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SPRING 2020



A free publication from Northeast Coalition of Neighborhoods (NECN)

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MISSION STATEMENT:

Northeast Coalition of Neighborhoods (NECN) increases neighborhood livability through highly inclusive civic engagement and grassroots community building. NECN believes in creating healthy neighborhoods by engaging people to become directly involved in determining how their neighborhood evolves.

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The Election Rabbit Hole

by *Mischa Webley*
 NECN Staff Writer

What do a bus driver, grassroots activist and a former pastry chef have in common? How about an energy consultant, a college senior and a former professor? The answer, it seems, might be ‘not much.’ But in this case, they all want to be your next City Commissioner.

They’re running for office in a historically crowded field. At last count, there were over thirty candidates in all, running for four open seats out of five, including the mayor. This is the first time in

“This is the first time in memory that so many seats are up for grabs”

memory that so many seats are up for grabs and it has created a groundswell of candidates throwing their hats in the race. Some are experienced politicians, while others are just average Portlanders who have heard the calling of public office. All of them, though, have a vision for how to make Portland a better place and we think they deserve your consider-



ation.

To put this issue together, we invited every candidate for City Council and Mayor that had filed paperwork by our cut-off date to answer three questions that our staff decided on. Most, but not all, took us up on the invitation. Inside are the answers we received, unedited except in some cases for length when they exceeded the given word count. Adding some help along the way are our old

friends, Bunny and Owl, who will help explain Portland’s unique and outdated system of government.

We’re excited to bring you this issue because we think that everybody deserves a fair chance to have their vision for Portland heard, and that it’s just as important for our community to hear directly from candidates before voting in the primary and general elections this year. Enjoy!

Foster Care: It Takes A Village



PHOTO SEBASTIAN LEON PRADO

by *Katy Leahy, Foster Parent Training Unit, Multnomah County*

Currently, there are 1,436 children living in foster care in Multnomah county.

These children attend school with your children, play on their soccer teams, go to church with your family. They are kids, not unlike your own, and they need your

support.

How and why do children come into foster care?

The mission of DHS Child Welfare is to ensure that all of Oregon’s

“Foster care is a last resort and is utilized only when there are safety concerns”

children are safe in their homes. Foster care is a last resort and is utilized only when there are safety concerns of keeping children in their family home. You might be

surprised to know that only a small percentage of children in the system are actually taken into protective custody and placed in a foster home.

Separation from family is traumatic. The younger the child, the more vulnerable they are, so Child Welfare caseworkers try hard to place the children with their relatives or close friends before looking at other options. The stress of being in foster care and not knowing what will happen next can take a

See FOSTER CARE pg 3

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Northeast Coalition of Neighborhoods (NECN), founded in 1974, is an independent nonprofit organization. NECN is one of seven neighborhood coalitions in Portland, which are primarily funded by the City's Office of Neighborhood Involvement. NECN identifies and takes on hyper-local issues to increase neighborhood livability and civic engagement. NECN's service area includes 12 neighborhoods in inner North/Northeast Portland: Alameda, Boise, Concordia, Eliot, Humboldt, Irvington, Lloyd, King, Sabin, Sullivan's Gulch, Vernon, and Woodlawn. Any person that resides or works in North/Northeast Portland can get directly involved!

NORTHEAST HISTORY: A Streetcar Named Northeast

by Margaret O'Hartigan

For most of its history, Portland's streetcar service was a mix of lines owned by a number of firms, and this was just as true of North and Northeast Portland as it was for the rest of the city. Among the routes operated by Portland Railway Company, for example, were the rails that ran down Alberta Street and Union Avenue (now Martin Luther King Jr. Blvd). The City and Suburban Railway Company owned the rails that ran north on Williams and west on Killingsworth.

On September 1, 1904 the two lines merged and became the Portland & Suburban Railway Company, boasting 104 miles of track and dozens of trolley cars. But other firms continued to provide their own services.



Civil War veteran J.G. Chambers (see "Notes on Memorial Day in Oregon" in the Summer 2019 issue of *Hey Neighbor!*).

All street-car trainees were under the supervision of Lowry, who conducted oral examinations and discussion classes. It was in this capacity that Lowry was featured in the November 7, 1941 *Oregonian*. As reporter Bonnie Wiley wrote: "If war comes – maybe they'll be needing women streetcar operators, like they have in England. But I really don't think they'll be needing me." Wiley recounted trying her hand on a Montavilla car that brought the vehicle "shuddering to the last of a series of bad stops." Lowry, "my patient instructor, shook his head in dismay...and have fewer accidents".

World War II came to the United States, of course – and women became streetcar operators. And those hired by Portland Traction were trained by Lowry.

The first hire was Zada Pratt, hired as a bus driver on February 18, 1943.

By December 31, 1944 there were more than 150 women on the company's payroll as regular operators of gas busses, trolley-busses and streetcars. According to an article published in the *Oregonian* that day, "it is [now] possible to draw some conclusions concerning the performance of the weaker sex, and to learn whether or not the traveling public takes its life in its hands when it steps aboard a public conveyance operated by a woman." The conclusion? Reporter Margaret Thompson asserted that "according to instructors and supervisors, they are learning faster and better than men trainees...and have fewer accidents".

For further information on Portland's streetcars, check out *Sunnyside Streetcars* by Richard Thompson (Fonthill Media, 2019) and *Fares Please! Those Portland Trolley Years* by John T. Labbe (Caxton Printers, 1980).

"If war comes – maybe they'll be needing women streetcar operators"

One of these was the Portland Traction Company.

H.R. Lowry, a resident of today's King Neighborhood, was in charge of training Portland Traction's streetcar operators. The December 12, 1920 *Oregonian* ran an article about Portland street railway system men in executive capacities who had worked their way to their present positions from "the platform", including H.R. Lowry, who was now a "conductor instructor". Two years later, Lowry and his wife moved into a house on Mallory Avenue, right next door to the home of his father-in-law,

The Village Building Convergence

By Kirk Rea and Jason Hopper, The City Repair Project

Looking for creative ways to connect to the people and natural world you share this city with? The nonprofit City Repair Project invites you to join us for the annual Village Building Convergence (VBC), now in its 20th year between May 28th and June 7th.

The Village Building Convergence features over 40 community-built projects such as earthen benches, intersection paintings, and gardens happening all over Portland, including in North and Northeast. Past sites include the earthen bench at Leaven Community on NE 20th Avenue and Killingworth Street as well as the street paintings on NE Going Street at 19th and 21st Avenues.

Many hands are needed and all are welcome to help install projects during the VBC. A lot of proj-



ects are also currently looking for help planning, designing, and fundraising for their projects. And of course, everybody is welcome to the block parties on the day of implementation. You can get involved at www.villagebuildingconvergence.com or by following us on facebook at <https://www.facebook.com/cityrepair/>.

Join us!

RESIDENT PROFILE: Karen Wells



Karen Wells

by Michael French, Concordia News

Activist and Alameda resident Karen Wells carries a business card with the job title "change agent." It's a phrase that sums up her approach and five decades of social justice work aimed toward a long-term goal.

"What keeps me going is hope," she says. "Hope that the walls of isolation will be dismantled. Hope that the pitfalls of white supremacy will be eliminated. Hope that the differences between people can be celebrated instead of disparaged."

Karen experienced the effects of white supremacy and related oppression early in life. She grew up in the 1950s and 1960s in the Memorial neighborhood of San Diego, California, the middle of three children from a working-class family. Her parents were active in local school functions. Her Dad, a barber, kept a watchful eye business politics and urban development of the neighborhood along Imperial Avenue. Exposure to TV coverage of civil rights movements, coupled with surviving and navigating incidents of racism while growing up in San Diego awakened Karen to the importance for social change.

"What keeps me going is hope," she says. "Hope that the walls of isolation will be dismantled. Hope that the pitfalls of white supremacy will be eliminated."

"My earliest memory of being different, that is 'not white', occurred around the time I was four years old. The white neighbor child insisted I wash my hands, because my hands were 'dirty' (brown)," Karen recalls. "I was not allowed to play in their home or yard. We 'played together' through the cyclone fence that separated the two properties until the mother put an end to our play."

Throughout the years, episodes of racism/white supremacy erupted in her life—sometimes overt, sometimes subtle—which continue even today in Portland.

By her late teens, Karen became an activist. After moving to Oregon in the mid-1970s and through the 1990s, Karen was involved in local women's culture and the progressive political scene, was a performance artist and poet and served on boards of gardening-focused nonprofits Groundwork Portland and Our Garden. Karen says that within these organizations, she was often the only black woman. She was often subjected to the covert pressure to fulfill the unwanted and awkward role of "representing" the "entire black community of Portland."

As part of her journey, she embraced different approaches to social justice work over the years.

By the time she hit her mid 30s, she says she realized that white folks weren't listening. Emotionally exhausted, she changed tactics. "I decided 'each one teach one' was the best way to go," she says.

"Each one teach one" is an African-American proverb that originated during slavery. When few enslaved people were literate, those who could read felt a duty to teach others.

Karen's approach to each one teach one is aimed at broadening perspectives, one person at a time.

An Alameda resident since 1998, Karen enjoys gardening and decorates her fence with posters and signs of social justice movements for all to see. She hasn't always felt welcomed in the neighborhood. "For the first 10 years living at my current home, whites assumed I was the maintenance person or the gardener, the hired help," she recalls.

Today Karen continues to work to improve the lives of oppressed/marginalized groups and writes for Concordia News on public art, education and other topics. She still practices each one teach one, and in recent years has volunteered with Health Care for All Oregon and Nasty Women Get Shit Done. Karen is active on the planning committee for Portland Womxn's March 2020, which sprang from the 2017 Women's Marches following the inauguration of President Donald Trump.

For potential allies who want to support Karen's and others doing social justice-social change work, she asks for a change in mindset. "Believe us. See us. Respect us," she says. "The number one thing you can do is step up."

Reprinted courtesy of Concordia News.



Bunny: It is official: Portland is weird. We have the last at-large commissioner form of government in the country. So what is it exactly?



Owl: Portland's type of government dates back to 1913! You know when showing an ankle was a scandal and gongoozlers rode penny-farthings down muddy Portland roads.

Foster Care cont'd from pg 1

toll on a child's sense of self.

Oregon DHS is focused on increasing the number and diversity of foster homes available to best serve the wide variety of children who come into our care. Almost every foster family is at or beyond their capacity and we are always looking for more families so we can best match a child with a family setting that is best for their individual needs.

How do I become a foster parent?

The foster parents we have are dedicated to making a difference in the lives of children every day, quietly welcoming the most vulnerable amongst us into their homes. If you would like to learn more, the first thing to do is call the DHS training line at the number below and attend an informational meeting. We have a comprehensive program that includes talking to you about your individual history, family circumstances, parenting style, and the types of children who would be a good match for your family. We also offer further support such as our Foundations course, a curriculum on child development and trauma, how to most effectively navigate the system, and successful strategies for working with the child's family.



Can I help without becoming a full-time foster parent?

YES! There are many ways you can help. Talk to the volunteer office about various opportunities. One way to support foster children is by becoming a respite provider. In respite care, you offer childcare on a regular

"In respite care, you offer childcare on a regular interval, based on your availability"

interval, based on your availability and foster family needs, so the foster parents can get some time to nurture themselves, go on a date, or even a couple hours to get some errands done.

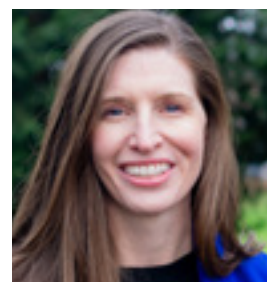
If you are interested in learning more, we would love to hear from you. It truly takes a village to raise a child, and your valuable role as a member of this community cannot be overstated.

Call us at 971-673-18-22, or email us at d2.metrotrainingcenter@dhsosha.state.or.us.

Please note that these interview questions were put to candidates before the Coronavirus outbreak and therefore do not take the current situation into account.

As a 501c3 nonprofit organization, NECN does not endorse any candidates for office. All views published here are those of the listed candidates and do not reflect the views or ideas of our organization.

City of Portland Mayor



Piper Crowell
pipercrowell.com

What's the most pressing problem facing Portland and what are you going to do about it?

Our city has struggled to find impactful solutions and a long-term vision for serving those who are experiencing homelessness. We need new policies, community engagement, and transformative planning to break City Hall out of its current cycle of indecision and inaction.

Homelessness is a dynamic, ever evolving issue too. We need real time data to identify trends and understand what is and what isn't working to calibrate policy and act swiftly. We must also be transparent with the public and partner organizations about the effectiveness of these programs and the use of public funds.

We can also do more to be proactive and reduce the number of people becoming houseless by: 1) prioritizing housing-first approaches and long-term supportive housing options; 2) preventing evictions of families with children; 3) safeguarding transitional housing for families and victims of domestic violence; 4) proving rent assistance.

How would you define a successful term in office?

If we re-energize and re-focus City Hall, I believe we can have a very successful term that includes:

- 1) Homelessness: Reducing the number of people experiencing homelessness by getting real time data, enacting proactive measures to keep people in their homes, evaluating the effectiveness of onsite services and supplementing where needed, leveraging available support for veterans, and expanding re-entry programs. 2) Good governance: The answers to Portland's challenges require deep examination of our resources. The city must start by taking a hard look at the budget and scrutinizing all city programs. Focusing on what will allow us to operate more efficiently and will free up funding for our priorities. 3) Inclusive results: Empowering a committee of local leaders with a diversity of experience and perspectives that proactively brings the voices of under-represented groups of all ages, gender identities, races, religions, socioeconomic levels, and sexualities into our policies.

What's something that people would be surprised to know about you?

I started my career doing grassroots organizing on environmental campaigns. It shaped a great deal about how I view leadership, decision making, and coalition building. During my first couple years out of college, I worked on campaigns all across the country. For one campaign, I organized students to defeat a ballot initiative that would have suspended California's landmark global warming law. I truly believe in the power of people to make change and believe we are better when more views are heard and considered.



Ozzie González
ozzie4pdx.org

Homelessness—it's a mental health crisis, an addiction crisis, a financial crisis, and a public health crisis all rolled into one. Sweeps are ineffective because there is nowhere for people to go to. Meanwhile, our public spaces degrade, tourism plummets, and neighborhood streets become littered with debris. People are screaming for attention out there and we need to intervene! I have met with businesses, churches, non-profits, and city clean-up crews—they all want to be part of a solution.

The first thing I will do is work with communities to designate sites throughout Portland. I will work with churches, neighborhood associations, and designers to create pop-up service facilities that meet people's basic needs in a rapid response format. Bathrooms, lockers, showers, personal hygiene, and temporary respite shelters will complement a kiosk for people to connect to short-term labor assignments, on site services, and for direct referrals to outside support services.

Our City's success depends on us solving tough problems together, so my first definition of success is how often I can arrive at solutions with all sides at the table.

In order for us to address issues like policing, climate change, homelessness, and residential infill, we need to have all sides at the table until a solution is found.

My other indicator of success is representation—how well the agency reflects the City it serves. I expect the City to represent its citizens demographically, geographically, physically, and linguistically with the public dollars that are spent throughout the City.

I know there are many neighborhoods that have been ignored for a long time and I will make sure they get the attention they deserve also. Representation will be my metric.

Between learning about my 19-year marriage, my job as Naturalist Ranger in Montana, or the year I spent living off the grid while studying environmental science in college, it is my life as a performing artist that gets the biggest surprise. I sing, I dance, I act, I play guitar, and once-in-awhile I do all those things on stage for paying audiences. Art is my source of joy, inspiration, emotional release, and it's what keeps me motivated to fight for positive change every day. Art makes life worth living and it is what I will utilize to bring Portland together.



Sarah Iannarone
sarah2020.com

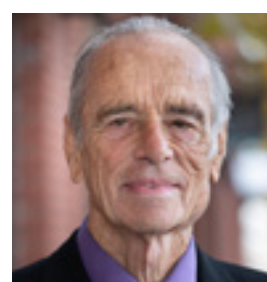
Throughout my mayoral campaign, I've been prioritizing tackling three overlapping issues: our housing affordability crunch, staggering wealth inequality, and acting with urgency on the climate emergency. Portland has rested on our laurels and our history of progressive governance for decades without making the meaningful changes necessary to address these interwoven crises with real action. Throughout my months campaigning, I have outlined a comprehensive Green New Deal for Portland, a Housing for All platform, and a Rethinking Public Safety plan alongside a Good Governance framework to reform the city's governing structures to achieve our goals. I have been able to propose these initiatives because while my opponents are taking big checks from downtown businesses, out-of-state corporations and developers, I have capped my donations at \$250, and received over \$1800 donations with an average size of \$30.

After four years, as I reflect on the completion of my first term in office, I hope we are eagerly reflecting on demonstrable, quantifiable successes, including:

- 1) Reduction in carbon emissions citywide, on track to hit our 2030 goals, along with a declaration of a climate emergency. 2) Successfully hitting targets for construction of new homes in the region, both market-rate and affordable alongside robust anti-displacement and renter protections. 3) Established robust community oversight of Portland Police Bureau with real teeth. 4) Completion of a successful, robust charter review process that will allow the city to reform the "weak mayor" commission form of government. 5) A sharp reduction in traffic fatalities on the streets of Portland to keep us on track to be fatality-free in 2025, as articulated by the 2015 Vision Zero initiative.

I have released numerous, extensively detailed policy proposals describing what I intend to achieve as Mayor.

In my former career I was a professional pastry chef working in some of the best kitchens in the best food cities across the country, including New Orleans. The restaurant I founded here in Portland was featured on Diners, Drive-Ins, and Dives with Guy Fieri (and if you stay up late, you can still catch the episode from time to time). In addition to Guy, I've fed a number of celebrities including Sylvester Stallone, Lawrence Fishburne, Mel Tillis, and Dr. Dre.



Michael O'Callaghan

Housing. We have four potential solutions:
Garage occupancy
Villages 25 or smaller
Buy or build temporary storage building
Tax unoccupied dwellings

Finding where the community agrees through call-in phone surveys. The city needs to create an access through bottom-up decision-making.

I was made a national hero by starting a free food program with a bike and trailer where we gave away over 15 million pounds of food on a \$0.00 budget with 84 volunteers. Also gave away 2.5 million pounds of salmon in Alaska with 120,000 pounds in Portland



Owl: Our last-in-the-US 'at-large' form of government is where every candidate for council runs city-wide, rather than a representative district.

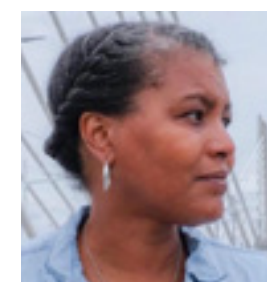


Bunny: Wait really? Aren't there over 640,000 people in this city? That sounds like it would be expensive to campaign and hard to be held accountable by the people once elected.



Owl: Double true. The kicker is that whoever gets elected is the boss of multiple bureaus, with budgets in the millions of dollars and hundreds of employees.

City of Portland Mayor (cont'd)



Teresa Raifford
teressaraiffordformayor.com

What's the most pressing problem facing Portland and what are you going to do about it?

Our housing crisis must be dealt with. There's no time to talk about it, we just need to begin reconstruction, rehabilitation and surveying of buildings that are available.

Reunifying families who have been living on the streets is a priority - we can no longer ignore the devastation that is happening around us because of displacement and the rising rents.

It isn't getting any better so solutions must come now.

How would you define a successful term in office?

At the end of my term, there should be a renewed interest and engagement in politics. Communities working together to build solutions, participating in city government on a level we haven't seen in over twenty years.

I want to re-activate community involvement.

What's something that people would be surprised to know about you?

I'm a vegan!



Ted Wheeler
tedwheeler.com

Even our quirky, beautiful Portland is not immune to the challenges of division and extremism. I want to help build a Portland that is safe, inclusive, and livable for every, single person. I believe that we all share a desire for positive and lasting change for our families and for our city. I also believe that we must come together as a City and as a people if we are to overcome obstacles such as homelessness, housing affordability, and climate change.

As Mayor, I will continue to focus on bringing communities together around shared goals, and on building powerful coalitions with my fellow council members. We have taken a community-centered approach toward tackling the biggest issues confronting our City, and will continue to do so. Moving forward, I know that we will make the most tangible and sustainable progress when all voices are counted, and when we work together.

A successful term in office is not defined solely by legislative accomplishments, but by the ability to enact careful, intelligently planned policy that works on behalf of all Portlanders, especially our most vulnerable neighbors. I am so proud that we have succeeded in doubling our shelter capacity over the past five years, and built over 1,400 new units of affordable housing. We have taken over 84% of homeless families off the street, and committed our city to 100% renewable energy by the year 2050.

I'm a huge heavy metal fan!

Portland City Council, Position 1

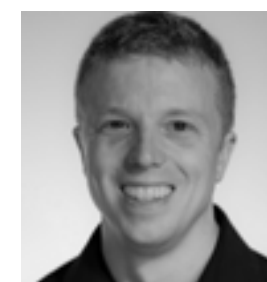


Candace Avalos
candaceforportland.com

I'm running with many of Portland's most pressing problems in mind, including: addressing our housing and homelessness crisis, improving city infrastructure, creating standards for 21st century policing that builds trust in the community, comprehensive action on our climate crisis, and removing barriers for Portlanders to be heard at City Hall. However, what I believe is the most pressing problem is our outdated Commission form of government and lack of district representation that continues to hold us back as a city. We must address the root of our problems, which begins with how Portlanders are being represented in the decisions we make for our growing city, and how our bureaus work more collaboratively. In 2021 during our upcoming charter review process, I will create a community driven process to put a measure on the ballot that updates our government to have the capacity to reflect the diverse voices in Portland.

My main goal is to restore the trust between the people of Portland and City Hall. Not only are we underrepresented without having Commissioners elected by district, but there is an overall lack of public engagement to ensure the decisions made in City Hall reflect the voices of all communities in Portland. I will consider myself successful if I can finally put a measure on the ballot to change the form of government that has city-wide support, and take meaningful steps towards correcting this lack of representation on the council. I will also measure my success by implementing internship programs, creating more opportunities for people to engage with city council, and building stronger relationships with community advocates and leaders. Passionate people across Portland are constantly innovating new ways to solve our problems—let's take their voices seriously and give them opportunities to inject their ideas back into the city.

As the youngest candidate in my race, I'm aware that I must combat a perception that I don't have enough experience to lead a large city like Portland. However, people would be surprised to know that I have built a reputation and career on my ability to fix fractured organizations of all sizes that have the passion for change but lack the visionary leadership to get there. I'm invested in my community locally (chair of a police accountability board) and nationally (founder of a national student government organization) and I have the experience, heart, and grit to lead Portland too.



Tim DuBois
timforportland.org

Portland has a housing affordability problem. Regulations have made it less enticing for developers to build much needed housing. San Diego, whose home prices began to drop in early 2019, achieved a healthier marketplace by reforming middle-income housing - focusing on those who do not qualify for low-income housing, but still struggle. Their new policies include loosening regulations and expedited permit approval. It also allows developers who voluntarily dedicate at least 10% of projects to low and middle-income housing to build 35% more units than zoning normally allows, among other perks. The federal housing voucher program, while a solid step in the right direction, is impeded by a lack of landlord participation. West Marion County has offered to cover security deposits, damages, and up to one month's rent in order to sway landlords. Creating a more inviting space for developers is our most efficient path to housing reform.

A success would be to solidify a stable and sufficient housing pipeline, which among other things will lead to a reduction in homeless residents. It will be a healthy and sustainable fiscal outlook for the city budget. It will include voting and charter reform, with a ranked choice system and city manager system with district representation implemented.

Most of all, a success would be to create cleaner air for all Portland residents, who are in the worst 1% of U.S. counties for breathing diesel particulate. I have been addressing this directly through my work with Portland Clean Air, where I am going to negotiate directly with our most unregulated polluters. I have been addressing this directly through my work as a board member with Portland Clean Air. I am currently in communication with 25 Portland neighborhood associations to directly negotiate with our cities most dangerous, unregulated industrial air polluters.

It took me 35 years of challenging the laws of physics - and denying those laws applied to me - before I finally broke a bone while running to base. It was first base. I was out.

Continued on pg 8

Talk To The People

It's nice to hear from candidates speak in their own words about their vision for our city and for solving some of its problems. But how closely does that track with what's on people's minds?

We partnered with our friends at The Center, a youth and journalism-focused nonprofit to find out. On a sunny March afternoon, a group of teenage reporters from The Center spread out around the North Williams and Fremont neighborhood to get a read for what average Portlanders are

thinking about going into election season.

They asked two questions:

- 1. What is the biggest problem facing Portland and what do you want to see done about it?**
- 2. Do you feel that City Hall represents your interests? Why or why not?**

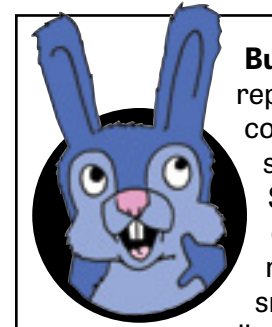
They had conversations with over two dozen people on the street and we collected some of their answers here.

The student reporters are:

Robertson, Sarah
Holman, Maya
Zhang, Alyssa
Dwyer, Liam
Langer, Hannah
Gadbaw, Maddie
George, Dillon
Latendresse, Emma
Calora, Lauren Mei
Camp, Margot
Michael, Sophia
Farhang, Aanna



Talk To The People



Bunny: In a representative council system like Seattle has, candidates run in smaller districts with say 60,000 people and they aren't in charge of massive City bureaucracies.



Owl: Running in districts is cheaper, so there is less incentive to take big corporate cash, and it is easier for people in the district to engage their representative.



"Parking. All these buildings, all these condos should have parking. This lower level crap should be illegal."
—Anonymous

"It's difficult to meet the needs of every individual, so I feel like oftentimes corporations and the people who bring in the most money are the ones who get focused on."
—Zachary O.

"Homelessness and housing, affordable housing."
—Rhea F.

"Mobility within the city. Specifically making it more accessible to get around safely without using a car."

"I think there are a lot of questions regarding our coalition form of government... There's not necessarily someone that I know I can talk to about issues affecting my community."
—John R.

"I don't think city hall should be working for individuals. I do think city hall policies need to be more holistic. Portland has needed for the last 10 years to go to basic structural fundamentals - the foundation of our city organization... things like safety, fire, police, local health initiatives, housing."
—Michelle T.

"I am a therapist and I just hear from a lot of people about how stressed they are because housing costs so much and how hard it is to move because they don't have a lot of money"
—Laurie P.

"I think that housing and the homeless crisis are probably the most important things in the world right now. The city should get behind sponsoring more affordable housing and find some real solutions for the homelessness problem."
—S.B.



city should figure out a way that if developers are going to come in and try to make money off of Portlanders and it is going to sit empty because they are charging too high of a rent, then the city has to get involved and create some sort of subsidies or penalize developers who are basically just sitting on empty developments and open that housing up for more affordable options."
—Eric

"There is so much garbage around and I don't mean to be judgemental, but I know that it's a lot of homeless people that can't do much with what they have. I live in this building and it's a nice building, it's clean, it's expensive, and then you walk two blocks away and it's trashed. There's a bus shelter on Vancouver. Twice in the last two months it's been completely destroyed and, you know, the Metro has to go and replace the glass and pick up all the glass and trash, and you know I feel very safe in the building and I don't feel as safe outside."
—Loretta

"Income inequality is something that is talking to me and I see a lot of people and myself feel stressed by the amount of money that they are making and just like making a life in a city where I feel that there should be a place that people can make a life... I am supporting candidates who I think are more focused on that kind of equality."
—Joshua

"They're building 7-story buildings in place of homes. I understand the need for infill but I think the way they are doing it isn't sustainable"
—Anonymous

"The most important issue in this upcoming election would be something about homelessness. I'm a security guard so I deal with the homeless on a daily basis, so I'd like to see people come together more. And we do have a lot of different things for homeless people."
—Austin



Portland City Council, Position 1 (cont'd)



Carmen Rubio
carmenforportland.com

What's the most pressing problem facing Portland and what are you going to do about it?

Most pressing are housing affordability and the homelessness crisis: every Portlander should be able to live affordably, safely, and with access to our city's schools and public transit. This includes directing more resources to the homeless crisis for supportive housing and services for the chronically homeless, and to prevent more families and children from falling into homelessness. Housing instability impacts children's ability to learn, be nourished physically, and emotionally feel safe. Great work is happening through the Joint Office of Homeless Services and many community-based organizations, but it is still not enough. The City has a role in leading a collaborative and regional response. As a City Commissioner I will bring urgency to these issues because we have no time to lose. I'll make sure our City is doing our part in a regional effort to create paths to stable, affordable homes to meet the needs of our diverse communities.

How would you define a successful term in office?

My hope for a successful term in office would be that our City Council has earned the full trust and engagement of Portland residents, and that Portland is on a strong path to become a city leading the way in renewable energy use, that it is affordable for all people to live, where all Portlanders have access to clean air, water, and parks, with walkable neighborhoods and multiple transit, cycling, and pedestrian options.

We will have a thriving and innovative business community and social sector that work hand in hand with local government and the region to ensure everyone has a place to call home, access to good jobs, and safe, inclusive, and carbon-neutral neighborhoods.

What's something that people would be surprised to know about you?

My immigrant grandparents and parents migrated through the Southwest and Northern California and Oregon picking vegetables and fruit before settling permanently in Oregon. Growing up both of my parents had to work a lot to keep a roof over our heads. Before I turned 14 years old, we had moved more than 10 times. This is why housing is personal to me. It's why I've dedicated the last ten years to running a community organization that supports low-income families and youth to achieve their American Dream. My experiences mean I will bring an urgency and focus to this work.



Phillip Wolfe

Police brutality and police accountability. They've violated and lost our public trust. Police violence against protesters is obvious and known - yet they lie and continue. Police are killing people experiencing mental health crisis. Anti-homeless ordinances need to be removed and police must stop arresting them. First responders need to be medical professionals, not the police. As a queer man, I know that Police should not be allowed to march with Pride - they are not our allies. I will work with PPB on better strategic plans how to handle protests, and went to state police training for background knowledge necessary to do so. We must sever ties with ICE. Also, hire an independent community member as police commissioner - the Mayor's office has failed. Replace PCCEP with new citizen oversight for policing that's not insider-filled and seeking status quo solutions. G4S City hall security must be removed immediately. Corporate mercenaries violating community rights have no place in Portland.

First and foremost by increasing community access, inclusion and influence with fair decision processes with equal protection for all community members under the law. The status quo openness and integrity of Portland's City Government is unacceptable.

I will lead inclusive town halls when discussing policies, issues and proposals before votes at city hall and together we will transform City hall into an accessible place for all.

I will also lead in partnerships for direct action when addressing issues and transform our city government website to make it 100% accessible. We can make much better decisions together with science and good decision processes, than the failures coming from the current city commissioners and Mayor.

As a committed community leader of those systemically excluded from power and access - I have volunteered without pay for many full time non-profit organizations over the last 15 years - as the vice-President for Student Body Government at my nationally known high school, where I also formed the first LGBTQ club. I'm the sole survivor of my entire family - of earthquakes, tornadoes, police brutality, domestic violence, family abuse and gun violence. Portland is my community and my family. I've lived on my own since age 16.

Portland City Council, Position 2



Cynthia Castro
cynthiacastro.com

Portland has an incredible opportunity with this new City Council. Councilors elected in 2020 will renegotiate the Police contract, likely handle charter reform to change our form of government, sustainably fund Portland Parks & Recreation, and continue working towards solving the housing crisis. The Council is also responsible for making policies reducing the City's carbon footprint and addressing climate change.

I would ensure the Police contract was created through deep community collaboration, especially with those impacted by our justice system's iniquities; support charter reform and ensure community voice is fairly heard through committee nominations; build on the work of Commissioner Fish and the Parks Director to find sustainable funding Portland Parks; support a basic minimum income, helping those on the verge of losing their homes, and those already experiencing homelessness; and finally I would work to improve the city's urban tree canopy, helping reduce neighborhood temperatures and improving livability.

Portland Parks & Recreation has sustainable funding. Our beloved parks, natural areas, and recreation facilities need continued investment and comprehensive maintenance to ensure generations of Portlanders have access for years to come.

Community members have better access to their local government, no matter their zip code, or language they speak. All community members should have trust and confidence in their government. This happens when communities are a part of the process in decision making from the beginning.

Portland is a safer place to live, work and play. Safety means different things for different people. We need policies that address safety for all regardless of race, ability, gender, sexual orientation, religious affiliation, age, socio-economic or housing status.

Livability has increased. Portland has neighborhoods that are incredible and unique. No matter what neighborhood you live in, you should have the same expectations of access to and services provided from your local government.

I participated in competitive sports all my life with a deep connection to soccer. What may be a surprise is that I played with World Cup champion Hope Solo, in fact, we won a high school state championship together!

It's been wonderful raising my kids here where the rich tradition of soccer is a part of the community fabric and it was an honor for me to coach young immigrant and refugee women in Portland World Soccer.

Finally, we are very lucky to have fantastic teams with incredible community minded fan bases. Go Thorns, Timbers, Riveters, and Timbers Army!



Robin Castro
robin4pdx.com

The most pressing problem facing Portland is our city government's inaction on climate change. We have children and adults alike marching through our streets demanding climate action yet the council avoids taking real action to address this crisis. Portland should be leading the nation in climate policy. We must enact a climate emergency to put the issue into perspective. We must reject the expansion of the I-5 and implement a congestion tax to disincentivize auto use. The city must use this money to expand public transit and eliminate fares to make the city more accessible without a car. Our 100% renewable energy goal as a city needs to be shifted from 2035 to 2025 forcing the city to take immediate action. Housing policy is climate policy so we must support Residential Infill Projects to reduce land use and create 15 minute neighborhoods.

A successful term in office will encompass direct climate action, expanding tenant protections, empowering workers & unions, and increasing community engagements throughout Portland. We must bring City Hall to the people by going into their communities rather than expecting them to come to us and these engagements must be required 4-6x a year.

A successful term would also include frank conversations on privilege and access in Portland's political sphere to address the issues that women, BIPOC, and working class candidates face when running for office. Lastly, a successful term will address disability rights and the lack of accessibility this community faces with our current infrastructure.

I was adopted at birth but ended up being raised by my biological mother. My mother was young and decided to allow my godparents to adopt me. I was named by my godparents and lived as their daughter until I was 9 months old. My mother was able to reverse the adoption and I grew up with her the rest of my life. My mother could not afford to change my adopted name so I kept that name until last year when I had a legal name change to the name my mother chose for me before I was adopted.

Portland City Council, Position 2 (cont'd)



Sam Chase
samchaseforportland.com

What's the most pressing problem facing Portland and what are you going to do about it?

The most pressing issue facing Portland is the lack of affordable housing and the resulting impacts, including the homelessness crisis.

I am the ONLY candidate for this position with deep experience in affordable housing and homeless services. I was hired by late Nick Fish to develop Portland's first detailed affordable housing plan and worked for years in the non-profit sectors and at Metro to expand the scale and regional reach of housing and services. I will bring my track record of success and real solutions to City Hall. But you don't have to take my word for it:

"Sam Chase has the unique combination of experience and progressive values our community needs to address homelessness, safeguard clean air and water, and stand up for the rights of all people. We need him on Portland City Council!" —Governor Barbara Roberts

The usual answer to this question is housing, and that's not inaccurate. However, the housing crisis is a symptom of our deeply-flawed system that both failed to see the crisis coming and fails to adequately address it. This is why I consider Portland's most pressing problem to be our at-large elections and outdated Commission form of government—which led to predominantly rich white men from the wealthiest part of town getting elected. Once elected, the Mayor assigns Commissioners bureaus (regardless of expertise)—Commissioners then spend the majority of their time running bureaus, rather than legislating or serving their constituents. If we had representatives on City Council from diverse backgrounds, elected by districts from every part of town, who focus on legislating and constituent services—we would end up with a city that works for everyone. I'm committed to leading the transition to this new form of government through a community-led process.

How would you define a successful term in office?

I championed passage of the nation's first regional affordable housing bond; passed three regional packages protecting nature, air and water; and reformed exclusionary urban renewal policies to build more than 10,000 affordable homes—without raising taxes. I get what I say done!

I'll transform our city by:

Funding affordable housing and proven solutions to match the scale of Portland's homelessness crisis; I will provide job support; complete Nick Fish's plan to build 2,000 units of permanent supportive housing; and build affordable housing and shelter for communities THROUGHOUT the region—including Washington/Clackamas Counties.

Bringing back community centers, Columbia Pool, and parks and recreation programs; restore Willamette waterfront access, replace concrete hotspots with green landscape, and build on my Metro experience to revive and sustain Portland Parks and Recreation.

Delivering free transit passes for all youth and reducing traffic congestion by making transit faster and more reliable.

The first two years in office I will have the opportunity to facilitate a once-a-decade Charter Review process with my fellow Commissioners—the process will hopefully lead to a community-led, system-change ballot measure in 2022. I hope to win reelection in 2022, at which point the Portland voters will have hopefully passed that ballot measure creating city council districts and dismantling the Commission form of government. When reelected, I'd help lead the implementation of this new, more just and equitable system of government.

The housing, climate, and congestion crisis don't exist in a vacuum, and we shouldn't act like they do. Commissioner Hardesty has demonstrated that Commissioners can work across bureaus on issues like police accountability. A successful term in office includes continuing to demonstrate that we can fix our biggest systemic problems by pooling our resources and working together across bureaus and with other municipalities to get things done.

What's something that people would be surprised to know about you?

As a teenager I lost my father to mental illness and drug addiction—conditions that affect many of Portland's chronically homeless. I understand firsthand that the only way our chronic homeless neighbors, friends and families will succeed is with effective housing, services, and support. When they do, Portland's quality of life will improve for everyone.

"Sam's commitment to racial equity, social justice and advocacy for sustainable community engagement in all decision making processes at the City level strengthens his vision for livable wage jobs, affordable housing and clean air and water." —Asian Pacific American Network of Oregon (APANO)

I was a gymnast for 11 years! Which speaks to my work ethic—I chose 20+ hours of gymnastics per week over having a social life! It also indicates my attraction to accomplish difficult things. In my career, I led a decade-long campaign to stop Nestlé from building a massive water bottling facility in the Gorge. People said it wasn't possible, you can't stop them, but we did. Gymnastics was kind of like that: people think the human body can't do certain things, but with commitment, hard work, and a sense that the impossible is possible, we can accomplish incredible things.



Julia DeGraw
julia4pdx.com

What's the most pressing problem facing Portland and what are you going to do about it? (150 words max) We are in a housing crisis and this has a major effect on our community, especially our homeless community. Homelessness is an immediate threat to the individual's wellbeing. My idea is utilizing "zombie" lots to create supportive housing because right now it's just wasted space not serving the community. Let's use these lots and serve our community. Designating these lots for specific transitional needs, whether you are from the homeless community, are a Survivor of abuse trying to flee an abusive situation, or whether you are a student. Students are at risk for homelessness because they're paying so much in debt to go to school, to have an education to be part of our community. I do believe that if we were to come up with programs to further help our community partners it would bridge that gap and create something more sustainable so that our city can thrive.

I believe that working with our community partners and advocates is a key part to a successful term. By working with community partners we can work towards a city that is inclusive and sustainable.

I seek to continue the work that Commissioner Fish has started, such as stewardship of the land and water cleanup.

Using renewable resources and materials on city projects and giving small businesses the opportunity to work with the city.

Creating more jobs in our city and bringing awareness to the community so that those who are looking for work or ways to get involved will have first priority.

I'm a painter. I've always loved art and after I was honorably discharged from the Army I started painting.

I paint from the heart and believe art has a way of bringing people together. When I'm finished with my paintings I give them away to my friends, family, and people in our community.

This past year for Christmas surprised my family with personal paintings from me. I love giving gifts from the heart.

Continued on pg 10



Bunny: So what is a gongoozler like me supposed to do?

Owl: Well, to change the government we would have to change the City's charter, which is like Portland's constitution.

Bunny: Hoo boy that sounds boring and hard.

Portland City Council, Position 2 (cont'd)



Jack Kerfoot
jackkerfoot2020.com

What's the most pressing problem facing Portland and what are you going to do about it?

Homelessness. The causes of homelessness are diverse, but broadly speaking, there are two halves to the problem, an economic half and a services half. On the economic side, we need to ensure housing is available and affordable, and we need to keep Portland's economy bustling and creating opportunity for Portlanders.

On the subject of services, Portland has over 300 nonprofits working independently to provide services to residents experiencing or at risk of homelessness. The absence of coordination between the city and these nonprofits is a major opportunity for improvement.

As Commissioner, I will champion an initiative to bring nonprofits, businesses and faith-based groups together to create coordinated, collaborative solutions to our homelessness crisis. Collaborative, integrated programs like Haven for Hope have achieved nationwide renown for helping people rebuild their lives and find permanent housing. Integrated programs offer housing, medical and mental health care, addiction treatment, support groups and job training.



Alicea Maurseth
maurseth4pdx.com

No single issue voting, please! There are many issues and ranking them seems ridiculous when there are so many issues to address. Everyone will have a reason why they think one should be ranked higher. As city commissioner, I would be answering questions and concerns of the citizens. The only thing I can guarantee is that health (mental and physical) and safety will be a priority. For issues I feel strongly about, I am updating my site as often as I can to include my views on various topics. Feel free to look there, if you are so inclined.



Loretta Smith
voteloretta.com

The most pressing problem facing Portland is poverty. Poverty is the foundation of issues around homelessness, our inability to reduce traffic congestion, and the wealth inequality and discrimination in our community. With billions of dollars in the budget, we can do better at providing opportunities for everyone to be successful – regardless of what zip code they come from. My plan is to do two things about it – collaborate and take action. We have to work with people who are on the ground in this fight – like teachers, homeless outreach workers, and transportation advocates – to come up with real solutions that work for real people. Next, we must find the courage to act. We must act not just when it is politically convenient, but every single time that it's right. I have always found the courage to act and will continue to as a Portland City Commissioner.



Walter Wesley

We are in a climate crisis. As Commissioner my priorities would help move Portland in the right direction by implementing limits on single-use plastics, shifting our automotive fleet off gas fuel, composting food waste, converting methane at our sewage treatment plant to renewable natural gas, and maximizing our use of nature rather than pipes to manage Oregon's plentiful rainwater.

A climate change also necessitates funding and emergency planning for civil protections from flooding, agricultural failures and earthquake and electrical grid preparedness has got to be our number one priority.

My Biggest concern is the seriously declining Honey Bee Populations nationally. This could make the foods we need completely unavailable. Working together I believe Portland can be instrumental in leading the nation in changing the Whole Pollinator dynamic. I have a solution that I would like to promote as Commissioner of Parks and Recreation: The Wildflower and Mason Bee Revolution!

How would you define a successful term in office?

Homelessness – Champion an initiative for the Portland City Council working with the businesses, nonprofits and faith-based groups to develop a strategic and tactical plan to address our homeless crisis. The plan will lead to the development of comprehensive addiction, mental health and job training programs comparable to nationally recognized programs like Haven for Hope in San Antonio, TX.

Environment – Closing of the Zenith Oil Terminal, an environmental catastrophe waiting to happen. Development of a viable, measurable program to achieve the city's 100% renewable energy and carbon neutral goals before 2035 and 2050, respectively.

Responsible Government – Stay connected to the issues facing our city by holding regular town hall meetings in all sectors of our city (NW, N, NE, SE & SW). Ensure that the people's voice is heard, and our city government responds accordingly.

Safe Streets – Implement effective programs which will reduce traffic-related fatalities.

What's something that people would be surprised to know about you?

Years ago, I went to a Halloween costume party in Calgary, Canada, I went to the party dressed as Count Dracula and I met a fascinating woman dressed as a black cat. Four weeks later we were married, and we began our journey together traveling the world.

This year, the black cat that crossed my path and I will celebrate our 42nd wedding anniversary.

Address as many issues as possible and attempt to find the optimal solution, even if that means compromising.

That I'm running for city commissioner. :D Also, my parents had eight kids -- all girls.

I would define a successful term in office by the depth of community we've engaged in finding a collaborative path forward for our city and by outcomes we can see are working to fight back against the growing decline in quality of life for working people and vulnerable communities in our city. We must be innovative enough to address the short-term crises we face and the more long-term fixes at the same time. It is not enough to just adopt a policy and wait ten years to see if it works – we need significant change now and a long-term strategy to sustain it. We need to work quickly, but urgency cannot overshadow the parallel need to engage deeply with impacted communities that have often been left out of conversations about policy options and resource allocation. Accomplishing those two things would be a successful term in office for me.

Most people would be surprised to know that my dad was a Hall of Fame boxer from North Portland.

Mason Bees and Leaf cutter Bees are solitary rather than the honey bee which live in Hives. Solitary Bees can be raised by the urban farmer Or what I would call the Victory Bee Gardener. Mason and Leaf cutter bees can be raised and can help the people who raise food in the country as well.

This is the idea I would like to see all of Portland make successful. It saves money, it saves Bees, it save soils, All bees need food. As Commission of Parks and Recreation I would like to see Our urban grass fields, turned into Wildflower Meadows until Bee populations can be restored, The Bureau would save on Grass seed, Grass cutting, herbicides and Pesticides which are devastating our Bee population in the first place!

I would consider restoring Bee Populations to year 2000 levels to define success for my term in office.

I tango dance pretty regularly.

Portland City Council, Position 4



Mingus Mapps
mingusmapps.com

What's the most pressing problem facing Portland and what are you going to do about it?

Portland must do better at preventing and ending homelessness. The most efficient way to reduce homelessness is to prevent people from losing their housing in the first place. In addition, we must help get the mentally ill and those in need of medical care off the streets and the help they need. We cannot police our way out of the homelessness. Instead, we need smarter and more humane solutions that address the myriad of challenges to our housing crisis.

Solutions must include:
Increased funding for short-term rent assistance programs
1,500 units of city-subsidized supportive housing for chronically homeless people, who are also disabled, mentally ill, and/or drug addicted.
Community led, non-police outreach to the homeless community.
29,000 more units of low-cost and affordable housing.



Keith Wilson
keithforportland.com

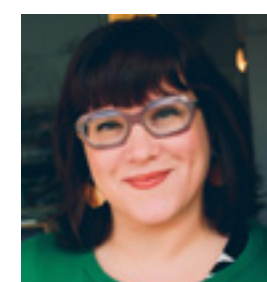
Homelessness:
Last year 80 people died living on the Portland streets. Allowing people to camp on streets is misguided compassion. Allowing people to die on our streets is not compassionate at all.

Our City Has Normalized Homeless Encampments:
In Portland, by law, unsanctioned camping is not permitted. However, when camps are cleaned up, our rules require campers to be provided at least 48 hours advance notice so they can pack up and vacate the area. However, this is not managed and encampments remain, sometimes for months on end. Our police, who are on the front lines caring for our city, are ordered by their superiors at the direction of our City Council to stand down. All the while the quality of life for both the homed and homeless suffers, in the case of the homeless, sometimes with loss of life.
Now let's focus on SOLUTIONS.



Seth Woolley
sethforportland.org

Portland is among the most environmentally friendly cities. However, Multnomah ranks among the worst 1% of counties nationwide for diesel particulate exposure – the worst airborne carcinogens according to California risk assessments. DEQ still does not regulate stack emissions. My public records requests for Portland area industrial air polluter data succeeded with eight agencies. All of these records went online for public access for the first time due to this citizen action. I work with 41 Portland Neighborhood Association boards to inform the public and negotiate with industry for the installation of smokestack filters. Eight industries have installed control devices to mitigate or end their pollution problems since Bullseye Glass. Most of these were voluntary due to citizen action. I'll make sure the city council is doing its part on wood smoke, demolitions, and restaurant pollution. The city council should be more vocal even when preempted by Oregon.



Chloe Eudaly
Votechloe.com

Climate catastrophe is our biggest global challenge and something that I'm actively addressing—but I was inspired to run for office by Portland's rent crisis and affordable housing remains by highest priority. Housing is a basic need and a human right. A safe, stable, affordable place to live drives outcomes in health, education, and economic opportunity. Mass displacement has had significant impacts on traffic congestion and carbon emissions. High rents are a detriment to our local economy. Addressing the impacts of the housing crisis after the fact is exponentially more expensive than keeping people housed. And gentrification has robbed entire communities—in particular Portland's African American community—of cultural ownership and the ability to live in their chosen communities. I have advanced historic tenant protections in my first three years in office. We are currently working on locating additional alternative shelter sites on city owned property, as well as developing meaningful anti-displacement measures.

How would you define a successful term in office?

10% + decrease in the absolute number of Portlanders who are chronically homeless.
10% + increase in the supply of affordable housing. (50% of media family income)
10% + decrease in poverty.
10% + increase in usage of electric vehicles.
Diversify city staff and deliver city services equitably to all Portlanders.
Reform the charter to elect members of City Council by district
Hire City Manager to coordinate services across bureaus.
Reform City code to modernize neighborhood and business associations systems
Cut the number of staff vacancies at PPB by 25%
Free public transit for PPS kids
Decrease traffic congestion and reduce the number of traffic deaths
Establish an annual "carbon budgets" for each City Bureau. Bureaus are held responsible for tracking, managing and reducing CO2 emissions.
60% + of Portlanders agree with this statement: "Portland's city government is on the right track."

A sense of optimism and pride is back in our city. On our walks or rides we will see a city regaining its beauty. Campsites will slowly disappear as we house, heal and humanely treat our most vulnerable.

Deeply affordable housing will ensure that a high school kid graduating or a person on social security can live in the city they grew up in.
Our air will be cleaner because we will be transitioning our entire municipal fleet to electric vehicles.

These changes will be a reality because I will have spent each week visiting all parts of the city. I will sweat the small stuff. If I see a pothole in your neighborhood, I want it filled. If I see trash on the side of the road, I want it picked up. If I see an abandoned car on your street, I want it removed. Don't you?

A successful term would entail implementing more robust controls to reduce pollution at the city level.

For example, by creating a Nature's Trust chapter in the Charter to treat nature as an enforceable public trust, making unfiltered diesel trucks illegal, and working with power companies to transition folks off wood burning during the winter.

A successful term would also include maintaining democratic input and increasing diversity. I would increase funding to neighborhood associations as well as diversify funding to non-neighborhood association community groups not typically represented well in neighborhood organizations.

A successful term in office includes creating, passing, and implementing meaningful policy solutions, representing the interest of the people of Portland in every decision we make, delivering better protections, services, and programs to the public, working to solve structural and systemic issues in our bureaus and programs, and improving the work cultures within our bureaus.

When I'm pursuing policy solutions I begin with the question: How can I do the most good for the most people, in particular underserved or vulnerable communities? And as we develop policy, I ask myself whose voice is missing from these conversations and who needs to be at the table? How will this policy or project advance racial justice? And how (if applicable) will it help us achieve our climate goals? A willingness to not shy away from difficult conversations, act with urgency, and deliver effective and legally defensible policy solutions is critical to success.

What's something that people would be surprised to know about you?

I don't own a car. I am raising my boys to understand the value of public transportation, biking, and walking inside your community and city.

It is on the bus or the MAX that I get the incredible benefit of meeting fellow public travelers and hearing about what they want out of our city.

While I am actively participating in reducing my carbon footprint, I am using my own dollars to support union jobs, public service funding, and underserved communities to have access to transportation.

I have climbed to the very top of the Brooklyn Bridge and halfway up one of The Great Pyramids of Giza in Egypt. Oh, to be in your 20's.

I think you would be surprised to learn that I like to go on a 40-100 mile bike ride whenever I get a chance with friends. I have biked to Boring and Mt Hood. We frequent local cafés, and they know us as those crazy cyclists who biked from Portland.

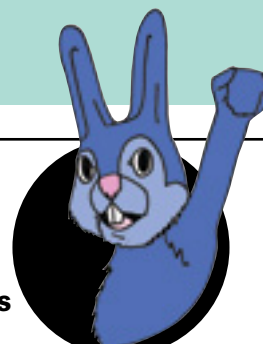
I also biked all around Oregon, a 1500 mile bike ride over four weeks. I enjoyed speaking to the locals about the issues that matter to them while campaigning for Oregon Secretary of State in 2012.



Owl: Next year, City Council will create a charter commission to review our form of government and that would be a good time to get on your penny-farthing and ride down to City Hall and tell those gongoozlers "we want a representative council".



If you want to watch a short video about it, visit our website: www.necoalition.org/civics



COVID-19/CORONAVIRUS

Resources

There are resources available online to help you deal with the COVID-19 outbreak. Below are just a few.

Food Assistance

- Hunger-Free Oregon: <https://oregonhunger.org/covid-19>
- Sunshine Division: <https://sunshinedivision.org/get-help>
- Meals on Wheels: <https://www.mowp.org/what-we-do/meals-on-wheels>
- Oregon Food Bank: <https://www.oregonfoodbank.org/find-help/find-food>

Financial & Employment Assistance

- <https://www.oregon.gov/employ/Pages/Covid-19.aspx>
- <http://www.homeforward.org/find-a-home/get-help-paying-rent>
- <https://impactnw.org/programs/housing-and-safety-net>

General Info/Updates

- <https://govstatus.egov.com/OR-OHA-COVID-19>
- <https://multco.us/novel-coronavirus-covid-19>

Business Support

- <https://greaterportlandinc.com/covid-business-resources>

Things to do while under self quarantine.



- Meditate:** Take even 5 minutes to be still and breathe.
- Get some movement in during the day.** Go for a walk. Stretch. Many apps are free do what is best for you.
- Go outside and breath some fresh air.** Remember social distancing.
- Call or FaceTime loved ones.** We will get through this together.
- Catch up on your sleep.**
- Remember to wash your hands frequently.**
- Eat good meals. Speak good things into existence. Drink water.**
- DANCE!** Remember to take time to have fun!
- Think good thoughts.**
- Take time away from technology.**

NATIVE WELLNESS
Nativewellness.com

STAY HOME. SAVE LIVES.

DO:

- Stay home as much as possible (kids, too).
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

DON'T:

- Gather in groups.
- Get together with friends (no drinks or dinners).
- Have play dates for kids.
- Make unnecessary trips.

OPEN:

- Grocery stores
- Banks
- Pharmacies
- Bars, restaurants (takeout, delivery only)
- Some other stores (stay 6 feet from others)
- Gas stations

CLOSED:

- Malls and retail complexes
- Fitness, yoga and dance centers
- Barbershops, hair and nail salons, spas, cosmetic stores, tattoo parlors
- Theaters, amusement parks, arcades, bowling alleys, skating rinks, museums
- Concerts, sporting events, festivals
- Campgrounds, pools, skate parks, playgrounds



3/23/20
#StayHomeSaveLives

STAY HOME. SAVE LIVES.

VOTE!

Primary Ballots Due May 19th



YES Prevent a Recession

CORONAVIRUS INFORMATION

Questions? Call 2-1-1
For the latest info, visit multco.us/covid19.

WHAT IS "NOVEL CORONAVIRUS"?

SARS-CoV-2 is a new coronavirus. The disease it causes has been named coronavirus disease 2019 or COVID-19. COVID-19 symptoms include fever, cough, and shortness of breath. Most people recover at home, but it can cause severe illness and pneumonia in some people.

Fever Cough Shortness of breath

WHO IS AT HIGH RISK?

- Older adults (over the age of 60)
- People who have serious chronic medical conditions like heart disease, lung disease, weak immune systems, and diabetes
- People who are pregnant

HOW DOES IT SPREAD?

The virus spreads when someone who is sick with the virus coughs or sneezes close to another person. Someone with the virus is most likely to spread the germ to others when they have symptoms like a cough. Cover your mouth and nose with a tissue or your shirt sleeve if you cough or sneeze.

HOW CAN WE STAY HEALTHY?

- WASH YOUR HANDS** frequently with soap and water.
- AVOID TOUCHING YOUR FACE** or eating with unwashed hands.
- STAY HOME AND AVOID LARGE GROUPS** and crowded public places.
- TRY TO KEEP A DISTANCE** of 6 feet (2 large steps) between you and others—especially if you are at high risk.
- CLEAN AND DISINFECT** frequently touched objects and surfaces in your home.
- MAKE A WORK PLAN.** Know your employer's sick leave and teleworking policies so you can stay home if needed.
- MAKE A CHILD CARE PLAN.**
- MAKE SURE YOU HAVE THE FOOD AND MEDICATIONS** you need to stay home.
- CALL OR TEXT** to check in on any neighbors who might need extra help, like seniors living alone.

Multnomah County Health Department

INFORMACIÓN SOBRE EL CORONAVIRUS

¿Tiene preguntas? Llame al 2-1-1
Para obtener la información más reciente, visite multco.us/covid19.

¿QUÉ ES EL "NUEVO CORONAVIRUS"?

El SARS-CoV-2 es un nuevo coronavirus. La enfermedad que provoca recibe el nombre de enfermedad por coronavirus 2019 o COVID-19. Los síntomas de COVID-19 incluyen fiebre, tos y/o dificultad para respirar. La mayoría de las personas se recupera en su hogar pero puede causar una enfermedad grave y neumonía en algunas personas.

Fiebre Tos Falta de aire

¿QUIÉNES ESTÁN EN MAYOR RIESGO?

- Adultos mayores (más de 60 años).
- Las personas que tienen afecciones médicas crónicas graves como enfermedades cardíacas, pulmonares, sistemas inmunitarios débiles y diabetes.
- Mujeres embarazadas.

¿CÓMO SE PROPAGA?

El virus se propaga cuando alguien que está enfermo con el virus tose o estornuda cerca de otra persona. Es más probable que una persona con el virus transmita el germen a otros cuando tiene síntomas como la tos. Cúbrase la boca y la nariz con un pañuelo de papel o con la manga de su camisa si tose o estornuda.

¿CÓMO PODEMOS MANTENERNOS SANOS?

- LÁVESE LAS MANOS** con agua y jabón frecuentemente.
- EVITE TOCARSE LA CARA** o comer con las manos sucias.
- QUÉDESE EN CASA Y EVITE GRUPOS GRANDES** y lugares públicos con mucha gente.
- INTENTE MANTENER UNA DISTANCIA** de 6 pies (2 pasos grandes) entre usted y los demás, especialmente si usted es de alto riesgo.
- LIMPIE Y DESINFECTE** las superficies y los objetos del hogar que se tocan con frecuencia.
- ELABORE UN PLAN DE TRABAJO.** Infórmese sobre las licencias por enfermedad de su empleador y las políticas de teletrabajo para que pueda quedarse en casa si es necesario.
- ELABORE UN PLAN DE CUIDADO DE LOS NIÑOS.**
- ASEGÚRESE DE TENER LOS ALIMENTOS Y MEDICAMENTOS** que necesita para quedarse en casa.
- LLAME O ENVÍE UN MENSAJE DE TEXTO** a los vecinos que puedan necesitar ayuda adicional, como las personas mayores que viven solas.

Multnomah County Health Department