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From:

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To the City of Banks,

Attn: City Recorder

I am writing to comment on the proposed development MPD 24-01 on the west side of Banks. I have been a resident of Banks for seven years with my children attending Banks schools and Banks sponsored sports. I am a licensed therapist working in the greater Portland area and have been practicing since 2010.

After reviewing the proposal I have some concerns related to mental health wellness and to overall wellness for Banks as a community. These concerns are based on my own observations of newer development designs, stories from some of my clients who live in the newer developments, and a recent training I attended regarding "blue zones" which speaks to intentional development of communities to increase life span and wellness for their residents.

My concerns include the following:

Parking

- In Banks, we have limited street space already on Main street, and an increase in residents will cause more problems there.
- It appears that the homes will not have adequate parking or space for any families who have more than one car or for large vehicles.
- In my experience, the newer developments leave limited room for driving and inadequate space for the parking needs of families, especially for families living together due to increased living expenses.

The future of the race track

- The race track is an important part of Banks culture at this time. Historically, new developments near facilities that create noise often lead to the removal of those facilities.
- According to this news report, a community in a similar conversation states, "Many racetracks around the country have failed after new homes are built and residents quickly become distressed by the sounds of loud cars and excited fans." (source: <https://www.fox13news.com/news/dont-let-my-racetrack-die-housing-horsepower-clash-with-sprawl-reaching-bradenton-raceways>)
- New resident's next to the track most likely means an eventual end to the Banks race track.

Blue Zones

- Blue Zones are areas of the world where a higher number of people live longer lives than the average. This comes down to quality of living which begins with the design of the city. I have attached a page listing the 12 pillars to a healthy community.
- Banks city government has a say in the first “pillar” which includes how homes are built. This includes making sure there are walking paths, adequate parking and community gathering places.
- Klamath Falls, Oregon is one Blue Zone site that has worked to increase positive quality of living for it’s residents
- More can be found about these principals and studies at www.bluezones.com.

If Banks wants to have a healthy and quality community, it has a chance to be intentional about building and other priorities now rather than going with what is fastest and packs in the most people for the least cost. The builder does not necessarily have the best interests of the community at heart. It is our job to protect our home and quality of life.

I believe building a community that has adequate space and placement is vital for the health of Banks. Banks can be known as an exceptional community to live in, increasing value and life span for residents or it can become another mass produced, adequate quality development for residents seeking a bedroom community for their commute.

I am hoping we can expect better for our community and make small sacrifices now for long term benefit. Please consider increasing parking and reducing the number of houses in a small area. Please consider consulting with other blue zone communities as we grow, to promote and preserve long term quality living that many of us here already enjoy.

Thank you for your time and consideration,

Crystal Stachera

Blue Zone Community 12 Pillars

Taking the life radius (life radius—the environment where people spend most of their lives) approach forward, Blue Zones Project communities focus on 12 “pillars.”

1-3: The first three pillars are areas in which city governments can make a difference known as:

- 1. the built environment** - the physical parts of where we live and work (e.g., homes, buildings, streets, open spaces). The built environment of a community influences a person's level of physical activity. For example, inaccessible or nonexistent sidewalks and bicycle or walking paths contribute to sedentary habits.
- 2. food policy**
- 3. tobacco policy**

The approach is to start with a conversation, gradually introduce best practices, and ultimately get local leaders to choose 10 priorities and coach them to fruition. Buettner and Blue Zones Project experts have found that this is the best investment and has the biggest impact for the population.

4-9: The next six pillars are the places where people spend their day:

- 4. employers**
- 5. schools**
- 6. restaurants**
- 7. grocery stores**
- 8. faith organizations**
- 9. home**

The team developed checklists of revenue-neutral ways that these environments can be optimized for health, and it offers blue zone certification for those that implement a certain number of changes.

10-12: The last three pillars are programs for

- 10. creating new social networks**
- 11. getting people involved in volunteering**
- 12. helping them define a sense of purpose**