



Grant Park

Neighborhood Association

P.O. Box 13102, Portland, OR 97213

Fall 2020

GPNA Update

Like virtually everything else in the world, the Covid pandemic has affected the functioning of your neighborhood association. You may have noticed the absence of the usual Summer edition of our newsletter. For a variety of reasons, it could not publish, chief among them being the unavailability of students from the Beverly Cleary Fernwood Life Skills class. They count and organize our newsletters into bundles for delivery. In addition, uncertainty about shelter in place rules made personal delivery by the cadre of dedicated volunteers in the neighborhood unlikely.

Cancellation of our Annual Meeting in April and a Board Meeting in June occurred for similar reasons. Starting last year, all GPNA meetings have been held at a community meeting room at the newly refurbished Grant High School. As you undoubtedly know, the school has been closed for many months and when it might reopen is unknown.

Beginning with a special meeting in July, all GPNA meetings have been and will continue to be virtual, rather than in person. Conducting such meetings required amendment of the organization's bylaws, and the updated version can be found here: <http://grantpark-na.org/wp-content/uploads/Bylaws-2020-Final.pdf> See Article III, Section 5, "Remote Communication Meetings." All meetings remain open to the public, although there are now simple security procedures described on our website to get the necessary link to join in. The bylaws also now more explicitly provide for a student representative from Grant High School to serve on the board as a voting member. See Article V, Section 8.

All current GPNA officers have agreed to continue to serve in their current positions until April, 2021, when elections will again occur. An additional member at large joined the board, and you will find her profile elsewhere in this newsletter.

In this most uncertain of times, the GPNA Board wishes our members well.

Ken Peterson, *President*

Welcome Chase Bank!

By Stacey Tipp

GPNA President Ken Peterson and I recently had the pleasure of sitting down for a chat with Ryan Rasmussen, the branch manager of the new Chase Bank on the northwest corner of NE Broadway and NE 33RD Avenue. The new branch opened in July of this year. The property was formerly a Jacksons convenience store that had sat empty for quite a while. All the employees of the now closed Chase branch inside the Hollywood West Fred Meyer transferred to this new branch, and two more employees were added.

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2020 MEETINGS:

April 14 (Annual) (canceled),
June 9 (Board) (canceled),
July 22 (Special),
September 15 (General), &
November 10 (Board)

LOCATION:

All meetings for the foreseeable future will be virtual rather than in person. To check the meeting schedule and agenda, learn how to participate virtually, or to suggest an agenda topic, please go to: <http://grantpark-na.org/meetings-minutes>

MEETINGS:

GPNA holds elections at the Annual Meeting in April. Necessary special or emergency meetings may be scheduled at any time. Meetings are open to the public. ALL persons living, working, or attending high school within its boundaries are members of Grant Park Neighborhood Association. If you need special accommodation, please contact a Board member.

GPNA

EXECUTIVE BOARD:

President & Land Use Chair:

Ken Peterson

Vice President:

Ron Laster

Treasurer:

Ron Laster

Secretary:

Jane Comeault

At Large:

*Neon Brooks, Jessica Decker,
Mary Cal Hanson, Marion James
Horna, Vivek Kothari, Marisa Morby,
Laurene Mullen, Lois Okrasinski,
Stacey Tipp*

Contact the Board at:

general@grantpark-na.org

Grant Park NET Team Responds to Wind Damage

by Jason Hiegelke & Peter Maxfield

“If you’re proactive, you focus on preparing. If you’re reactive, you end up focusing on repairing.” - John C. Maxwell

The last few weeks have amply revealed nature’s power and wrath. Fires, smoke, and the world’s worst air quality plagued our city, our state, and the entire west coast. As if that were not enough, on Monday evening, September 7, 2020, Portland experienced incredible winds that brought down trees across the city.

Within Grant Park, a major set of large limbs blocked Knott at 35th Place, bringing power lines down with them. Two trees also fell behind Beverly Cleary Hollyrood campus, and another large one landed in the corner of the Grant Park pool. Similar damage oc-

curred in Irvington, Cully, and several other neighborhoods.

With so many incidents that evening, the Portland Bureau of Emergency Management (PBEM) deployed volunteer Neighborhood Emergency Team members (NETs) to assist first responders. Our primary role was to maintain a safe zone around any downed lines, as electricity can readily find a path along wet surfaces. We blocked incoming cars along Knott all the way from 33rd to 38th, in an effort to block through-traffic that could otherwise use alternate major roads. Maintaining one hour shifts, NETs from both Grant Park and beyond assisted with the efforts.



No injuries were reported, either to the public or to team members. Our thanks to the crews that arrived early the next morning and had the road cleared in no time. As always, we encourage the community to learn more about preparedness. Connect with us at bit.ly/GrantParkNET.

Graffiti and Old Gordon’s

by Ken Peterson

While art will always be in the eye of the beholder, there has been substantial improvement concerning graffiti management at the former Gordon’s building on the southeast corner of Broadway and 33rd. The first level of the building now has street mural art rather than random graffiti. The murals, created by artists from Portland Street Art Alliance, cover the north and west sides of the building and thus far have remained unmolested following their creation in early August.

After many months of relatively constant efforts by Grant Park Neighborhood Association, local Grant Park resident David Pietka, and Juliette Muracchioli, City of Portland Graffiti Program Coordinator, Office of Community & Civic Life, the murals were in part funded by building owner/developer, Interurban Development, and by volunteers from the street art group.

According to Muracchioli, Interurban improved securing the building so access to the upper stories stopped, presumably reducing or eliminating future upper level graffiti. Interurban also agreed to install surveillance and

motion detector lights. After completion of the security lighting, graffiti removal on the top of the building should occur.

This has been a lengthy process with little voluntary cooperation from Interurban until threats of formal legal action were made by GPNA. Unfortunately, Interurban has a clear habit of blaming others for failing to maintain its building. The developer advised GPNA that the city was at fault for failing timely to process submitted plans, only to learn that no plans had in fact been submitted. Or, the Union Pacific railway is at fault, which may be partially true, for failing to fence its right of way, thereby inhibiting access by vandals. Of course, Interurban could also erect fencing on the same property line. The law is clear: the owner of a property is responsible for complying with relevant codes, including Chapter 14B.80 et. seq. of the Portland City Code, which specifies that: “The owner or occupant of any



property in the City shall remove any graffiti from such property within ten (10) days of the graffiti’s appearance.” (Portland City Code 14.B.80.040(A), just as Portland is obligated to enforce its own laws under the same code sections, if the property owner fails to do so.

Since completion of the first story murals, GPNA has continued to contact both Muracchioli and Interurban regularly to determine when the next phase of the graffiti abatement project will occur. Recent inquiries by both telephone and email have received no response.

So, if you would like to do your banking in a comfortable, well-designed, and conveniently located spot, with a super-friendly staff, why not pop in and meet Ryan and his colleagues?

Portland + Protest + Chaos!

By MaryCal Hanson

These are some of the resounding headline words that are spreading throughout the country and world. But I am here to let you know that there are several small, local protests happening on various schedules throughout the greater Portland area. And one of the closest is right here in Grant Park. Every Monday, Wednesday, and Friday from 10:00 until 11:00 am, at least two stalwart racial justice protesters are there on the corner of NE Knott and NE 33rd Avenue. These two neighbors are Carolyn Latierra (CL) and Stacey Tipp (ST). They live directly across from each other on NE Knott Street and have become fast friends.

Carolyn and Stacey began their protests on June 8, in response to the death of George Floyd in Minneapolis, MN, on May 25. Sometimes as few as one other person, up to a total of about 20 folks join them. Some of the people that regularly attend the protest are from Grant Park Church, of which Stacey is a board member. Others live in and around the neighborhood. One family comes with three young children, including a little girl who waves her decorated brown grocery sack while strapped to her mother's back. All of the protesters wear masks and socially distance. This makes it attractive to older and more vulnerable folks who are wary of demonstrating in larger crowds.

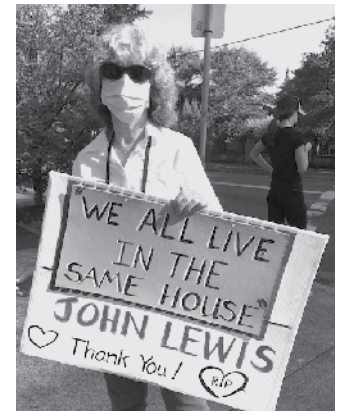
Carolyn came to Portland as a seasoned protester. She began protesting in her teens, and most recently participated for eleven years in a still-ongoing peace protest in her former hometown of Corvallis. That protest began after the US invasion of Afghanistan. Stacey was a first-timer and was somewhat nervous about joining a protest, even a scaled down one close to home. It was George Floyd crying out for his dead mother that did it for her.

Here are just a few questions and answers for the neighborhood to know how lucky we are to have these women in our midst.

Q: What has been the best thing about protesting in our neighborhood?

CL: Keeping neighbors and those who pass through our neighborhood engaged and not complacent about these important issues. We knew that with the Covid-19 pandemic running rampant the option to join in with the downtown protestors was not an option. Walking two blocks, three days a week, and getting tons of support is encouraging. So many people have opened their windows and said, "thank you for being here and doing this." Watching parents explain all the honking and sign waving to their children is another frequent occurrence that makes me happy.

ST: The amazing support of the drivers, walkers, runners, and bikers who honk, wave, or flash a peace sign. Some people give us the finger, a thumb's down, or a vulgar word, but it's very important to me to not respond rudely or in anger: that won't change anyone's mind. Also, I have to mention an incident that happened soon after we



started protesting. An elderly lady was walking up Knott St. to join us. She was holding her protest sign that she had attached to a longish wooden stake. Unfortunately, she got tangled up with her sign and fell facedown right on the sidewalk outside the Family Medical Group (FMG) office on the corner of Knott Street and 33rd Avenue. I saw it happen and was certain she had hurt herself badly. But then some of the amazingly kind and compassionate employees of FMG came out to help. They checked her out, got her into a wheelchair, and even offered a free medical check-up by one of their doctors! The woman decided that she was ok to go home, and one of the kind folks from FMG waited with her until her husband came to pick her up. Those people are truly good neighbors.

Q: How long will you continue to protest on this corner?

CL: Until justice is done. I've only missed one day and that was due to the severity of the smoky air in Portland.

ST: I'm in until the November election at least.

Q: What books or movies have you been reading or watching to become more educated about racial issues?

CL: "So You Want to Talk About Race" by Ijeoma Oluo.

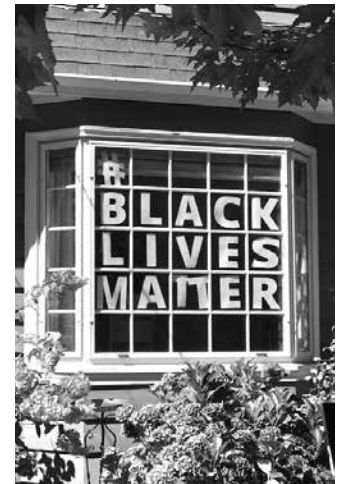
ST: "How to Be an Antiracist" by Ibram X. Kendi.

If you would like to join the protest, Carolyn and Stacey would be happy for you to join them for whatever amount of time you have available. Please remember to wear a mask!

Seen Around The Neighborhood

by Stacey Tipp

No matter your political persuasion, you are probably thinking that the world is going to hell-in-a-hand-basket right now. The pandemic, the attendant economic distress, and the political craziness are all combining to drive us bonkers. Staying sane these days is not easy. Fortunately, we are lucky enough to live in a place where a lot of folks have gone out of their way to encourage their neighbors to keep smiling. From uplifting signs placed in front yards or nailed to utility poles, to painted fences, to stuffed animals and puppets in windows to cheer up passersby, Grant Park is doing its part to keep our collective spirits up. It's also apparent that many Grant Park folks feel passionately about politics. Here are a few images seen around the neighborhood. Enjoy!



Grant Park Neighborhood Association Takes Action in the Fight for Racial Justice

by Neon Brooks

The killing of George Floyd and the uprising for racial justice that followed has served as a wake-up call to many of us of the need to take a more active role in fighting for racial justice in every sphere of our lives. The board members of the Grant Park Neighborhood Association recently took several steps to act on our organizational commitment to racial justice.

In early June, the GPNA added its voice to the many others calling on our city leaders to work swiftly and steadily to end police violence against black and brown communities. We wrote a letter to the Portland commissioners asking that the city ban the use of harmful tear gas by Portland Police against protesters, and that they pass a set of budget amendments proposed by Commissioner Hardesty to reduce the police budget and invest in the Portland Street Response, a pilot program which will send mental health professionals, rather than police, to respond to 911 calls in situations where their expertise is more appropriate.

The GPNA board also identified two local organizations that are doing critical work in the fight for racial justice, and invited each to apply for a \$500 grant. We granted funds to both organizations, described below:

The Oregon Justice Resource Center is a civil rights organization whose mission is to promote civil rights and improve legal representation for under-served communities. The board granted the group funds to support this work, including the filing of a federal lawsuit against the city of Portland to block the Portland Police Bureau from using tear gas and other harmful aerosols against protesters.

This lawsuit succeeded in formally restricting the Bureau's use of these substances; public relations work by OJRC also led to greater awareness of this issue among Portland residents. Oregon Walks recently honored Oregon OJRC as a 2020 Oregon WalkStar Awardee for its work. <https://oregonwalks.org/2020-oregonwalkstar-award-winner-ojrc/> More information about the Oregon Justice Resource Center can be found at <http://ojrc.info>.

Unite Oregon is an organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Its mission is to work across Oregon to build a unified intercultural movement for justice through leadership development, policy work, political organizing, and civic engagement. The board granted Unite Oregon funds to begin a new intercultural initiative focused on dismantling anti-Black racism in Portland, with particular focus on the varying levels of identification with, and knowledge and understanding of, anti-Black racism and immigrant and refugee communities. More information about Unite Oregon can be found at <http://www.uniteoregon.org/>

The Grant Park Neighborhood Association will continue to identify opportunities to advocate for racial justice in our neighborhood and our city. A subcommittee is currently exploring the possibility of hosting facilitated conversations about race, both among board members in order to develop a common framework for discussing race and racism, and among the broader neighborhood, with a focus on learning about the history of racism right here in Grant Park.

New GPNA Member at Large: Welcome Jessica Decker



The GPNA is delighted to welcome Jessica Decker as a new at-large board member. Jessica grew up in northwest Portland, and she and her family have lived in Grant Park for one year. She works for First Republic Bank. Jessica is married to husband Edward, an attorney, and they have a toddler, Henry, aged one and a half.

Jessica wanted to join the GPNA board to become better acquainted with the neighborhood, and to try to give back through her service. She is interested in pedestrian, cyclist, and traffic safety, land use and development, and equity and inclusivity issues.

In her spare time, Jessica is interested in, and a collector of, contemporary art. Jessica is active with the local arts nonprofit, Converge 45, part of a contemporary arts collaboration between local and international artists, curators, and arts organizations. You may have seen posters for #ACTforART around Portland. This is a public awareness campaign to remind people to find ways to still engage with art, even in the midst of the COVID-19 pandemic.

Welcome, Jessica!

Let's Ban Leaf Blowers!

by Tamara Olcott of QuietClean PDX

Are you annoyed by the sound of leaf blowers? You may not realize that two-cycle gas powered leaf blowers not only disrupt the peace and quiet of our neighborhood, but they also pose serious health risks for you, your family, and lawn care workers; and they emit a disproportionate amount of greenhouse gas for their size.



Gas leaf blowers emit enormous amounts of carbon dioxide, carbon monoxide, nitrogen oxides, and hydrocarbons. Why? Because 2-cycle engines run on a mix of gas and oil. And about a third of the fuel does not combust, making the toxic exhaust harmful to anyone in the vicinity and to the environment. The California Air Resources Board study¹ concluded that, “for the best-selling commercial leaf blower, one hour of operation emits smog-forming pollution comparable to driving a 2017 Toyota Camry about 1100 miles, or approximately the distance from Los Angeles to Denver.” And the leaf blower emits 23 times the carbon monoxide as the pickup truck. Pollutants released by leaf blowers are linked to cancers, heart disease and other serious ailments.

Every doctor affiliated with Mt. Sinai Children's Hospital in New York signed a proposal to ban gas leaf blowers, stating “Leaf blowers pose multiple hazards to human health...Children are the most susceptible to these hazards...their lungs, ears, eyes, and other organ systems are inherently more sensitive to environmental hazards than the organs of adults.”

And the noise? The body reacts to the loud sound with increased adrenaline, changes in heart rate, and elevated blood pressure. This can cause cardiovascular problems, depressed immunity, interrupted sleep, and gastrointestinal distress. As of 2017, the CDC and World Health Organization² listed leaf blowers as a contributor to permanent hearing loss.

Gas leaf blowers are also hazardous to animals, the topsoil, and the environment in general. Blowers erode, compact and dry out soil and harm plants, microorganisms and pollinators. Maintenance of gas powered leaf blowers produces toxic waste like fuel filters and contaminated air filters.

What can we do?

- Ask your neighbors to talk with their yard care workers about eliminating their use of gas leaf blowers. The [quietcleanpdx.org](https://www.quietcleanpdx.org) website lists over a dozen yard care companies that offer “no blow” yard care service: <https://www.quietcleanpdx.org/portland-quiet-safe-yard-care/>
- Leave the leaves under trees and shrubs to build mulch, healthy soil and habitat for pollinators and wildlife.
- Leave grass clippings on the lawn or use a mulching mower. Clippings are a natural fertilizer, beneficial for the lawn and will decompose and disappear quickly.
- Use safer tools: Tools that don't create toxic fumes, dust and noise are gentler on the environment. Gas blowers are often overkill for the work that is required, and good alternatives exist for light cleaning and even for heavy leaf clearing.
 - Use a broom or rake instead of a gas blower to eliminate massive pollution, dust and noise. They are more efficient tools than many people think.
 - Try a lawn sweeper – these amazing tools clean up leaves and lawn clippings quickly, easily and quietly. They are not expensive to purchase and require no gasoline.
 - Battery/electric alternatives to gas powered tools are readily available and effective if used responsibly, (however they still disturb the environment.)

Contact our Portland City Council Commissioners and request that an ordinance be passed to prohibit gas powered leaf blowers. Request that the transition occur over a reasonable period of time to allow lawn care contractors and residents sufficient opportunity to upgrade their equipment. Thank you.

See our website, www.quietcleanpdx.org for a wealth of information on hazards of leaf blowers and what we can do about them. If you'd like to receive updates on this campaign, please sign up at <https://tinyurl.com/noGLBs-in-Oregon>.

Tamara Olcott: annetam2@gmail.com

¹ https://ww3.arb.ca.gov/msprog/offroad/sm_en_fs.pdf

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6707732/>

Editor's Note: QuietClean PDX has asked GPNA to endorse its efforts to ban leaf blowers. Do you have an opinion? Please share it with us at general@grantpark-na.org.

Grant High Softball Field Plans Progress

by Ken Peterson

The last GPNA newsletter featured a detailed article concerning plans to construct a new girls' softball diamond at Grant High School, including the addition of lighting, sound systems, and bleacher seating. It can be found here: http://grantpark-na.org/wp-content/uploads/GPNA_newsletter_Spring2020_webfinal.pdf. The article described plans for a Portland Public Schools (PPS) community meeting concerning the proposed new facility, to be held in April. Unfortunately, Covid-related meeting restrictions resulted in cancellation of that event.

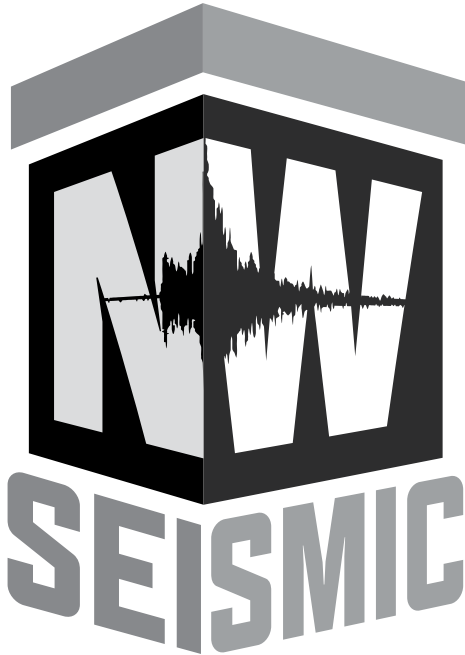
Due to Covid 19, PPS was not able to host an in person community meeting similar to those held last fall during the master planning process. After required mail and notice posting, on September 30, PPS instead provided a presentation on its YouTube channel to update the community concerning the proposed upper field changes. The presentation was not interactive, but comments and questions can be emailed to schoolmodernization@pps.net. That presentation was recorded and is available for viewing at: <https://www.youtube.com/watch?v=Waa-BOblUtY>. The actual design elements for the proposed diamond are quite similar to those discussed in the GPNA newsletter article above. There is a slight alteration to the lighting plan that involves repositioning light stanchions, but it should not increase light spillover into the neighborhood. Additional

information, including the project background can be found here <https://www.pps.net/Page/14612>

Of significance, PPS plans to submit a final land use proposal for Portland city approval concerning the project in late October. That will trigger a Type III review before the Bureau of Development Services (BDS). PPS expects the Land Use Review to take about 19 weeks with an estimated completion date in March, 2021. The project will be reviewed by multiple Portland city bureaus including zoning, Bureau of Environmental Standards (BES) for stormwater impact, transportation and public streets, Urban Forestry, Fire, and other bureaus. After the initial review for completeness, there will be a publication, comment period, site posting, and notice of public hearing at which testimony will be received from the project proponents and interested parties. Finally, the hearings Body will issue a decision, with guidance for the project, either at or relatively soon after the conclusion of the hearing.

An organized group of about 20 neighbors, most of whom live on or near U.S. Grant Place across from the upper field, has attempted without success to engage both PPS and Parks in a preliminary discussion in advance of the formal land use process described above concerning a number of issues relative to the proposed changes. Among them are:

- Orienting sound systems and lights away from US Grant and limiting use to games only
- Prohibiting lighting and sound system use after 7:30 p.m.
- Requiring clean-up after field use within 30 minutes of conclusion of events
- Locking stands and dugouts when not in use for school related sports activities
- Providing necessary security to prevent camping on field or stands, or gathering on dugouts
- No use of fields by Parks Bureau [the upper field is partially on Parks property and partially on PPS property, but PPS will fund the alterations]
- That PPS undertake studies to determine traffic and parking impact of increased use and take measures to mitigate such impact and calm traffic
- To install additional landscaping as a barrier between the field and US Grant Place
- To agree on enforceable penalties for violation of the agreement
- To implement other mitigation strategies to reduce the impact of all activity on adjacent residential areas



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Earlier in the process the parties discussed pursuing a Good Neighbor Agreement (GNA) concerning these issues. Such agreements developed about 12 years ago and have been used in the past to address a variety of neighborhood-related issues. For example, GPNA negotiated GNAs with both the former QFC and Jacksons to limit hours of alcohol sales and to entirely preclude sale of certain cheap, high alcohol content beverages, which positively and significantly affected livability for neighbors residing near those businesses. PPS and Parks claim that GNAs may not be enforceable and that they are rarely used anymore in a land use context. Rather, they say most of the “livability” issues are now embedded in the Type III Land Use review process described above. In addition, they contend that process provides the opportunity for anyone and everyone in the community to provide testimony. They observe that residential neighbors would likely object to direct negotiations only among PPS, Parks, and field use proponents hoping to maximize field access that excluded nearby neighbors. Meanwhile, the neighbors group asserts that early negotiations could reduce or eliminate areas of disagreement prior to commencement of the formal process, which could ultimately reduce delays caused by post hearing directives, and actually expedite construction of the softball diamond and related structures. Whether these conflicting perspectives can be reconciled remains to be seen, but there is little time to do so before the formal process begins. Of note, the neighbors repeatedly indicate support generally for adding the softball diamond and for making Grant High School sports opportunities as equivalent as possible to those of other competing high schools.

GPNA board member Ken Peterson is a member of the Design Advisory Group (DAG) that oversees the details of the physical design of the project, along with David Pietka, who has been a primary spokesman for the U.S. Grant neighbors.

At its last meeting, the GPNA board voted to monitor the upper field alteration process but decided not to take a formal position concerning the demands of the U.S. Grant neighbors at this time. GPNA welcomes input from anyone interested in this issue, which should be sent to general@grantpark-na.org.



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Reverend Jeremy Richards

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Spooky Fall

by Sally Le Baron

It's a beautifully crisp fall morning as you walk around your Grant Park neighborhood, belly full of pumpkin bagel or pumpkin bread or pumpkin latte or pumpkin...you get the idea, 'tis the season. You walk by the typical charming Craftsman house with roses wilting and bright red leaves glowing, admiring the pumpkins decorating the front steps and listen as you hear the piano from the open window... Is that Grieg you wonder? Something about a goblin and a mountain? You walk on savoring the wonder of a new day... but if you only knew that actually, you just passed the spookiest house on the block, one that could compete with the scariest of haunted houses. Even spookier? These houses exist all around you, wherever there are children doing online learning.

Let's take a look inside. The child, indeed, is "practicing", if that's what you could call it. For Grieg's "Hall of the Mountain King" quickly spirals out of control and becomes a medley of "Linus and Lucy" before devolving into "Baby Shark" which would be practiced on repeat for who knows how long but at some point there is a desperate cry of "ENOUGH!!" and a suggestion is made to maybe focus on some scales.

What the aggrieved child may think of as a horrible witch, who, "never lets me play anything fun", is really more of a zombie in a parental role, destined to repeat the same day over and over again in this limbo of online learning. While it can be any adult, for our purposes, let's call this one "Mombie." During a regular school year, she might have some energy to focus on helping with piano, but the pandemic has revealed that she only starts the day with 68% of patience as she never gets enough sleep, and given piano practice takes at least 589%, she wisely focuses these days on other things. Like:

- The second grader is fine once he's on task but... during those five minute breaks between Zoom calls, he can vanish like a ghost and it's only when you hear the tell-tale WWII airplane raid bombing sounds from upstairs that you know where he is.
- The fourth grader, meanwhile, is as silent as a sneaky goblin, but sneak a peek at his screen and instead of the video call with his teachers and classmates, you may find yourself looking at anything but, like a group text chat at its most benign to flat out playing an online game with his friends...so does that count as participation? The scariest thing is how he manages to keep his face somewhat straight as if he is thoughtfully engaged and wondering how a participle really can dangle.

Now it's lunchtime and..oh wait. The kids have different lunch times. Oh good, because you're so organized you have plates of healthy food groups waiting for them whenever they get the chance to sit down and eat which

is never because of course the little one has crept up to the attic again and the fourth grader would rather starve in a dark basement than eat one carrot. Oh, and that was a scary mind trick you're playing on yourself because "organized" is reserved for remembering where your toothbrush and toothpaste are kept, not reacting to the multiple chaos all around you as you run around leaping from one quagmire to the next, let alone think about the idea of "lunch" and "must have food for lunch" and "food is at the grocery store and when do I have time to go to there"? Quesadillas with hot dogs for the wretched win in the categories of getting carbs and protein AND for most consecutive days in a row.

After lunch, you've finally got the little monster reading aloud to his stuffie and the bigger one burning off some monster energy in an online PE class, and you start to relax and entertain looking at your to-do list when you realize, with horror, that there's an art class for the second grader that you forgot about and wouldn't you know, the meeting code isn't the same as normal class, nor is it the same program. You, who champion arts in the classroom with a fierceness that borders on annoyance to even your closest friends, then have to decide what's more important: art class or your sanity?

And this is all on a good day. On a not so good day, there can be heard the reoccurring screams of agony and terror but it's not the kids this time, the kids who can project utmost agony when briefly brushed against by a sibling. No, it's the Mombie meditating in the only ghoulish way she can muster. Over and over again, she incants: "I am strong. I can do this. I can limit myself to one bag of candy corn a day."

Be afraid. Be very, very afraid.

Sally LeBaron may or may not be a mombie but she definitely wishes she were a bat so she could fly away from some of her domestic madness and sleep all day. She lives in the Hollywood District and manages a menagerie of spectacular beasts including two semi-feral boys, a spellbound husband, crazed dogs, and captive fish who may or may not have once been people who didn't use their turn signal. Oh and of course all the spiders she tries to convince her kids she doesn't sneak into their smoothies. Or does she?



Little Free Libraries

Reduced hours and access limitations at the Hollywood Library make the many Little Free Libraries in Grant Park even more popular. In the next newsletter, GPNA hopes to publish a list of them. If you have one and want to include it, send us a note with your address at general@grantpark-na.org. If you wish to exclude yours, let us know that as well. Like a negative option book club, silence will constitute assent and our intrepid Grant Park neighborhood detectives will do their best to assemble a complete list.

A Little Free Library is a free book-sharing box where anyone may take a book or share a book. They function on the honor system. You do not need to share a book in order to take one. If you take a book or two from a little library, try to bring some to share to that same library, or another in your area, when you can. Little Free Libraries have a primary caretaker, called a Little Free Library steward. The steward is usually the person who put up the library. The steward takes care of basic maintenance like keeping the library clean and inviting, but it is up to everyone who uses the library to keep it stocked with good books.

Thinking of installing a little library in your yard? You can find potential models here <https://littlefreelibrary.myshopify.com/collections/little-free-libraries> or make one yourself from scratch. We all seem to have a little more spare time these days, right?



Spicy Pumpkin Stew

from Karen Cathcart

Karen Cathcart has lived in Portland for 31 years, enjoys gardening, hiking, and spending time with her family.



This recipe makes a large pot of stew.

INGREDIENTS

2 tablespoons olive oil
 3 cloves of garlic, diced
 1 large onion, diced
 2 lbs. of pork sausage
 1 lb mild
 1 lb spicy
 1/2 teaspoon Black Pepper
 1/2 teaspoon Red Pepper Flakes
 1/4 teaspoon Cayenne Pepper
 2 (29 oz.) cans of pumpkin
 32 oz. chicken or vegetable broth
 4 (15 oz.) can of dark kidney beans drained and rinsed
 2 cups cooked Trader Joe's Brown Rice Medley (or similar substitute)

INSTRUCTIONS

1. In separate pot, cook rice medley
2. Dice onions and garlic
3. Sauté garlic and onion in a large pot with olive oil
4. Add spices and sausage. Brown the sausage and break into smaller bits
5. Add pumpkin, kidney beans and broth to the large pot, stir
6. Add 2 cups cooked rice medley
7. Simmer for 30 minutes, stirring occasionally. Add broth (or a little dark beer) to achieve your desired consistency.

PAID ADVERTISEMENT

Back Pain: Which of These Costly Mistakes Will You Make When Trying to End Back Pain?

– By Leading Back Pain Expert, Dr. Carl Baird DC



When back pain starts, it's easy to think "oh it's just an ache and will go away tomorrow". Or maybe you assume you just tweaked during your daily routine or activity with friends. Even worse, maybe you think "it's normal" because you're getting older.

But months (or even years) have gone by and you're still suffering with the daily, annoying, back pain that is making **it hard to really enjoy your favorite activities**. Is that how you're feeling right now? If so, you're no alone....

Over the last 10 years I've been working with people aged 40+ find relief from chronic back pain — and what I've found is many start with false beliefs that have been repeated to them by family, friends, or even their doctors!

These false beliefs lead to costly mistakes that leave you suffering with back pain for much longer than you should.

In no particular order, here are the most common mistakes people aged 40+ make when looking to overcome back pain:

- Believing that it will be fixed with more rest and pain killers.
- Assuming it's a normal part of getting older and you have to 'live with it'
- Thinking that because therapy hasn't worked in the past means it won't work now.

These mistakes lead to people feeling unsure about what to do next. And as a result, they wait weeks, months and years without doing anything — only to make the back pain worse! We want to help give you some answers...

Get Started with a Free Conversation with a Back-Pain Specialist.

We've helped 100' of people overcome back pain and almost all have started with a free conversation with our doctors. To schedule a call, all you have to do is send an email to hello@performance-healthcarepdx.com or call (503) 954-2495 and we will reach back out to you!

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