



Grant Park

Neighborhood Association

P.O. Box 13102, Portland, OR 97213

Fall 2021

2021 Rose Festival Princesses Entertain Seniors

On June 10, 2021, the senior residents of Parkrose Chateau retirement community were visited by the 2021 Rose Festival Court. Among the princesses was Grant High School's very own Beatriz Santiago-Perez. This impressive group of young women had lunch with the senior citizens, and then each stood up and shared their career goals and which college they would be attending. Beatriz is headed to Portland State University to study social work. Beatriz wants to be a social worker because she grew up translating for her parents at a really young age, and this instilled in her a desire to continue helping others.



Princess Beatriz Santiago-Perez, Grant High School

WeShine Initiative Evolves and Gains Traction

By Jan McManus, Executive Director, WeShine Initiative

From a gleam in the eyes of engaged neighbors from Laurelhurst, Kerns, and Sullivan's Gulch, *WeShine* has evolved into a new non-profit corporation, operating under the fiscal sponsorship of the Northeast Coalition of Neighborhoods. *WeShine* envisions working with neighborhoods, businesses, and faith communities to offer hospitality to unsheltered persons through building and operating transitional micro-villages on privately-owned land in the heart of Portland and metro area neighborhoods.

The focus of *WeShine* villages will be to serve some of the most vulnerable and under-served subsets of the unsheltered population, including Black, Indigenous, People of Color (BIPOC), LGBTQ+, women or female-identified fleeing violence, people with disabilities, and people age 55 and older with chronic health conditions.

Each *WeShine* micro-village will include ten to twelve Conestoga huts or sleeping pod structures in a clean, safe, managed camp with:

- Fencing for privacy and security
- Community building for cooking, community meals and meetings
- Solar-powered lights and power outlets
- Porta potty
- Garbage and recycling station
- Shower unit
- Supported self-governance
- A Village Life Coordinator with lived experience of homelessness

WeShine Navigators and Peer Support Specialists will work on-site with villagers to access social and health services, as well as addiction, mental health treatment and housing transition support. Neighborhood and faith-based volun-

continued page 2

2021 MEETINGS:

- October 12
- November 9

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>. Due to unforeseen circumstances related to the pandemic, meeting dates may be subject to change.

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

Ron Laster

Secretary:

Mary Cal Hanson

Treasurer:

Jessica Decker

Land Use Chair:

Neon Brooks

Communication Chair/

Newsletter Editor:

Stacey Tipp

At Large:

*Linda Burch, Marion Horna,
Vivek Kothari, Laurene Mullen,
Lois Okrasinski*

Contact the Board at:

general@grantpark-na.org

WeShine Initiative, continued

teers will provide additional support. Community meals, laundry services, community improvement projects, and social and recreational activities will help build mutual engagement in the community and with each other among villagers, neighbors, and congregants.

WeShine is in the process of negotiating lease terms on its first micro-village site at 33rd and NE Broadway. We will be leasing the eastern side of the parking lot immediately adjacent to the former Gordon's Fireplace store for approximately 12 to 18 months. We anticipate that this site will contain eight Conestoga Huts and two somewhat larger sleeping pods to accommodate couples or persons with mobility limitations. Additionally, we will provide a porta-potty, a shower unit, a garbage/recycling station, a hand-washing station, privacy fencing with a gate, and a community building with a heat source, lighting, and a field kitchen powered by solar panels and/or propane. We hope to hook up to on-site water and a sewer outlet. All of the structures will be temporary and easily disassembled and moved. There will be a *WeShine* Village Life Coordinator living on-site in one of the pods. The Village Life Coordinator will be on duty on a part-time basis and will support the villagers to govern the community them-

selves. *WeShine* Navigation and Peer Support Specialist staff also will work on site several times a week. Additional services and support to the villagers will be provided by volunteers from nearby neighborhoods and faith-based communities. Villagers, who will be guests and not tenants, will be required to sign a Good Neighbor Agreement and will contribute both a small user fee and sweat equity to support the village.

Conversations are ongoing with both City and County officials regarding funding for this micro-village. We hope to open before the end of 2021.

Meanwhile, we are seeking additional property owners who are interested in turning a portion of their property or parking lot into a site for one or more future *WeShine* micro-villages. We are also scheduling presentations about *WeShine* to neighborhood and business associations, faith communities, and non-profits. Please let us know if there is a group with which you are connected that would like to learn more. Visit www.WeShinePDX.org for more information.

We will be speaking at the October 12 meeting of the Grant Park Neighborhood Association and welcome your comments and questions then or anytime.

Letters to the Editor and Articles

Grant Park Neighborhood Association (GPNA) welcomes letters to the editor and original articles for publication from those residing or working within neighborhood boundaries. Letters concerning prior published articles must be submitted within 30 days of newsletter distribution. Letters or articles that include profanity, libelous statements, personal attacks against individuals or specific organizations, or that are unreasonably long, will be rejected. Articles should be original or with attribution stated, and should address topics of local interest. Letters and articles submitted anonymously will be evaluated on a case by case basis for publication, but the editor must be able to verify the identity of the writer to ensure authenticity. Letters or articles that support or oppose individual candidates for public office cannot be published, but those concerning ballot measures will be considered. All submissions must be in Word or other text-based format, not PDFs.

GPNA Newsletter Ads

The GPNA newsletter reaches over 2,000 homes and businesses between NE Broadway and NE Knott and from NE 26th to NE 47th, with some overlap around the outside edges. Distribution of the newsletter occurs quarterly.

Ads need to be print ready about three weeks before delivery of the next issue.

There is a per-issue standard rate, due upon receipt of an invoice with an attached copy of the issue in which the ad has run, and a per-year 10% discounted rate, which must be paid in advance. A copy of each issue will be sent to the advertiser.

For copy information contact Ron Laster, printresults@aol.com, 503-287-9566.

Ad deadlines for 2021-2022: Dec. 15 issue: November 24, 2021, March 16 issue: February 23, 2022, June 1 issue: May 11, 2022

RATES/SIZES

Business card	2"H x 3.5/3.625"W	per issue \$45	per year \$162
Quarter page	4.5"H x 3.5/ 3. 625"W	per issue \$75	per year \$270
Half page (horizontal)	4.5"H x 7.5"W	per issue \$120	per year \$432
Half page (vertical)	9.5"H x 3.5/ 3. 625"W	per issue \$120	per year \$432
Full page	9.5"H x 7.5"W	per issue \$210	per year \$756

Transition Projects: From Homelessness to Housing

By Kiley Yuthas, Development & Outreach Assistant, Transition Projects



The Transition Projects Street Outreach team pose for a picture while out on the job. The Outreach team are in the community every single day to support those living on the street, distributing essential items and connecting people with resources.

Transition Projects exists to help those experiencing homelessness transition successfully into housing. Founded in 1969, we operate out of 14 Metro-area locations, enabling our team of over 350 employees to assist 10,000 people each year through programs designed to help people survive the streets,

find housing, and retain their housing. We are also the largest provider of publicly funded shelter services in Oregon. On any given night, we shelter more than 800 people, including individuals and their pets. Through our Resource Center, we also serve 400-500 unique individuals daily, 365 days-a-year, with services ranging from hygiene and medical support to shelter and housing assistance.

We rely heavily on volunteer hours, clothing and hygiene donations, meal providers, and many others who choose to donate their time and talents to help us support people as they transition from homelessness to housing. There are many ways to get involved in our work supporting neighbors experiencing homelessness, including:

- Signing up for our newsletter: Keep up to date with our work, community events, volunteer opportunities, and more! We love to stay in contact with any and all interested members of our community. To sign up, visit bit.ly/transitionprnews
- Volunteering: We rely on volunteers for everything from sorting mail to keeping our donation closet orga-

nized to teaching yoga or crafts at a shelter! Whether you have special skills or just want to lend a hand, we can find a volunteer position that will be a great fit. Get started by emailing volunteer@tprojects.org to register for a volunteer orientation.

- Cooking a meal: Meal providers cook over 100,000 meals each year for our shelters. Usually working in a team, our meal providers prepare and deliver home-cooked dinners to each of our shelters almost every day—they are key in helping us offset costs and serve more people. Email volunteer@tprojects.org to learn more about becoming a meal provider in one of our shelters.
- Donating Items: Our headquarters at 665 NW Hoyt St is open 24 hours a day to accept donations of new and gently used clothing, books, shoes, belts, underwear, and other items. We are currently in urgent need of men's underwear in all sizes, belts, and cooling supplies. You can also donate directly from our wishlist at bit.ly/neighborneeds
- Hosting a donation drive: The donation drive program allows community members and organizations to collect supplies on our behalf. The organizer of the drive connects with us to arrange the details, and we provide bins and a full suite of digital material to help make sure the drive is a success! To learn more about hosting a donation drive for Transition Projects, email drive@tprojects.org

If you would like more information about our work or are interested in making a donation of time, food, or new and gently used items, please join us for the Grant Park Neighborhood Association meeting on October 12 or send an email to events@tprojects.org. Many thanks to the Grant Park community for your support!

Grant High School Representative Needed

By Stacey Tipp

Under the bylaws of the GPNA, a high school representative may serve on the GPNA Board. The high school representative need not live in Grant Park but must attend Grant High School. The minimum age requirement for membership on the GPNA Board (18), does NOT apply to the high school representative.

The GPNA has not had a high school representative for many years, and the association is now hoping that a student representative will step forward. The GPNA has been working on some important issues lately, most notably the upper field remodel. The views of the students are important, and a high school representative would add much needed perspective to GPNA discussions.

This opportunity might be especially valuable for a student thinking of any number of careers: journalist, city government, non-profit work, or politics. The GPNA would assign a member of the board to mentor the student and introduce them to the system of Portland's neighborhood associations, as well as meeting policies and procedures. The student would also be given the opportunity to submit articles to this newsletter, on any matters of interest to our community and school.

The GPNA will contact Grant High School Administration to seek a student representative for this position.

Three Links to Make You Safer

By Nanci Tangeman, Grant Park NET member

Each season brings a new opportunity for members of your Grant Park Neighborhood Emergency Team (NET) to help. Winter? Warming shelters. Spring? COVID vaccination and testing sites. And this summer's heat dome? That brought them into the area cooling centers to assist.

Grant Park NET members spend hours preparing for emergencies (see below). But some ways to prepare are as easy as downloading an app or clicking on a website. Here are three to get you started:

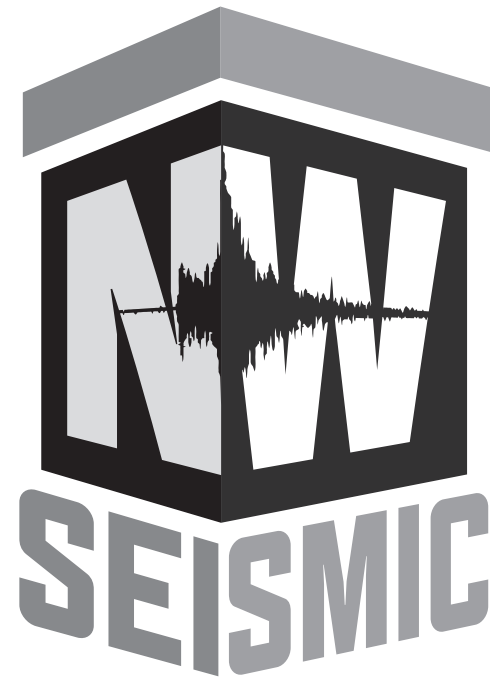
Public Alerts www.publicalerts.org Sign up to receive emergency alerts anywhere in the greater Portland metropolitan area. If something happens near you, you'll receive a message by email, phone, or text message. You can also go directly to the Current Alerts page to get live updates about road and school closures, power outages, etc. The site has loads of useful information.

Air Quality Index (AQI) This is important, especially during wildfire and allergy season. There are several apps and sites where you can check levels. Some phones include general air quality information on the local weather page. Breezometer (www.breezometer.com) gives 5- and 12-hour forecasts for both smoke and pollen. Purple Air (www.purpleair.com) shows citizen-scientist smoke sensors (currently three in Grant Park) for hyperlocal readings.

Earthquake Alerts The most valuable thing about earthquake apps is that they remind us that we live in earthquake country. If that reminder leads you to learn and prepare, then the app has done its job. If you're visiting the coast, the app could also give you a head start on a tsunami evacuation. Most apps will allow you to receive alerts based on a specific size and location. There are several apps available, such as Quakefeed (www.quakefeed.com). Search "earthquake alerts" on your cell phone's app store.

More about NET: Anyone who lives or works in Portland can become a NET member, and anyone over the age of 14 is welcome to attend meetings, regardless of whether they've completed NET training. Training includes light search and rescue, basic disaster medicine and triage, radio communications, fire suppression, disaster psychology, and trauma intervention. After completing basic training, NET members also receive access to free advanced training and practice opportunities, including drills at Portland Fire & Rescue's Scenario Village facility.

To learn more about Grant Park NET, please visit bit.ly/GrantParkNET For more information about Portland NET and CERT National, see portlandprepares.org/net-teams.



SEISMIC RETROFITS | GAS VALVES | FOUNDATION REPAIR

NWSEISMIC.COM | 503.741.8311

CCB# 186559

Welcome Linda Burch

By Stacey Tipp



The GPNA Board is delighted to welcome Linda Burch as a new member at large. A native of Chicago, she moved with her husband, Jim, to Portland from Kenosha, Wisconsin in October 2019. The impetus for the move was to spend more time with their son, Ryan Thorn, who came to Portland several years ago as a resident artist for Portland Opera and decided to stay. Currently working as a software engineer, he also lives in Grant Park with his partner Grace, a nursing student at Linfield, and their rescue dog, Cleo.

Linda is a retired secondary school English teacher of 30 years. She likes to be involved in the community and loves to help people. Linda is proud of the group she headed at the University of Wisconsin, the International Friendship Committee. This was a group of retired folks who welcomed international students arriving in the U.S. to study, giving them a taste of Midwestern hospitality. In her spare time, and when life is not impacted by COVID, Linda loves all kinds of dancing. Before the pandemic, Linda taught Irish set dance at the Sellwood Community House. In addition, Linda loves gardening, travel, music, meeting new people, and walking the lovely neighborhood with her grand-dog, Cleo. Welcome, Linda!

Anonymous Mail Not Productive

By MaryCal Hanson

Recently there have been two separate anonymous, somewhat aggressive, notes sent to the Grant Park Neighborhood Association (GPNA) board or specific board members. I've been picking up the mail at the GPNA's Post Office box for well over 15 years now and have never seen anything like these two notes. They seem depressingly emblematic of the state of our national discourse these days.

The first note was a page torn from one of our recent newsletters that listed all the names and positions of the current board members. The gist of the note seemed to be that there weren't enough women on the board and/or there weren't any women in the top two board positions (President and Vice President). The insinuation that women are underrepresented and/or shut out of leadership roles is simply not true. Women currently outnumber men on the board by more than 2-1. Women also hold most of the leadership roles, including treasurer, secretary, land use chair, and communications chair/newsletter editor. The Vice President position is not filled at this time.

The second piece of mail included three preprinted postcards that were sent to three specific board members of the GPNA. The writer went on and on about the "sender's"

religious fanaticism in relation to the government (?aka GPNA board members?), and read rather awkwardly. I debated whether to just recycle these notes but felt that as the designated delivery person I would get the "mail" to the proper recipients. This won't happen in the future.

When notes, letters, or postcards like these arrive at our Post Office box they will immediately be filed as "recycled" and considered as "delivered" to the proper receptacle (i.e., the round basket). It is important to note also that letters and articles submitted anonymously will be evaluated on a case-by-case basis for publication, but the editor must be able to verify the identity of the writer to ensure authenticity. Submissions, anonymous or otherwise, that include profanity, libelous statements, and personal attacks against individuals or specific organizations will be rejected.

The GPNA board meetings are a very sane and safe place to join in and bring concerns forward for adult discussions versus using these sophomoric antics that are a waste of time, energy, and resources. Anonymous submissions like those described above are simply not productive. One last thing to consider from the Dalai Lama: "Be kind whenever possible. It is always possible."

Houseless Ministry Moving Forward at Grant Park Church

By the Grant Park Church Houseless Ministry Committee

Work is progressing as Grant Park Church (GPC) prepares to provide shelter for houseless families. Portland's housing crisis has been exacerbated by COVID-19 and hundreds of families remain stuck on waiting lists for affordable housing.

GPC is one of several host congregations partnering with Family Promise of Metro East (www.FamilyPromiseMetro-East.org), which is creating a new rotational shelter network of congregations and organizations on the east side of Portland to provide shelter for homeless children and their families. This model allows small congregations like GPC to make a meaningful impact.

Through Family Promise, 13 host congregations provide overnight accommodations (from 5:30PM to 7:00AM) for three or four families (up to 14 people total) on a rotating schedule. With 13 host congregations, each church hosts these families for just four weeks per year (one week each quarter). During each of those weeks, the host congregation is responsible for providing a full dinner, lodging, and a breakfast-to-go for the families. Family Promise now plans to begin this rotational family hosting in either December 2021 or January 2022.

Family Promise is also recruiting 26 support congregations/organizations to partner with the 13 host congregations

to provide additional volunteers during hosting weeks. They are also setting up a central Day Center (not at GPC) where the families may go during the day to receive case management and other services, although many family members will go to school and work during the day.

The Building Committee at GPC has been very busy during the last three months renovating a large, underused part of our church basement in which to house families. It's vitally important to us that the space is safe for children and families. Because of the age of the building, we have been diligent in testing for asbestos and lead paint. We are soon starting work on repairing a water-damaged wall, clearing out, cleaning up, and painting the rooms. Plumbing work and new flooring will complete the renovation. We were fortunate enough to receive a generous grant from American Baptist Churches USA to fund this work. And we enjoyed having several Grant Park neighbors join our very productive first workday on August 28!

There will be many more opportunities to donate furnishings, participate in workdays, and volunteer during hosting weeks to assist these houseless families. Please contact David Wheeler (cadlwheels@yahoo.com) if you are interested in volunteering – or have any questions or concerns. Thank you for your interest and support!

Grant Park Land Use Update

By Neon Brooks

Please see the following updates regarding land use in or near the Grant Park Neighborhood:

I have been in contact with Koble Creative Architecture about the **Aircraft Factory Building at NE 33rd and Broadway (formerly housing Gordon's Fireplace Shop)**. They have submitted permits to the city to build 19 units of market rate housing, with retail, a coffee shop, and a preschool on the ground floor. Their commercial building permit is currently under review, and construction is planned to begin in late October 2021, with estimated occupancy in fall of 2022. The architects note that the property is eligible for nomination to the National Register of Historic Places.

See the article in this issue about the *WeShine* transitional village project that will likely make use of part of the Aircraft Factory parking lot for 12-18 months beginning in late 2021. *WeShine* will present at the Grant Park Neighborhood Association meeting on October 12th.

Work is continuing on the new Hancock Avenue section of the **Tillamook Neighborhood Greenway (an alternative to the busy US Grant Place/Tillamook route) between 32nd and 42nd avenues**. Speed bumps have been added and there have been improvements to the signaling at the intersection of Hancock and 33rd. Future changes include the addition of sharrow markers and changes to the stop signs on 35th and 36th avenues so that stop control will be on the streets intersecting Hancock. Portland Bureau of Transportation (PBOT) is planning to conduct traffic studies after the greenway project is completed to see if speeds and volumes have changed, and will revisit stop sign and traffic operations plans at that time if issues arise.

In related traffic news, PBOT recently informed GPNA that they have completed a safety assessment of the intersections of **33rd and US Grant Place and 33rd and Hancock**, following a recent crash involving a young pedestrian and concerns voiced by residents and the Beverly Cleary School community. While PBOT made some safety changes to these intersections in 2019, they are now planning larger-scale changes to improve pedestrian and bicycle safety. Specifically, PBOT's engineers have recommended the following changes:

- Remove 20 feet of parking from all corners leading to both intersections at NE 33rd Ave and NE Hancock St and NE 33rd Ave and NE US Grant Pl to improve visibility.
- Install bike boxes at NE US Grant Pl at NE 33rd and restrict right turns on red from NE US Grant Pl to NE 33rd Ave to reduce turn conflicts for people walking and bicycling.

- Prohibit all left turns and through movements at NE Hancock and NE 33rd to eliminate the majority of turning conflicts. This would be accomplished by extending plastic tuff curb into the intersection as an

continued page 8





mark charlesworth
 real estate team

YOUR EXPERIENCED AGENT WITH IN-DEPTH MARKET KNOWLEDGE

With over 700 homes sold in the past 5 years
Mark has the skills, experience, and expertise
to sell your property at the best price!

Call Mark Today!

503-807-9911

or visit

www.markcharlesworth.com/homevalue

Scan me
For a FREE
instant home valuation






Grant Park Church *Where All Are Welcome*

Sunday Worship 10:00 AM
Reverend Jeremy Richards

We're at 2728 NE 34th Ave.
 503-282-5596

Visit: www.grantparkchurch.com

Grant Park Upper Field Project Update

By Ron Laster and Neon Brooks

Following a land use hearing on May 10, the City of Portland Hearings Office approved the **Grant Park Upper Field Expansion Project**, which will construct a girls' softball diamond on the Grant High School campus. Disparity between facilities currently provided to the boys' baseball team and the girls' softball team has long been an issue. The baseball team has a dedicated diamond and related amenities on the Grant campus Upper Field, while for many years the softball team used Wilshire Park under makeshift conditions with no permanent facilities.

To alleviate this disparity, Portland Public Schools (PPS) proposed adding a softball diamond adjacent to the existing baseball diamond on the Upper Field. While fully supporting the creation of the new diamond, nearby neighbors expressed concern about adverse impact on livability due to increased noise from a new amplification system and spillover from planned multi-pole lighting, among other issues. They also asserted that the original expansion plans would negatively affect pedestrian and bicycle safety, increase traffic congestion, and result in increased trash and litter. They attempted repeatedly to engage with PPS and Portland Parks and Recreation (Parks), which have joint boundary jurisdiction over the upper field, concerning these issues. When those efforts proved unsuccessful, the neighbors asked GPNA for assistance.

At a regularly scheduled general meeting on March 8th, the Board voted to establish a Grant Park Upper Field sub-committee consisting of neighbors who voiced their desire to help work on a proposal that would satisfy all parties, with Board member Vivek Kothari acting as Board Liaison. The committee would focus on the recommendations contained in the Bureau of Development Services/Land Use Services "Staff Report and Recommendation to The Hearings Officer." The Committee's final proposal would then be presented to the Board.

Before the GPNA committee could complete its work, on April 20, PPS and Parks, through the PPS Office of School Modernization, informed GPNA that they would finally hold a public meeting on May 5 to address many of these issues. This was only five days before the upper field improvement project went before a City of Portland Hearings Officer.

On May 6, one day after the public meeting, the GPNA Board held an Emergency Meeting. At that meeting, the Board voted unanimously to endorse the upper field improvement project. It also suggested modifications to the Staff Report recommendations, as well as new conditions related to passenger loading, and bike and pedestrian safety. The GPNA Board recommendations were

summarized in a document sent to the City of Portland Hearings Officer. This document, as well as the GPNA sub-committee report, is available on the GPNA website (grantpark-na.org).

After the May 10 hearing, the hearings officer approved the proposed project but included 12 conditions of approval that PPS and Parks must meet. These conditions closely matched those recommended by GPNA with some differences in wording and one additional condition regarding trash cans. These conditions included ensuring that high school sporting events end no later than 9:30 pm, with lights off by 10pm; that non-school events end no later than 9:00 pm, with lights off by 9:30 pm; that the PA system be used only by Portland Public Schools (PPS) and be turned off by 9:30 PM; that PPS custodial staff remove litter following every scheduled PPS game; and that Parks add and service at least one trash can at the Upper Field.

Two of the conditions mandated by the hearings officer were first suggested by GPNA following community discussion: that PPS must inform all visiting schools that bus parking shall occur on NE 36th Place and discourage bus parking on NE US Grant Place (this formalizes existing practice by Grant High School Principal James McGee); and that PPS will work with the Portland Bureau of Transportation (PBOT) and GPNA on PBOT-initiated projects to address traffic and safety issues on US Grant Place. A link to the full text of the hearing officer's report is available on the GPNA website.

The PPS project manager for the upper field informed GPNA that the design team has just finished final details for the project and will soon submit them for permitting. PPS anticipates starting construction in early November of this year and completing construction in March of 2022, although dates may change depending on the permitting process.

In summary, the Grant Park Neighborhood Association fully supported the goal of providing the Grant High School Athletic Department and students with excellent and gender equal field opportunities. GPNA is enthusiastic about the benefits the Grant Park Upper Field expansion and improvements proposed by PPS and Parks will bring to Grant High School students and the broader community.

Once again, GPNA thanks all of our neighbors for their concerns, thoughts, and opinions in this matter. We all have a stake in our neighborhood...your opinions matter.

PAID ADVERTISEMENT

Arthritis and Joint Pain: What Your Doctors Aren't Telling You...*By Arthritis and Joint Pain Expert, Dr. Carl Baird DC, MS*

Is arthritis and joint pain keeping you from being as active as you would like? Do you wake up feeling achy, stiff and thinking that you feel older than you should? Maybe you're pushing through that annoying joint pain, but in the back of your head you're starting to worry about what would happen in 5, 10, 20 years if your joint pain were to get worse?

If any of this is sounding familiar I want you to know that you're not alone. Arthritis and joint pain are one of the most common concerns for adults as they age.

Any doctor will tell you that arthritis is caused by too much 'wear and tear' on your joints. Which is why I'm always so surprised that so little attention is paid in the medical community on ways to limit this wear and tear.

Instead, people are being given pain pills, injections, and endless doctor visits or are just told to give up their favorite activities and live with it! All which help with the pain – but do nothing to solve the underlying causes or arthritis.

My name is Dr. Carl Baird and over the last 10 years I have been working to help adults aged 40-70 overcome arthritis and joint pain while keeping active, strong, and doing what they love. All without pills injections, or surgery.

Because I'm so frustrated seeing people unnecessarily suffer from arthritis pain, I've written a free ARTHRITIS AND JOINT PAIN REPORT, titled: **"How To Ease Arthritis Pain While Keeping Active And Strong – Regardless of Age"**.

Inside our Free Arthritis Pain Report, you'll learn:

- Easy things to do at home to improve those stiff and achy joints
- The top three arthritis myths that lead to WORSE patient outcomes
- The exact exercises we use in the clinic to limit wear and tear on joints

And for a limited time, we're giving away free copies for readers of the Grant Park Neighborhood Newsletter.

Want Your Own Copy? Here's What To Do Next.

To have your copy of the FREE ARTHRITIS PAIN REPORT mailed directly to your door you can do any of the following:

- Call us at (503) 954-2495 to request your 100% free copy... you can leave a message 24/7
- Or, download it instantly by filling out the form at: www.performancehealthcarepdx.com/arthritis-pain-report

P.S. The report is 100% free. No one will ask for any money or card information. It really is our gift to you.

Grant Park Land Use Update, continued

immediate response and explore concrete islands in the future. NE Hancock St would become right turn in and out only at NE 33rd Ave.

- Approach the Oregon Department of Transportation about the possibility of moving the northbound merge lane on NE 33rd Ave. (currently just north of Broadway) to just south of Broadway to reduce the number of maneuvers drivers need to make on this stretch of road, understanding that this could potentially disrupt the I-84 eastbound off ramp.

PBOT also notes that NE 33rd will be repaved in Spring 2022, which will provide an opportunity to re-examine these safety measures and determine permanent solutions. The full email from the PBOT engineers about the safety study and recommended changes is available at the GPNA website.

TriMet and Bridge Housing presented at the June 2021 GPNA meeting about the **Hollywood Hub** project, the design of which has been revised to include a 13-story building with 200 units of permanently affordable housing, 40 parking spaces, a community space, and a new, permanent memorial to the May 2017 train attack tragedy to be built at the current site of the Hollywood Transit Center.

The project has applied for funding from Metro's Affordable Housing Bond program, which, if granted, would allow 60% of units to be 2-3 bedroom units. All units would be affordable to people at 60% of area median income, and 35% would be affordable at 30% of median income. The outcome of this funding application is pending.

The project also includes new infrastructure at the **Hollywood Transit Center**, including new bus facilities, substation, a ramp/stair structure leading to the pedestrian bridge to the Max and across I-84, and street improvements. Current plans would move stops for the 66, 75, and 77 to Halsey within a block of 42nd Avenue. TriMet is currently considering three concepts for the ramp and stairs leading to the pedestrian bridge and is taking public input on these concepts, which can be viewed on TriMet's website at www.trimet.org/hollywood. TriMet has been working collaboratively with PBOT to "vacate" the right of way for 42nd Avenue in the area south of Halsey Street so the area can be turned into a pedestrian promenade. This will require changes to a re-plat of the site (changes to interior property lines within the site) and approval from city council. Detailed design of the ramp/stair infrastructure is expected to begin this fall; the housing will begin after construction of the ramp and stair structure is complete.