# Grant Park Neighborhood Association

P.O. Box 13102, Portland, OR 97213

Spring 2015



2014 Clean-Up Swap area

# Save the Date! 10th Annual GPNA Neighborhood Clean-Up

When: Saturday May 16th, 2014 • 9am to 1pm Where: the Grant Park Church parking lot • at NE 34th & Knott

Spring has come VERY early this year. It gives you the perfect opportunity to clear out all that detritus that has built up that you don't want any more. But what to do with it? The Grant Park Neighborhood Association is here to help! Our 10th annual household cleanup and fund-raiser will happen again this May. Once again, we are asking only \$10 per car load and \$20 per truck or van. Money raised at this event supports Grant Park Neighborhood Association activities.

This year we will have a "free" area for neighbors to drop off or score gently used household items and a plant swap area for you to bring and exchange your excess garden or house plants. We will also provide recycling for scrap metal, construction materials, bulky wood waste, styrofoam, CFL light bulbs, e-waste, tires and batteries, and disposal for bulky mixed waste.

We will have a limited number of dumpsters, so please do not bring items that can be recycled or disposed of in your curb-side containers. Once the dumpsters are full the clean-up will close, and no further refuse will be accepted.

If there are elderly or other neighbors who need assistance to access the event, please email us at <a href="mailto:grantpark@necoalition.org">grantpark@necoalition.org</a> and we will try to make arrangements for you.

Volunteers are urgently needed on the day of the clean up to help make the event a success. Two hours of volunteer time entitles you to bring one free car or truck load! For information, to volunteer, or to make suggestions, contact us at: <a href="mailto:Grantpark@necoalition.org">Grantpark@necoalition.org</a>.

(Related story on insert - tack it up as a reminder!)

#### STAY IN TOUCH

Find us at Facebook:

<u>GrantParkNeighborhood;</u>

Tweet us at @GPNAPortland

Join our discussion group at: groups.

google.com/forum/#!forum/gpna-forum

#### **GPNA MEETINGS**

The Board of the Grant Park
Neighborhood Association has voted
to adjust the meeting schedule. Future
board meetings will be quarterly on the
second Tuesday of the month. General
meetings will be held twice a year, in
April and October. Special meetings,
when needed, may be scheduled at
any time.

Grant Park Neighborhood Association is open to ALL persons living or working within its boundaries. If something prevents you from participating, please contact a Board member and we'll make accommodations.

#### NEXT MEETING & AGENDA

April 15, 2015
June 9, 2015
September 8, 2015
Meeting dates may change.
To check the meeting schedule or the agenda for our next meeting, or to suggest an agenda topic, Please go to our web site at: grantpark-na.org/thehood/meetings.html

# GPNA EXECUTIVE BOARD

#### President:

Brian Cefola

#### Vice Presidents:

Ron Laster

Ken Peterson (Land Use Chair)

#### **Treasurer:**

KC Davenport - Newsletter

#### Secretary:

Mary Cal Hanson

#### Communications:

Brian Cefola - Webmaster

#### At Large:

Jane Comeault Stephanie Henstead John Prell

Contact the board at: GrantPark@necoalition.org

#### **Grant Park Neighborhood Association Elections Are Coming Up**

Have you always wanted to help shape our neighborhood and what goes on here? This is your chance! If you are getting this newsletter, you are a member with all the privileges and responsibilities of the Grant Park Neighborhood Association (GPNA).

In Portland, a neighborhood association is the officially designated, recognized organization for a specific geographic location. Each association is self-governed and has citizen-written bylaws that determine boundaries, the election and function of officers, and the frequency of meetings. Neighborhood associations work to reflect the issues and needs of its members.

Our purpose at GPNA is to enhance the livability of Grant Park and to act as liaison and/or to provide an open line of communication for our neighborhood with various government entities, groups, businesses, and other neighborhoods. You can be a part of that.

The Board of Directors makes all that we do possible by managing the affairs of the Association in between General Meetings. The GPNA Board helps formulate

tax minimizers of OREGON INC Formerly Robins Tax

Call for your appointment and bring this ad with you for a

## **\$25 DISCOUNT!**

(Off your next tax preparation~New clients only~ One per household)

- Tax Preparation & Planning
- Accounting
- Payroll
- Consulting
- Audit Assistance
- Offers in Compromise



Phone: 503-281-0919

3835 NE Hancock St., Suite 101 ~ Portland, OR 97212 www.taxminimizers.com

direction, implement policy, and develop an agenda for meetings. The Board is also responsible for maintaining and updating the bylaws; ensuring the fiscal well being of the association; developing transparent, open and objective processes; and acting for the Association on time sensitive issues.

We will be electing our 2015-2016 GPNA Officers at the April 15th Annual Meeting.

As in the past, the Board will recommend a slate of officers, and nominations will be taken from the floor. Any member of the neighborhood can nominate themselves.

There are five elected positions on the board:

**President** - The Chief Executive Officer of the GPNA corporation, who presides at all meetings of the membership and the board.

**Vice President** (one or two) - In the absence of the President, the Vice President provides his/her duties as designated.

**Treasurer** - Responsible for the corporation funds.

**Secretary** - Keeps the correspondence and the minutes of meetings. Maintains the attendee lists.

**Communications** - Manages the newsletter and maintains the website.

Aside from these Officer positions, there can be up to 10 "At Large" Board members. The Board can also appoint a "Chair" to cover specific topic or designate a GPNA representative to another group.

For additional information please contact any current Board member(listed on page 1) through our general e-mail: <a href="mailto:Grantpark@necoalition.org">Grantpark@necoalition.org</a>

## Grant Park Baptist Church

building where five churches, two schools and other groups totalling 500 people come and go each week. There is always room for one more person!

More info at www.grantparkchurch.com

# Hands-on Action Sustainable Community Projects

The Village Building Convergence's 10-Day Urban Permaculture and Placemaking Festival happens around Portland from May 29th to June 7th

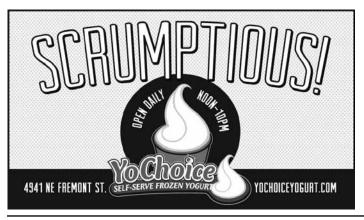
These projects will be going on at more than 20 sites around Portland with music, dancing, organic food, and workshops on a variety of topics, and the chance to get involved in repairing our city.

During the day, volunteers gather at sites around the city to create natural building, permaculture, and public art projects. These include benches, community kiosks, gardens, street paintings, and more! Neighbors have been collaboratively designing these projects for months, creating community with each other in the process. People come from near and far to learn skills and help bring these designs to life, while celebrating creativity and diversity! This part of the event is free.

In the evening, people gather at a central venue for a night of wholesome food, presentations by leaders in the forefront of positive change, and exhilarating musical performances from local bands and DJ's.

Prices for the evening events are \$15 in advance and \$20 at the door, with added pricing options for food. Work-trade is available most nights to make the event widely accessible.

The Village Building Convergence is an organized group action that educates and inspires communities and individuals to creatively transform the places where they live. Find out more, get involved, and thrive it up at: <a href="mailto:www.cityrepair.org/vbc-info/">www.cityrepair.org/vbc-info/</a> or email <a href="mailto:info@cityrepair.org">info@cityrepair.org</a>.



#### **BCS Fernwood Rummage Sale**

Extra clothing cluttering your closets? Too many tennis rackets? Maybe that old dishware needs a new home? Or maybe you're looking for that perfect "thing." Either way, BCS Fernwood is here for you!

This year's Beverly Cleary School (BCS) Fernwood rummage sale will be on April 11th, 9am-4pm at the BCS Fernwood campus in the west gym. The gym can be accessed from Hancock, by the playground. Donations for the sale will be accepted between 3:30-5pm on Thursday, April 9th and from 9am-12noon, Friday, April 10th. Volunteers are especially needed during the donation drop-off times to sort and price items and on Saturday from 4-6pm to help clean up.

The BCS Fernwood campus will also be having an Earth Day celebration on April 18th, 9am-1pm. Volunteers will be cleaning up litter, weeding and pruning, and if all goes as planned planting several trees. There may even be some hardy souls at Hollyrood too doing some clean-up. It would be great to have neighbors come and help. All are welcome. Contact Kathie at <a href="mailto:kathieeastmantell@comcast.net">kathieeastmantell@comcast.net</a> with questions or to volunteer for either event.



Private instruction in Grant Park

All styles and levels

"A guitar master" - The Oregonian



eric@ericskye.com

503.309.0422

#### Safe Routes to School

The Bicycle Transportation Alliance (BTA) Safe Routes to School programs are the best bicycle and walking safety programs in the country. The BTA offers several program models that bring education services to students, train teachers, and encourage students and families to walk and bike to school.

The Bicycle Transportation Alliance (BTA) recently worked with students from local schools to create a set of bicycle safety videos. The student hosts will walk you through a variety of safety tips, each in under three minutes.

For more information or resources go to: btaoregon.org/get-involved/walkbike-education/

#### **Kindergarten Registration**

Kindergarten registration packets are still available in the Hollyrood office. In order to register you will need your child's Birth Certificate, proof of immunizations, plus proof of address (2 pieces of mail). Packets must be completed and returned by April 17th.

#### MIGHTY OAKS PRESCHOOL

WHERE MIGHTY OAKS FROM LITTLE ACORNS GROW



3328 NE TILLAMQQK STREET, PQRTLAND, OR 97212 (503) 922-2869

Nurturing Learning Environment
Play Based and Montessori Inspired Curriculum
Offering 2-5 day class options
Low student to teacher ratio
Eco-Healthy Certified

Allergy sensitive (gluten-free, dairy-free, & vegetarian options)

MORE DETAILS AVAILABLE AT:
WWW.MIGHTYOAKSPRESCHOOL.COM
WWW.FACEBOOK.COM/MIGHTYOAKSPRESCHOOL

Mighty Oaks Preschool does not discriminate on the basis of race, age, color, sex, national origin, physical or mental disability, or religion.

#### Plant! Grow! Eat! Multnomah County Master Gardeners' 2015 Incredible Edibles Plant Sale

#### Saturday, May 2nd, 10am to 4pm

Free admission. Everyone welcome.

This is your opportunity to buy organic herb and veggie starts for your home garden. Soon you could be harvesting nutritious, fresh-picked vegetables and herbs for your table from your own garden!

The sale will be at the Westminster Presbyterian Church, located at NE Hancock Street, between 16th and 17th Avenues.

The Incredible Edibles Sale offers a luscious array of local, organically-grown vegetable starts at very reasonable prices. You'll find both heirlooms and hybrids among the proven varieties of tomatoes, cukes, peppers, eggplants, squash, greens, lettuces, herbs and more.

Varieties offered have been specially selected by the Multnomah County Master Gardeners for their ability to thrive right here in our Pacific Northwest climate. Grower will be delivering truckloads of premium veggie starts. Come early to get your favorites.

You will also have the chance to 'Get the Real Dirt' from OSU Extension trained Master Gardener Volunteers who will be on site to answer your gardening questions. There will be lots of information and helpful Master Gardeners to get you started on successfully growing your own food.

Festive Fun! There will be great food, lively music, activities for the kids, and some very talented gardencentric vendors.

# Spanish classes in NE Portland

12 Spanish course levels for adults, conversation & culture and more! Small group, Affordable, Welcoming

\*Spanish classes for children at Tabor Space\*

www.tierracenter.com New Location! 5745 NE Glisan St. 503-213-3677



#### **Hollywood-Grant Park Sewer Project**

Grant Park neighbors west of 33rd are well of the ongoing City sewer work, which will soon be done. Neighbors east of 33rd will see sewer work begin as early as June 2015 and last for one year.

The project in the Hollywood, Grant Park and Rose City Park neighborhoods is designed to repair the public sewer system and reduce stormwater flow into the system. It will repair or replace about 38,500 feet of public sewer pipes that are 75 to 110 years old and deteriorating. It will also install 12 street planters and six sumps to remove about 203,000 gallons of stormwater from the sewer system annually.

**A sump** is a perforated pipe installed vertically underground. Sumps collect stormwater runoff and allow the water to soak into the ground and will be connected to green street planters to collect and filter stormwater runoff from the street.

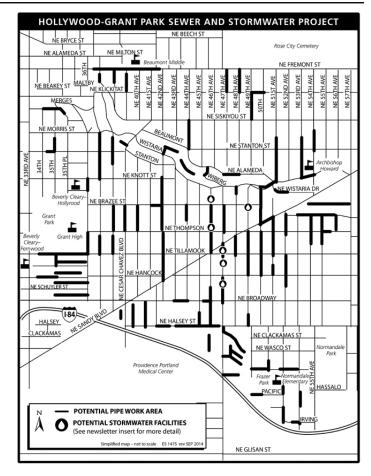
**Rain Garden Partnerships** Environmental Services worked with six homeowners on NE 46th and NE 49th avenues to construct rain gardens on their properties to manage stormwater.

**Street Trees** Environmental Services is also working with Friends of Trees to plant street trees in the project area. If you'd like to plant a street tree, please contact Naomi Tsurumi at\_503-823-4886 or naomi.tsurumi@portlandoregon.gov.

Together these improvements will increase public sewer capacity, reduce the amount of sewage flowing into the Sullivan Gulch Trunk Sewer, protect public health, property and the environment, and reduce the risks of street flooding and sewage releases to homes, businesses and streets.

Throughout the project, Environmental Services will be sending periodic email updates on the schedule, possible traffic detours, delays and lane restrictions. You can sign up to receive updates by emailing <a href="mailto:Rhetta.Drennan@portlandoregon.gov">Rhetta.Drennan@portlandoregon.gov</a> with "HGP" in the subject line.

You can also contact Rhetta by email or by phone at 503-823-6006 with questions and concerns such as business operations, disability issues or medical or business deliveries.





# HEALTHY FOOD, TREATS, TOYS AND SUPPLIES FOR DOGS AND CATS



# What's a Mud Bay?

Mud Bay is one of the three southernmost arms of Puget Sound, just outside the town of Olympia, WA. Our first store opened for business in 1988 on Mud Bay Road, on a hill just above the bay (that's why it's our company's name.)

Today, Mud Bay is one of the largest pet retailers in the world focused on natural food for cats and dogs. We carry hundreds of raw frozen, dehydrated, freeze-dried, canned and kibble foods for dogs and cats. Collectively, we also spend a lot of time researching everything we sell to make sure that our foods and supplies are healthy, well-made and offer great value.

We hope you'll stop by, we'd love to show you our store and hear about your dog or cat.

Open in the new Grant Park Village at 3230 NE Broadway



Pacific Northwest Owned and Operated

#### **Hollywood Farmer's Market (HFM)**

Did you know that our local Farmer's Market in Hollywood is open year round? In winter the market opens on the first and third Saturdays of the month. However, beginning in May the market will once again be open every Saturday.

Located on NE Hancock St. between 44th and 45th Avenues, the HFM hosts up to 50 vendors, bringing you the best of the region's agricultural bounty!

The market is a family-friendly place. It features live music, children's entertainment and seasonal special events throughout the summer.

Did you know that you can use your debit or SNAP EBT card at the market? This Token Program is a key component to our market. Between June and October customers participating in the Farm Direct Nutrition Program may also use their WIC or Senior checks at the market. Simply drop by the information booth (at the corner of 44th Ave and Hancock St.) to use your debit or EBT card or find out more.

The HFM also partners with local community organizations to tell you about their unique projects around the city. If you are interested in hosting a booth, check out the Community Booth Policy online.

The HFM has a policy that offers both dog-free hours and hours when dogs are allowed in the Market. From 8-10am, dogs are not allowed letting customers who prefer to do their shopping without dogs to enjoy the market. From 10am to 1pm, dogs are welcome in the market in accordance with the market's other dog-related rules.

For more check out: hollywoodfarmersmarket.org/



#### Communication plays an important role in child safety

By the City of Portland's Crime Prevention Program

In the beginning of February there were two separate incidents in the vicinity of Irving School that involved strangers asking kids to leave with them. Naturally, parents are concerned. As the term "Stranger Danger" is frequently used by the media, this can become what's emphasized when teaching kids about safety. The National Center for Missing and Exploited Children cautions that "stranger danger warnings are not effective in keeping kids safer".

Some reasons they cite:

- A majority of child abuse is perpetrated by someone they know.
- The phrase stranger danger implies that all strangers are bad. In a time of need, a child may need help from a stranger.
- Children may not understand what "stranger danger" means and can be subjective in their assessment of who is dangerous and who is not.

#### **A Better Approach**

Teach your children safety skills that they can apply in various situations. Conversations are best when conducted in a calm, matter-of-fact way that implies this is "just what we do". Discussions about safety should be a regular occurrence and age appropriate. Dinner table conversations about how the day went is a great way to open up lines of communication.

A few important points to relay to your children:

- They can always come to you with problems or concerns of any kind and without judgment.
- They need to check in with you first before going anywhere with another person, even someone they know. No exceptions.
- They should be aware of their environment while out in public, and refrain from cell phone use.

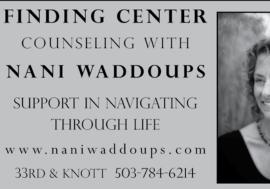
- · It's not okay to keep secrets.
- Trusting and acting on their instincts is important.
- It's OK to say NO—whether they say it to an adult who they know or don't know or a peer.
- There are adults who they can go to if they need help and you are not available like police officers, fire fighters, store clerks, bus drivers, letter carriers, teachers/school counselors, friends' parents, neighbors, and clergy, etc.
- Most adults are safe, but sometimes adults may try to trick them. Examples include asking for directions, asking for help including finding a lost pet, or offering to show the kids a cool toy. It's important for them to get away from the situation and alert a helping adult.

Things all children should be able to do:

- In case of an emergency, they need to memorize their full names, parents'/guardians' full names, addresses, including city and state, phone numbers, including area codes, and your contact information during work.
- Teach them how to call 9-1-1 and to stay on the line until the dispatcher says it's OK to hang up.
- They should know that they can use their words to call attention to themselves.
- Teach them the correct names of their body parts.
   They will be able to communicate more clearly if they know how to talk about their body. This talk should include okay and not-okay touches.

Communication plays an important part in prevention. Help your children practice these skills as well. The more comfortable your child is talking about their everyday experiences, the more they will be able to approach the difficult subjects.





#### 2015 Junior Rose Festival Parade Will Wind Through Hollywood

Date June 3, 2015 Time 1:00 PM - 2:00 PM Location Hollywood District NE Sandy and 52nd

The Portland Rose Festival has always celebrated Portland's children. The very first Rose Festival, in 1907, included a children's parade! The children's parade has been an official Rose Festival event since 1936, and is the nation's oldest and largest children's parade in the US.

From the moment Fred Bear cuts the ribbon to kick off the Fred Meyer Junior Parade, fun reigns. Children come from all parts of the city to join in, They come with costumes, wagons transformed into floats, bikes decorated with colorful flowers, or they just parade with their pets (and parents!). Elementary and Middle School marching bands fill the Hollywood District with song, and dance teams add swirls of color to the celebration.

As in previous years, the 2015 Fred Meyer Junior Parade will be filled with music from elementary and middle school marching bands featuring the greater Portland/Vancouver metro area. Community groups, dance, drill and baton twirlers will again fill the Junior Parade with sparkles, bright colors, and fun! Parking can be a challenge, so come early and plan ahead.

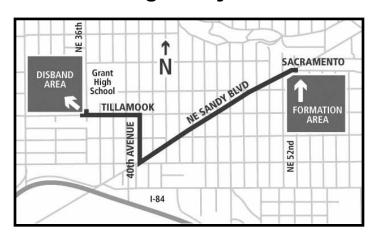
#### **Road Closures**

The formation area is between NE Sacramento & NE 57th and NE Tillamook & NE 53rd. The parade begins at Sandy Blvd and NE 52nd Ave at 1:00 p.m. It travels southwest, down Sandy Blvd; turns north onto NE 40th Ave, then south again onto NE Tillamook, and ends at Grant High School, where the parade will disband.

The formation area from NE Sacramento to Hancock and NE 51st to 57th closes at 9:00 a.m. The parade route closes at 11:30 a.m.

#### **Parade Activities**

The Junior Parade will be televised live on FOX 12 from Sandy Blvd & NE 50th Band and Dance/Drill Team judging takes place from the roof of Rite Aid at Sandy Blvd and NE 41st. Community Entry judging takes place in the Formation Area prior to the Parade, beginning at 12 p.m.



#### **Junior Parade Rules**

- The parade is open to middle school age children and younger, and their adult chaperones
- All entries must be appropriate for small children and are subject to Committee approval
- Entries must follow the parade officials instructions
- All entries must keep up with the parade. No counter marching or stopping to perform routines
- Nothing can be handed out or thrown from the parade. Do not plan on passing out fliers, candy, etc. Such items may be confiscated.
- No advertising is permitted without prior approval
- · No religious, political or social messages
- No horses or motor driven vehicles (other than official cars) will be allowed
- · All marchers must wear shoes

Please review the following types of entries:

- Non-profits, community groups and families are considered "Community Entries". You may show up on parade day and participate, but to be included in the telecast script you must register ahead. Please download, complete and send in a Community Entry Registration Form and Script. Be in the formation area by noon.
- Dance/Drill/Baton groups can sign up until April 10, 2015, and will receive separate instructions upon registration. Please download, complete and send in a Dance/Drill Registration Form and a Dance/ Drill Script Form.
- Marching Bands are eligible every other year.
   Eligible bands can register in the fall and will
   receive specific instruction at that time. To add
   your band please email gro.lavitseFesoR@ofnl.

For more information and forms go to <a href="http://www.rosefestival.org/event/junior-parade">http://www.rosefestival.org/event/junior-parade</a>

# Grant Park Neighborhood Association Drive-thru Spring Clean-up

# Saturday May 16, 2015 9 am to 1 pm

(materials will not be accepted before the event opens or after the event closes and cannot be left on-site)

#### Where

NE 34th Ave. & Knott (the parking lot of Grant Park Church) \$10 donation per car load, \$20 per truck load

#### **Drop-off Materials Accepted:**

- Scrap metal
- Building materials
- Reusable household goods
- Electronic waste and small appliances
- Styrofoam (not packing peanuts)
- CFL bulbs (no tubes)
- Wood waste
- Batteries
- Non-hazardous garbage
- Tires (a limited number)

#### **Volunteers Needed!**

Come for an hour or half a day. We provide food and beverages, you provide muscles and brains. Show up at the event or even better if you contact us in advance at <a href="mailto:grantpark@necoalition.org">grantpark@necoalition.org</a>

#### This year's sponsors include:

The Northeast Coalition of Neighborhoods (NECN); METRO (waivers on the dumping fees); and the City of Portland Bureau of Planning and Sustainability (hauling fees and related expenses). We would also like to thank the Grant Park Church, who let us to stage this event in their parking lot, and our reuse and recycling partners: LJ's Metal Hauling, The Rebuilding Center, Interstate Batteries, New Seasons Market, and Electronics and Appliance Recycling LLC.

## **Clean-Up Materials Information**

#### **Materials Accepted**

There will be separate areas at the cleanup for a variety of materials. You can help both us and yourself by loading your refuse so that it can be unloaded into these categories:

#### **Household Swap**

We will have an area to drop off household items in good condition that you no longer want. Items in this area are free to take. Anything left over will be donated to charity.

#### **Plant Swap**

This year we will also have a swap area where you can drop off or pick up garden plants. Items in this area free to take. Plants for swapping should be contained in pots, bags or boxes. There will also be a Master Gardener on site to answer your garden related questions. Unfortunately, any unclaimed items will be thrown away.

#### **Electronics and small appliances**

Electronics, including TVs, computers, peripherals, cell phones, and most items with a cord will be collected for recycling. Please note this does not include anything containing liquids (e.g. refrigerants) or biohazards.

#### Compact Florescent Lightbulbs (CFLs)

We are accepting CFL bulbs, not tubes, for recycling. Broken CFLs, incandescent (old-style) bulbs, and LED bulbs are considered trash and can be thrown away.

#### **Batteries**

All kinds of batteries will be accepted for recycling.

#### **Styrofoam & Some Plastic**

We will take clean styrofoam materials, and other plastics not accepted in your curbside container including clam shells, and soft plastic. **NO PACKING PEANUTS**.

#### **Building Materials**

Usable building will be accepted. Materials should be sound and free of major defects. Lumber should be at least four feet long without nails. Our volunteers will help you sort usable materials if you are unsure but you can also go to <a href="rebuildingcenter.org/donations/">rebuildingcenter.org/donations/</a> for more about what is and is not acceptable.

#### Scrap Metal

Scrap metal will be collected by LJs Metal Hauling Service. If people have things that are too heavy or too bulky to bring to the clean-up, he can arrange a pick up.

#### **Wood Waste & Large Garden Waste**

Scrap wood and large garden waste will be accepted for recycling. Wood must be free of metal and uncoated (no paint or varnish). Please do not bring your regular garden waste that can be recycled curbside. **NO DIRT**.

#### **Tires**

We will again be able to accept a limited number of tires.

#### **Materials NOT Accepted**

There are a number of things we still cannot accept at a neighborhood event:

#### NO Hazardous materials

These include materials such as pesticides, fertilizers, poisons, medicines, cleaners, and paints. For a more complete list contact Metro's Recycling hotline at: 503-234-3000

NO Motor oil, gas or antifreeze
 These are considered hazardous waste.

#### NO large appliances

These are appliance such as refrigerators, freezers, air conditioners, etc.

#### NO Fluorescent tubes

They are too fragile for us to handle safely.

- NO general yard debris
  - Can go in your weekly curbside pick up.
- NO curbside recyclables
   Cardboard, plastic tubs & bottles, glass etc can go in your weekly curbside pick up. We will not take recyclables as trash.
- NO medications
- NO paper for shredding

#### **What About Materials Not Accepted?**

For any questions about disposal or recycling, call Metro's Recycling hotline 503-234-3000.

**Hazardous Materials** - motor oil, antifreeze, paint & aerosol cans - These can all be taken to Metro. Both Metro Central (6161 NW 61st Ave, Portland) and Metro South (2001 Washington St, Oregon City) will accept these for a small fee.

**Paper for shredding** - Events are held at various locations around the city throughout the year. Call Metro's Recycling hotline for specifics.

**Medications** - East Precinct, 737 SE 106th Ave, will take medications, Mon-Fri 8am-6pm. Consolidate pills into a sealed baggie. Liquids should be in a sealed container. NO SHARPS!

**Sharps** - should go to Metro's Hazardous Waste, which has a sharps disposal program.

**Packing peanuts** - Most UPS stores and Postal Annex stores will take these.

**Large Appliances** - Different for different items. Call Metro's Recycling hotline for specifics.