



## BAGELS ON Broadway

**BLOCK BY BLOCK** Alana Cogen and Theresia Munywoki brighten any morning at Spielman Bagels & Coffee on NE Broadway. **PAGE 10**



**LOOKING UP** Las Adelitas, 140 units of affordable housing, on NE Killingsworth **PAGE 7**



**GROWING GARDENS** Hacienda CDC's vegetable gardening lessons for low income neighbors **PAGE 7**



**GOING SMALL** Brian Crumrine and Robin Hawley Crumrine open 'Petite Hotel' in Alberta Arts District. **PAGE 21**



**BY THE NUMBERS** Students work out problems with Mathnasium at the new Beaumont location **PAGE 20**



**SIZZLING ON SANDY** Jeremy Sivers & son Elijah serve burgers and give back at hit the spot! food cart. **PAGE 21**



**PET SHOP BOYS & GIRLS** Independent pet store retailers collaborate on marketing and outreach. **PAGE 16**



**SENIOR HEALTH** Hollywood Fitness owner George Comalli, says technology has revolutionized Fitness. **PAGE 8**



**NXNE** Dr. Jill Ginsberg co-founded a clinic to serve African Americans & low income patients. **PAGE 14**

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
PORTLAND, OR  
SIGNATURE GRAPHICS  
97208

THE HOLLYWOOD STAR NEWS  
NORTH AND NORTHEAST METRO NEIGHBORHOODS  
2000 N.E. 42ND AVENUE PMB 142  
PORTLAND, OREGON 97213

**★ STAR COMMUNITY CONNECTIONS**



**HOLLYWOOD FARMERS MARKET**

Come see what's new at the market and celebrate the harvest!

**1st & 3rd Saturdays, 9-1**

Located on NE Hancock St., one block south of Sandy Blvd. between NE 44th and NE 45th.

[hollywoodfarmersmarket.org](http://hollywoodfarmersmarket.org)



**BY JANET GOETZE**

JANETGOETZE@STAR-NEWS.INFO

**FAITH GROUPS OFFERED FUNDS TO PLAN HOUSING**

Churches, synagogues, temples and other faith institutions interested in providing affordable housing may apply by Jan. 18 for funds to pay for design and finance consultants to start planning a project.

Three to five applications are expected to be approved by mid-February in a pilot project aimed at increasing Portland's number of safe and affordable housing units. More than 400 faith-based institutions have hundreds of acres of buildable land in Portland, according to

city figures. Several already are expressing interest in developing long-term, permanent housing.

Metro, the regional government, is providing a \$125,000 grant to be managed by the Portland Bureau of Planning and Sustainability. Each accepted applicant will receive \$55,000 to pay for the planning consultants, said Nan Stark, the project manager. Carleton Hart Architects and The Nielson Group are the consultants with the city contract for the pilot project, she said.

Selected organizations must devote time to work with the design and development teams but aren't required to fund the pre-development services, according to the city's project announcement. The application form is available at [www.portlandoregon.gov/bps/78156](http://www.portlandoregon.gov/bps/78156). Stark is available at [nan.stark@portlandoregon.gov](mailto:nan.stark@portlandoregon.gov) or 503-823-3986.

The consultants, Stark said, are expected to help determine what type of housing development will fit on the proposed site, what is financially feasible and what city policies or regulations must be considered.

Ecumenical Ministries of Oregon helped organize a Nov. 15 program where city, construction and financial officials

- CONTINUED ON PAGE 4

**LIVE YOUR DREAM.**

**DENNIS LAIRD**

**Windermere**  
REAL ESTATE

WINDERMERE REALTY TRUST

PRINCIPAL REAL ESTATE BROKER

Cellular 503-317-7972  
[dlaird@windermere.com](mailto:dlaird@windermere.com)

**peak mortgage**

**WE LEND WHERE WE LIVE**

ADU Financing • Refinancing  
Fix & Flip • 1st Time Home Buyers •  
Reverse Mortgage

503.546.0460 • EASTSIDE MORTGAGE SPECIALIST • [WWW.PEAKPDX.LOANS](http://WWW.PEAKPDX.LOANS)  
4815 NE FREMONT ST. PORTLAND, OR 97213

©2017 A Division of Finance of America Mortgage LLC | Equal Housing Lender(s) | NMLS 1071 | AZ OR CEBCBA | Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act.

**The Hollywood Star News**

Serving North and Northeast Portland Metropolitan Neighborhoods. Published monthly in Northeast Portland.

[www.star-news.info](http://www.star-news.info)

**Mailing Address**

2000 N.E. 42nd Ave. PMB 142  
Portland, OR 97213

**Phone** 503-282-9392

**Mary DeHart** Owner and Publisher  
[marydehart@star-news.info](mailto:marydehart@star-news.info)

**Mary Ann Seeger**  
Administrative Assistant  
[maryannseeger@star-news.info](mailto:maryannseeger@star-news.info)

**Jane Cullinan** Advertising Executive  
[janeullinan@star-news.info](mailto:janeullinan@star-news.info)

**Dana Busch** Managing Editor  
[danabusch@star-news.info](mailto:danabusch@star-news.info)

**Phill Colombo** Development Reporter  
[phillcolombo@star-news.info](mailto:phillcolombo@star-news.info)

**Kathy Eaton** Feature Writer  
[kathyeaton@star-news.info](mailto:kathyeaton@star-news.info)

**Janet Goetze** Community Reporter  
[janetgoetze@star-news.info](mailto:janetgoetze@star-news.info)

**John Butenschoen** and **Jane Perkins**  
Contributing Photographers

**Greg Schott** Circulation

**Lisa Chiba Perkins** Graphic Designer  
[lischiba@star-news.info](mailto:lischiba@star-news.info)

**Ted Perkins** Digital Media Production  
[tedperkins@star-news.info](mailto:tedperkins@star-news.info)

Copyright Star Publishing Inc.

**To submit story ideas, letters to the editor or press releases please email**  
[editorial@star-news.info](mailto:editorial@star-news.info)

**Editorial deadline:** 15th of the month  
**Advertising deadline:** 20th of the month

*Star News Publishing has many different journalists who write for our newspaper and web site. Many also write for other publications, causes and organizations. Their individual opinions and statements do not necessarily represent the views of Star News Publishing.*

**SUBSCRIBE!**

Get your copy of *The Hollywood Star News* delivered to your door!

1 year subscription is only \$20

Send this form with your check or money order payable to:

*The Hollywood Star*  
2000 NE 42nd Ave.  
PMB #142  
Portland, OR 97213

Name
Address
City
State/Zip

**U STORE**

**SELF STORAGE**

**3 Locations**  
Serving the Eastside Portland Areas

**Rose Quarter**  
503-288-2925  
East end of Broadway Bridge

**East**  
503-284-8111  
1130 NE 28th Ave  
Behind Fred Meyer

**Central City**  
503-236-0999  
1111 SE 12th Ave  
South of Morrison Ave

Residential / Commercial  
★ Check our website for specials!  
★ On-site managers

Ask about rent rate specials for new renters!

[USTORENW.COM](http://USTORENW.COM)

# DREAM • DESIGN • BUILD BEAUTIFUL



CCB# 174360

Start your dream here: (503) 251-9900



Jean Johnson

Oregon and Washington Real Estate Broker  
503-287-9732  
johnsonhousepdx@gmail.com



14945 SW Sequoia Prkwy #150, Portland, OR 97224  
www.johnsonhousepdx.com  
Living and working in NE Portland

Let Jean go the extra mile  
for you in 2019.



Expect down-to-earth integrity.



APPAREL / CAMPING / HIKING / CLIMBING  
SKI / TRAVEL / FOOTWEAR / SPECIALTY



2975 NE SANDY BLVD  
PORTLAND, OREGON  
503-227-1038  
WWW.OMCGEAR.COM

MON-FRI: 10-7  
SAT: 10-6  
SUN: 12-5



★ STAR COMMUNITY CONNECTIONS

Peaceful Divorce is Possible



Jim O'Connor  
Attorney & Mediator

3939 NE Hancock St., Suite 309  
Portland OR, 97212  
503-473-8242  
www.SolveYourConflict.com

Sunlan Lighting

New Year New Light



Visit Sunlan Light Playroom  
& see Full Spectrum Light  
3901 N Mississippi Ave  
503-281-0453

discussed affordable housing ideas with representatives of faith organizations. Several of those representatives have expressed interest in the pilot project, Stark said.

LOW-INCOME OFFERED FREE TAX ASSISTANCE

As Oregonians begin gathering their papers to prepare for tax season, CASH Oregon is reminding low-income individuals and families that free tax filing will be available at many sites in the Portland area. Most will open in early February.

CASH (Creating Assets, Savings and Hope) Oregon aims to improve the financial health of low-income people by providing information about the Earned Income Tax Credit and offering free help to file forms with the Internal Revenue Service. It works in partnership with AARP Tax-Aide. Both use trained volunteers.

During last year's tax season, according to CASH, "more than 1,000 IRS-certified volunteers filed taxes and answered the questions of more than 57,000 families and individuals statewide who received over \$51 million in total refunds."

Libraries, senior centers, community centers and a Lloyd Center office will have volunteer tax preparers available Feb. 1 to April 15 but days and hours of operation vary. By Jan. 15, a list of sites is expected to be available at www.cashoregon.org/free-tax-sites/. Some offer assistance in languages other than English.

JOURNALISM, DEMOCRACY FOCUS OF DISCUSSION

Oregon Humanities has invited three finalists for the Pulitzer Prize to discuss the state of journalism, democracy and justice in the United States. The program is scheduled from 7 to 8:30 p.m. Jan. 23 at the Alberta Rose Theatre, 3000 N.E. Alberta St.

The three, all former reporters for The Oregonian, are Inara Verzemnieks, who teaches nonfiction writing at the University of Iowa; Kimberly A.C. Wilson, director of communications for Meyer Memorial Trust; and Les Zaitz, editor and publisher of the Malheur Enterprise newspaper in Vale and a co-founder of the Salem Reporter, an online media outlet covering the Salem area. The three also are mentors for Oregon Humanities' Emerging Journalists, Community Stories fellowship program.

The program is part of the "Democracy and the Informed Citizen" initiative, administered by the Federation of State

Humanities Councils. "The initiative seeks to deepen the public's knowledge and appreciation of the vital connections between democracy, the humanities, journalism and an informed citizenry," according to an Oregon Humanities news release.

Tickets are \$10 to \$20 plus surcharge. They may be ordered online at www.albertarose theatre.com or by telephone 503-764-4131 or at the theater.

RANDY GRAGG TO HEAD PARKS FOUNDATION

Randy Gragg, with a background in journalism, urban planning and advocacy, is the new executive director of the Portland Parks Foundation, succeeding Jeff Anderson, who has retired. The foundation is the chief philanthropic partner for the Portland Bureau of Parks & Recreation.

Gragg was a columnist and reporter at The Oregonian for 17 years, primarily writing about art and architecture, and was editor-in-chief of Portland Monthly magazine from 2009-2013. More recently, he has developed exhibitions and public programs with Design Week Portland.

From 2013-2017, Gragg was executive director of the University of Oregon's John Yeon Center for Architecture and the Landscape. He developed a 2017 retrospective on Yeon's architecture and landscape design for the Portland Art Museum.

Gragg was board chairman of the Halprin Landscape Conservancy, co-leading a \$4.5 million public-private partnership to restore Lawrence Halprin's fountain plazas, including the Lovejoy Fountain, Pettygrove Park and the Keller Fountain. He also has been a board member with Pioneer Courthouse Square.

"Randy is a respected community leader and will bring a strong vision during this time of growth for the Portland Parks Foundation," said Commissioner Nick Fish, who will be the city council's liaison to the foundation.

"The city is growing dramatically, not just in numbers, but with deepening cultural diversity, creativity and awareness," Gragg said. "With the Parks Foundation's 16-year legacy of good work to build on, we're ready to partner with Portland's wide-ranging communities to create new parks and programs, refresh those we have, and even rethink what a park is and where it can be."

'AMERICANAH' PICKED FOR EVERYBODY READS

Looking for a Dermatologist?

Meet DR. GABE CURRIE



- ✓ Northeast Portland Native
- ✓ Proud Dad
- ✓ Skin Disorder Expert

Dr. Currie is PASSIONATE about DERMATOLOGY.



Schedule your appointment today:

503-249-8787 • BroadwayMedicalClinic.com

Portland Chimney & Masonry Inc.



YOUR FIREPLACE SPECIALISTS

Serving the Northwest for over 25 years

FREE ESTIMATES

503-256-9140

www.portlandchimneyinc.com

Heidi Settlemier

Owner, Principal Broker  
Your Neighborhood Specialist

- 3rd Generation Family Realtor with 19 years experience
- 5 Star Professional Realtor Award 2011-2018
- Heidi is a Grant High School alumni and member of Hollywood Boosters Association
- Quality service and satisfaction guaranteed!

503.307.1502

4229 NE 33rd Avenue  
alamedarealtypdx@gmail.com  
www.settlemier.com



Hollywood District  
4311 NE Tillamook St.  
Portland, OR 97213  
503-774-3668

Ears are the gateway to the brain.  
Protect your memory and cognitive health.

Schedule your evaluation today

info@HearingResources.com  
www.HearingResources.com



**★ STAR COMMUNITY CONNECTIONS**

The "Everybody Reads 2019" book for Multnomah County adults is "Americanah," by Chimamanda Ngozi Adichie, a Nigerian-born writer. Her essay, "We Should All Be Feminists," is the selection for high school students.

Multnomah County library branches have free copies of the novel and the long essay, while supplies last. E-books also may be downloaded from the library catalogue. The library encourages those who have books to share them with friends and neighbors and to have conversations about ideas in the writings.

A series of free programs is planned from January to March to explore ideas and themes in the novel, from a talk on the neuroscience of bias to a musical celebration with a Nigerian talking drum.

A screening of "Half of a Yellow Sun," a film based on Adichie's novel of that title, will be at 2 p.m. Jan. 19 in the Hollywood library, 4040 N.E. Tillamook St. A screening of "The Danger of a Single Story," a video of the TED talk delivered by Adichie, will be at 3:30 p.m. Jan. 26 in the Kenton library, 8226 N. Denver Ave. A list of events is at [www.multcolib.org/everybody-reads](http://www.multcolib.org/everybody-reads). Tickets already are sold out for Adichie's March 14 talk at the Arlene Schnitzer Concert Hall.

"Americanah" includes a love story but also is about race and identity. The young woman, Ifemelu, leaves military-ruled Nigeria for the United States where, for the first time, she must grapple with what it means to be black in America. The young man, Obinze, planned to follow her but the Sept. 11, 2001, attack closed the U.S. to him. Instead, he embarks on a dangerous, undocumented life in London. Fifteen years later, they meet again in Nigeria.

In 2008, Adichie received a MacArthur Foundation Award. "Americanah" was listed among "The Ten Best Books of 2013" by the New York Times. In 2015, Time magazine named the writer one of "The 100 Most Influential People."

**JAZZ FESTS TO TAKE PROGRAMS TO VESTAL**

The Montavilla Jazz Festival is teaming with the PDX Jazz Festival to take three educational events, including an artist-in-residence program, to Vestal School, 161 N.E. 82nd Ave.

In early January, Jazz in the Schools, a program of PDX Jazz, will visit fourth- and fifth-grade classrooms. The program is intended to contribute to the arts at a time of low funding for arts education in public schools. It also underscores the artistic contributions that African-Americans have made to the United States.

In addition, Mary-Sue Tobin, a music educator and member of the PDX Jazz programming committee, will teach a six-week jazz appreciation class with the assistance of Portland State University students.

Vestal students and their families will be offered free tickets to select PDX Jazz Festival concerts between Feb. 20 and March 3. In April, the students will learn about jazz beginnings, development and current role in global culture through "The Incredible Journey of Jazz," an interactive program for all ages.

"Vestal is thrilled to have the Montavilla Jazz artist-in-residence in our school," said principal Sabrina Flamoe. "Jazz is an amazing tool for our students to learn about art and social justice."

**STUDENTS TO GAIN AIDS FOR READING**

The Shadow Project, a local nonprofit that partners with primarily low-income schools to support students with reading and other learning challenges, has received a \$7,000 grant from the Siletz Tribal Charitable Contribution Fund.

The funds will enable The Shadow Project to distribute more than 3,000 books that mirror the cultural and learning backgrounds of students whose challenges include dyslexia, autism and ADHD (Attention Deficit Hyperactivity Disorder).

The project also will equip select schools with audiovisual libraries designed for readers who struggle with print text, making books come alive for children who don't read the traditional way, said Christy Scattarella, executive director and founder of The Shadow Project. Its office is at 2154 N.E. Broadway and the website is [www.shadow-project.org](http://www.shadow-project.org).

"School should not be a place of shame and frustration," Scattarella said. "The Siletz Tribal Charitable Contribution Fund is ensuring that students in special education have access to the books and reading technology tailored to the way they learn, so they can read and achieve."

**WOMEN TO RECEIVE TRAINING IN CODING**

Dress for Success Oregon is receiving \$25,000 to begin a Talent Path Initiative to train low-income women in computer coding for potential employment in metro area technology companies.

The Oregon Community Foundation is providing the one-year grant that could extend into a second year for Dress

for Success, 1532-B N.E. 37th Ave. The nonprofit provides a support network for women with professional attire, grooming, resume development and interview techniques.

The coding program will be in partnership with Treehouse, an online technology education organization.

**FUNDS AVAILABLE TO PRESERVE NATURE**

Community groups, neighborhood associations, nonprofits, faith groups and tax-exempt service groups with ideas for restoring or preserving natural areas may submit a pre-application for a Metro Nature in Neighborhoods grant by 4 p.m. Jan. 29.

Past projects have connected students to nature, created a nature park and given job training to youths of color. Verde, a Northeast Portland organization, received \$25,000 for restoration of Whitaker Ponds.

Willamette Riverkeeper used \$62,000 for restoration on Ross Island. Other projects have preserved wetlands and urban forests.

Information is available at [www.oregonmetro.gov/tools-partners/grants-and-resources/nature-grants](http://www.oregonmetro.gov/tools-partners/grants-and-resources/nature-grants).

**MUSIC SCHOLARSHIPS OFFERED TO STUDENTS**

High school students planning to study vocal or instrumental music in college may apply by Feb. 14 for an Oregon Music Hall of Fame scholarship. The nonprofit organization focuses on recognizing Oregon musicians of the past and promoting new musicians today.

The organization offers scholarships of \$2,500, said J.M. Rundle, cofounder and director of music education. The website is [www.omhof.org](http://www.omhof.org) and questions may be sent to [info@omhof.org](mailto:info@omhof.org). ★

**Meet your neighbor, Sarah.**

*Sarah lives in the Rose City Park neighborhood of Northeast Portland. She's a podcast geek who spends her time reading to her daughter, drinking coffee at the New Deal Cafe, and practicing personal injury law at Forum Law Group.*

**If you ever find yourself needing legal representation, contact Sarah and Forum Law Group for a free legal consultation:**



**Sarah Feldman**  
Northeast Portland Mom,  
Attorney at Law

**FORUM LAW GROUP LLC**

[info@forumlawgroup.com](mailto:info@forumlawgroup.com)  
[www.forumlawgroup.com](http://www.forumlawgroup.com)  
(503) 445 - 2100 (call or text)

**NEW YEAR SPECIALS!**



the HUMAN BEAN

**\$1.00 OFF!**  
Molly's Gourmet Sandwiches or Salads

**BUY ONE GET ONE DRINK FREE!**  
(equal or lesser value)

Redeemable at Hollywood location only. Must present coupon at time of purchase. Expires 1/31/19

Redeemable at Hollywood location only. Must present coupon at time of purchase. Expires 1/31/19

the HUMAN BEAN

**4835 NE Sandy Blvd.**  
**971.254.8933**  
**www.theHumanBean.com**

**I like helping people.**  
Let me help you with the biggest transaction of your life.

*Lori Bennett, Broker*  
3rd generation Northeast Portlander



**Lori Bennett, Broker**  
Certified  
Negotiation Expert

**Windermere REAL ESTATE**  
WINDERMERE REALTY TRUST

Lloyd Tower NE  
825 NE  
Multnomah  
Suite 120

Office 503.284.7755  
Cell 503.473.5201  
[loribennett.withwre.com](http://loribennett.withwre.com)

**★ STAR DEVELOPMENT NEWS**



**YOU TAKE CARE OF YOUR HOME. WE'LL TAKE CARE OF YOUR HOUSE.**

You may not think about insurance until something goes wrong, but getting the right coverage can make all the difference when it comes to protecting your hard-earned dreams. And I can help. Let's talk today.

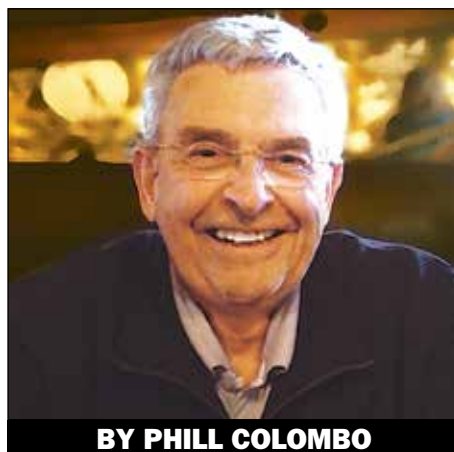


**Dominic Scott, Agent**  
Dominic Scott Agency, Inc.  
Bus: (503) 284-7111  
4937 Ne Fremont St, Portland  
DominicScottAgency.com

AUTO | HOME | BUSINESS | LIFE | DREAMS



American Family Mutual Insurance Company, S.I. and its Operating Companies, American Family Insurance Company, 6000 American Parkway, Madison, WI 53719, 014811 - 515 (2018) - 8494638



**BY PHILL COLOMBO**

PHILLCOLOMBO@STAR-NEWS.INFO

**SANDY 51 APARTMENTS SET TO BEGIN CONSTRUCTION**

The development of the former TacoTime restaurant and a private residence on the south end of the property may get underway by mid-January, according to Stephanie Hosmar, marketing and sales manager for Everett Custom Homes of Northeast Portland. "We are still working on securing our vendors for this project but getting closer," Hosmar said.

To be located at 2351 N.E. 51st Avenue, the six-story, 85-unit apartment building has been in the design, planning and permit process for the better part of the last two years. A permit to proceed with construction was granted in November 2018. The mixed-use building will include ground floor retail space facing Sandy Boulevard, a lobby and 21 spaces for parking.

**RESIDENTIAL INFILL DECISIONS DUE IN 2019**

Sometime this year, after hearing recommendations of the Planning and Sustainability Commission, the City Council will decide to what extent the City of Portland will permit construction of multi-family residential units in neighborhoods zoned for single-family structures. The commission's recommendations follow almost three years of public open houses, testimony and staff revisions.

In December, the Planning and Sustainability Bureau proposed amendments to the draft of the Residential Infill Project to the Commission, including an increase of 24,000 housing units produced over the next 20 years, along with an increase of 117 structure demolitions. The Bureau is betting that an incremental increase

in additional units would encourage development of housing types other than a single-family house, such as duplexes, triplexes and accessory dwelling units in smaller sizes, which they estimate would be about 56% less expensive to build than new single-family houses.

Bureau staff will brief the Commission on a revised proposed draft February 12, 2019, and the public will be able to testify on the Residential Infill Project recommendations at City Council public hearings in the summer. Parcel-specific information will be available through an updated Map App, available online prior to the February 12 Commission briefing. After the Commission makes its recommendation to the City Council, the Map App will also be updated to reflect the Planning and Sustainability Commission's recommended proposals.

General information about the project is available at [www.portlandoregon.gov/bps/infill](http://www.portlandoregon.gov/bps/infill).

**LAS ADELITAS AFFORDABLE HOUSING TO REPLACE SUGAR SHACK STRIP CLUB IN CULLY**

Community leaders and elected officials gathered in mid-December at 6723 N.E. Killingsworth St. to begin demolition of a 27,000-square-foot, single-story structure with a shady past, hoping to transform the property to meet community affordable housing needs. Built in 1951, the former Sugar Shack has been vacant for more than three years since being purchased by Living Cully, a cooperative of community organizations.

Back in 2015, Habitat for Humanity, Hacienda Community Development, Native American Youth Association and Verde collaborated to purchase the property. Two years later, Hacienda acquired the triangular block and the building for \$2.2 million. For the past two years, Hacienda has been working on plans to construct a five-story, 140-unit affordable housing structure to be complemented by a large community space and, eventually, a multi-story office building on the east end of the property.

Dubbed Las Adelitas, the project is named after Adela Velarde, a Mexican nurse in the early 1900s who enlisted as a soldier to help fight the Mexican Revolution. Many other strong women who followed in her place named themselves Las Adelitas, adding to the Revolution's power. "The name of Las Adelitas," said Hacienda CEO Ernesto

**LENORE LATOUR**  
Real Estate Broker

Dedication • Integrity • Results

Your Neighborhood Realtor  
focused on achieving Your Goals

WINDERMERE REALTY TRUST

[www.lenorelatour.com](http://www.lenorelatour.com)  
Call me: 503.888.8576  
[llatour@windermere.com](mailto:llatour@windermere.com)

# FOLKWAYS

## TOURS

THE CURATED TRAVEL EXPERIENCE.

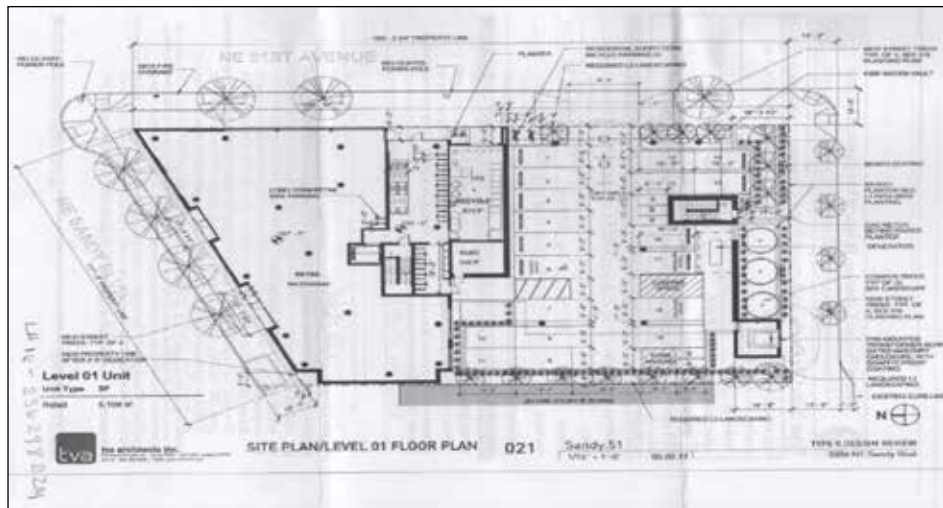
**TREAT YOURSELF TO TRAVEL IN 2019!**

Guided small-group tours of Ireland & the UK with a focus on the regions' rich arts and culture for groups no larger than 12 people

Check out our website for scheduled tours or let us create a trip to suit your calendar!

[www.folkwaystours.com](http://www.folkwaystours.com) 503.673.2736 [info@folkwaystours.com](mailto:info@folkwaystours.com)

@folkwaystours [facebook.com/folkwaystours](https://facebook.com/folkwaystours)



Ground floor site plan for Sandy 51 at 2351 N.E. 51st Ave, approved to replace the former Taco Time restaurant in Rose City Park. Commercial space will front Sandy Boulevard and the rest of the ground floor will be occupied by an apartment house lobby and 21 parking spaces. Construction permits have been issued and work is expected to begin in mid-January. (TVA Architects)

**★ STAR DEVELOPMENT NEWS**



Hacienda's Las Adelitas affordable housing, under construction in Cully at 6723 N.E. Killingsworth St., will feature a large plaza for gathering, recreation and food carts. Phase 2 construction will be a commercial building on the east end of the property. (Hacienda CDC)



Growing Gardens with Oregon Food Bank and Hacienda CDC were one of five groups that were awarded Neighborhood Engagement grants from Central Northeast Neighbors. The grants ranged from \$1,000 to \$3,000 to help support the programs benefitting neighbors. (CNN)---

Fonseca, "is perhaps the most powerful tribute to honor the many women who for almost 20 years were physically exploited and abused during the operation of the former Sugar Shack."

**CNN GRANTS SUPPORT CIVIC ENGAGEMENT**

In collaboration with Portland's Office of Community and Civic Life, Central Northeast Neighbors announced \$10,000 in Community & Civic Engagement Small Grants for five community groups to encourage neighbors' participation in projects designed to build healthy, connected and more resilient citizens.

Verde and Living Cully were awarded funds to support community events and meetings for African American residents. At these meetings, participants decide if and how they would like to take part in civic engagement efforts. Oregon Food Bank's Growing Gardens and Hacienda CDC's vegetable garden lessons for low income English- and Spanish-speaking neighbors got a financial boost for programs that promote cross-cultural sharing and family health.

The Hmong-American Community of Oregon received support for New Year in the Park, a Southeast Asian New Year celebration at Glenhaven Park each April characterized as culturally diverse and said to be one of the best attended events in the neighborhood. Organizers of the event gain experience in exercising strong leadership skills to strengthen neighborhood cross-cultural ties.

Inter-cultural Action and Heart with Leaven Community received underwriting for their Obra de Teatro Bilingue, a safe and empowering space

for immigrant families experiencing discrimination in schools, where culturally diverse leaders encourage participants to share their stories. The fifth grant was awarded to Somali Women Coalition of Portland, who offer middle- and high-school aged Somali young women who live in Cully and attend Madison High School empowerment and support, to promote understanding of how civic engagement and improved leadership skills will pay off in their becoming active community change agents.

The grants ranged between \$1,000 and \$3,000, with recipients contributing or leveraging resources equivalent to \$80,000.

**APPLICATIONS, PERMITS, UPDATES**

In **Beaumont-Wilshire**, Oregon Home Works LLC of Southwest Portland has been issued a permit to build a new three-story single-family home with a single-vehicle tuck-under garage on a vacant lot at 4328 N.E. 35th Ave.

In **Boise**, JLC Investments LLC of Lake Oswego has permits to build two three-story townhouses at 519 and 521 N. Cook St. and one three-story single-family residence at 510 N. Ivy St., all three on vacant properties.

In **Concordia**, the Michael and Jennifer Switzer Trust of Gresham has asked for early assistance with an application to demolish a 1,610-square-foot single family residence built in 1946 at 5976 N.E. 37th Ave. The demolition delay appeal period will expire on January 7, 2019.

At 4632 N.E. 27th Ave., Oregon Homeworks LLC of Southwest Portland

has asked for early assistance with an application to demolish an 805-square-foot single family residence built in 1922. The appeal period for this application expires on January 14, 2019.

At 5714 N.E. 22nd Ave., Everett Custom Homes of Northwest Portland has permission to demolish a 1,350-square-foot single-family residence built in 1953. Plans are being reviewed to construct a new two-story single-family residence with a single-vehicle detached garage.

In **Cully**, Francisco Ureda Pinedo and Yuritz Rodriguez have requested assistance with an application to build a new two-story single-family residence with a two-vehicle garage at 4657 N.E. Cully Blvd. A permit to demolish the single-family residence on the property since 1949 was issued last summer.

At 3610 N.E. Emerson St., Joan Cain is seeking permission to demolish a 1,130-square-foot single-family residence built in 1941. The demolition delay appeal period will expire on January 7, 2019, and plans are under review to replace the structure with a new two-story single-family residence with a single-vehicle garage.

In **Eliot**, Farzan and Gita Enayati of Northwest Portland have permission to demolish two 720-square-foot single-family residences built in 1954 at 136 and 126 N.E. Stanton St. Plans to construct four two-unit three-story townhouses are under review. The new structures would be located at 170, 174, 178 and 190 N.E. Stanton St.

In **Humboldt**, Homes with Style, Inc. of Clackamas has applied to build a new three-story single-family residence with a single-vehicle garage on a vacant lot at 562 N. Blandena St.

In **Kenton**, Exceptional Homes by Andre, Inc. of Lake Oswego has a permit to construct a new three-story single-family residence with a single-vehicle garage on a vacant lot at 2618 N. Baldwin St.

In **Kerns**, Sandy Lot Portland LLC of Lake Oswego has asked for a pre-application conference to discuss construction of a new five-story building at 3100 N.E. Sandy that will have 57,000 square feet in floor area, with the ground level proposed for retail and second through fifth floors for office uses. No parking or loading spaces are proposed.

At 2707 N.E. Flanders St., Christopher Perkins and Jingzi Zaho of Southeast Portland have requested assistance with an application to deconstruct an 815-square-foot single-family residence built in 1895. Plans to build a new two-story duplex are under review.

In **King**, Renaissance Custom Homes of Lake Oswego has permission at 4307 N.E. Grand Ave. to deconstruct a 1904 single-family, 1,100-square-foot residence and detached garage. Also approved were plans to construct a new three-story duplex with a pair of single-vehicle garages.

In **Overlook**, Exceptional Homes by Andre, Inc. of Lake Oswego has a permit to build two three-story townhouses at 1612 and 1618 N. Sumner St. The new buildings will replace a 1,040-square-foot residence built in 1920 at 1614 N. Sumner St. that was deconstructed last year.

In **Rose City Park**, Andrew and Shari Kerr have secured a permit to deconstruct a 1,560-square-foot single-family residence and detached garage built in 1908 at 4932 N.E. Thompson St. ★

# basics™

Market

At the corner of NE 50th and Sandy

Pop in for

**Coffee and Espresso**

MEAT | DAIRY | PRODUCE | RECIPES | FREE CLASSES
basicsmarket.com
503.432.8910

★ STAR OUT AND ABOUT

# Neighborhood options are plentiful for seniors looking

“Life is good, and as a result, we’ve become too sedentary, resulting in muscle loss. There are no limitations to exercise—you can work around most anything. You have to keep moving,” said George Comalli, owner of Hollywood Fitness in Rose City Park. The only independent club in Portland that’s open and staffed 24 hours a day, Hollywood Fitness is available to clients of all ages and fitness levels.

Comalli credits his business success to a low-cost model (\$19/month for senior memberships) and he employs five personal trainers who care about helping clients set and achieve their fitness goals.

## Out & ABOUT WITH KATHY EATON

He offers a free self-assessment and fitness level determination to potential clients, saying that technology

has revolutionized ways to train. “If people don’t set goals, 95 percent will ultimately fail.”

Activtrax is a software program available to members to customize their workouts using algorithms. The program creates an avatar depicting what the client looks like today, and maps out workouts to show them what they can achieve in 6 months to a year. Incurring injury concerns seniors, and according to Comalli, seniors need to work on their core and improve their range of motion and flexibility. Hollywood Fitness provides support, guidance, ways to exercise safely, and a road map promoting individual fitness



Active Older Adult cardio class meets at NECC twice weekly. Taught by Kimberly Graime, the class averages 20 participants who work hard and concentrate on moves during the 45-minute class. (John Butenschoen)

goals.

### NORTHEAST COMMUNITY CENTER

In 2004, after 80 years of service to the

community, the former YMCA announced plans to close its facility on Northeast 38th Avenue. The community stepped up and formed the NECC, a nonprofit organization supported by member dues and contributions, to continue the fitness and wellness heritage of the center, and it’s thriving today. NECC’s challenge is serving a diverse population sharing community space from early morning pre-work time for adults, through mid-day classes for seniors, and activities for kids at the end of their school day, according to Liz Hardy. Monthly membership fees for seniors cost \$49.50 and NECC is a

## SENIOR FITNESS RESOURCES

**Hollywood Fitness,**  
5223 N.E. Sandy Blvd.  
www.hollywoodfitness.net  
**503-281-4776.**

**Northeast Community Center,**  
1630 N.E. 38th Ave., www.necommunitycenter.org;  
**503-284-3377**

**Hollywood Senior Center**  
1820 N.E. 40th Ave.  
www.hollywoodseniorcenter.org;  
**503-288-8303.**

participating Silver & Fit facility covered by several insurance plans.

“We identified at least ten fitness facilities within a one-mile radius of the NECC,” said Liz Hardy, who joined the staff in 2015. Of the 33 classes offered to seniors, the most popular included Active Older Adult cardio, circuit, stretch and movement, and Tai Chi. Kimberly Graime is one of three personal trainers at NECC and teaches cardio classes. “If you can see it, you can be it,” said Graime, who cites exercise benefits for seniors as faster recovery from injury, gardening pain-free, and enjoyment from walking. NECC facilitates social interactions for seniors while exercising and gathering in the lobby afterwards. “Combating isolation is huge for seniors,” said Hardy.

**HOLLYWOOD FITNESS**  
LOCALLY OWNED FOR 30 YEARS

**YOUR BEST RESOLUTION!**

**\$19**  
Per Month  
**JOIN NOW**  
**FIRST MONTH FREE\***

\*Expires 1/31/19

**Check out our new EXPANSION with MORE space & MORE equipment but we still have:**

- Open 24 hours a day • Plenty of free parking
- Customized Workouts with Activtrax
- Group X classes • Personal Training

**NE 52nd and Sandy Blvd.**  
**503-281-4776 • www.hollywoodfitness.net**

## A COMMUNITY CENTER FOR YOU!

Fitness, Sports and Activities for families, kids and individuals who live, work and play in our neighborhood.

Conveniently located in the triangle at NE 38th, Sandy & Broadway

1630 NE 38th Ave. • Portland, OR 97232  
www.necommunitycenter.org • 503.284.3377  
Financial Assistance Available



★ STAR OUT AND ABOUT

# to maintain benefits of fitness throughout golden years

In 2004, long-time Hollywood resident and retired public health nurse Jill Nathman began taking classes at NECC where her daughter, Erika Johnson, still teaches classes. Nathman, a former runner, is passionate about hiking, cross-country skiing, snowshoeing and sea kayaking. She joined Trails Club of Oregon in the early 1990s and has climbed all the guardian peaks and smaller peaks. She continues hiking trails in the Columbia River Gorge and said Ruckel Ridge is the most difficult. "It wipes you out, as it undulates to the extreme." Nathman enjoys a challenge and continues to exercise as it makes her feel good, even when it's hard. Exercise provides the impetus to help her achieve her fitness goals. "Exercise helps the mind, and I'm mindful of good nutrition, too." She enjoys taking Zumba and total body conditioning classes at NECC.

## HOLLYWOOD SENIOR CENTER

The Hollywood Senior Center offers a variety of low-cost fitness classes and social activities for seniors. Tai Chi instructor James Lusk said, "Tai Chi teaches people how to be more mindful about what they're doing in the moment." Tai Chi 24 Form is one of the shorter forms but is the most taught in the U.S., according to Lusk. Benefits include maintaining balance, improving strength and flexibility, and coordination skills. "Studies have proven that movement engages more of the brain and stimulation of the brain results in memory improvement," said Lusk. His top three rules: keep breathing, don't fall down and don't kick someone else. He advises new students that they don't have to be perfect to get benefits of Tai Chi right away.

Ric Mancuso began teaching Chi Pong at the senior center four months ago, but began practicing Tai Chi 15 years ago to overcome injuries from a car accident. His love of Ping-Pong began in childhood and continued through college at San Jose State, where he competed internationally.



James Lusk teaches Tai Chi 24 Form at the Hollywood Senior Center. Al Bailey, a 101-year-old former WWII fighter pilot, uses a walker to practice Tai Chi moves. (John Butenschoen)

"Incorporating the graceful and power movements of Tai Chi is well-adapted to Ping-Pong," he said. Participants get a good cardio workout, and playing helps with balance, building core strength and having fun. "It's not so much about form and technique as participants just want to play the game. It can get a bit competitive."

"Some seniors stay away from yoga practice because they can't turn their body into a pretzel," said Angela Davey, who teaches chair yoga at the senior center and dispels the pretzel myth. Davis once took Zumba classes and ended up in the

emergency room. She advises participants to do class exercises based on their ability and not to make comparisons to others. Potential practitioners can drop into class and observe before participating.

Some participants are recovering from injuries or have other issues that prevent them from doing floor exercises. Most of the exercises can be done from a seated position, incorporating leg work while standing and using the chair for support.

"Movement has always been my medicine," said Mercedes Gonzalez, who teaches Trager Mentastics at the Hollywood Senior Center. A friend introduced her to Mentastics, also known as mental gymnastics, in 1984. Gonzalez is certified and began teaching classes at the senior center this year.

Mentastics are mentally directed movements that are gentle, effortless and rhythmical, resulting in deep relaxation and peace. Participants can improve their flexibility, coordination, alignment and balance, and find relief from muscle and joint stiffness. "People of all ages and abilities, from the dancer and athlete to the functionally impaired, can find pleasure, vitality and well-being doing Mentastics." For more information: [www.sensinggrace.com](http://www.sensinggrace.com).

Gonzalez has seen the healing and restorative powers of practicing Mentastics. Her classes are free and available on a drop-in basis. "It's rewarding to see how Mentastics empowers clients and guides them to know they can create a change." ★

**Kfit** STUDIO  
fitness FOR WOMEN, BY WOMEN

Kick off the new year with **Kfit**

**HAPPY NEW YEAR SPECIALS!**  
10 Class Pack: \$109 (good for 2 months)  
20 Class Pack: \$199 (good for 4 months)

Join our fun, welcoming community for a great workout!

[www.kfitstudiopdx.com](http://www.kfitstudiopdx.com)

\*\*For new clients only\*\*

2019  
**HEALTHY FOOD**  
WITHOUT THE WORK

**LAUGHING PLANET**  
THREE LOCATIONS NEAR YOU

**HOLLYWOOD**  
1914 NE 42ND AVE

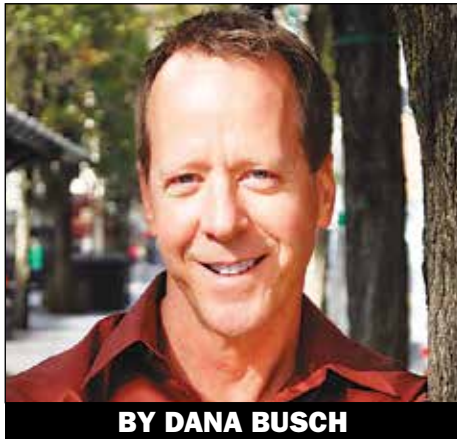
**MISSISSIPPI**  
3765 N MISSISSIPPI AVE

**BELMONT**  
3320 SE BELMONT ST

## ★ STAR BLOCK BY BLOCK

**BROADWAY ROLLS OUT RED CARPET**

NEBBA COMMUNITY OFFERS CHARACTERISTICS OF SMALLER VILLAGE LIFE WITHIN CONFINES OF THE CITY

**BY DANA BUSCH**

DANABUSCH@STAR-NEWS.INFO

Just like its New York City namesake, there's always something new opening on Portland's Broadway, especially along its northeast stretch between Grand Avenue and 33rd. Sure, the shows are opening downtown in the theatre district, where Broadway oddly runs north and south, but if you're looking for new shops, restaurants, bars, coffee shops and professional services of all stripes, Northeast Broadway is your destination.

On the corner of N.E. Broadway and 16th Avenue, in surely the coolest remodel on the block, the folks behind such hip hangouts as Bye and Bye and Sweet Hereafter have opened Capitol, a two-story cocktail and karaoke bar billed as a "neighborhood and date spot." Thankfully for the non-hearing impaired, the karaoke is sequestered in its own room. For the main room, let's just say leave your psychedelics behind, because you won't need them.

Just down Broadway, a new barbecue restaurant has just popped up in the space where Iconic Lounge used to be. Pizza and po boys, as well as draft beer and house cocktails, are also on the menu. Conceived by the minds behind Miss Delta on Mississippi Avenue, the space has an unpretentious feel that's perfectly conducive to gnawing on smokey ribs and licking the sauce off your fingers.

Of course there are lots of venerable businesses that remain – Elmer's is still flying its flags and banners out front, Milo's is still slinging hash across the street, and Zeller Chapel of the Roses continues its decades-long tradition of dignified ferries across the River Styx.

In fact, there are so many mercantile, professional and gustatory establishments along Broadway, over 300 of them, that it's become one of the densest commercial corridors in the city. So many that any winnowing is bound to be arbitrary, but this is Block by Block, so here are a handful of our personal favorites:

**EAT & DRINK****NICHOLAS RESTAURANT**

Portland's "First Family of Lebanese cuisine," the Dibes, now have three locations offering their wildly popular Mediterranean fare, an obvious labor of love. Everything is made from scratch with no shortcuts, including the bread, with fresh food delivered daily from local farms when available and organically grown produce when possible. Catering, banquet room and back patio available for special occasions. **Address:** 3223 N.E. Broadway St. **Phone:** 503-445-4700. **Web:** www.nicholasrestaurant.com.

**SPIELMAN BAGELS & COFFEE**

Sometimes only a fresh sourdough, "Portland-style," kettle-boiled bagel will do, and Spielman's delivers, along with house-roasted coffee, schmears, bagel



Emilee Brmusak of Kitchen Kaboodle. (All photos by Dana Busch)

chips, salads, bagel sandwiches and more. Bringing the environmental benefits of shade-grown coffee to a wider audience was the initial focus for Rick Spielman and his son Raf, but their bagels have really taken off, supporting four locations, a wholesale kitchen and over 50 vendors in the Portland and Salem areas. **Address:** 2200 N.E. Broadway St. **Phone:** 503-467-0600. **Web:** www.spielmanbagels.com.

**TASTE TICKLER**

A hole-in-the-wall space with a big menu of sandwiches and bento and a very loyal following. The portions are huge and the service is fast and friendly. Try the Famous Tickler, one of over 20 sandwiches, build your own sub, or try the teriyaki bento. **Address:** 1704 N.E. 14th Avenue. **Phone:** 503-282-3681.

**MD'S BBQ**

Marcus Oliver of Miss Delta fame on Mississippi has just opened this barbecue joint in the heart of the Broadway business district. Specializing in house smoked meats, comfort foods and craft beer and cocktails, with po' boys and pizza as well. Open daily for lunch and dinner, with a brunch menu 10a-2p Saturday and Sunday. **Address:** 2226 N.E. Broadway St. **Phone:** 971-888-4005. **Web:** www.mdpx.com.

**SHOP****KITCHEN KABOODLE**

Walking into a Kitchen Kaboodle (there are now five locations) can be a little intimidating – row after row of

high-end gadgets, cookware and dinnerware, and that's just on the first floor. Venture upstairs to find furniture, accessories and decor galore, with inhouse design help. A Portland institution since 1975. **Address:** 1520 N.E. Broadway St. **Phone:** 503-288-1500. **Web:** www.kitchenkaboodle.com.

**GREAT WINE BUYS**

Portland's oldest independent wine shop, since 1984, stocks over 1500 wines from the world's top wine regions, including more than 400 from the Northwest's best (and hard to find) wineries. Wine tastings, case discounts, wedding planning and registry, with friendly and knowledgeable staff to help you select the perfect wine for any occasion. **Address:** 1515 N.E. Broadway St. **Phone:** 503-287-2897. **Web:** www.greatwinebuys.com.

**WOODBLOCK CHOCOLATE MANUFACTORY**

This family-run operation produces meltingly delicious chocolate from two ingredients: cacao bean and pure cane sugar. Part of the growing artisan chocolate revolution, the husband and wife team of Jessica and Charley Wheelock say that making chocolate is like realizing a dream they never realized they had. They ship to vendors all over the country, but you can sample and purchase their delectables in the shop that fronts their manufactory just off Broadway, where you can see, smell and taste the whole process. Viva la revolution! **Address:** 1715 N.E. 17th Avenue. **Phone:** 971-754-4874. **Web:** www.woodblockchocolate.com.



David Rutherford of Eyes on Broadway. (Dana Busch)



John Kennedy of Great Wine Buys

**SERVICES****EYES ON BROADWAY**

Helping Portlanders find their way for over 25 years, the experienced eye doctors and friendly staff at Eyes must be doing something right, because the place is hopping, with the latest luxury eyewear, contacts, and a truly unique, comprehensive and pleasurable experience. Voted "Best Eyeglass Store in Portland" more than once. **Address:** 2300 N.E. Broadway St. **Phone:** 503-284-2300. **Web:** www.eyesonbroadway.com

**BROADWAY VETERINARY CLINIC**

A full service, family owned veterinary clinic providing affordable, high quality healthcare for Fido or Felix, whether routine exams, vaccines, chronic disease and pain management, or emergency surgery. Flea, tick and heartworm products, in-house pharmacy, pet products galore also available. **Address:** 2315 N.E. Broadway St. **Phone:** 503-282-0380. **Web:** www.broadwayvetpdx.com.

**ARTHUR MURRAY DANCE STUDIO**

Learn to tango, rumba, samba, west coast swing, Texas two-step or waltz, having the most fun exercising and relieving stress at the same time. Dance as a single or couple, lessons are tailored to individuals' needs. Offering beginners, ballroom, Latin and wedding dance classes for all levels. **Address:** 2526 N.E. Broadway St. **Phone:** 503-595-1200. **Web:** www.portlandballroomdance.com.



Christy H of Pets on Broadway. (Dana Busch)



**Pizza & Pub**  
3345  
NE Broadway  
503.284.2825  
www.blindonion.com

Check us out  
on facebook -  
blind onion pizza & pub  
portland

**RESOLUTION #1**

**EAT  
MORE  
BLIND  
ONION  
PIZZA  
THIS  
YEAR!**



**\$5.00  
OFF**  
Any Large  
Pizza

Blind Onion Pizza & Pub  
cannot be combined with any other offer

**Monday Special**  
Family Pizza Night  
Buy 1 Large Pizza  
Get 1 Small  
Cheese Pizza  
**FREE**

Blind Onion Pizza & Pub  
cannot be combined with any other offer  
With this coupon • Expires 1/31/19

MCMENAMINS ON BROADWAY



Pull up a chair, we're serving refreshing handcrafted ales, cider and fresh-juice cocktails.

*Our upstairs veranda is open and ready for you.*

**Stop by after the Blazers' games or holiday shopping.**

1504 NE Broadway • Portland • (503) 288-9498 • mcmenamins.com

Our pledge to you: Choice, Customization, Advocacy.

We're on your side as independent agents. We'll offer you a **choice** of insurance companies. Your coverage will be **customized** to suit your own personal needs. And, in this increasingly more impersonal world, we're your **advocate** whenever you need help with your questions, billings, and claims.

Let's talk!



1615 NE Broadway | 503.288.8818 | www.timmco.com

AUTO | HOME | BUSINESS



MUTUAL OF  
ENUMCLAW  
INSURANCE  
EST. 1898



CROWN

MEMORIAL CENTERS  
CREMATION & BURIAL

*A New Tradition™*

LOW COST  
CREMATION & BURIAL

*We're always here!*

Simple Cremation \$595  
No Hidden Costs

<p><b>PORTLAND</b> 832 NE Broadway 503-783-3393</p> <p><b>EASTSIDE</b> 1433 SE 122nd Ave. 503-783-6865</p> <p><b>MILWAUKIE</b> 17064 SE McLoughlin Blvd. 503-653-7076</p>	<p><b>TUALATIN</b> 8970 SW Tualatin Sherwood Rd. 503-885-7800</p> <p><b>TIGARD</b> 12995 SW Pacific Hwy. 503-783-6869</p> <p><b>SALEM</b> 412 Lancaster Dr. NE 503-581-6265</p>
---	---

Privately owned cremation facility. A Family owned Oregon Business.

ANewTradition.com



See us at the  
Portland  
Bridal Show  
Jan 12th & 13th

Helen Bernhard

1717 NE Broadway  
503-287-1251  
www.helenbernhardbakery.com

# CALENDAR

## JANUARY 2019

**THE STAR CALENDAR IS POSTED ONLINE EVERY MONTH. CHECK OUT OUR WEBSITE AT: WWW.STAR-NEWS.INFO.**

Events are broken into categories and listed in the order in which they will take place, followed by ongoing and upcoming events. To be considered for inclusion, entries must be submitted by e-mail to [editorial@star-news.info](mailto:editorial@star-news.info) by the 15th of the prior month. If possible, follow the format used in the calendar. Calendar compiled by Janet Goetze

### KIDSTEENS AND FAMILIES

#### READ WITH A BUDDY

**Jan. 5, 4-5 p.m.** Continues Saturdays. Practice reading skills with a teen buddy, discovering new books and words. Sign up for a 30-minute session with a trained teen volunteer. Registration required: (503) 988-5123 or [www.multcolib.org](http://www.multcolib.org). Albina library, 3605 N.E. 15th Ave. Jan. 12 and successive Saturdays. 4-5 p.m. Gregory Heights library, 7921 N.E. Sandy Blvd.

#### FLOAT WITH 'FROZEN'

**Jan. 11, 7:15-8:45 p.m.** For "Flick & Float," ages 3 and older splash in a warm pool while watching "Frozen." Open to the community. Drop-in rates: Adults \$10 and youth \$5. Information: (503) 284-3377 or [www.necommunitycenter.org](http://www.necommunitycenter.org). Northeast Community Center, 1630 N.E. 38th Ave.

#### MUSICIANS READ TALE

**Jan. 12, 10:30-11:30 a.m.** The Portland Columbia Symphony musicians play the music and read the tale of "Peter and the Wolf." Free. (503) 988-5123. Albina library, 3605 N.E. 15th Ave.

#### 'DRIVE-IN' AT LIBRARY

**Jan. 12, 11:15 a.m. to 12:15 p.m.** For a toddlers' and preschoolers' "drive-in" movie, children ages 2-6 and their grown-ups enjoy a snack and a short movie from the comfort of a car the children decorate themselves. Free. (503) 988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

#### LEARN ABOUT SCIENCE

**Jan. 12, 4-5 p.m.** How does Jedi magic happen in Star Wars? Kids in grades 3 and older learn how static electricity affects our universe and learn about subatomic particles while experimenting with balloons and household items. Free. Registration required: (503) 988-5123 or [www.multcolib.org](http://www.multcolib.org) or in Kenton library, 8226 N. Denver Ave.

### HEAR DIVERSITY STORIES

**Jan. 12, 1-2 p.m.** Drag queen Poison Waters reads kid-friendly stories, for children 2-6, about inclusion and diversity, followed by a craft or dance party. Free. (503) 988-5123. North Portland library, 512 N. Killingsworth St. The program also is scheduled Jan. 19, 1-2 p.m. Gregory Heights library, 7921 N.E. Sandy Blvd.



**MOLE RAT DRESSES**  
JANUARY 19

### KIDS GAIN SKILLS

**Jan. 15-Feb. 12.** Ages 5-7 meet 3:45-4:45 p.m. Ages 8-11 meet 4:55-5:55 p.m. Skills and obstacle fun. Members \$37, non-members \$47. Scholarships available. Pre-registration required. (503) 284-3377. [www.necommunitycenter.org](http://www.necommunitycenter.org). Northeast Community Center, 1630 N.E. 38th Ave.

### FUN WITH SLIME

**Jan. 22, 3-4 p.m.** Kids learn about the properties of polymers to make their own gooey slime, using the Mad Science recipe. Free. (503) 988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd. Program also scheduled Jan. 25. Noon to 1 p.m. North Portland library, 512 N. Killingsworth St.

### VISIT ST. ROSE SCHOOL

**Jan. 31, 6 p.m.** Parents may learn about the comprehensive education, including the arts, offered at St. Rose School, 5309 N.E. Alameda. Parents and students may attend the middle school open house at 6 p.m. Feb. 5. RSVP to [info@strosepx.org](mailto:info@strosepx.org) or (503) 281-1912. Information: [www.strosepx.org](http://www.strosepx.org).

### OPEN FOR KINDERGARTEN

**Feb. 21, 6:30-7:30 p.m.** Connect to Kindergarten, an open house to meet the principal and teachers and to learn about the kindergarten program. Registration packets available. Adults only, due to lack of space. Information: (503) 916-6766. Beverly Cleary Hollyrood, 3560 N.E. Hollyrood Court, one block south of Knott Street.

### FOR ART LOVERS

#### WHAT'S BEYOND LIGHT?

**Jan. 4-31.** Building hours. Artist Ken Mazzochi displays his work in the lobby. He uses steps, arches, doorways and windows, from dark to light, to evoke the desire to wonder what is beyond the light. Free. Information: [www.necommunitycenter.org](http://www.necommunitycenter.org) or (503) 284-3377. Northeast Community Center, 1630 N.E. 38th Ave.

#### EXPLORE SCULPTING

**Jan. 8, 5:30-7:30 p.m.** Explore techniques for sculpting the human figure in clay, creating lifelike and stylized sculptures. Beginning and intermediate students gain individualized guidance as well as context for continued sculpting. Free. Registration required: (503) 988-5123 or [www.multcolib.org](http://www.multcolib.org). Albina library, 3605 N.E. 15th Ave.

#### LEARN STAB BINDING

**Jan. 14, 5-8 p.m.** Learn to bind books in the Japanese stab binding method, which can produce decorative patterns on the spine of a book. Leave class with four small notebooks. Free. Registration required: (503) 988-5123 or [www.multcolib.org](http://www.multcolib.org) or in North Portland library, 512 N. Killingsworth St.

### FOR BOOK LOVERS

#### LIFE BEFORE COLUMBUS

**Jan. 15, 6:30-7:30 p.m.** Discuss "1491: Revelations of the Americas Before Columbus," by Charles C. Mann, in a Pageturners book group. Free. (503) 988-5123. Kenton library, 8226 N. Denver Ave.

#### READ 'DAUGHTER OF TIM

**Jan. 15, 7-8 p.m.** A Pageturners book group discusses "The Daughter of Time" by Josephine Tey. Free. (503) 988-5123. Mt. Bachelor Conference Room (Studio 1) in Whole Foods Market, next to Albina library, 3605 N.E. 15th Ave.

#### DISCUSS ATWOOD TALES

**Jan. 17, 6:30-7:45 p.m.** Discuss "Stone Mattress: Nine Tales," by Margaret Atwood, in a Pageturners book group. Free. (503) 9123. Hollywood library, 4040 N.E. Tillamook St.

#### FIND NEW OREGON TRAIL

**Jan. 28, 6:30-7:30 p.m.** Read "The Oregon Trail: A New American Journey," by Rinker Buck, in a Pageturners book group. Free. (503) 988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

### HEAR MUSIC

#### BLUES TO BERNSTEIN

**Jan. 26, 7:30 p.m.** The Bravo! Northwest concert series includes "East Meets West: From Blues to Bernstein," featuring music from Israel, Eastern and Western Europe and the U.S. The works of Croatian and Russian composers and of Leonard Bernstein is included, along with blues-laden Klezmer dances. Musicians include pianist Maria Manzo, violinist Tatiana Kolchanova, cellist Collin Oldham, baritone Douglas Webster. Tickets \$30; free for students 18 and younger with an adult. Order [www.bravoconcerts.com](http://www.bravoconcerts.com) or [www.themadeleine.edu/concerts](http://www.themadeleine.edu/concerts). Information: (360) 906-0441 or (503) 281-5777. The Madeleine Church, 3123 N.E. 24th Ave.

### CATCH A PLAY

#### HEATER FOLK TALK

**Jan. 11, 7:30 p.m.** "Evening at the Talk House," by Wallace Shawn, is the reunion of a playwright, a composer, an actress and a former television star, brutally beaten up. It seems like a normal gathering of theater people yet what is revealed is most unexpected. One reviewer says, "A very funny but a very dark work." PG for mature content. Continues 7:30 p.m. Fridays/Saturdays and 2 p.m. Sundays through Jan. 26. Tickets: evenings \$20, matinees \$15. [www.ticketwest.com](http://www.ticketwest.com) or (503) 224-8499. Imago Theatre, 17 S.E. Eighth Ave.

#### MOLE RAT DRESSES

**Jan. 19, 2 and 5 p.m.** "Naked Mole Rat Gets Dressed: The Rock Experience," based on the children's book by Mo Willems, is a production of Northeast Portland's Oregon Children's Theatre. In the story, Wilbur the naked mole rat finds his life changed when a hat falls into his tunnel and questions about individualism arise. Recommended for ages 4 and older. Continues Saturdays 2 and 5 p.m., Sundays 11 a.m. and 2 p.m. through Feb. 17. Tickets: adults \$20-\$34, children \$15-\$30; group rates available. Box office: (503) 228-9571 or [www.octc.org](http://www.octc.org). Newmark Theatre, 1111 S.W. Broadway.

### HEALTH AND EXERCISE

#### GENTLE MOVES TO MUSIC

**Jan. 12 and 26, 10:30-11:30 p.m.** Ages 18 and older, including seniors, join a fitness class with gentle moves and music. Free. (503) 988-5123. Hollywood library, 4040 N.E. Tillamook St.

# HOLLYWOOD

## THEATRE

THURSDAY  
JAN  
24

Hollywood Babylon:  
**RED-HEADED WOMAN**



HOLLYWOODTHEATRE.ORG • 4122 NE Sandy Blvd • (503) 493-1128

*gazelle*  
Natural Fibre Clothing

**DELIGHT**  
IN THE  
**NEW YEAR**

**WINTER**  
**CLEARANCE**  
**HAPPENING**  
**NOW!**

4100 NE Fremont Street  
503-288-3422

**TECHASSISTANCE**

**SEEK TECH HELPER**

**Jan. 3 and 17. 3-5 p.m.** A friendly, knowledgeable tech helper meets one-on-one for 30 minutes to answer questions about mobile devices, websites, downloading, e-readers and more. If aid is needed with a phone, tablet or laptop, bring it along with usernames and passwords. Free. Registration required: (503) 988-5123 or www.multcolib.org. Albina library, 3605 N.E. 15th Ave.

**BLOG WITH WORDPRESS**

**Jan. 8. 9:15-11:15 a.m.** Blogging with WordPress is a way to share information and even start a business. By the end of the class, you will have a WordPress blog account, have posted a blog entry, understand basic copyright rules and know where to go for help. Free. Registration required: (503) 988-5123 or www.multcolib.org or in Albina library, 3605 N.E. 15th Ave.

**GET ONE-ON-ONE HELP**

**Jan. 15. 12:30-2:30 p.m.** Drop in for one-on-one help to read or listen to a book, an e-book or audiobook on a phone or iPad. Bring the device and any equipment needed to download or transfer material. Registration: (503) 988-5123 or www.multcolib.org. Hollywood library, 4040 N.E. Tillamook St.

**LEARN ABOUT WORD**

**Jan. 23. 1:30-4:30 p.m.** Get certified in a hands-on Word class, with an overview of basic Microsoft Word functions, such as basic formatting, simple functions and topics regarding MS Word's interface. Students may take the eSkill Assessment Test and earn a Certificate of Achievement from Goodwill. Students must be able to use a mouse and keyboard. Free. Registration required: (503) 988-5123. www.multcolib.org. North Portland library, 512 N. Killingsworth St.

**NETWORK WITH LINKEDIN**

**Jan. 27. 2-4 p.m.** Learn the basics of LinkedIn, a professional networking website that helps promote workplace skills and experiences. The class outlines how to build a LinkedIn profile, connect others to your network and search for jobs and organizations. Sign up for a LinkedIn account before coming to class. Free. Registration required: (503) 988-5123 or www.multcolib.org in Kenton library, 8226 N. Denver Ave.

**FORSENIORS**

**YOUTH AID WITH TECH**

**Jan. 2. 1-2 p.m.** Continues first Wednesday. The Portland Youth Builders begin a 30-minute technology workshop with a verbal presentation, followed by 20 minutes of hands-on activities with laptops and an introduction to smartphones, apps to use, Microsoft Office, Windows 10 and more. Free. Registration required: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**GAIN FLEXIBILITY**

**Jan. 3. 11 a.m. to 12 Noon.** Continues Tuesdays and Thursdays. An evidence-based exercise program is designed for those with arthritis and promotes joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. Free but \$1 donation appreciated. Information and registration: (503) 288-8303. Leaven Community Center, next to Salt & Light Lutheran Church, 5431 N.E. 20th Ave.

**LEARN SIGN LANGUAGE**

**Jan. 3. 3:30-4:30 p.m.** Continues Tuesdays. Learn American sign language. Free. Information: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**UNDERSTAND E-DEVICES**

**Jan. 4. 1 p.m., 1:45 p.m. or 2:30 p.m.** Continues Fridays. "Computers with Chris" offers one-on-one guidance to understand your electronic device. Bring the device and charging cord. Free but donations to the center appreciated. Appointments required: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**ACUPUNCTURE AVAILABLE**

**Jan. 7. 8:15 a.m. to 12 Noon.** An acupuncture clinic is available Mondays, except Jan. 21. \$10 per visit. Appointments required: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**HEAL WITH BELLY DANCE**

**Jan. 7. 9:30-10:45 a.m.** Continues Mondays except Jan. 21. Belly dance for healing combines ancient movements of belly dance with slow-paced, therapeutic healing practices from all over the world, including chi gong, yoga, deep breathing and simple meditation. \$5 per class to instructor. Registration required: (503)

288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**AID FOR GRANDPARENTS**

**Jan. 7. 10-11 a.m.** Continues first Monday. A support group for grandparents and other relatives raising children offers understanding and ideas for dealing with happiness, sadness, stress and maintaining emotional and physical health of both adults and children. Free. Information: (503) 288-8303. Charles Jordan Community Center, 9009 N. Foss Ave.

**MEDITATION AIDS PAIN**

**Jan. 7. 1-2 p.m.** Continues Mondays except Jan. 21. Mindful Meditation is an introductory class that can transform your relationship to stress, pain and illness. Free. (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**PRACTICE TAI CHI**

**Jan. 8. 10:30-11:30 a.m.** Continues Tuesdays. Tai Chi class. Free but donations appreciated. Information: (503) 288-8303. Trenton Terrace Community Room, 4720 N. Trenton St.

**ARRANGE WINTER FLOWERS Jan. 9. 12:15-1:15 p.m.**

Learn the fundamentals of Sogetsu Ikebana, making flower arrangements for the winter landscape, with certified instructor Megan Rothstein. Free. Registration required: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**MANAGE LONG-TERM PAIN**

**Jan. 9 to Feb. 13. 1:30-4 p.m.** A six-week program, developed by the Stanford Patient Education Research Center, helps those with long-term pain learn how to manage pain and symptoms, handle difficult emotions, problem solve effectively, work with a healthcare team, use medication as directed and set weekly goals. Free. Registration required: (503)288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**CARE FOR CAREGIVERS**

**Jan. 9. 2-3:30 p.m.** Continues second Wednesdays. Jan. 27 from 2-3:30 p.m., continues fourth Sundays. Alzheimer's caregivers support group for family members to share ideas for coping and caring and to meet new friends who can identify with what you are going through. Drop-ins welcome. Free. Information: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**WRITE LIFE STORIES**

**Jan. 10 - Feb. 28. 2-4 p.m.** VIEWS offers an eight-week writing workshop of life stories. Explore experiences, times, people and events that helped shape the writers' lives. The facilitators are trained peer counselors from VIEWS (Volunteers Involved for the Emotional Well-being of Seniors). Free. Registration: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**LEARN LOCAL HISTORY**

**Jan. 15 and 22. 1-2 p.m.** A history series begins with "Early Willamette Valley Settlers and Settlements" and continues with "Oregon Trail." Free. Registration: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**ENJOY SWEETS, COMEDY**

**Jan. 17. 1-3:15 p.m.** Have "Dessert and Improv!" An afternoon of sweets and comedy with Josh Larsen and friends will include scenes made up on the spot - usually from audience suggestions. Enjoy the skill and teamwork. Free. Registration required: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**FOCUS ON SEXUAL HEALTH**

**Jan. 22. 1-2 p.m.** OHSU physician's assistant grad student Jessica Daniel seeks six to eight women for a focus group on women's sexual health. Free. Registration: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**LEARN ABOUT 'VILLAGE'**

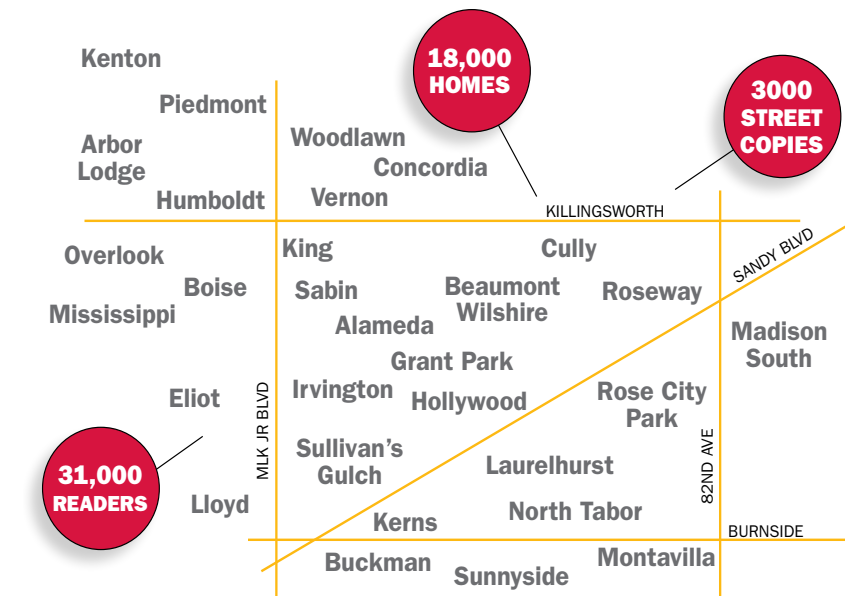
**Jan. 23. 1-2:30 p.m.** Learn about Northeast Village PDX, which helps seniors age at home with a network of volunteers and reputable service providers. Free. Information: (503) 895-2750 or nevilleagedpx.org. Gregory Heights library, 7921 N.E. Sandy Blvd.

**BUILD E-CIRCUITS**

**Jan. 25. 2-3 p.m.** An electronic circuits workshop provides a handicraft for attractive designs. This class starts with building electronic circuits to blink lights. If time allows, circuits can play music and display messages. Free. Registration: (503) 288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**Not just in Hollywood.**

The Star covers 30 Northeast and North Portland neighborhoods.



With 18,000 copies delivered to home owners in 30 neighborhoods and an additional 3000 copies dropped at more than 150 popular, community gathering places, the Star News tells the hyperlocal stories that connect our community and promote our local businesses. Want to talk to your neighbors? Talk to us.

**Star NEWS**  
www.star-news.info

Contact us today!  
**503-282-9392**  
advertise@star-news.info

**KENNEDY SCHOOL**  
McMenamins

5736 N.E. 33rd Ave. • Portland  
(503) 249-3983 • mcmenamins.com  
Free • All ages welcome  
(unless noted)

Thursday, January 3  
**Danny Barnes**  
Rock, fusion and jazz  
Gym • 7 pm

Every Saturday  
**Opera on Tap**  
Live opera singers in & around the Honors Bar.  
7 - 9 pm • 21 & over

Tuesday, January 8  
**RACE TALKS:**  
An Opportunity for Dialogue  
**FOLLOWING IN THE FOOTSTEPS OF THE CIVIL RIGHTS MOVEMENT**  
Gym • 6 pm doors; 7 pm event

Thursday, January 10  
**GARY BENNETT**  
Classic country  
Gym • 7 pm

Saturday, January 12  
**HAPPY BIRTHDAY, J.R.R. TOLKIEN!**  
Lord of the Rings Trilogy  
Theater • 11 am - late

Willamette Radio Workshop presents:  
**THE HOBBIT'S GREATEST HITS**  
Gym • 3 & 5 pm

**GARCIA BIRTHDAY BAND**  
Good ol' Grateful Dead...and beyond  
Gym • 7 - 10 pm

Monday, January 14  
Event moved to Kennedy School permanently  
**PARANORMAL PUB:**  
Spirits of Early Oregon  
Theater • 6 pm doors; 7 pm event

Thursday, January 17  
**LIMITED-EDITION BEER TASTING**  
W/ BRIAN RILEY & RYAN LUND  
5 - 7 pm  
Brewery • 21 & over

Thursday, January 17  
**THE STRANGE TONES**  
Crime-a-billy  
Gym • 7 - 9 pm

Thursday, January 24  
**ACOUSTIC GUITAR PROJECT**  
Gym • 7 - 9 pm

Friday, January 25  
**Happy Birthday, Hammerhead**  
Celebrate with \$4 pints, \$9 growler fills!

Monday, January 28  
**HISTORY PUB:**  
"The Boys in the Boat" - A Daughter Remembers  
Theater • 6 pm doors; 7 pm event

Thursday, January 31  
**ROBIN JACKSON**  
Alt indie folk  
Gym • 7 - 9 pm

**★ STAR FOCUS ON HEALTHCARE FOR A NEW ERA**

Let 2019 be the year you get organized!  
**Your Organizing Unleashed**

Let's organize your **stuff**, your **data**, and your **time**.  
 www.yourorganizingunleashed.com – 503.351.1074  
 Hourly rates / Licensed and insured / Member of NAPO



# Compass points set African Americans

By Janet Goetze

janetgoetze@star-news.info

“Black Health Matters” proclaim buttons on the receptionist’s desk and a sign outside the North by Northeast Community Health Center, 714 N.E. Alberta St.

The health center, which specializes in treating African Americans and low-income residents of any ethnicity, began as a free medical clinic offering care two nights a week in 2006. Since then, it has expanded services and outgrown a couple of spaces, arriving at its present home two years ago.

Dr. Jill Ginsberg, the center’s medical director and cofounder, first met the other cofounder, the late Mary Overstreet Smith, pastor of Powerhouse Temple Church, after hearing of the pastor’s desire to provide community healthcare. The physician donated materials she hoped would be useful for the effort.

After the meeting, Ginsberg was on her way to her home near Beverly Cleary School when she got a phone call from Pastor Mary, as she was known. She had found a space and had the key, she told Ginsberg, urging her to return and see where a clinic could take shape.

Ginsberg, a physician with Kaiser Permanente until her retirement in 2012, had never created a clinic. “I didn’t know what that involved,” she said with a smile,

“or I would have run away.”

Nevertheless, once she started meeting patients, she recognized the community need outlined by Pastor Mary, who died in 2016 at age 79. The need was great for African Americans who didn’t have health insurance before the Oregon Health Plan and for those who didn’t feel their concerns were respected or heard accurately by other healthcare providers.

“There can be a real dismissiveness,” said Suzy Jeffreys, executive director of the center, with administrative and grant-writing responsibilities. For instance, she said, “There can be a real dismissiveness of pain and an interpretation of drug-seeking behavior.”

For Marnella Bingham-Mosley, the health center offers personal connections she didn’t always find in other settings when she had employer-provided insurance.

“Here, you have consistency and you’ve built a relationship with respect,” noted Bingham-Mosley, who is a patient and a board member for the nonprofit center. She also serves on the patient advisory council.

In other clinics, she said, she didn’t always see the same doctor from one visit to the next. In addition, the usual 15-minute consultation with healthcare providers seemed too short to build rapport, she said.



The staff at the North by Northeast Community Health Center includes, from left, Marlet Hurst, patient care coordinator; Dr. Jill Ginsberg, medical director; Tiara Williams, medical assistant, and Daisha Tate, operations coordinator. (Janet Goetze)

Let us share our love of Scottish Highland dancing with you



Case School of Highland Dance LLC  
 Portland, Oregon

Call today for a class schedule

503-358-5791

www.casehighlanddance.com

**JANUARY STOREWIDE CLEARANCE SALE!**



ALL ACCESSORIES, CLOCKS & LAMPS  
**20% OFF!**

**5 DRAWER CHEST**

Unfinished.  
 Reg. \$302.<sup>95</sup>

**SALE PRICE: \$239.<sup>00</sup>**

While supplies last. Hurry in for the best buys!

**NATURAL FURNITURE**

7960 SE Stark • 503-284-0655  
 www.NaturalFurniturePdx.com

**FRESHEN UP YOUR BATHROOM!**

DELTA® FOUNDATIONS BATH FAUCETS



Special Sale Price

**\$46<sup>95</sup>**

YOUR CHOICE

- 3-Hole 4" installation
- Pop-up drain assembly
- Backed by Delta's lifetime limited warranty



VITREOUS CHINA OVAL DROP-IN LAVATORY SINK  
 White

Reg. \$29.99

**\$24<sup>99</sup>**

- 20" x 17 1/2" Size
- White porcelain

#100413309  
 Faucet & drain not included



4010 N.E. Broadway St.  
 503.287.0776 aboysupply.com

Sale prices expire 1/31/19. Limited to stock on hand.

Design · Build



Supply · Grow

Be Inspired

Build Your Bamboo Dream Today

Bamboo Plants, Bamboo Fencing, Bamboo Poles

Unique Gifts, Jewelry & much much more!

Located in the Historic Kenton Neighborhood

2104 N. Willis Blvd • (503) 285-5339

Open 10-5 Mon, Wed-Sat and 11-4 Sunday (closed Tue)

**Coming in the February**

**Star NEWS**

**♥ VALENTINE'S ♥ DAY ♥ SPECIAL SECTION!**

**Your chance to showcase your wonderful products and services for a perfect gift!**

Ad reservation deadline is January 21st

Contact: Jane Cullinan, Ad Sales

cell: 360-326-500 • janecullinan@star-news.info

★ STAR FOCUS ON HEALTHCARE FOR A NEW ERA

# new direction for at N By NE Clinic



Dr. Jill Ginsberg is medical director of North by Northeast Community Health Center, which specializes in treating African Americans and low-income people of any ethnicity. A community event at the center from 2-5 p.m. Jan. 11 includes a career fair and collection of old medicines and sharps. (Janet Goetze)

“When we started,” Ginsberg said, “we knew the typical 15-minute office visit wouldn’t work for our patients. As a patient, I hated it. As a doctor, I hated it.”

The center usually schedules 30-minute appointments, and patients may come a little early for laboratory work.

“We’re trying to form some relationships with our patients and not just plop pills in their hands,” said Ginsberg. Another physician, Dr. Michele Babaie, and a nurse practitioner, Janet Stein, are the other primary care providers working with a medical assistant, Tiara Williams.

The center also schedules community events with other agencies several times a year to provide services and information. A “Safe Homes! Healthy Homes!” event is scheduled from 2-5 p.m. Jan. 11 at the center. It will include a jobs and career fair, document shredding and the collection of old medicines and sharps and needles, which is important for patients who have diabetes or other conditions requiring frequent shots.

Two trained community health workers, Rosetta Forbes and Sharetta Butcher, also are part of the nine-member staff. They may help patients who need to see medical specialists or get specialized tests.

They also may accompany volunteers who are trained to take blood pressure readings at local barbershops. High blood pressure is a common concern among African Americans, making them vulnerable to strokes and heart attacks. Many barbershops are community gathering sites where volunteers with blood pressure cuffs can encourage those

with high readings to seek medical help before serious consequences occur.

Jamaal and Christina Lane, owners of Champions Barbershop, were among the first to welcome the blood pressure “ambassadors,” as they are called, Jeffreys said. They also operate Champions Barbering Institute, where they train student barbers to take blood pressure readings and check for skin conditions on the head that could require a doctor’s attention.

Forbes has the job of enrolling eligible patients in the Oregon Health Plan and dealing with insurance issues. The center isn’t equipped to work with private insurance, Jeffreys said. For that reason, all their clients have low incomes. They also must be at least 18 years old because the center doesn’t have a children’s health specialist.

Some African Americans are suspicious of medical settings because of historic practices in which people were treated as guinea pigs, said Bingham-Mosley. However, most of the center staff is African American, beginning with Marlet Hurst, the patient services coordinator who is the first face they see coming in the door. Daisha Tate, the operations coordinator, also may be at the front desk.

Seeing someone they can immediately identify with is important for many patients, Bingham-Mosley said. With the information she’s gained at the center, she said, she encourages others to take care of their health and recognize that compassionate care is available. ★



**Confused About Taxes?**

**Tax Return Preparation**  
Individual, Corporate, Partnership, Fiduciary.  
Individual and Business Tax Planning.  
Accounting and Advisory Services.

Richard A. Liebert, CPA  
Mark A. Liebert, CPA  
Jeffrey A. Liebert, CPA

**Liebert & Liebert**  
Certified Public Accountants  
4300 NE Broadway, Suite #3 • 503-287-4992  
liebertcpa@liebertcpa.com

**GET MORE THAN  
AN ACCURATE TAX RETURN**

**Able**

**Business & Tax Service, LLC**  
Since 1986

- Full Tax Services
- Electronic Filing
- Tax & Financial Planning

**Mary Wohler, Owner, LTC 4741**  
**Stephanie More, LTP**  
**Jessica Kiefer, LTP • Paula Bothwell, LTP**  
**503-460-3919**  
**www.abletaxllc.com**  
**1777 N.E. César Chávez Blvd. (N.E. 39th Ave.)**  
**Portland, Oregon 97212-5322**

★ STAR CLIPS ★

**TIE’S  
ONE HOUR  
DRY CLEANING**

4300 N.E. Sandy  
503-249-0186

**10% OFF**  
Custom Tailoring & Alterations  
Incoming Orders, not available for same day service  
With this coupon • Exp. 1/31/19

**20% OFF**  
Dry Cleaning  
Incoming Orders, not available for same day service  
With this coupon • Exp. 1/31/19

**20% OFF**  
DRAPERIES • SLEEPING BAGS • TABLE CLOTHS  
BED SPREADS • BLANKETS • COMFORTERS  
Incoming Orders, not available for same day service. With this coupon • Exp. 1/31/19

★ Expires 1/31/19 ★



# STAR PET CONNECTIONS

SPONSORED BY SALTY'S PET SUPPLY ON MISSISSIPPI AND FANG! PET & GARDEN SUPPLY IN KENTON



**Fang!**  
PET & GARDEN SUPPLY

Fang! Pet & Garden Supply  
3131 N. Lombard  
PDX, OR 97217  
503-972-5822  
www.FangPetGardenSupply.com

did you say  
**TREATS?**

Salty's Pet Supply  
4039 N. Mississippi Ave  
PDX, OR 97227  
503-249-1432  
www.SaltysPetSupply.com

## CULTURE OF COOPERATION VS. COMPETITION

In November, Laura Amiton, owner of The Filling Station Pet Supplies on Northeast Alberta Street and in Tigard, gathered a dozen independent pet store retailers to meet for dinner and discuss ways to collaborate on marketing and outreach for their businesses. "We wanted to cooperate and not compete with each other," said Christine Mallar, co-owner of Green Dog Pet Supply on Northeast Fremont. The group combined has almost 100 years of pet retail experience with a business model focused on delivering customer service, building relationships with clients and their pets, and offering expertise in pet care. "Our businesses reflect the small business culture that is uniquely Portland," said Mallar.

According to Mallar, the chain store Mud Bay has 18,000 followers on social media, but when these independent stores combine their efforts, collectively they have comparable reach on social media. Their first collaboration project is a 2019 calendar, available for \$15 each at

their respective pet stores. Proceeds from sales support a local rescue organization selected by each retailer.

"We keep each other looped in about pet care, whether it's pet food recalls, or the latest research," said Mallar. "Compared to big box pet retailers, we invest in our employees by expanding their knowledge base, resulting in employee retention."

Stay tuned for future initiatives generated by this group of independent pet retailers committed to collaboration and maintaining high retail standards in the pet industry. Mallar is grateful to Nancy Fedalem, owner of three independent pet stores and her husband, Matt, who took Santa Paws photos for Green Dog, donating their fee entirely to The Pongo Fund.

NOTE: Spot Magazine named Green Dog Pet Supply "Best Neighborhood Pet Supply Store" and "Best Pet Food Consultant." Mallar acknowledges that many of the stores in their coalition deserve this honor as much as they do.

On December 30, 2018, the Oregon Humane Society achieved a new record of 12,000 adoptions with a 3-month old border collie named Caroline.

**Experienced therapists providing individualized care in a friendly environment, specializing in orthopedics including: ankle, knee, spine, shoulder and sports rehabilitation.**

**Broadway Physical Therapy & Sports Rehabilitation, LLC**  
3016 NE Broadway St.  
503-287-6636  
www.broadwaypt.net

**100 Paulsen's PHARMACY**  
Committed to 100 Years of Service

Your local, independently owned neighborhood pharmacy since 1918

**FREE DELIVERY**

#Empathy#Accuracy#Timely

4246 NE Sandy Blvd Portland, OR 97213  
Phone (503) 287-1163 • Fax (503)282-2281  
www.PaulsensPharmacy.com

**Patrick J. Henry** *LIVING in the neighborhood...*  
*homes*

*WORKING in the neighborhood.* **COLDWELL BANKER BAIN**

**Looking for a new provider?**

Meet **DR. JAYA MADHAV**

- ✓ Contraception Counseling
- ✓ Preventive Care
- ✓ Managing Menopause

Dr. Madhav is **PASSIONATE** about **WOMEN'S HEALTH.**

Schedule your appointment today:  
**503-249-8787 • BroadwayMedicalClinic.com**

**Patrick J. Henry PC, Broker**  
Licensed in the State of Oregon  
**503.789.6002**  
www.patrickjhenry.com



MARKET ADJUSTMENTS ARE TAKING PLACE NOW. CONTACT ME FOR DETAILS - OR ANY RESIDENTIAL REAL ESTATE NEEDS.



**RD** Peter Dillenburger

Licensed Broker in Oregon  
Hasson Company, Realtors®

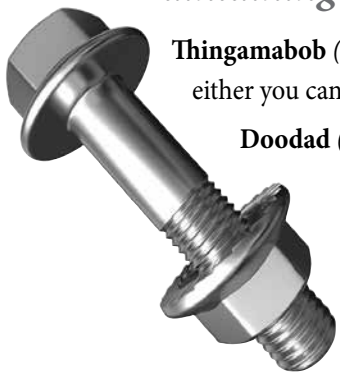
Phone 503-310-8194  
Email peterd@hasson.com  
Website www.dillenburger.com

**COMMITTED TO YOUR SUCCESS WHETHER BUYING OR SELLING!**  
As a Hollywood resident since 1980 I know Hollywood & surrounding neighborhoods well and am here to assist you with any and all of your residential real estate needs!



# Beaumont Hardware

*Maintaining our community with care*



**Thingamabob** (*thing-uh-mah-bob*) n. 1. Used to describe items that either you can't remember the name of or that don't actually exist.

**Doodad** (*doo-dad*) n. 1. An unnameable gadget of some sort.

**Our knowledgeable team will help you find the thingamabob or doodad you need!**

4303 N.E. Fremont St. • 503-281-4406 • www.beaumont.doitbest.com  
Open seven days a week • Mon.-Fri. 8-6 • Sat. 8-5 • Sun 9-4



*From*



We would like to thank all our faithful and observant readers, our loyal advertisers, and our many contributors who make this paper your source for local news that matter the most to you.

We look forward in the coming year for more stories, more people, and more inspiration from Northeast and North Portland.

When you support our local advertisers, you are also supporting this locally owned (we're not part of a chain), independent newspaper.



## What day is it?

Always know the answer! Pick up a free 2019 calendar at my shop.



**Call 503 234-2119**

Hawthorne Auto Clinic, Inc.  
4307 SE Hawthorne Blvd.  
Portland OR 97215

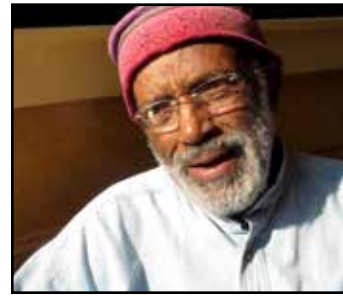
[www.hawthorneauto.com](http://www.hawthorneauto.com)

*It's the people that make*

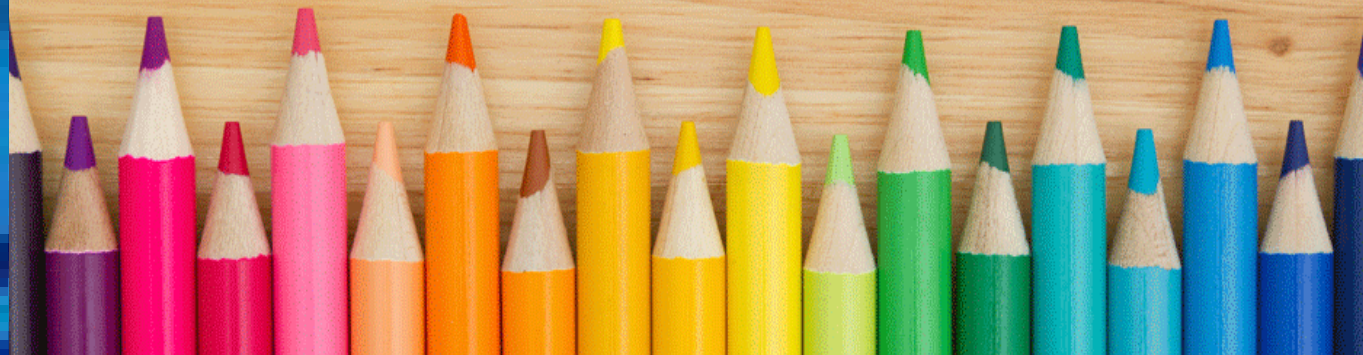


*so special!*

*Here's just a few of our favorite faces from last year!*



# Open House



*Sweet Day Community School*  
New Irvington Location Now Enrolling



Sweet Day offers full-day, year-round child-care and Preschool with a Reggio-inspired program. Ages 6 months to 5 years.

1205 NE Broadway Ave.  
www.sweetdayschool.com



## Now Enrolling ALL SAINTS SCHOOL

Open House Dates for the  
2019-2020 School Year

**Pre-K**  
Tues., January 15  
6:30 p.m.

**Kindergarten**  
Thurs., January 17  
6:30 p.m.

**Grades 1-8**  
Thurs., January 24  
6:30 p.m.



601 NE César E Chavez Blvd, Portland  
503-236-6205 • www.allsaintsportland.com



Discover the little  
school where big  
things happen.

2019  
**OPEN  
HOUSES**

Grades PK-8 (Parents)  
**Thursday, January 31** (6 pm)

Grades 6-8 (Parents & Students)  
**Tuesday, February 5** (6 pm)

Both begin at 6 p.m. RSVP to info@strosexpx.org.



**St. Rose School**

5309 NE Alameda Street • Portland, Ore. • strosexpx.org



## A century of academic excellence, built on a foundation of faith

The Madeleine School  
Open House events, grades K-8:

**Parent Night:** Monday, February 4, 7 pm

**Family Tours:** Tuesday, February 5, 10 am-1 pm

For more information, call 503-288-9197



Furthering the Reign of God,  
Where All are Welcome

3240 NE 23rd Ave, Portland, OR 97212 • www.TheMadeleine.edu • 503-288-9197

★ STAR BUSINESS BUZZ



**Milo's City Cafe**  
1325 Northeast Broadway  
503-288-MILO

Breakfast, Lunch & Dinner  
Seven days a week since 1999

We're on the web! Check out  
[www.MilosCityCafe.com](http://www.MilosCityCafe.com)  
for menus & specials

*"We've been coming to Milo's for two decades of terrific food, excellent service, true hospitality and 18th birthday celebrations. Thank you Milo's!!"*  
*The Kasses*

**MATH LEARNING CENTER OPENS IN BEAUMONT**

A math-only learning center has put out a shingle at 4230 NE Fremont in the bright red building by Wildhearts Wellness. Owner Bruce Withycombe, a fourth-generation Oregonian and Northeast neighbor, opened the fourth Portland location of his popular Mathnasium franchise in October.

Having lived in northeast Portland for a number of years, and being a loyal customer of the recently shuttered Stanich's restaurant, Withycombe said Beaumont was the first neighborhood that came to mind when he thought of opening a Mathnasium within city limits.

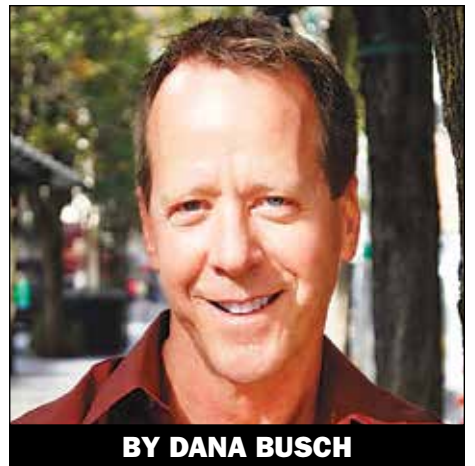
"As a kid we often went to Lloyd Center, at the original Nordstrom's Best shoe store, and had many field trips to Franz Bakery and the old 7-Up bottling facility in Hollywood, and my mom's best friend, and her kids who I still stay in touch with, lived in Alameda. I'm also a musician and many of my musician friends currently live nearby, and musicians are often very good at math. So we have lots of qualified Instructor candidates here!"

With the project in the planning and permitting stages for most of 2018, Withycombe said waiting for permits – a five-month process that was supposed to take eight weeks – was "excruciating and expensive – and I'll just leave it at that!" The center received its final inspection on October 26, 2018 and has been assessing and enrolling students ever since.

"As the name might imply, we consider ourselves to be a 'gym' for math," Withycombe said. "We teach kids 'number sense', which is our way of saying we teach kids how to think on their feet, mathematically. We specialize in helping kids overcome their math-phobia, as most of our students come to us because they are struggling in Math."

Mathnasium offers free assessments to math-challenged students. "We'll happily diagnose whether there are severe skill gaps that are causing that struggle or if it's the result of something else. It's important to address those struggles early," Withycombe added. "The key to our success is that kids actually like coming to Mathnasium, and in that way we are helping kids to gain confidence as they master skills, and start to catch up, keep up, and get ahead in math."

For more information, go to [www.mathnasium.com/northeastportland](http://www.mathnasium.com/northeastportland) or call 971-420-2148.



BY DANA BUSCH

DANABUSCH@STAR-NEWS.INFO

**FOOD CART FEEDS COMMUNITY NEED**

The Hollywood District has gained a new food cart serving fresh, local and "organic as possible" burgers, curly fries, shakes, floats, sodas and cones on Sandy Blvd. at 46th Avenue, next to the Whole Bowl. Dubbed "hit the spot!", the cart sources its organic vegetables from the Hollywood Farmers Market, its buns from Grand Central, all natural beef from SP Provisions and cheese from Tillamook. "The goal is to try and reinvent fast-food in a healthier way," said owner Jeremy L. Sivvers.

It took Sivvers about 3 months to build the whole cart. "I did everything by myself and knew nothing about construction so it probably took longer than it should've," Sivvers said. "I will be adding an awning to the cart and a few more tables and heaters so people can eat comfortably during the bad weather."

Open since late September 2018, "hit the spot!" has a special mission besides serving great hamburgers. "10% of our profit goes back into the community to help someone in need," Sivvers said. "On my website there is an 'Apply for Help' tab – you click on it, give me your contact info and tell me what your struggle is and I will put 3-5 causes at a time on social media and ask the community to vote on who they think needs help the most. Once the goal is reached, I will post another 3-5 causes, and we will continue to do this to help as many people as we can."

Sivvers plans to add breakfast options soon. Find "hit the spot!" at 4615 N.E. Sandy Blvd. For more information, go to [www.hitthespot.net](http://www.hitthespot.net) or call 503-490-4532.

- CONTINUED ON PAGE 21

**GET HELP WITH YOUR TRANSPORTATION COSTS**



You may be able to ride TriMet for 50% off or more.

To see if you qualify for TriMet's reduced fare for low-income riders, visit [trimet.org/lowincome](http://trimet.org/lowincome)



**WE HAVE VOICE & POWER BEYOND THE BALLOT BOX.**

**VOTE EVERY DAY**



We can cast our votes beyond election day. We can Vote Every Day for our values through our choices.

We can decide where we put our deposits, which companies we buy from, where we work, and whom we do business with.

Beneficial State Bank is a values-based bank and certified B Corporation dedicated to beneficial banking.



Learn more: [beneficialstate.com/voteeveryday](http://beneficialstate.com/voteeveryday)

Member FDIC Equal Housing Lender



Bruce Withycombe and the team at Mathnasium in Beaumont are building real math skills for neighborhood kids. (Jane Perkins)

**STAR BUSINESS BUZZ** ★



The Siversons family father and son team have opened a community food cart in the Hollywood neighborhood. (Jeremy Siversons)

**'PETITE' HOTEL PERCHES ON ALBERTA**

Robin Hawley Crumrine and Brian Crumrine saw an opportunity when the city decided to rezone parts of busy N.E. Alberta Street to Commercial Mixed-Use early in 2018. "With the zoning change we felt this was a great location for a little hotel right in the midst of all the great food and culture on Alberta Street," said Robin.

Taking over a former residence, the Crumrines' approach was to modernize the idea of a bed and breakfast. The hotel is truly petite, with only three rooms available by the night and a fourth on the way. Expecting their guests will take full advantage of the many dining options on Alberta, they've focused instead on creating a simple and delicious continental breakfast featuring organic, gluten-free and dairy-free options.

"We love to travel ourselves and wanted to bring travel into our daily lives even when we couldn't be traveling," Robin said. "We know what we like and don't like when we stay in a hotel, and we wanted to create a space that is comfortable and inviting based on our travel experiences."

The couple took possession of the property in June 2018 and have made most of the improvements themselves "with the help of very handy friends and family." Robin added, "We had some design help to get us started. We didn't have to do a lot of remodeling as it had been beautifully remodeled not long ago. We did paint every square inch and have been very intentional with design, colors and furnishings. We worked with great local businesses for custom made furnishings that use reclaimed and

renewable materials. And plenty of items were found at Portland's great resale shops. All of our linens and towels are from companies offering sustainable products using fair-trade practices."

The couple are both project managers by profession, with Oregon roots. Robin was raised in outer northeast Portland, and Brian moved to Oregon for college many years ago. They've lived in northeast neighborhoods for many years, having owned homes in Concordia before settling into their current home in Beaumont-Wilshire.

"The hotel is my full-time focus now," said Robin, "while Brian keeps his day job and pitches in nights and weekends. We love meeting people from all over the world and hope we get to do that with this hotel. We also hope people from the community see our hotel as a great local option for visiting family members - folks you want close, but not too close!"

Open for business since November, the hotel's three rooms each come with robes, queen-size beds, bedside power to keep devices charged, and speedy Wi-Fi. Early in 2019, the Crumrines will open a fourth space for booking. A large family suite, it will feature room for up to six adults to stay comfortably. Also in the works are a gift shop with locally produced items, and improvements to the exterior spaces and landscaping with an eye to creating an outdoor event space.

The Alberta Petite Hotel is at 2426 N.E. Alberta Street. For more information, go to [www.albertapetitehotel.com](http://www.albertapetitehotel.com) or call 503-894-6098.

- CONTINUED ON PAGE 22



Husband and wife Brian Crumrine and Robin Hawley Crumrine open 'Petite Hotel' in Alberta Arts District.



**The Nordic Home**

---

**2019  
NEW YEAR  
NEW THINGS**

At the 42<sup>nd</sup> Street Station  
(503) 752 9812  
2000 NE 42<sup>nd</sup> Ave, Portland, OR 97213

**RED SAIL**  
accessory, home + gift 





GREAT GIFTS  
75+ DESIGNERS





1723 NE Alberta Street  
971.266.8472 • [shopredsail.com](http://shopredsail.com)



**BRIDGE CITY  
CLEANING SERVICE**

We Bring the

# Clean



**Always looking for terrific people to add to our team of cleaners**

Peggy Thatcher-Aguilu  
**503-238-1232**  
[Peggy@bridgecitycleaning.com](mailto:Peggy@bridgecitycleaning.com)  
[www.bridgecitycleaning.com](http://www.bridgecitycleaning.com)

Locally owned  
and managed in  
Portland since 1999



**Gustavo Soares, Agent**  
4515 NE Fremont St  
Portland, OR 97213  
**503-287-0027**  
[gustavo.soaresdesa.d31c@statefarm.com](mailto:gustavo.soaresdesa.d31c@statefarm.com)

IT PAYS TO  
DOUBLE  
CHECK

I could help you save hundreds with a free Discount Double Check.  
**CALL ME TODAY.**

 **State Farm**™

1306932 State Farm, Home Office, Bloomington, IL.



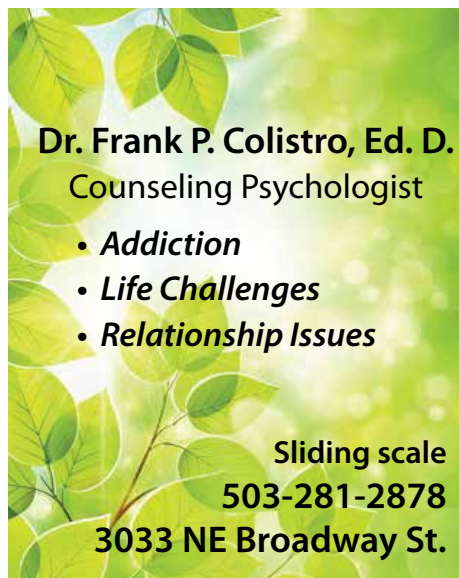
Free-range  
chicken wings,  
house-brewed beer  
and so much more!

3443 NE 57th Ave.  
4225 N. Interstate  
1708 E. Burnside

Check out our full  
menu at  
[portlandwings.com](http://portlandwings.com)



**STAR BUSINESS BUZZ**



**Dr. Frank P. Colistro, Ed. D.**  
Counseling Psychologist

- *Addiction*
- *Life Challenges*
- *Relationship Issues*

Sliding scale  
503-281-2878  
3033 NE Broadway St.

**Recreating what you love for 30 years**



Alterations, hems, have an idea? Let's get it done!

**Arlene Anderson Nokes,**  
your Roseway Neighbor

503-287-2958  
**\$5 OFF 1ST TIME CUSTOMERS!**  
SewingGalAlterations@gmail.com

**GENERAL MANAGER NAMED AT WHITE HOUSE**

Paula Bloemendaal, a hotel industry veteran with more than 20 years of experience in the luxury sector, has been appointed general manager of Portland's White House, a historic bed and breakfast situated in a 1911 Colonial Revival mansion, announced owner Frank Groff. She will be responsible for overseeing the staff, enhancing the guest experience, organizing special events on the property and marketing the historic property in the community and on social media.

"We are delighted to welcome aboard Paula, whose vast experience in the luxury market will no doubt be a tremendous asset as we continue to grow our brand," said Groff, who purchased the property one year ago with his partner, David Krause, and recently finished a \$1 million renovation. Groff added, "In addition to her extensive background in the hospitality industry, Paula exudes a warmth and vibrancy that I'm confident our guests will appreciate."

Portland's White House was built for Oregon timber baron Robert Lytle, who spared no expense in its construction. He made it fireproof with metal lath and plaster and tile roofs, then carefully installed the very finest materials, including Povey Brothers stained glass, known as "The Tiffany of the Northwest." The main house features six bedrooms, each with an ensuite bath, while the carriage house offers three additional bedrooms with adjoining bathrooms. The main level has a grand foyer distinguished by a hand-painted mural and sweeping staircase that leads to the upstairs bedrooms.

Also on the main floor is a living room with grand piano, a game room, commercial kitchen, private office and the dining room, where breakfast is prepared each morning by the executive chef. Downstairs is an 85-seat ballroom that is an ideal space for wedding rehearsals and receptions, family reunions, corporate meetings, holiday parties and other events.

For more information about staying at Portland's White House, visit [portlandwhitehouse.com](http://portlandwhitehouse.com) or call (503) 287-7131. It is located at 1914 NE 22nd Avenue in the Irvington neighborhood.

**'SOCIALLY RESPONSIBLE' B STORE OPENS IN LLOYD CENTER**

Lloyd Center is celebrating the opening of the B Store, the newest Lloyd Local space, featuring products from over 15 of Portlanders' favorite certified B Corporations.

Certified B Corporations receive their status verification by demonstrating a socially responsible, ethical and purpose-driven business and employment model. Grapevine Outdoor, a Portland-based advertising provider, is operating the B Store within the mall and working alongside the B Corp. community to help educate the public on the unique benefit of buying products from these local companies.

"There are over 2500 B Corporations globally, operating in more than 50 countries, and over 120 of these are located in Oregon," said Abram Tannenbaum, co-owner of Grapevine Outdoor. "The B Store is a pop-up concept, where people can learn about and support companies that are dedicated to using business as a force for good."

Some of Portland's certified B Corporations include New Seasons Market, Elephants Delicatessen and Stumptown Coffee Roasters. Featured in the B Store are companies including Nossa Familia Coffee Roasters, A to Z Wineworks, Brew Dr. Kombucha, Glory Bee Honey, Stash Tea, New Seasons Market and more.

"The B-store provides a unique opportunity for shoppers to not only buy local, signature products, but to support companies who take care of their employees and give back to the community," said Cori Jacobs, Lloyd Center's leasing director. ★

**JANUARY CLOTHING SALE**  
**30%–50% off**

Eileen Fisher  
Cut Loose  
Three Dots  
Toad & Co  
DL 1961  
Parker Smith  
NYDJ



LOCALLY OWNED—LOCALLY LOVED  
4210 NE Fremont 503-287-4440  
[thearrangementpdx.com](http://thearrangementpdx.com)  
Mon–Sat 10–6, Sun 11–5


**Event Rental Space Available**  
*Weddings • Auctions • Corporate Events*




The German American Society on the corner of 57th and NE Sandy Blvd. is your perfect choice! Whether you are celebrating a personal milestone, hosting a corporate event or anything in between.

Six spaces to choose from, one is just right for you  
**Highly Competitive Rates**

**German American Society of Portland**  
5626 NE Alameda • 503.775.1585 • [www.germanamerican.org](http://www.germanamerican.org)




[usbank.com/mortgage](http://usbank.com/mortgage)



**Introducing Reuben Berlin of our Home Mortgage Team**

**Reuben Berlin**  
Mortgage Loan Originator  
1901 NE 42nd Ave  
Portland, OR 97213  
Phone: 503.975.3885  
[reuben.berlin@usbank.com](mailto:reuben.berlin@usbank.com)  
NMLS #: 265399

Call today and put our knowledge and strength to work for you!



Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit [usbank.com](http://usbank.com) to learn more about U.S. Bank products and services. Mortgage, Home Equity and Credit products are offered by U.S. Bank National Association. Deposit products are offered by U.S. Bank National Association. Member FDIC. ©2018 U.S. Bank 180307c 5/18

★ STAR SERVICE DIRECTORY

# HIRE A LOCAL PRO!

*At Your Service!*



TO ADVERTISE IN THIS SECTION CONTACT JANE CULLINAN AT 503-282-9392 OR [janecullinan@star-news.info](mailto:janecullinan@star-news.info)



**Fresh Air**  
Sash Cord Repair, Inc.  
*Old windows that work!*

Patty Spencer  
503.284.7693  
[www.freshairsash.com](http://www.freshairsash.com)

Preserving the past since 1999  
Licensed, Bonded, Insured LBPR/CCB #184991

**MJB GUTTER & ROOF CLEANING**



**Moss Removal and Treatment**  
**(503) 282-8032**  
[www.MJBRestoration.com](http://www.MJBRestoration.com)


Licensed • Bonded • Insured      ccb#105395

**Old Floors Restored**

Hardwoods or softwoods need attention? Restoration and repairs professionally done.

**Licensed • Bonded • Insured**  
CCB# 136931

Cell: 971-219-3517  
[douglasestudillo@comcast.net](mailto:douglasestudillo@comcast.net)



**BRUCE NORMAN**  
PLUMBING CONTRACTOR

**503-780-8218**

*Specializing in Eastside Older Homes for over 20 Years*

CCB#133209 • STATE LIC #5887 JP • P.B. #26-675  
**LICENSED • BONDED • INSURED**

**N. & N.E. PORTLAND'S URBAN TREE EXPERTS**

*Wind Thin*  
TREE SERVICE, INC.  
Oregon C.C.B. #146345

Curtis Falbo, Certified Arborist, Owner & Lifelong NE Resident




CALL FOR A FREE ESTIMATE  
**503-481-4628**  
[www.windthininc.com](http://www.windthininc.com)

- 24/7 Emergency Work
- General tree maintenance
- Stump Grinding
- Safety Pruning/Roof & Service Line Clearance
- Property Management/Maintenance
- Planting/Removals/Crane Work

Angie's List Superior Service Award Winner

**TAKE \$50 OFF**  
**A MINIMUM SERVICE OF \$350**  
PRESENT AD AT TIME OF SERVICE. EXPIRES 1/31/19

**Providing Knowledgeable Care for Trees in the Urban Environment**




**HARRITY TREE SPECIALISTS**  
503-331-0452  
[www.harritytrees.com](http://www.harritytrees.com)

Certified Arborists  
Fine Pruning  
Tree Preservation  
Site Analysis & Consultations  
Plant Diagnosis & Health Care  
Organic Fertilizer Applications  
Nursery Trees 10' - 30' Tall  
Removal & Milling  
Urban Log Salvaging  
Solar Kiln Drying  
Urban Hardwood Lumber  
licensed, bonded, insured  
CCB #84426, ISA member

**10% OFF**  
with this coupon  
(Max. \$100)  
can't be combined with other offers.

**CZ BECKER COMPANY**  
**WOOD FLOORS**  
*A Family Owned Business Since 1982*



- Restoration Repairs & Refinishing
- State of the Art Dust Containment
- Installation of New Wood Floors
- Environmentally Friendly Finishes

**503.282.0623**  
CCB #48132

Lic. Ins. Bonded      ccb# 105395



**MJB PAINTING**  
Michael Burnett

For Quality Craftsmanship  
**All Phases of Interior & Exterior Painting**

**(503) 282-8032**  
[www.mjbrestitution.com](http://www.mjbrestitution.com)



## THE FACTS:

- Targeted, local audience of neighbors and homeowners.
- Delivered to 18,000 homes and 3000 businesses monthly.
- Readership of 31,000.
- Hyperlocal content your customers and prospects are **READING**.
- Extended shelf life: Your message has **STAYING POWER**.
- Digital opportunities at [www.star-news.info](http://www.star-news.info) and in our email newsletter.

Advertise your service-based business in this section for as little as \$90 per month. Call 503-282-9392 for details.

THE HOLLYWOOD **Star NEWS** Contact us TODAY!  
**503-282-9392**  
[advertise@star-news.info](mailto:advertise@star-news.info)



# THE COON TEAM

## — THE POWER OF TWO —

**SPECIALIZING IN CLOSE-IN EASTSIDE PROPERTIES**

Sue Coon | Principal Broker | 503.416.2001 | scoon@windermere.com  
 James Coon | Principal Broker | 503.504.8574 | jcoon@windermere.com

  
WINDERMERE REALTY TRUST

4120 SW 102ND AVE • 703 SE 117TH AVE • 2532 SW HAMILTON CT • 4327 SE 49TH AVE • 2427 NE CESAR E CHAVEZ BLVD • 3646 NE 44TH AVE • 1815 NE 79TH AVE • 1526 SE 30TH AVE • 3225 NE 57TH AVE • 6138 NE 12TH AVE • 7931 SE 36TH AVE • 5519 NE ALAMEDA ST • 8814 SW 19TH AVE • 3004 NE 47TH AVE • 3567 NE TILLAMOOK ST • 2621 SE 81ST AVE • 2144 NE 78TH AVE • 15839 NE SISKIYOU ST • 4085 HORTON RD • 15888 SE CHELSEA MORNING DR • 3185 SW 100TH AVE • 14124 NE SISKIYOU CT • 2818 NE 31ST AVE • 4539 NE MALLORY AVE • 3405 NE 44TH AVE • 10205 N BUCHANAN AVE • 3721 NE 20TH AVE • 3620 NE 138TH AVE • 3311 NE MORRIS ST • 3711 SE CARLTON ST • 3334 NE 30TH AVE • 936 NE FLORAL PL • 2538 NW 1ST DR • 7917 N WALL AVE • 1441 SW CLAY ST • 4815 SW ORCHARD LN • 2608 NE 68TH AVE • 5719 SE RAYMOND ST • 425 NE PAROPA WAY • 2112 NE 137TH AVE • 3321 NE 31ST AVE • 2937 SE WAVERLEIGH BLVD • 230 NE 60TH AVE • 3830 NE WISTARIA DR • 3245 NE FREMONT • 3234 NE JARRETT • 3510 NE KLUICKITAT • 323 NE 80 AVE • 4252 NE SENATE • 4811 NE BROADWAY ST • 4020 NE 79 AV • 3235 NE 47TH AVENUE • 3733 NE KLUICKITAT ST • 6946 N FENWICK • 2721 NE 37 AVE • 77 NE HOLLAND ST • 4836 NE MASON ST • 4811 NE 28TH • 760 NE LAURELHURST PLACE • 2924 NE 21ST • 2837 NE HAMBLET • 3307 NE 21ST • 140 NW MACLEAY BL • 3527 NE 24 AVE • 408 NW 12TH #203 • 4106 NE BRAZEE • 2215 NE 19 AVE • 1808 NE KNOTT

**The Coon Team may have helped find your new neighbor over the last 34 years.**

4312 NE WYGANT • 5325 NE MULTNOMAH • 2514 NE 32 PL • 15623 NE BEECH ST.MODEL • 6014 NE ALTON ST • 8600 SW 10TH AVE • 1012 SE 123 AVE • 1827 NW 32 AVE • 4256 NE LADDINGTON CT • 631 NE 43RD • 9305 SW 53 AVENUE • 7641 NE SACRAMENTO • 2215 NE 19TH • 3545 NE 27TH AVENUE • 15705 NE 38TH AVE • 2013 SE 59 AVE • 4124 NE 1659 NE BELL DR • 4133 NE HOYT ST • 4850 NE ALAMEDA • 27 NE FLORAL PL • 6937 NE ALAMEDA • 3720 SW 73RD RAMENTO ST • 1715 NE 56TH AVE • 7914 NE THOMPSON • 2609 NE HAMBLET ST • 466 • NE HAZELFERN PL • 340 LN • 3506 E BURNSIDE ST • 2100 NE REGENTS DR • 271 NE 62ND AVE • 3544 NE PEERLESS PL • 1517 NE THOMP 3035 NE 37TH AVE • 3904 NE 41ST AVE • 3411 NE 133RD NE MULTNOMAH • 3930 NE 29TH • 3279 NE DUNCKLEY 62 AVE • 3415 NE 44 AVE • 4052 NE 21STAVE. • 2825 NE 25 WAY ST • 3010 NE MASON ST • 3145 NE 50TH • 4043 NE BRYCE • 2815 NE 15TH • 3624 NE 19 AVE • 3536 NE 67 AV ERN PL • 4311 NE HOYT • 3947 NE 64TH • 7300 NE SACRA 4836 NE MASON ST • 2827 NE BRYCE • 2010 NE CLACKA



760 NE LAURELHURST PL • 4019 NE 29 AVE • 7101 NE MORRIS • 3135 NE 29TH 3814 NE 21 AVE • 4433 NE FAILING • 3015 NE 47TH • 2334 NE 37TH • 2614 NE HAMBLET • 4161 NE LADDINGTON CT • 3904 NE 34TH NE HAMBLET • 308 NE 26 AVE • 3024 NE SCHUYLER • 3335 NE 58TH • 631 NE 43RD • 1309 SE OAK • 4340 SE KNAPP • 2483 NE 51ST • 2838 NE HAMBLET • 3617 NE 44TH • 2514 NE 32ND PL • 4105 NE 42ND • 2735 NE 38TH • 2215 NE 19TH • 3833 NE 33RD (\$1000 BONUS) • 6205 NE MILTON • 2210 SE STEPHENS ST • 4535 NE 36TH AVE • 3006 SE 51ST AVE. • 2000 NE RIDGEWOOD • 515 NE FAILING ST • 2324 NE 43RD AVE • 6111 NE 35TH PL • 5400 NE 30TH #306 • 3943 NE 41ST • 12605 SE MAIN • 4856 NE PRESCOTT • 3465 NE HASSALO ST • 2638 NE DUNCKLEY • 3217 NE 22ND AVE • 6845 NE ALAMEDA ST • 140 NW MACLEAY BLVD • 2837 NE 31ST • 3343 NE 31ST • 3515 NE MORRIS • 4136 NE 25 AVE • 1601 NE 63 • 3885 NE ALAMEDA • 3367 NE OREGON • 2863 NE 55 AVE • 2904 SE BERKELEY • 4015 NE BRYCE • 3135 NE 56TH AVE • 3617 NE BRYCE • 3136 NE 53RD AVE • 760 NE LAURELHURST PL • 15550 NE HOLLADAY ST • 3023 NE SCHUYLER • 408 NW 12TH #203 • 2527 NE DUNCKLEY • 3338 E BURNSIDE • 3328 E BURNSIDE • 2926 NE 63RD AVENUE • 3837 NE MULTNOMAH • 6967 NE ALAMEDA • 4006 SE TAYLOR • 2914 NE 36 • 4353 NE HALSEY #7 • 4475 NE ALAMEDA • 3452 NE MULTNOMAH • 2227 NE 50TH • 2801 NE 35 PL • 705 NE 63RD • 4464 NE ALAMEDA • 2034 SE ELLIOTT • 825 NE LAURELHURST PL • 3915 NE 16 • 1907 NE 32 • 1224 NE 7 • 22816 NE 19 AVE • 3507 NE 39TH AVE • 2203 NE 54 TH AVE • 1601 NE 63RD AVE • 3215 E BURNSIDE ST • 3033 NE KNOTT • 3724 NE 36 AVE • 4017 NE 28TH • 3119 NE ALAMEDA ST • 4034 NE ROYAL CT • 3613 NE 22ND AVE • 2225 NE 39 AVE • 1924 NE 52ND AVE • 7622 NE ALAMEDA ST • 2740 NE 52 AVE • 746 NE HAZELFERN PL • 4223 NE 40 AVE • 2215 NE 19 AVE • 1304 NE 53 AVE • 10133 N OSWEGO AVE • 3426 NE 38 AVE • 2855 NE 55 AVE • 3005 NE EVERETT ST • 4536 NE PRESCOTT ST • 836 NE LAURELHURST PL • 3841 NE FLANDERS ST • 3205 NE 28TH AVE • 3244 NE 24 AVE • 3634 NE 20 AVE • 825 NE LAURELHURST PL • 3145 NE 21ST AVE • 2214 NE 39 AVE • 2546 NE 45 AVE • 4107 NE COUCH ST • 3124 NE 46TH AVE • 3265 NE DUNCKLEY ST • 1250 NE 52 AVE • 27 NE FLORAL PL • 3509 NE 23 RD • 2353 NE 60TH AVE • 4013 NE ROYAL CT • 3153 NE FLANDERS ST • 1220 NE 17 AVE #16F • 427 NE LAURELHURST PL • 2721 NE 37TH AVE • 4515 NE ROYAL CT • 5166 NE WISTARIA DR • 203 NE 37TH AVE • 1220 NE 17TH AVE #3C • 3510 NE KLUICKITAT ST • 416 NE 130TH PL • 3012 NE FREMONT ST • 4610 NE BRAZEE ST • 2834 NE 25TH AVE • 3343 NE 31ST AVE • 3222 NE MASON ST • 1100 NE IMPERIAL AVE • 4066 SE OAK ST • 403 NE FLANDERS ST • 10462 NW 2ND ST • 62 NE 43RD AVE • 3024 NE 50TH AVE • 756 NE HAZELFERN PL • 3841 NE FLANDERS ST • 2451 NE 51ST AVE • 7327 N CHASE AVE • 2426 N SUMNER ST • 7914 NE THOMPSON ST • 2524 NE 30TH AVE • 461 NE MIRIMAR PL • 2843 NE 51ST AVE • 6373 SE YAMHILL ST • 1926 NE 35TH AVE • 2211 NE 62ND AVE • 3225 NE 17TH AVE • 3135 NE 56TH AVE • 149 SE 52ND AVE • 3445 NE DAVIS ST • 3942 NE LAURELHURST PL • 2104 N SARATOGA ST • 2100 NE 60TH AVE • 4222 NE 70TH AVE • 1026 NE 33RD AVE • 1916 NE 36TH AVE • 3711 NE DAVIS ST • 2937 E BURNSIDE ST • 7555 NE ALAMEDA ST • 4323 NE 32ND PL • 4353 NE HALSEY ST #7 • 3636 NE 76TH AVE • 4121 NE DAVIS ST • 4300 SE STEELE ST • 2952 NE EDGEHILL PL • 466 NE HAZELFERN PL • 3525 NE 26TH AVE • 1364 NE EUCLID AVE • 14328 NE ROSE PKWY • 3425 NE STANTON ST • 7250 NE SACRAMENTO ST • 3514 SE TAYLOR ST • 5725 N MINNESOTA AVE • 3334 NE 41ST AVE • 5041 NE 68TH AVE • 4333 NE 30TH AVE • 2215 N SKIDMORE CT • 3028 NE DAVIS ST • 3456 NE PEERLESS PL • 7845 SE FLAVEL ST • 745 NE LAURELHURST PL • 10931 N MOORE AVE • 3405 NE 30TH AVE • 3563 NE 26TH AVE • 3305 NE 60TH AVE • 654 NE ROYAL CT • 3404 NE 19TH AVE • 3018 NE 28TH AVE • 3222 NE 37TH AVE • 3123 NE 44TH AVE • 7004 NE EVERETT ST • 3321 NE PEERLESS PL • 2024 SE LINCOLN ST • 6737 NE OREGON ST • 3145 NE 40TH AVE • 2514 NE 42ND AVE • 6925 NE SACRAMENTO ST • 3391 NE MULTNOMAH ST • 3205 NE 75TH AVE • 4926 NE PRESCOTT ST • 4218 NE FLANDERS ST • 3403 NE 32ND AVE • 3172 NE REGENTS DR • 3025 NE 46TH AVE • 1220 NE 17TH AVE #5E • 2260 NE 28TH AVE • 2434 NE 48TH AVE • 1602 NE 46TH AVE • 3506 E BURNSIDE ST • 1514 NE 49TH AVE • 3371 NE MULTNOMAH ST • 1504 NE 48TH AVE • 2946 NE 46TH AVE • 6857 NE STANTON ST • 3506 E BURNSIDE ST • 2204 NE 50TH AVE • 4410 NE 65TH AVE • 616 NE 43RD AVE • 2525 NE 61ST AVE • 3544 NE PEERLESS PL • 3536 NE 70TH AVE • 2843 NE KLUICKITAT ST • 4137 NE 28TH AVE • 957 NE HAZELFERN PL • 2715 NE 37TH AVE • 3646 NE 44TH AVE • 2747 NE 22ND AVE • 7710 NE ALAMEDA ST • 2556 NE 32ND CT • 3145 NE 29TH AVE • 4816 NE 76TH AVE • 3235 NE WASCO ST • 2818 NE US GRANT PL • 89 NE MEIKLE PL • 4413 NE 31ST AVE • 2932 NE 47TH AVE • 2466 NE 58TH AVE • 3024 NE 50TH AVE • 3217 NE 20TH AVE • 2526 NE 62ND AVE • 6407 NE SACRAMENTO ST • 2404 NE 44TH AVE • 7914 SE 17TH AVE • 1544 NE 50TH AVE • 3734 NE ALAMEDA ST • 5824 NE MALLORY AVE • 2517 NE 62ND AVE • 2616 NE 28TH AVE • 3333 NE 29TH AVE • 3722 NE 67TH AVE • 2545 NE WASCO ST • 2427 NE CESAR E CHAVEZ BLVD • 3740 NE 72ND AVE • 2805 NE 63RD AVE • 1815 NE 52ND AVE • 3357 NE HOLLADAY ST • 3215 E BURNSIDE ST • 2812 NE 68TH AVE • 2607 NE 62ND AVE • 3814 NE SENATE ST • 3567 NE TILLAMOOK ST • 2736 NE 62ND AVE • 2818 NE 31ST AVE • 3445 NE PEERLESS PL • 2715 NE 61ST AVE • 12295 SE MAIN ST • 621 NE 43RD AVE • 5423 NE CESAR E CHAVEZ BLVD • 7431 NE MASON ST • 2608 NE 63RD AVE • 3614 NE 24TH AVE • 4204 SE WASHINGTON ST • 541 NE 43RD AVE • 4274 NE LADDINGTON CT • 4214 NE 125TH PL • 3721 NE 20TH AVE • 10933 NE PRESCOTT ST • 2921 NE 25TH AVE • 2561 NE 31ST AVE • 725 NE 32ND AVE • 2100 NE REGENTS DR • 922 NE HAZELFERN PL • 3214 NE US GRANT PL • 4033 NE 26TH AVE • 1615 SE MAPLE AVE • 1815 SE SPOKANE ST • 12608 NE PRESCOTT DR • 3205 NE 84TH AVE • 4020 NE 79TH AVE • 3740 NE 23RD AVE • 3741 NE 35TH AVE • 6415 NE SACRAMENTO ST • 936 NE FLORAL PL • 4314 NE 131ST PL • 4220 NE 69TH AVE • 4334 NE 32ND AVE • 2932 NE 88TH PL • 4120 SW 102ND AVE • 3334 NE 30TH AVE • 3551 E BURNSIDE ST • 11015 SE LONG ST • 829 NE IMPERIAL AVE • 3405 NE 80TH AVE • 1831 SW DICKINSON LN • 15925 NE ROSE PKWY • 1012 SE 123RD AVE • 734 NE HAZELFERN PL • 3317 NE PACIFIC ST • 2526 NE 62ND AVE • 27 NE FLORAL PL • 1504 NE KNOTT ST • 3228 NE 88TH AVE • 4210 NE 69TH AVE • 6138 NE 12TH AVE • 3907 NE 71ST AVE • 2935 NE 45TH AVE • 6331 NE BRAZEE ST • 14414 NE ALTON ST • 4033 NE HOYT ST • 4024 NE ALAMEDA ST • 2024 SW HOWARDS WAY #502 • 831 N STAFFORD ST • 2932 NE 48TH AVE •

**Experience Does Count!**

**Our goal is to always exceed our clients expectations**