

The **INSIDE**



Arts & ENTERTAINMENT



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# LOCAL NEWS

## Instilling Hope, Courage, and Healing Among the Community

### 2023 Lowenstein Trust Award to Dr. S. Reneé Mitchell



Renee Mitchell

Dr. S. Reneé Mitchell has survived a lifetime of trauma and channeled these experiences for good, including identifying opportunities and creating programs to heal and inspire others. Dr. Mitchell has a long-term and deep commitment to Portland's African-American community. She has worked for decades as a journalist, author, poet, playwright, and educator.

In 2018, Dr. Mitchell created the Soul Restoration Center to help low-income youth of color channel their creativity and to find their voice and clarify their purpose. As a result, in early 2022, Dr. Mitchell transformed a neglected building into a vibrant cultural center. The Soul Restoration Center is a place where Black

people of all ages can experience what it feels like to be culturally seen, centered, and authentically cared about, and was recognized for its extraordinary capacity to convene, celebrate, and build a strong sense of community in gentrified North Portland. Dr. Mitchell's vision combined with her commitment to community helped create a project that began during the pandemic and has evolved into a national effort – to help the Black community in Portland – and elsewhere – to embrace and spread joy and to empower

others to take the time to acknowledge and affirm one another.

The Soul Restoration Center helps heal the traumas of Portland's racism and gentrification experienced by many African American youth and provides a safe gathering space where Black youth and adults can experience Black joy "... Black joy serves as an act of resistance, amidst the tidal waves of racial oppression. Dr. Mitchell developed the I Am M.O.R.E.'s theory of change, called Empowered Resilience™, as a doctoral candidate at the University of Oregon (2021). She created an award-winning, evidence-based example of how to empower and build hope and resiliency in Black youth with culturally relevant skill building and programming. The Center also shines a light on Black elders and honors who they are, what they've done, and the important role they play in holding space for young people to thrive.

As a survivor of domestic violence, childhood bullying, and other trauma, Dr. Mitchell con-

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HAPPY Birthday TO YOU

Chuck Kragero

## Garbage Companies in Recovery Mode

### Ice storm causes delays

Last week's snow and ice storm caused a nearly unprecedented disruption in Portland's waste collection system.

Hazardous road conditions and closures of key facilities in the regional garbage system resulted in many garbage companies being unable to collect for the entire week. Companies had planned to start catching up on Saturday but were unable to after freezing rain made road conditions unsafe.

Waste collection companies are operating in storm recovery mode and focusing their trucks and staff on picking up garbage this week.

If your garbage was not picked up last week, leave your garbage bin at the curb, and it will be collected as soon as possible. If this week is your usual garbage week, set out garbage on your regular collection day.

Garbage companies expect to be able to pick up recycling this week. If your recycling was missed last week, you can set out twice as much this week.



Snow covered waste bins in Portland 2023 (Photo Courtesy of Portland BPS)

Some companies have postponed compost collection until next week, as they redirect their trucks and staff to catch up on missed garbage collection from last week. If your compost wasn't collected last week and/or this week, you can set out extra yard waste next week for no extra charge.

If you've got more recycling and yard waste than can fit in your bins due to weather-related service delays, here's how to set out extras: put recyclables in a cardboard box or a paper bag and set next to your blue recycling bin.

Cardboards should be flattened to fit as much as possible into your recycling bin. Flow with flatten

all remaining cardboard, bundle it together, secure the bundle with tape, and lean the bundle against your blue recycling bin.

Glass should be set out any rigid plastic container filled with glass bottles and jars next to your regular glass recycling bin. A 5-gallon bucket with a few holes drilled in the bottom to let rain through works well.

Leaves, branches, or other yard waste can be placed in a yard waste bag or can (32 gallons and 45 pounds max each). Branches can be bundled and tied securely with string or twine (do not use wire). Branches cannot exceed 36 inches in length and 4 inches in diameter. Set bags, cans, or bundles next to your green compost bin.