral Healthcare's new Garlington Health Center campus is up and running in the Eliot Neighborhood!

Located at 3036 NE MLK Jr Blvd, the Garlington Health Center offers integrated healthcare -- mental health, addiction treatment, primary care, and wellness services -- all in one location to support a person's whole health needs. The new campus is also home to Garlington Place, a 52-unit affordable housing apartment building providing Cascadia clients, veterans and displaced N/NE Portland community members access to affordable housing in NE Portland.

The Garlington Health Center is one of the state's most innovative community-centered campuses: a place where healing, homes, and hope come together. The health center will also house a CVS Pharmacy available to the community, as well as community rooms. The landmark campus was designed by Scott Edwards Architects and constructed by Colas Construction. Garlington Place recently received Platinum Status from Earth Advantage, and Cascadia expects a similar designation for the health center.

The new campus will also be home to a beautiful new mural reflecting the



The newly completed Garlington Health Center. Photo credit Sue Stringer

neighborhood history by Arvie Smith, paintings and portrait of Rev. Dr. John W. Garlington, Jr. by Jeremy Okai Davis exterior stainless steel tree sculptures by Hillary Pfeifer, and bamboo/mixed media by Anne Crumacker.

Cascadia Behavioral Healthcare would like to thank the Eliot Neighborhood Association and community members for your support and patience during the construction. The agency is looking forward to being an integral part of the neighborhood and community for years to come.

For more information or for follow up questions, please contact the health center director, Cheryl Goluch, or the apartment community manager, Tasha Criss.

Garlington Health Center
503-674-7777
cascadiabhc.org/garlington-center/

New Nature Patch at Lillis-Albina Park

By Brittany Quale

New neighbors are sprouting up in the Eliot neighborhood, although not of the human variety. These neighborhood additions are green. They attract butterflies, bees, and birds, and help keep our rivers clean.

Take a visit to Lillis-Albina Park and you will notice a new nature patch taking root. In the spring months, aided by the efforts of City of Portland Bureau of Environmental Services (BES) with Parks & Recreation staff, fifth graders rolled-up their sleeves and planted native plants on the park's eastern edge. Parks' Urban Forestry team complemented the efforts by pruning the trees lining N Flint to allow more light into the nature patch. Second graders supported the effort by painting wood pollinator cut-outs of butterflies, bees, and birds. These artful pieces now line the N Flint Avenue fence and include messages about the benefits that these species provide to Portlanders.

The home of the new nature patch, Lillis-Albina Park, is nearly four acres and located north of soon-to-be reopened Harriet Tubman Middle School and N Russell Street between N Commercial and N Flint Avenues in the Eliot Neighborhood. Created in 1940, this green space was jointly named after the City of Albina and Michael Edward Lillis, a neighborhood parks advocate. The park is home to picnic tables, a playground, soccer field,



Boise-Eliot/Humboldt Elementary fifth graders planting native plants in Lillis Albina Park. Photo credit Brittany Quale

softball field - and now a pollinator-friendly nature patch!

Bringing native plants to developed parks like Lillis-Albina contribute to community environmental health in several ways. Native plants require less watering and chemicals to thrive and create healthy wildlife habitat for pollinators while discouraging invasive species. Habitat patches help manage stormwater naturally and improve the health of our rivers and streams.

The Bureau of Environmental Services manages Portland's wastewater and stormwater infrastructure to protect public health and the environment. BES's Clean Rivers Education program offers free classroom and field study science education pro-

(See NATURE PATCH, page 10)

WHOLE HEALTH CARE.
WHOLE COMMUNITY.



The new Garlington Health Center is open and ready to serve your whole healthcare needs. Located at 3036 NE Martin Luther King, Jr., Blvd., we are excited to be part of the neighborhood we grew up in. Offering mental health and recovery services, primary care, wellness, and pharmacy (coming soon) all in one innovative center.

GARLINGTON HEALTH CENTER
3036 NE Martin Luther King, Jr., Blvd.
Monday-Friday 8:30 AM-5:00 PM
(503) 674-7777

We welcome all.
WWW.CASCADIABHC.ORG



Why I Chose Windermere to be the Umbrella for My Real Estate Career

By Dana Austin

Most people perceive realtors as just making big paychecks and single-handedly responsible for raising property values in the neighborhood. While at times we do get nice checks, I love the Windermere Realty Trust company philosophy and we don't talk about it much. I have been a realtor for 20 plus years and I chose Windermere because of their philanthropic foundation. Windermere Foundation has chosen local groups in our communities to give back to with the main focus being on organizations that represent child and family services.

Windermere is a west coast regional company. They were ranked in the top 25 corporate philanthropic companies, but the cool part is the team of realtors at Windermere Realty Trust gets to walk the walk. One day a year we close our offices and go to work in the form of a service project/volunteerism day. The last few years we have stayed close to home at the Children's Book Bank scraping boogers off books cleaning and preparing them to be regifted in great condition. A few years ago we choose St. Andrews Nativity school. We love Friends of the Children and many more. We learn about specific needs through our clients and sometimes it's as simple as snacks for a classroom, uniforms for a team, or housing for the homeless.

Most weeks we have a realtor's meeting and it starts with presenting checks to local groups such as Children's Book Bank, Northwest Children's Outreach, Morrison Child and Family Services, or Friends of the Children.

We think of creative ways to give back like donating \$5-10 per agent that tours our listings giving us a twofer: a feel-good piece and a savvy way to promote our listings. Additionally, the agents each make a donation to the Windermere Foundation from every commission they earn. After each sale closes most of our agents auto-gift to the foundation and our clients get a letter saying there was a donation made in their name. It's pretty cool. It's a natural thing to do, it makes us all benefit from a healthier neighborhood canvas for all to work, live and play in.

If you have a cause to pitch or see a need we want to hear about it.

For more information or to notify Windermere of a worthy cause to donate to:

www.windermere.com/foundation

Dana Austin, Windermere Agent
503-793-0782
griggds@windermere.com

Dining and Drinking in Eliot

Breakfast/Coffee/Cafés

Breadwinner Café	2323 N Williams	(503)206-5917
Bridges Café	2716 NE MLK Jr.	(503) 288-4169
Compass Coffee Roasting	3290 N Vancouver	(888) 723-2007
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
Game Knight Lounge	3037 N Williams	(503) 236-3377
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 Rusell	(503) 281-3333

Groceries and Markets

Awash Ethiopian Market	2322 NE MLK Jr.	(503) 281-0844
Cathay Market	2858 N Williams	(503) 288-0330
Chuck's Market, J&S Grocery	2415 N Williams	(503) 281-6269
Knott St Grocery	2709 N 7th	(503) 284-7490
Merkato Ethiopian Food Store	2605 NE MLK Jr.	(503) 331-9283
New Seasons Market	3445 N Williams	(503) 528-2888
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
Tamale Boy	668 N Russell	(503) 477-6706
Toro Bravo	120 NE Russell	(503) 281-4464



Bridges Café & Catering

Did you know Bridges
serves lunch?

We offer a variety of a la carte
sandwiches, salads, soups & sides,
from 11am to close, daily.

Buy one item from our
LUNCH MENU and get a second
item from our LUNCH MENU free

2716 NE Martin Luther King Jr. Blvd. Portland, OR 97212
cafe 503.288.4169 catering 503.288.4175
bridgescafeandcatering.net



espresso - food - wine - beer

(VOLUNTEERING, from page 5)

request to volunteer at the Men’s Residential Center or any of their other programs by emailing to volunteer@voaor.org or calling 503-595-2009.

VOA Men’s Residential Center
2318 NE MLK Blvd
503-335-8611
voaor.org/volunteer-services

Children’s Book Bank

As their website states, “volunteers are the heart and soul of this community effort to solve the book gap. The Children’s Book Bank welcomes many types of volunteers—from individuals and groups who have two hours to give to those who can help a few hours each week or month to those who have professional skills to contribute or want projects of their own. Every helping hand allows us to serve more children.”

Reminisce with other volunteers about a favorite book while cleaning books to be redistributed to kids in need. This job is family friendly so consider bringing your kids and help out. Want to make sure there is a good variety of books to distributed? Then sorting and bundling books is the job for you. If you would like to bring books to classrooms and have access to a car you can volunteer to deliver books weekly.

Consider Children’s Book Bank when you are looking for your next volunteer opportunity.

Children’s Book Bank
1915 NE 7th Ave
503-616-3981
jean@childrensbookbank.org

St.Philip the Deacon

Does volunteering to serve a nourishing meal sound like a way you can give back to your community? St. Philip the Deacon has hosted a Saturday lunch in The Deacon’s Dining Hall every Saturday for 20 years. The Deacon’s Dining Hall serves neighbors and the larger community throughout the year. Guests weekly receive over 200 hot meals and take away meals. Nourishing guests with a respectful environment is the goal.

Helpful volunteers serve meals, prepare food, pick up food and clean up after the lunch. Committed volunteers are church members with other families, clergy and guests. You are welcome to join the volunteer team.

St. Philip is also long supported by the Oregon Food Bank in fighting the hunger of so many people. If you can volunteer to pick up food from the food bank, or “shop the dock” as it’s called. The number of meals depends on how much food can be picked up. Groups from organizations or even a group of friends are also encouraged to sign up to volunteer.

St Philp the Deacon
120 NE Knott Street
503-281-5802
Stphilipthedeacon.org

Beyond the Borders...

Rebuild Center

Every day, eight tons of building materials move through the Rebuilding Center, with all donations and sales serving their mission to build community through reuse.

They offer affordable used building and remodeling materials with the goal of promoting the use of salvaged and reclaimed materials—a non-profit resource to strengthen environmental, economic and social fabric of local communities.

But that’s not all they do! You can volunteer to help out in the office, assist in a class or workshop, volunteer at the store, in the donation area or in the lumberyard, or help out at their events. Go to their website and then click on the volunteer button at the top of the page and you can see all the details about the opportunities and requirements. (www.volgistics.com/ex/portal.dll/od?from=114371)

Rebuilding Center
3625 N. Mississippi Ave.
503-331-9291
Rebuildingcenter.org

NW Children’s Outreach

Northwest Children's Outreach is a non-profit organization dedicated to helping families in the Portland area and surrounding communities. They help fill the needs of these families, providing clothing, infant care products, diapers, formula, and many of the other necessities parents need for their children. Volunteer opportunities can be sorting recently donated items , fulfilling orders or packing items for families. The items donated, sorted and packaged by you and other volunteers make a big difference for local families - and it's a lot of fun!

The Buckman NCO Center is located at 335 NE 18th Ave in Portland. Note: this project takes place in a warehouse setting; please wear comfortable shoes and clothing. Water will be provided.

NCO accepts and appreciates donations, however large or small, from volunteers. You're welcome and encouraged to gather any gently-used baby or children's items (clothing, toys, gear, books) that may be in your home or neighborhood to donate.

Northwest Children’s Outreach
(503) 828-1472
northwestchildrensoutreach.org/volunteer.php

SMART

“Every child should be able to read. With your help they can.” SMART which stands for Start Making A Reader Today, has served 211,235 students since its inception in 1992. They pair a caring adult with a student to provide reading support and also send books to take home and keep. According to their website, “SMART volunteers read one-on-one with students weekly during the school year, modeling a love of reading and building children’s reading skills and self-confidence in a positive, child-guided environment.”

“An independent study found that fifth grade students who participated in SMART are 60 percent more likely to meet state reading benchmarks than students who did not participate.”

Opportunities to volunteer are available at schools across the city. Please contact SMART for more information and specific needs.

SMART
971-634-1634
Getsmartoregon.org

Legacy Health's 200th Watchman Device Patient Says She Feels Good

By Vicki Guinn

Northeast Portland resident Ruth Jefferson-Simon, 86, mother to one and “Noni” to five grandchildren and 20 great-grandchildren became Legacy Emanuel Medical Center's 200th Watchman device patient. She wants everyone to know that she "feels good."

In 2015, Legacy Emanuel Medical Center became the first hospital in Oregon to offer the Watchman device for patients with non-valvular atrial fibrillation (A-Fib). Structural Heart Medical Director Amish Desai, M.D., says this volume has landed Legacy Emanuel in the top 10 hospitals in the U.S. for implanting the Watchman. “Patients who benefit from a Watchman are those with A-Fib who may experience bleeding complications from blood thinners and want an alternative to these medications."

“I just want people to quit suffering,” said Jefferson-Simon. a retired cook, government worker and avid fisherman. Like most patients with A-Fib, she was put on blood thinners. “I took blood thinners for years, which gave me bad GI bleeds.” Her lifestyle was compromised by her heart problems and the bleeding complications often left her short of breath. Soon day-to-day tasks became challenging. She still had to cook and care for her husband of 30 years who has dementia. There was very little energy left for her passion, fishing.

“I’m a good fisherman,” she said with a smile. “I can beat everybody catching bass, but they still want to challenge me.” She keeps her fishing pole and tackle box ready and has gone to her favorite fishing hole several times since getting her Watchman.

The Watchman is a one-time procedure that can reduce the risk of stroke in people with A-Fib not caused by a heart valve problem. It is a permanent implant that closes off a part of the heart where blood clots commonly form. "The Watchman device is a very low risk, minimally invasive treatment that greatly reduces their stroke risk. Instead of putting patients on blood thinners, it addresses the problem at its source," said Dr. Desai.

Jefferson-Simon wasn’t afraid of getting the procedure; she was a born risk-taker. She grew up in a family of



Ruth Jefferson-Simon, Legacy Emanuel Medical Center’s 200th Watchman patient. Photo credit Vicki Guinn

boys in Eldorado, AR. At age 10, her older brothers taught her how to drive. “They worked long hours driving dad’s wood pulp delivery truck, so I would take over driving when they needed a nap.” She later moved to San Diego, CA, in the early 1960s, where Jefferson-Simon rode a Harley Davidson and traveled with a motorcycle club up and down the West Coast. “Those were the good old days,” she laughed. “I just want to ride one more time but this time, on the back.”

The Watchman device is about the size of a quarter and it doesn’t require open-heart surgery. The procedure is performed in a cardiac catheterization lab. The doctor makes a small incision in the upper leg and a narrow tube is inserted. The doctor guides the Watchman through the tube, into the patients left atrial appendage. The procedure is done under general anesthesia and typically takes about an hour. Patients like Jefferson-Simon typically stay in the hospital 1-2 nights and go home. They remain on blood thinners 45-days after the procedure until the Watchman is permanently closed off.

Jefferson-Simon’s heart took an emotional blow when she lost her only son, Robert Mitchell, last year. She was a single parent for many years to this future television engineer. She fueled his mechanical curiosity by curbing her anger when he took apart home appliances just to see how they worked. “I just worked and bought him more stuff,” she chuckled. He left his legacy by giving her four granddaughters and a grandson who dote and fuss over her and research everything her doctors suggest, even the Watchman. “They said 'Noni, we

(See WATCHMAN, page 10)



(BPI, from page 3)

- delicious down-home comfort foods
- **New Seasons** for coming through with free fresh fruits for the kids and families at the concerts
 - **Portland Fire & Rescue** for bringing their trucks and lighting the night
 - **Portland Trail Blazers** for sending Blaze the Trail Cat and incredible gift baskets for families
 - **Bouncin Bins** for the always exciting inflatable bounce house
 - **Sims Photography** for helping us capturing it all on film

And last but not least, a special thanks to **YOU** who were able to join us, and all of you who continue to show your support for BPI and the amazing children and families we serve! We could not do this with you!

For more information on how to get involved or to participate in any of our programs visit us at **www.TheBPI.org**.



Kids having fun with Blaze and amazing face painting. Photo credit Sims Photography

Don't forget to check out our **photo gallery** for all the moments captured that night! (you can find the photos at <https://www.thebpi.org/2018-bpi-family-fun-day>)

Something for Everyone at Matt Dishman Community Center— Check Out the Fall Events

By Sue Stringer

If you're looking for something to do this fall and want to meet some of your neighbors in the process, Matt Dishman Community Center (MDCC) is offering three events and there is probably one that you would find entertaining. All three events are free and, except where noted, are appropriate for all ages.

For teenagers ages 14-20, check out Teen Night on Friday, October 12 from 8-10pm. Along with some other possible activities, there will be swimming from 8-9pm, a 4v4 basketball tournament in the gym and games in the game room from 8-10pm.

If you're feeling brave or if you have a creative costume you'll like Nightmare on Knott Street on Saturday, October 27 from 7-10pm. This is the second annual canned food drive and ghoulishly fun evening with a haunted house, costume contest, music and more! MDCC is providing refreshments and candy and a scary good time. This is a family-friendly event so mark your calendars so you won't miss it! Suggested donation is 3 cans of food or \$5.

Lastly, don't miss Unit in the Com-

munity Family Night on Friday, November 16 from 6-8pm. There will be a spaghetti social and a family-friendly movie. Also included will be free family fun, refreshments, music and more.



For more information go to portland-parks.org or call MDCC at 503-823-3673. Matt Dishman Community Center is located at 77 NE Knott Street between Rodney and Williams Avenue.

For other classes and activities check out the fall/winter guide: https://issuu.com/portlandparks/docs/north_mdcc/4?ff&e=3709716/64118384



The crowd at the Dawson Park Concert having a great time dancing and enjoying the free music, great weather and opportunity to share some community time. Photo credit Sims Photography



JAYPOST

DISCOUNTS & ACTIVITIES

MONDAYS

MARGARITAS & SPECIAL TALENT

TUESDAYS

TACOS & TRIVIA

WEDNESDAYS

WHISKEY & KARAOKE

THURSDAYS-SUNDAYS

LIVE SHOWS

WILLIAMS AVE'S OLDEST BAR & VENUE

(NATURE PATCH, from page 7)

grams for kindergarten through college students within the City of Portland. Students learn about watershed health, the causes and effects of water pollution, and what they can do to protect rivers and streams. Learn more at www.portlandoregon.gov/bes.



Colorful pollinators with watershed health messages flank the fence along N Flint Avenue showcasing the new nature patch in Lillis-Albina Park. Photo credit Brittany Quale

Portland Parks & Recreation's Ecological Sustainable Landscapes Initiative is a new program bringing nature

to neighborhood parks. This program adds nature patches to developed park landscapes to provide natural experiences for people and habitat for wildlife. Nature patches will help create unique park spaces that support native pollinators, reduce maintenance, provide education and exploration opportunities, and foster collaboration. Learn more at www.portlandoregon.gov/parks/eco. Parks Urban Forestry's mission is to manage and ensure Portland's urban forest infrastructure for current and future generations. Learn more at <https://www.portlandoregon.gov/parks/38294>.

In the upcoming school year, BES and Parks will again team up with the community to extend the nature patch further south towards Harriet Tubman Middle School. Keep an eye out for these new neighbors at Lillis-Albina Park! For more information, or to get involved, please reach out to Brittany Quale, Neighborhood to the River Community Outreach Coordinator, at Brittany.quale@portlandoregon.gov.

(WATCHMAN, from page 9)

need you around', so I said yes to the Watchman and I want to tell others to do it because I'm feeling good and it's made a difference in my life."

To watch Ruth Jefferson-Simon's

speak a little about her life and experience click on the video <https://bit.ly/2PLXD2Q>.

For more information about the Watchman, click on Legacy Health's website <https://bit.ly/2Kx5Qol>.

Sources: Boston Scientific

(ADOPT-A-BLOCK, from page 3)

health. (*Washington Post*, Aug. 17, 2018 "Study: When a city's trashy lots are cleaned up, residents' mental health improves", Hui, M.)

Here are numbers you can call if you see large items illegally dumped, or code violations such as properties strewn with trash and debris:

Bureau of Development Services Enforcement Hot Line: 503-823-2633 (yes, you will speak to an agent)

Regional Illegal Dumping Patrol: 503-234-3000 (oregonmetro.gov/garbage)

To all the Adopters, THANK YOU for your tireless commitment to helping to create a safer, cleaner, healthier environment for all of our neighbors to live, work and play.

Legacy Emanuel Cardiac and Pulmonary Rehabilitation Program to Offer Free First Thursday Wellness Workshops

By Vicki Guinn

Legacy Emanuel’s cardiac and pulmonary rehabilitation program has added First Thursday Wellness workshops for the public. The free, one-hour workshops will be held at the cardiac and pulmonary gym’s education room, 501 N. Graham, Ste. 100, Portland, OR, 97227. Registration is required. Call 503-413-4353.

October 4, 2018

Joseph Stenger, M.D., palliative care
Topic: Understanding palliative care and end of life decision-making for families

November 1, 2018

Christopher Fraley, M.D., pulmonologist
Topic: Understanding COPD

Legacy Emanuel opened a new cardiac and pulmonary rehabilitation program earlier this year to help heart and pulmonary patients on their road

to recovery.

“We want our patients to be knowledgeable and actively involved in their recovery,” said Legacy Emanuel Cardiac and Pulmonary Rehabilitation Program Manager Lynda Meyers, R.N. “We are pleased to offer these free workshops for the community.”

Legacy Health is a local, nonprofit health system with six hospitals and dedicated children’s care offered at Randall Children’s Hospital at Legacy Emanuel. Legacy also includes more than 70 primary care, specialty and urgent care clinics, as well as almost 3,000 providers who are either employed, on the medical staff or part of Legacy Health Partners. We have lab, research, and hospice services. Among our major partnerships are PacificSource Health Plans and the Unity Center for Behavioral Health.

Stay tuned for the next issue of the ELIOT NEWS...

- ⇒ Meyer Memorial Trust building rendition and timeline
- ⇒ Impact of new construction in Eliot and some feedback from new and old residents
- ⇒ New board members and officers elected at fall meetings
- ⇒ In the mean time join Nextdoor.com to keep up with events and announcements—we post there between issues



Introducing Open Signal

Portland Community Media Center

Open Signal is a full-scale media arts center building upon the legacy of Portland Community Media. At Open Signal, you can:

- + Make a TV show
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- + Borrow film and video equipment
- + Hire us to record your event
- + Create and collaborate

2766 NE MLK Jr. Blvd. at Graham St.
opensignalpdx.org

Eliot Parking Permit Update

By Brad Baker

As you may remember from past newspaper editions, finding parking is an issue for neighbors in Eliot, especially in the southern part of the neighborhood. Whether it’s commuters parking here and taking the MAX into town, or Blazer’s fans using the streets for free event parking, it is becoming harder for neighbors to be able to find parking.

The primary tool we have access to as a neighborhood to solve parking issues is an area parking permit (APP) which would allow neighbors and their guests to park in the neighborhood while limiting visitor parking to a specified amount. The APP should solve the problem for people who live in Eliot because people won’t be able to use our neighborhood as free parking for Moda Center events or as a park-and-ride parking lot since they’ll be limited to how long they can leave cars on our streets without a permit.

From talking to folks, putting a survey in the newspaper, and utilizing data from Portland Bureau of Transportation (PBOT), the area with the largest parking issues is between NE Hancock and NE Sacramento and between N Williams and NE MLK. To start the process of forming an APP, PBOT requires 50% of the addresses in the proposed permit area to sign a list indicating that they want to have a discussion about forming an APP.

A group of neighbors went door-to-door to collect signatures over the last few months to meet this goal. We have collected enough signatures to move the process forward. Of the neighbors we talked to, over 80% were in favor of having a conversation about forming a parking permit district.

We enjoyed meeting a lot of the neighbors and hearing about their concerns. While it seems like commuters and event-goers cause issues for most of the area, there are also localized issues in certain parts of the neighborhood that are unique to that area. We’re optimistic that the area parking permit will be a relatively painless way to address most of these issues.

The next step in the process is for PBOT to collect data to better understand how parking is utilized in this part of the neighborhood. They’ll do an analysis to ensure we meet the thresholds for forming a permit district.

If we meet the APP requirements, PBOT will meet with the community to discuss details and answer questions. They’ll be at the Eliot Neighborhood Association on November 19th at 6:30 pm at 120 Knott Street. After the meeting, all neighbors who live in the permit area will receive one ballot per address to vote on establishing the parking permit district.

Note: The annual price per permit per car recently went up from \$60 to \$75. It has been years since an increase in price and this is an adjustment for inflation and likely won’t happen again for many years.



(CEO, from page 1)

Meyer Memorial Trust and its equity journey.

She believes that building and strengthening civil society is one of the most important investments philanthropy can make. Her wholehearted support for Meyer’s commitment to equity and diversity and its work in housing, education, community building and both environmental protection and environmental justice, centers on the Trust’s willingness to think strategically about what it takes to make a more equitable Oregon.

DePass holds a bachelor’s degree from Tufts University, a Juris Doctor from Fordham Law School, an honorary doctorate from Fordham University and a Master of Public Administration from Baruch College, where she was a National Urban Fellow. A native of Queens, N.Y., born to parents who immigrated to the United States from Jamaica, DePass also has

strong family ties to Oregon through her husband, Joshua Paulson, a civil rights and defense attorney who grew up in western Oregon and attended Crescent Valley High School in Corvallis. She sees Oregon as a microcosm of the U.S., a place where the urban/rural divide has intensified an increasingly divisive political climate but also a place with enormous potential to create change.

“Resiliency is not enough,” DePass says. “I want each community in Oregon to see its full potential and have a path to reach it.”

Note: The Meyer Memorial Trust is moving to Eliot. Their new building will be at 2045 N Vancouver Ave (at Sergeant’s Towing -N Tillamook and N Vancouver) with construction hopefully beginning in January. We look forward to having them as new neighbors. Watch for an article in the winter issue about the new building and their plans to become one of Eliot’s new neighbors.



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Portland Neighbors Addressing Diesel Pollution

By Greg Bourget

The stretch of I5 interstate highway running through the Eliot Neighborhood was measured by ODOT using a rubber strip sensor to be among the busiest truck routes in Oregon. This is due to in-city short-haul trucks that pace back and forth through Eliot making Portland freight deliveries. Our research into ODOT and DMV data found 75% of these in-city short-haul trucks are unfiltered. Unfiltered trucks are illegal to manufacture and are banned from all of California because they produce ten times as much diesel particulate as a filtered truck.

According to the most recent three-year national assessment modeling study from the Environmental Protection Agency (EPA), all of Eliot Neighborhood ranks in the worst 2% of precincts in the nation for diesel particulate exposure.

Motor vehicle exhaust is dangerous. A 1997 study by Dr. Bert Brunekreef *et al* published in *Epidemiology* of 1,191 children in Holland attending 20 schools near freeways found traffic intensity near schools were significantly associated with chronic respiratory symptoms. Lung function testing of the children found that a cough, wheeze, runny nose, and asthma were reported significantly more often for children living within 2.25 city blocks of a freeway, more so for girls than in boys.

Vehicle exhaust contains nitrogen dioxide (NO₂). According to the EPA,

"Breathing air with a high concentration of NO₂ can irritate airways in the human respiratory system. Such exposures over short periods can aggravate respiratory diseases, particularly asthma, leading to respiratory symptoms, such as coughing, wheezing or difficulty breathing, hospital admissions and visits to emergency rooms. Longer exposures to elevated concentrations of NO₂ may contribute to the development of asthma and potentially increase susceptibility to respiratory infections."

Vehicle exhaust also includes carbon monoxide which can cause headaches, dizziness, and nausea. Vehicle exhaust contains polycyclic aromatic hydrocarbons and some metals which can cause cancer. A 2008 study by Irina Krivoshto *et al* in *Journal of the American Board of Family Medicine* found that diesel exhaust is 100 times more toxic than gasoline engine exhaust.

Clean Air Task Force in Boston calculated diesel exposure in Portland cause more than five times as many cancers as all other inhaled carcinogens combined by using EPA data and State of California risk modeling. While diesel-powered vehicles are only 6% of vehicles on the road, they emit 60-70% of all particulate emissions from all vehicles, according to Oregon DEQ. In 2015 DEQ reported that 80-95% of diesel exhaust is ultra-fine particulate "easily inhaled and

left in the lower area of the lungs... capable of entering the bloodstream, allowing them to be circulated to all parts of the body."

The EPA reported that diesel exhaust can cause eye, throat, and bronchial irritation, lightheadedness, nausea, as well as coughing and phlegm. In 2015 the *Oregonian* reported that other health effects of diesel exhaust include "heart attacks, pre-term and low-weight births, and asthma."

The World Health Organization classifies diesel exhaust as a carcinogen, causing lung and bladder cancer. A 2012 study by Susan Peters *et al* of 1,256 families published in *International Journal of Cancer* reported an association between childhood brain tumors and prenatal exposure to diesel exhaust.

We have heard but not yet confirmed that Harriet Tubman Middle School will install an air filter in their HVAC that goes down to .1 micron, which effectively removes diesel particulate, and tell the kids not to go outside. Please contact me for our air filter research - HVAC and stand-alone systems use an electrostatic charge to cling diesel particulate to HEPA filters which normally only filter down to .3 microns.

Portland Clean Air works closely with 2,200 local members and 35 Portland Neighborhood Associations who keep in regular contact with over 50,000 Portland residents. The State legisla-

ture is corrupt, accepting unlimited corporate donations, and Oregon is one of only five states where this is legal. Portland and Multnomah County are largely preempted by the Oregon legislature from regulating industrial stack and truck emissions. The State Legislature shot down diesel filter legislation similar to California's in 2017. So instead of relying on lobbying, we work to assist neighbors to negotiate directly with industrial consumers of trucking. That has worked well with stack emitters of which Eliot Neighborhood also has many.

Portland Clean Air will be presenting at the Eliot Neighborhood Association General Meeting on Monday, October 15 at 6:30 pm at 120 NE Knott Street.

For more information:
greg@portlandcleanair.org
portlandcleanair.org

REMINDER: Greg Bourget from Clean Diesel will be at our Eliot Neighborhood Association General Assembly Meeting on October 15 at 6:30pm at St Philip the Deacon Church at 120 NE Knott Street at the corner of Knott and Rodney. Join us to learn more.

Community Events

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

Neighborhood Association Meeting
St. Philip the Deacon Church, 120 NE Knott St
6:30pm Mondays— October 15, November 19, December 17

Northeast Coalition of Neighborhoods
4815 NE 7th Ave
www.necoalition.org, 503.388.5004

- Meetings:
- ♦ *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

Lloydean Presents Art Gallery
2728 NE Martin Luther King Jr Blvd
lloydeanpresents.com, 503-951-8234

Matt Dishman Community Center
77 NE Knott St, 503-823-3673
https://www.portlandoregon.gov/parks/

Teen Night October 12 8-10pm

Nightmare on Knott St October 27 7-10pm

Unity in the Community Family Fun Night
November 16 6-8pm

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

PICA
15 NE Hancock St
pica.org, 503-242-1419

Secret Society Ballroom and Lounge
116 NE Russell St
secretsociety.net, 503-493-3600

The Waypost
3120 N Williams Ave
thewaypost.com, 503-367-3182

Union Knott Gallery
2726 NE Martin Luther King Jr Blvd
971-207-1231 By Appointment

White Eagle
836 N Russell St
mcmenamins.com/WhiteEagle
503-282-6810

Wonder Ballroom
128 NE Russell St
wonderballroom.com, 503-284-8686

Recurring Events

Tuesdays— 7pm Trivia at The Waypost
7pm Trivia at Reverend Nat's

Wednesday— Karaoke at The Waypost

Thursday— 6:15pm Game Night New Seasons on Broadway and 32nd Ave (*NOT the N Williams location*)

Monday through Friday—7am and 6pm Tai Chi at Shellmire Unlimited 3311 NE MLK Jr. Blvd. Ste. 104

Sundays—12:00-1:30pm Refuge in the Park at Dawson Park 2926 N Williams (no service on December 30)
@refugeportland on Facebook

Did we miss something? Email news@EliotNeighborhood.org to submit something for the next edition