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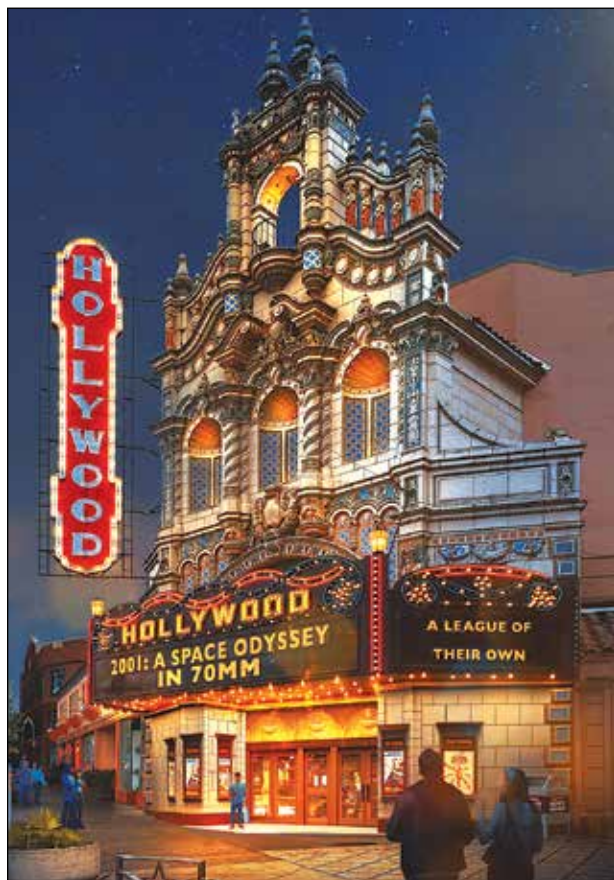
ERICA ON THE BLOCK This month, Erica Somes visits the bustling 42nd Avenue business district, between the Concordia and Cully neighborhoods, where she meets Farmer Ted Snider at the Cully Farm Store. **PAGE 10**



FUTURE FIREFIGHTER Recent Madison grad Roxie Louis lights an incendiary career path. **PAGE 13**



GOING FOR GOLD Debbie Karavias leads Zumba Gold classes at the Hollywood Senior Center. **PAGE 12**



FACADE FUNDING The Hollywood Theatre is raising money for needed structural repairs. **PAGE 2**



TWO BITS Drew Miller and Maclain Bartley have opened Too Sweet Barbershop in Roseway. **PAGE 14**



BROADWAY BOSS Murray Koodish steps down after a decade with NE Broadway Business Association. **PAGE 15**



BE PACIFIC Allyson Medeles has opened Pacific Holiday consignment shop in Beaumont Village. **PAGE 14**



SECRET SOCIETY A three-story apartment building, Society 42, is proposed for 42nd and Prescott. **PAGE 8**

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THE HOLLYWOOD STAR NEWS
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★ STAR COMMUNITY CONNECTIONS

HOLLYWOOD THEATRE NEEDS STRUCTURAL REPAIRS

The Hollywood Theatre was built in 1926 as a “palace of luxury, comfort and entertainment unsurpassed by any theatre on the West Coast,” according to opening day advertisements. Now, however, it is approaching 94 years old, and it needs help to keep up appearances and stay strong beneath its marble facade.

A fund-raising campaign has started to renovate the lower façade of the theater, which is on the National Register of Historic Places. Water has penetrated behind the wall surface, according to information from Doug Whyte, the executive director of the non-profit organization operating the theater.

The moisture is causing paint to blister and buckle, and metal reinforcements are corroding. Marble wainscoting shows open joints and cracks.

While these structural repairs are being made, the entry could be returned closer to its 1926 design, Whyte said. The theater originally had decorative arches above the doors and a terrazzo floor. An octagonal ticket booth was in front of the doors. These features were stripped away during remodeling in the mid-1960s, he said.

“New exterior wall materials will



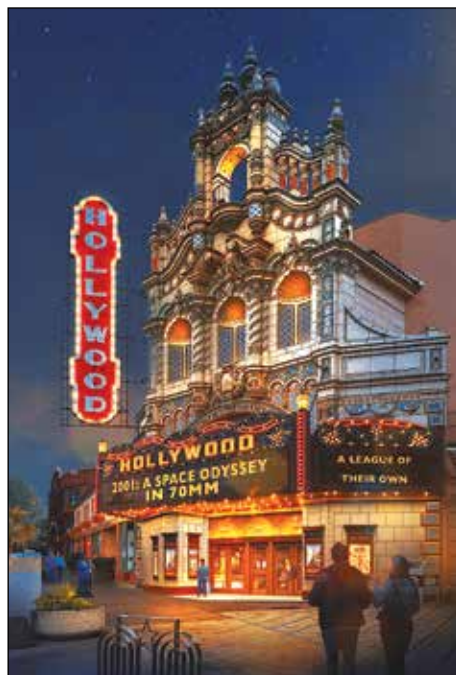
BY JANET GOETZE

JANETGOETZE@STAR-NEWS.INFO

embrace an aesthetic more in keeping with the original design,” Whyte said. Honed terrazzo will replace the tile floor. However, the octagonal ticket booth won’t be replaced because it could be a barrier to access for some patrons. Instead, the terrazzo floor will have an octagonal design to pay homage to the original booth.

The estimate for the work is \$285,000. “To date,” Whyte said, “we’ve successfully secured \$40,000 in grant funding, and have earmarked \$90,000 in capital improvement funds for the project.”

An additional \$155,000 is needed to complete the project, scheduled to begin



A fund-raising campaign is underway to renovate the lower facade of the Hollywood Theatre, which was built in 1926 and is on the National Register of Historic Places. (Hollywood Theatre)

in early summer of this year (2020). Donation information is available at www.hollywoodtheatre.org. Checks also may be sent to the Hollywood Theatre, 4035 N.E. Sandy Blvd., Suite 212, Portland, OR 97212.

CODE 3.96 PROPOSALS DUE MORE TESTIMONY

City council will continue to hear testimony on proposed changes to a city code affecting neighborhoods and other community groups at 2 p.m. Jan. 9 in city hall. However, only those who signed up to speak at a Nov. 14 council meeting will be heard.

The November meeting had two hours scheduled for testimony, but representatives of various community groups invited by Commissioner Chloe Eudaly, who has proposed the code changes, took up most of the first hour. About 65 other people signed up to speak for two minutes each, but time ran out before many could present their views.

Eudaly, whose portfolio includes the Office of Community and Civic Life, formerly called the Office of Neighborhood Involvement, has proposed code changes she said are intended to expand information and services to a wider range of Portlanders.

However, residents active in neighborhood groups said they knew nothing about her plans until months after she assembled a working group to rewrite

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A working group for an effort called the Williams & Vancouver Project is gathering ideas for developing a 1.7 acre block near Legacy Emanuel Hospital. (Portland Housing Bureau)

city code 3.96, affecting neighborhood, business and related groups. They also bristled at her disparaging comments about neighborhood groups and their volunteers.

Some volunteers have said they support broadening civic engagement but they question the lack of communication about how changes have been proposed.

Eudaly is proposing that representatives of nine city bureaus form a work group to recommend a public involvement plan that leads to equitable services for all Portlanders. Portland's neighborhood organizations began as citizen participation groups in the early 1970s when federal war on poverty programs required that residents be involved in decisions made for community events and improvements.

GIVE DEVELOPMENT IDEAS FOR BLOCK NEAR EMANUEL

A group gathering ideas for developing a 1.7-acre block next to Legacy Emanuel Hospital invites North and Northeast neighbors to an open house from 6-8:30 p.m. Jan. 16 at the New Song Community Church atrium, 2511 N.E. Martin Luther King Jr. Blvd.

A project working group, made up of representatives from groups with strong connections to North and Northeast Portland, has formed to develop a community-centered process for determining the future of the site, according to a news release from the Portland Housing Bureau.

The effort is called the Williams &


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Vancouver Project for the avenues on the east and west sides of the block. The north and south borders are Knott and Russell streets.

The working group has gathered ideas for how the property could be used, but it is seeking community preferences for proposals that include support for entrepreneurs, housing types, workforce training, health care and social services, art and entertainment and more.

The meeting is public, but organizers are asking for responses from those planning to attend, especially if they need childcare, translation services or other accommodations. Organizers also have a short survey on a website: <https://www.surveymonkey.com/r/TJ9QDPL>. Questions may be directed to mnestrategy@portlandoregon.gov or call 503-823-1190.

VOLUNTEER URGES 'NO DISPLACEMENT'

East Portland needs housing stability and methods for supporting home ownership among low-income residents, John Mulvey, a volunteer with the East Portland Action Plan, told a meeting of the Interfaith Alliance on Poverty.

Mulvey, a co-chairman of his organization's housing committee, said citizens should hold the city to promises for studying displacement as work moves ahead on various land-use plans.

East Portland residents don't object to infill projects that would increase housing units in residential zones, he said. However, they do object to the prospect of displacing people who already have trouble finding housing they can afford.

"If there is new development," he said, "how can local people share in the wealth created?" Out-of-town developers, he suggested, too often are the ones who make a profit on redevelopment.

Some residents of East Portland, where half the families live below the poverty line, face barriers to home ownership because they have no lending history, they need credit repair and other factors. Assistance in working on these issues is one step to stabilize communities, he said.

A short-term rental assistance program is a good idea, Mulvey said, but "it's wildly underfunded right now."

He also urged changes in how affordability is measured. For East Portland in general, annual income is

- CONTINUED ON PAGE 7

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Carol Campbell, Grant High School's principal for nearly seven years, has announced she will retire at the end of the school year in June. (Portland Public Schools)

around \$45,000. However, families of four with an income of \$70,320 are considered to have 80 percent of median family income for the Portland metropolitan area. The East Portland Action Plan calls for adjusting the official definition of "low income" and "affordable" to fit the local situation for housing costs.

Mulvey said local people should help make land-use and housing decisions. "There's wisdom in places like East Portland," he said. "We need to pay attention to that."

WORKSHOP TO OFFER GROUNDWATER BASICS

Anyone who drinks Portland's water has an opportunity to learn about groundwater from wells along the south shore of the Columbia River. That's the city's secondary drinking water source.

The Portland Water Bureau and the Columbia Slough Watershed Council are offering "Groundwater 101," a free workshop from 9 a.m. to 1 p.m. Jan. 25 at McKinstry Co., 16790 N.E. Mason St.

The groundwater basics will include local geology and hydrology, and how to protect the resource lying beneath

Portland, Gresham and Fairview.

"Learning about this precious but invisible resource is a step toward caring for it and protecting it," said Anna Buckley, program coordinator for the water bureau's water resources program.

The workshop will include hands-on and classroom teaching that is appropriate for adults and high school students aged 17 and older. Pre-registration is available at www.columbiaslough.org.

PROVIDENCE HIRES NEW HEART SURGEON

Providence Health and Services has recruited a heart transplant surgeon from the Methodist DeBakey Heart and Vascular Center in Houston.

Dr. Brian Bruckner will be surgical director for the transplant program Providence plans to open this year. He will join Dr. Gary Ott, another heart transplant surgeon. Dr. Jill Gelow, a longtime heart failure cardiologist, will be medical director for the team, which includes five other heart failure cardiologists.

The Providence Heart Institute received \$75 million from philanthropists Phil and Penny Knight in early 2019 to develop its program after four transplant physicians left Oregon Health & Science University. Last August, OHSU announced it planned to resume transplant care after recruiting three new advanced heart failure specialists.

GRANT PRINCIPAL TO RETIRE IN JUNE

Carol Campbell, Grant High School's principal for nearly seven years – and who served two previous years at Benson – has announced she will retire at the end of the school year in June.

Campbell has been an educator for 36 years, including four years as an administrator in the Newberg school

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district. She was a science teacher at Grant for nearly a decade before that move.

The Portland Public Schools' leaders courted Campbell in 2016 to become a superintendent for the district's high schools but she turned down the offer, citing work about to begin for Grant's two-year modernization project.

Campbell has been a "model of instructional leadership," said Joe La Fountaine, the district's regional superintendent for high schools. "Even as Grant High was being redesigned, Principal Campbell contributed many thoughtful additions that received national recognition for school architecture. Her wisdom will be missed."

In a note to parents at the end of December, Campbell thanked them for their support over the years. She also said, "It has been a gift to return to a school that my own children attended and where I taught for nine years."

SENIOR CENTER SEEKS MORE NEW VOLUNTEERS

If you're seeking a volunteer opportunity, the Hollywood Senior Center, 1820 N.E. 40th Ave., has openings to consider, especially for people who enjoy working with older adults.

People who can tutor those with a computer are always needed. So are customer assistants in the Golden Treasures Store, where hand-made items by local seniors are for sale.

Other opportunities include a reception desk assistant, special events assistants, lunch servers and the hospitality crew.

The schedules can be flexible and usually require a two- to four-hour commitment. The center is open 8:30 a.m. to 4:30 p.m. Monday through Friday. Information is available at 503-288-8303 or staff@hollywoodseniorcenter.org.

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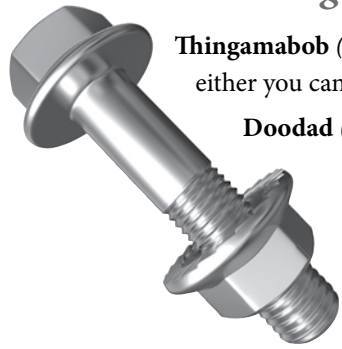
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★ STAR DEVELOPMENT NEWS

TWO HOUSING PROJECTS PROPOSED FOR 42ND AVENUE

Most of the 69 apartments proposed for two multi-story buildings to be built this year – within a block of each other on Northeast 42nd Avenue – will offer new, affordable housing on a vacant lot and on a one-time grocery store parking lot. The Bureau of Development Services is currently reviewing plans for both developments.

Society 42 developer Paul DelVecchio's proposal for the southwest corner of Prescott and 42nd is a new, three-story building with three apartments on each floor and an additional six sleeping units with access to a common kitchen. Also included are plans for a patio, landscaping and a new retaining wall to the west and south of the property. No on-site parking will be included.

"The project is at a smaller three-story scale to serve as a bridge between the 42nd Avenue commercial district and adjacent residential neighborhoods," said DelVecchio. Construction is expected to begin mid-year and a 12-month construction schedule is anticipated.

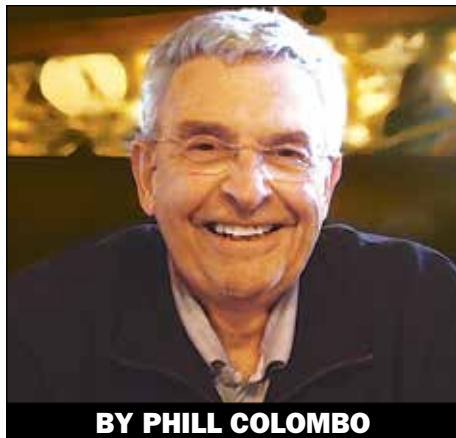
CDP Developers plans a larger, mixed-use, four-story building with 55 units for the northeast corner of 42nd and Going in the Cully neighborhood. The land was once a parking lot for the now-shuttered Dephina's Bakery. All apartments are proposed as affordable, including four artist loft units and community spaces. Eight parking spaces are proposed for the development – along with a green roof dry wells and pervious pavers for a courtyard.

CITY ADOPTS BETTER HOUSING BY DESIGN CONCEPT

The city adopted a new housing strategy in December by approving the Better Housing by Design concept, worked on by planning and sustainability staffers over the past year. The approved zoning and multi-dwelling map amendments are aimed at ensuring new apartment buildings and multi-family developments will better meet needs now and in the future.

Better Housing by Design amendments include expanding housing options with more flexibility and new incentives for affordable housing; addressing residential outdoor space needs; guaranteeing new development improves pedestrian access; providing specific standards for East Portland; and changing zoning to balance historic preservation goals with affordable housing incentives.

Implementation will begin March 1. For full code details and map amendments,



BY PHILL COLOMBO
PHILLCOLOMBO@STAR-NEWS.INFO

visit www.portlandoregon.gov/bps/80175. For more information on the transportation bureau's Connected Center Street plan for East Portland, visit www.portlandoregon.gov/transportation/71334.

RESIDENTIAL INFILL WORK SESSION LEADS TO MORE HEARINGS ON ZONE CHANGES

A December city council work session on the Residential Infill Project has led to public hearings scheduled for January 15 at 2:00 p.m. and January 16 at 5:00 p.m. Written testimony will be received up to the time of the hearings.

The planning and sustainability commission's recommended zoning changes include increasing the range of permissible housing types, expanding areas where these housing types would be allowed, scaling incrementally to increase building size limits for second or third units, removing minimum parking requirements and adding new garage design requirements.

Commission recommendations are available at www.portlandoregon.gov/bps/79619. For general project information, visit www.portlandoregon.gov/bps/infill or contact Morgan Tracy, project manager, at 503-823-6879 or morgan.tracy@portlandoregon.gov.

APPLICATIONS, PERMITS, UPDATES

In **Arbor Lodge**, Rosa Parks LLC has plans under review at 1605 N. Rosa Parks Way to build a new three-story, 18-unit apartment building with six units on each floor, two stairs, a bike/utility room, storage room and trash enclosure. A 966-square-foot, single-family residence has occupied the property since 1925.

At 7150 N. Greenwich Ave., Thuy Ngoc Wang has asked for assistance with plans



Society 42, a three-story apartment building proposed by developer Paul DelVecchio, is intended to gradually transition from a residential neighborhood to the south to a more densely populated business district to the north. (Koble Creative)

to deconstruct the 1,800-square-foot single-family residence on the property since 1940 and replace it with a three-story, 18-unit apartment building.

In **Boise**, K & C Custom Homes of Northeast Portland has applied for a permit to deconstruct a 1600-square-foot, single-family residence built in 1900 at 3516 N. Haight Ave. and replace it with six two-story attached townhouses.

In **Buckman**, Grand Opportunity LLC has requested early assistance with an application to build a new eight-story, 130,000-square-foot office building just over 98 feet high. Access from to 39 stalls of below-grade parking is proposed along with a separate entry loading. An alternate six-story plan has also been proposed. A 9000-square-foot retail facility has occupied the property since 1925.

In **Concordia**, Structure Development of Clackamas, has been issued permits to construct two new two-story, single-family homes at 6318 and 6332 N.E. 30th Ave. A 1600-square-foot, single-family residence has occupied the property since 1928.

In **Eliot**, Michael Nyland of West Linn, has asked for help with an application to build a new seven-story, multi-family building with 134 residential units surrounding an open courtyard, lobby, gym, active residential amenity space at 1835 N. Flint Ave. Plans call for four townhouses with parking under six levels of residential units. Additional amenities are planned, with shared laundry facilities and a seventh-floor kitchen and rooftop deck. A 7100-square-foot garage facility has been on the property since 1943.

In **Grant Park**, Portland Development Group has a permit to construct a new two-story, single family residence with a detached garage on a vacant lot at 2506 N.E. 27th Ave.

In **Humboldt**, Adrian Vasile of Happy

Valley, has plans to build a new three-story, six-unit apartment building. A 1200-square-foot, single-family residence has stood at 115 N. Going St. since 1906.

In **Kenton**, Columbia Pacific Homes of Southwest Portland has a permit to demolish a 1000-square-foot, single-family residence built in 1952 at 8510 N. Peninsular Ave. Plans are under review to position a new three-story, single family residence with a single-vehicle garage to face 2935 N. Argyle St.

At 2915 N. Hunt St., I & N Construction of Clackamas, has requested help with an application to build a new three-story, single-family residence with no garage. On the property since 1951 is a 1180-square-foot, single-family residence.

At 3019 N. Hunt St., SDB Investments LLC of Southeast Portland is seeking assistance with an application to construct a new two-story, two-unit town house with a single-vehicle garage in each unit.

In **Kerns**, The Movement Center has sought early assistance with an application to convert the Mann House at 1021 N.E. 33rd Ave. into an affordable housing complex serving low-income families. The proposal includes renovating the existing 51,000-square-foot building, built in 1911, and creating a new 36,000-square-foot addition. A total of 88 units will be created, including eight three-bedroom, 35 two-bedroom and 45 one-bedroom apartments.

Around the corner at 3100 N.E. Sandy Blvd., Sandy Lot Portland of La Jolla, Calif., has been issued a permit to deconstruct the 5100-square-foot, former Tonic Restaurant building, built in 1926. Plans are being reviewed for a 113-unit, assisted-care facility for the site and vacant property to the east along Sandy Boulevard.

- CONTINUED ON PAGE 9

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★ STAR DEVELOPMENT NEWS



CDP Developers has proposed a 55-unit, four-story affordable housing project for the corner of Northeast Going Street and 42nd Avenue on the former Delphina Bakery's parking lot. (CDP Developers)

At 1642 N.E. Sandy Blvd., George Kassapakis of Southeast Portland has sought early assistance with an application to construct a new, four-story hotel with lobby and commercial space on the ground floor. The proposal includes keeping a portion the existing single-story, 32,000-square-foot warehouse.

At 2519 E. Burnside St., P7 LLC has asked for assistance with an application to demolish a single-story veterinarian clinic and attached two-story dwelling. The 3100-square-foot structure was built in 1928.

At 2510 N.E. Sandy Blvd., Some Knucklehead has plans under review for a new five-story, 49-unit multifamily mixed-use building with ground floor retail and one accessible dwelling unit in an attached ground-floor annex building.

In **King**, Firenze Development of Wilsonville has plans at 4044 N.E. Rodney Ave. to build a new, two-story single-family residence with a single-vehicle garage and a new one-story ADU. In October, the city issued a permit to deconstruct the 1000-square-foot, single-family residence and garage that had been on the property since 1908.

At 5733 N.E. M.L.K. Blvd., PDX Redevelopment of Wilsonville, is seeking assistance with an application to erect a new five-story apartment building with about 72 units, 20 parking spaces, two community rooms and bike parking. A 2800-square-foot auto retail facility has occupied the property since 1995.

At 3915 N.E. 10th Ave., Town Developments of Vancouver has asked for assistance with an application to build a new three-story duplex with a single-car garage for each unit. An application is also being reviewed to demolish an 880-square-foot, single-family residence on the property since 1977.

At 1130 N.E. Alberta St., Alberta Street Development of Seattle has plans under review to build a new five-story hotel with underground parking. The main and second floors are proposed to include gym and retail or office space. The property has been occupied since 1952 by a 2500-square-foot general commercial building.

In the **Lloyd District**, TMT Lloyd Retail of San Francisco has plans under review to demolish the entire inside of a restaurant at 1200 N.E. Broadway without changing the exterior configuration.

In **Montavilla**, Oregon Real Estate Solution of Happy Valley, has a permit to construct a new two-story, single-family residence with a one-vehicle garage at 925 N.E. 74th Ave. A 2000-square-foot single-family residence has stood on the property since 1890.

In **North Tabor**, David Lee Higgs Revocable Living Trust has plans

under review at 5635 N.E. Glisan St. to deconstruct a 2000-square-foot, single-family residence and detached garage built in 1924. The city is also reviewing plans to construct a new three-story, 12-unit apartment building with trash/electrical room and covered bike storage area on the ground floor.

At 5615 N.E. Glisan St., Reilley Signature Homes of Northeast Portland has plans for four, four-story town homes at 508, 512, 516 and 520 N.E. 56th Ave., each with a single-vehicle garage. A permit is also under review to deconstruct the 1160-square-foot single-family home and detached garage on the property since 1922.

In **Overlook**, Rupert Enterprises of Northeast Portland has plans under review to construct a new four-story, mixed-use building with three retail spaces on the ground floor and 15 living units on the upper floors at 4224 N. Interstate Avenue. A 1000-square-foot auto repair shop built in 1940 has occupied the triangular property along the MAX tracks.

At 1235 N. Prescott St., Owen Gabbert, Matthew Lehman and Brian Fanning have applied for assistance with a permit to build a new three-story duplex. A 1200-square-foot, single-family residence has occupied the property since 1888.

In **Rose City Park**, Barley Pod has asked for assistance with plans to construct a new three-story, three-unit apartment building at 1435 N.E. 62nd Ave. A 1200-square-foot single-family residence has occupied the property since 1949.

In **Sabin**, Firenze Development of Wilsonville, has been granted permits to deconstruct a 1300-square-foot, single-family residence built in 1900 at 4555 N.E. 14th Place and to construct a new single-family residence with a single-vehicle garage and a new detached accessory dwelling unit.

In **Vernon**, 15th Avenue LLC is seeking assistance with plans to build two new three-story, 19-unit mixed-use buildings in two phases at 1463 N.E. Killingsworth St.

In **Woodlawn**, Michael Walker has plans to construct a new two-story, single-family residence with one-vehicle garage at 1315 N.E. Liberty St. Also under review, Walker's intention to demolish a 1000-square-foot, single family residence on the property since 1967.

At 6255 N.E. 16th Ave., Benna Gottfried has received a permit to build a new two-story, single-family residence with a single-vehicle garage. A deconstruction permit was issued and executed last summer for the 800-square-foot structure on the property since 1927.

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42ND AVENUE



BY ERICA SOMES
ERICASOMES@STAR-NEWS.INFO

HISTORY OF THE HOOD

Long, long ago, back in the early 1900's, before any of us were alive, there was a dairy, with real mooing cows on 42nd Avenue. Wait. What? Really?

Now, everyone knows I love farm animals, so let's pull on our Carhartt overalls, throw on straw hats, close our eyes and dream about being on a farm.

My dream farm has lots of stacked firewood; alpacas; a woodburning hot tub, surrounded by goats, chickens and a mule named Festus; multiple flavors of iced mimosas and a barbecue grilling tofu.

What about you? Message me and let me know what your imaginary dream farm would be. You might get a visit from my real-life, city goats Clayton and New York. 2020 is going to be a great year. First goat visits. What next?

Back to business: The Steigerwald Dairy was a farm located between Northeast 42nd and 52nd avenues and Prescott and Killingsworth streets.

Yes, where some of you lucky readers now live, there used to roam adorable, cud-chewing milk cows. The dairy workers milked the cows by hand, then delivered the man-handled milk directly to homes daily, in spiffy glass bottles by – you guessed it – milkmen.

I would say “milk people,” but back then women weren't allowed to vote, so it's not surprising they didn't deliver milk either. The passage of the 19th Amendment on August 26, 1920 did allow women the right to vote, but I could not find information about when women were allowed to start delivering milk. Apologies. Check your handheld Funk & Wagnalls devices, and let me know what you find out?



Gina Cadenasso at Bolt Neighborhood Fabric Boutique. (All photos by Erica Somes)

SIGNIFICANT TRIVIA

The Steigerwald Dairy originally distributed their milk products from Northeast 43rd and Sandy, until 1926 when they unveiled a huge milk bottle at the corner of 37th and Sandy, rising 75 feet into the air. The towering architectural masterpiece was, at the time, the tallest structure in Northeast Portland. Over the years, the milk bottle has been transformed into a neon 7 Up sign, a Budweiser beer sign and, currently, a Director's Mortgage sign sits atop the old Steigerwald milk bottle building.

BOUNDARIES

For the purposes of this month's excursion I began my journey at 42nd and Fremont, meandering north and stopping at Killingsworth. I stopped at places that called to me spiritually. Obviously, I find foosball particularly moving, as well as farming and alcohol.

BRASS TACKS

Now, let's get down to brass tacks, which, considering we are talking dairy farms, seems pretty down home. I found a place to play games and a place that plays live music. I found a place you can learn to darn socks and make quilts. I found a place that will train your “cowdog” and a place to buy animal feed and antique farm equipment. I rounded out my 42nd farm experience by finding a shop that sells plants for the urban farmer and gardener. The mixture of super old establishments

and burgeoning new businesses makes for an interesting vibe, making it easy for anyone to find their very own happy place.

DOGGY BUSINESS

Along with coffee, beer and yoga, Portlanders love their dogs. The owners of Doggy Business are the kind of people you want helping you with your dog. For the last 11 years, Doug Duncan and Meredith Wilson have provided dog daycare, group training classes and private dog training. They like to say that in a city of dog lovers, their goal is to help you enjoy life with your dog by your side. Doug Duncan has a mouthful of credentials including an MA, CTC, CPDT-KA and a CBCC-KA. He attended the Harvard of dog training schools at the San Francisco Academy for Dog trainers in California. I especially love this place because they don't just teach you and your dog basic dog stuff, they have specific “sniffing” classes, “tricks” classes and even “teaching sports” classes so you can wow everyone at the dog park. **Address:** 4905 N.E. 42nd Ave. **Phone:** 503-327-8877 **Web:** www.doggybusiness.net **Instagram:** @doggybusinesspdx

SPARE ROOM RESTAURANT & LOUNGE

The Spare Room used to be a bowling alley and is now home to stiff drinks, bingo, and some of the best music in town. Longtime regulars Angela and Danielle are cousins who I sat next to when I stopped in for a drink. The locals, who seemed to know every person there, told me I looked 23. Apparently, the lighting does wonders for the skin. Therefore, I encourage every woman to visit the Spare Room for a beverage. You'll feel years younger. Angela and Danielle had plenty to say and were very welcoming. They told me that, yes, as advertised on the sign outside, Ladies Night is on Wednesday. That means there are drink specials for the ladies. I've run by that sign hundreds of times and always wondered, “Is there really a Ladies Night?” Then I keep running. Because stopping at a bar to drink, in running gear, always seemed, well, weird. The ladies introduced me to saxophone player Devin Phillips, who was hanging out. He plays every month at the Spare Room as well as all over the world. Portland! It's the greatest place to be. **Address:** 4830 N.E. 42nd Ave.

Phone: 503-287-5800 **Web:** www.spareroomdpdx.com
Instagram: @spareroomdpdx

WILSHIRE TAVERN

This old neighborhood pub has been around as long as anyone can remember and according to Mariah and Nicole, two of the coolest and nicest bartenders around, the site of the pub used to be a speakeasy disguised as a soda fountain and now has a world famous foosball player that swings by every Friday night. Typical Portland awesomeness. The Wilshire Pub has shuffleboard, pool, pinball and my favorite: foosball. If you want to drink, and if you're in a pub, well duh, there is lots of beer and even hot peanuts and pistachios to munch on! They don't sell booze or take credit cards. It's a cash and beer only establishment. Apparently credit cards and liquor attract unseemly characters. **Address:** 4052 N.E. 42nd Ave. **Phone:** 503-284-8083.

PORTLAND BLOEM

Don't be fooled by their official Alberta Street address, Bloem sits right on the corner of 42nd and Alberta. Bloem is a small floral delivery service as well as a private garden design company. They also provide floral services for events and weddings and host pop-up events at their 42nd Avenue location. With an OLCC license their events are full service. I found myself enamored with the exotic selection of indoor and outdoor plants during my visit. I wanted to take home every fern in the place. The velvety leaves of the “vegan antlers” – also known as staghorn ferns – almost made it to the cash register with me. **Address:** 4205 N.E. Alberta St. **Phone:** 503-765-6175 **Web:** www.portlandbloem.com **Instagram:** @portlandbloem

CULLY FARM STORE

Farmer Ted started out three years ago on 42nd Avenue as a pop-up shop in a cargo container. Now he has his own brick and mortar behind Bloem. It's a quaint little shop that oozes history and feel-good farm vibes. Cully Farm Store sells chicken, goat and rabbit feed as well as special order feed requests. It is also the retail location for Bridgetown Bees, a local group focused on the education and raising of honeybees in the city. Cully Farm Store sells honeybee hive supplies, mason bee supplies and eggs, as well as antique farm and gardening tools that Farmer Ted has salvaged, repaired and reconditioned. **Address:** 4209 N.E. Alberta St. **Phone:** 503-729-3508 **Web:** www.cullyfarmstore.com **Instagram:** @cullyfarmstore

BOLT NEIGHBORHOOD FABRIC BOUTIQUE

Bolt is having its one year anniversary at the 42nd street location this January. They moved after outgrowing their previous location on Alberta, where they were in business for 13 years. The spot on 42nd Avenue is three times as large as the Alberta space, allowing owner Gina Cadenasso room to set up a permanent sewing machine class. Cadenasso also provides a huge variety of classes for the community, which you can learn about on her website. You could take a class to learn how to make jeans, T-shirts, aprons, tote bags or even feminist cross-stitching. I'm sure they even talk about the inequality of milk-delivering opportunities at every meeting. If you decide you like sewing so much you want to do it at home, Bolt partners with Montavilla Sewing and sells the exact same machines that you learn on in the store. **Address:** 4636 N.E. 42nd Ave. **Phone:** 503-287-BOLT **Web:** www.shop.boltfabricboutique.com **Instagram:** @boltfabricpdx



Kathryn at Portland Bloem.



Farmer Ted at the Cully Farm Store.



Meredith Wilson and Doug Duncan at Doggy Business.



Mariah and Nicole at the Wilshire Tavern.

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Seniors mine Zumba Gold to keep fit

By Janet Goetze
janetgoetze@star-news.info

On Friday afternoons, about a dozen people dance in the main room at the Hollywood Senior Center and they're not waltzing. They're following singer Harry Belafonte's direction to "Shake, shake, shake, Senora. Shake your body line ..."

And when they're through shaking the body line, they move into a brisk two-step, raise their arms overhead and follow the leader's direction to "swoosh those hands down toward the knees."

The leader, Debbie Karavias, sometimes wears a T short proclaiming, "Zumba Mama." Sometimes she wears a bright yellow shirt over flowered tights. However she's attired, she and the other dancers keep moving in the Zumba Gold hour.

Karavias began teaching Zumba about a decade ago, sometimes in dance studios and sometimes in fitness gyms. Then, she said, "I aged out."

The sessions she leads at the senior center, she claimed, are modified from the Latin-inspired, cardio-dance workout that began in the 1990s with the Colombian dancer and choreographer Alberto Perez. That's why the classes she now leads are called Zumba Gold for those in their golden years.

However modified they might be, the steps, swoops and hip-swinging offer a calorie-burning, cardiovascular workout. While the music is often Latin or Caribbean, anything upbeat works to keep the party fun. And fun is intentional. Some people find exercise tedious, but nobody finds Zumba Gold boring.

In fact, said executive director Amber Kern-Johnson, the music from the Friday



Debbie Karavias leads Zumba Gold classes at the Hollywood Senior Center. The classes are popular because, she says, "So many people love to dance that are not into exercise." (Janet Goetze)

afternoon class, scheduled an hour before closing, gives everyone an emotional lift.

Sarah Barrett, the center manager, was drawn out of her office and onto the dance floor one afternoon.

"I shouldn't be participating, but I can't help it," she said. "The music rocks the whole center."

Zumba Gold has become so popular, Kern-Johnson said, that a 9 a.m. Monday class has been added to the center's activity schedule. It's in a smaller space, however, and the music isn't turned up as loud so it won't disrupt other events.

"I get a double dose," said Ron Thurston,

one of several people who attend both the Monday and Friday sessions. He praised instructor Karavias for her patience and ability to work in new moves.

"She respects our capabilities and makes it a lot of fun," Thurston said. "And you feel better when it's all done. You laugh."

Several center-goers requested a Zumba Gold class, Kern-Johnson said, and the staff was pleased to find Karavias was interested in working with older adults of many levels of experience.

"It's very important for overall health and well being to be active," the director said. That's why the senior center offers a variety of activity programs. These include tai chi, several forms of yoga, and exercise for those with arthritis. A few months ago, a weekly walking group resumed, too.

Many of the programs are designed to support stability, reduce falling and

offer the benefit of social interaction and connection, Kern-Johnson said. Studies show that people who are isolated experience a decline in physical and emotional health, she said.

In addition to classes at the center, 1820 N.E. 40th Ave., the staff partners with Urban League of Portland to coordinate North and Northeast activities. These are at Bridge Meadows, 8502 N. Wayland Ave.; Trenton Terrace Community Room, 4720 N. Trenton St., and Leaven Community Center, 5431 N.E. 20th Ave. Most classes are free, but the center encourages donations to support programs.

Activities for older adults also are offered at centers requiring membership or payments, although many costs are covered by Silver&Fit for Medicare beneficiaries and those enrolled in Medicare Advantage and Supplement insurance plans. These centers include the non-profit Northeast Community Center, 1638 N.E. 38th Ave., and the Portland Parks Bureau's Matt Dishman Community Center, 77 N.E. Knott St.; Peninsula Park Community Center, 700 N. Rosa Parks Way, and Montavilla Community Center, 8219 N.E. Glisan St.

Back on the dance floor, Karavias encouraged newcomers to join the fun without worrying about steps. "If you don't get it right, nobody cares," she said.

One of the dancers, Nancy Hoit, enjoyed a Zumba class until she had an ankle injury three years ago. She heard about the Zumba Gold sessions and, with her ankle improved, joined the senior center class. "I like it because you get so much exercise," she said.

Maureen Phillips seemed to be dancing as heartily as anyone. However, she said, "I dislocated my artificial hip last week so I'm being very careful. But I love it."

Zumba Gold attracts people, Karavias said, "because so many people love to dance who aren't into exercise." And, she added, "We ought to dance through life."



Maureen Phillips, foreground, follows teacher Debbie Karavias, right, in a class that features Latin, Caribbean and other upbeat music. Participants say the aerobic workout is more fun than a standard exercise class. (Janet Goetze)

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Madison grad heats up as firefighter in training

By Erica Somes
ericasomes@star-news.info

Roxie Louis, a fourth-generation Northeast Portland resident, lives with her parents and younger sister in the home her parents purchased from her grandparents. She is a third generation Madison High graduate and is working toward becoming a second-generation firefighter, after completing the Fire Protection Technology program at PCC. She is the youngest student in the program this year and one of only three women.

Louis was a varsity athlete in both soccer and basketball at Madison and took many dual-credit and advanced-placement classes as a student. Her uncle, a retired firefighter, encouraged her to participate in a three day fire camp between her junior and senior years at Madison. The camp is designed to build confidence, leadership and team skills in young women through hands-on training.

"It changed my whole perspective on what a woman could do and it really made me want to be a firefighter," said Louis. "We also learned how to cut the roof off a car with a circular saw – and make it into a convertible."

After camp, Louis applied to the Portland Fire and Rescue cadet program. She was accepted and spent one morning every weekend during her senior year in the training program.

"It was really about learning everything," said Louis. "There were different scenarios each day, using hydrants, hoses, ropes, ladders – and we

also learned a lot about physical fitness." What is life like in the PCC program?

"I have a job, working seven hours a day Monday through Thursday," said Louis. "At night, I complete reading assignments and take tests online. On Friday, Saturday and Sunday I go to the Cascade campus. There are 16 of us in the program and we're all in uniform by 8:00 in the morning. We check equipment, clean the bay, check engines and start power tools. Then we dress down and run, finishing at a park by the school for exercises. Each of us calls out a workout – 20 pushups, 20 squats, 20 sit-ups, etc. – and it goes all around. Then we run back to campus and do more skills work. The next day, we repeat."

During winter break, after fall quarter is over, Louis is taking a break – along with the rest of the college world. She has completed and passed the skills test.

"Now I'm just waiting for the results of the national test I took," said Louis. "I won't get those until the end of January."

What is she doing while she waits? "I'm beginning an accelerated emergency medical technician program," she said.

This young woman does not slow down. Louis will continue to workout daily in preparation for applying to become a volunteer firefighter, after she completes the PCC program. The physical fitness tests are strenuous. Louis hopes to become a full time firefighter. This tenacious, bright and articulate young woman seems destined to accomplish whatever she puts her mind to and second-generation firefighter is likely a sure thing.



Roxie Louis, left, is a fourth-generation Northeast Portlander working toward becoming a second-generation firefighter.



Roxie Louis, left, has an uncle who is a retired firefighter. He encouraged her to participate in a Portland Metro Fire Camp.



Roxie Louis, left, spent one morning every weekend during her senior year in at Madison in the Portland Fire and Rescue cadet training program.

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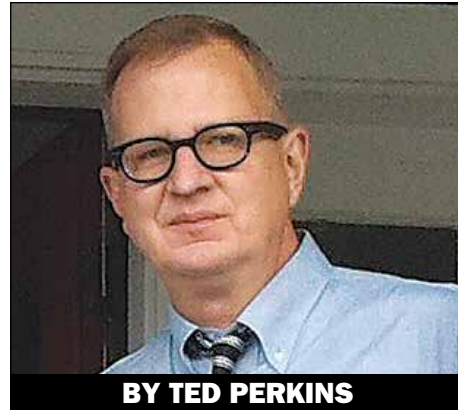
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BY TED PERKINS
TEDPERKINS@STAR-NEWS.INFO

PACIFIC HOLIDAY CONSIGNMENT BOUTIQUE OPENS IN BEAUMONT VILLAGE

In September, Allyson Medeles opened Pacific Holiday consignment shop at 4443 N.E. Fremont St. in Beaumont Village. The space has a long history as home to consignment shops, previously housing Daniellea Martin's Denim and Gin and, for many years, Beth Kribs' My Girlfriend's Closet. The new shop offers curated resale for women's and men's clothing and accessories.

Medeles has a background in retail clothing and designs for her own clothing line "Hermosa." She has worked for the famous couture bridal designer, Monique Lhuillier, and has also worked in the music industry, including the first Coachella festival in 1999. The Beaumont Village space was transformed for Pacific Holiday in about a month.

"We had an awesome contractor friend get the space ready," said Medeles. "Our equally awesome landlords did some improvements, too. We have lived in the area for 11 years and have many friends here. Our son is in a neighborhood school. On Fremont Street, we already frequent Happy Day Juice Company, Grand Central Bakery, Silhouette, Pip's, Cupboard Goods, Beaumont Florist, Gazelle, Gustavo Soares at State Farm Insurance, Blackbird Wine and Green Dog Pet Supply."

Medeles has been shopping consignment since she was a little girl. "I opened Pacific Holiday with the intention of creating a shop that is gentle on the planet and keeps clothing out of our landfills," said Medeles. "Friends can gather, shop, learn and find beautiful things. Pacific Holiday takes into consideration the impact of fashion on the environment. Consideration of climate change, sustainability and reducing waste are part of the business model."

For more information, call 503-753-8717 or visit www.pacificholidaypdx.com.

PROVIDENCE NAMES NEW CHIEF PHILANTHROPY OFFICER

Kelly Buechler has accepted the position of chief philanthropy officer for Providence Foundations of Oregon. Buechler is well known in the philanthropic community, having served as the executive director for Providence Portland Medical Foundation for 16 years.

During that time he also has been overseeing philanthropic efforts for the foundations in Providence Hood River Memorial Hospital, Providence Milwaukie Hospital, and Providence Medford and Providence Willamette Falls medical centers.

– CONTINUED ON PAGE 15

TOO SWEET BARBERSHOP OPENS IN ROSEWAY

This summer, Drew Miller and Maclain Bartley opened Too Sweet Barbershop at 6906 N.E. Sandy Blvd. in the Roseway neighborhood. The location was previously a barbershop owned by Paul Yurich from 1993 to 2019.

"I worked for Paul from November 2018 until he closed at the end of April 2019," said Miller. "I never planned on opening my own barbershop, but Paul offered me the place and I couldn't turn it down. There were a lot of renovations to be done so I asked my friend Maclain to partner up with me and we tackled it together."

Miller and Bartley did all the work in about a month, with new walls, ceiling, floor, plumbing and more.

"Luckily our space is small enough that it was manageable" said Miller. "We did the remodeling ourselves and with some help from my family. We offer haircuts and styling to all sorts of folks. People often think of barbershops as only servicing men. That's not the case for us. Hair is hair, no matter the texture, length, style, or person that it's on. We pride ourselves on being a shop that anyone can feel comfortable in. A large number of our clientele are women, kids, and non-binary folks who just want a relaxed environment to express themselves. We also sell pomades, hair creams and beard balms."

"I love the Hollywood and Roseway areas of Portland," said Miller. "When I moved here, my first job was at Case Study Coffee down on 57th and Sandy. I go to Cosmic Monkey Comics a lot and we frequent the food carts down by Hollywood Fitness too. It's a nice, relaxed, and fun part of town that is increasingly having more to offer. Our building buddies at the Mom and Pop Wine Shop and Ben and Esther's Bagels are great neighbors and provide excellent service to the community."

Beginning January 2, Too Sweet will be open seven days a week, from 8:00 a.m. to 5:30 p.m. For more information, call 503-331-0359 or visit www.toosweetbarbers.com.



Maclain Bartley, left, and Drew Miller have opened Too Sweet Barbershop in the Roseway neighborhood. The location was previously a barbershop owned by Paul Yurich. (Jane Perkins)




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★ STAR BUSINESS BUZZ



Allyson Medeles, center, opened Pacific Holiday consignment shop at 4443 N.E. Fremont St. in Beaumont Village. The space has a long history as home to consignment shops. (Jane Perkins)

Buechler has played a major role in fundraising for Providence across Oregon, including the Providence Together Campaign that was completed in 2009. That campaign raised \$154 million in five years for cancer research, as well as for services supporting children's health, brain and spine, and heart care.

Most recently, Buechler and his team at Providence were integral in working with Robert W. Franz and Elsie Franz Finley. Together, the Franz siblings gave more than \$100 million to benefit a myriad of programs and services at Providence, including nursing education, the Center for Medically Fragile Children, palliative care, radiation oncology and most notably cancer research.

Buechler will lead the 10 Providence foundations throughout Oregon, as well as fundraising for eight areas of focus: behavioral health, brain and spine, cancer, children's health, ethics, heart, orthopedics and senior health.

For more information, visit www.providence.org/oregon.

ICONIC TOWNSHEND'S TEAHOUSES REOPEN UNDER NEW – BUT FAMILIAR – NAME

Townshend's Tea Company and Brew Dr. Kombucha are now united under the name Brew Dr., but they have always been part of the same company.

In 2006, Matt Thomas founded Townshend's Tea Company. The company now has six locations in Oregon, including 2223 N.E. Alberta St. in the Concordia neighborhood and 3917 N. Mississippi Ave. in the Boise neighborhood.

Thomas began making kombucha from the same teas and botanicals served in his teahouses. He decided to grow a new arm of the company and named it Brew Dr. Kombucha.

Over the years both companies have grown, and in order to better communicate

their connection, the brands have now unified under a single name.

From classic teas, chai, matcha and boba to raw kombucha, neighbors will find both their favorites as well as new innovations being served at Brew Dr. Teahouses.

"We've had a cool story as a tea company that used its creativity to launch a kombucha brand," said Thomas. "Now we're looking forward to telling that story easier, and finding new ways to offer our customers continued creativity with tea."

For more information, visit www.brewdrtea.com or www.brewdrkombucha.com.

MURRAY KOODISH STEPS DOWN AT NEBBA, AFTER DECADE OF SERVICE

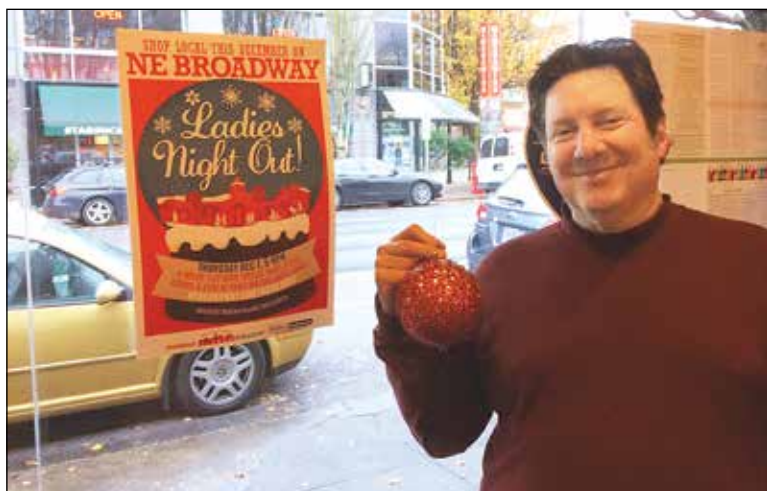
At last month's annual meeting and holiday party for the Northeast Broadway Business Association, Murray Koodish announced that he will be stepping down from his leadership role after a decade with the association.

In 2010, Koodish recruited a new board and revitalized the association to begin a decade of work that would transform the district, including bringing together six neighborhood associations and four business associations to form the Broadway Weidler Alliance.

Koodish expanded the Summer Super Sale, launched Ladies Night Out for the holiday season and a Health and Wellness Challenge in the spring. He also launched the association's website and newsletter, secured \$45,000 in grants from Venture Portland and increased the association's membership by 155 percent.

In 2017, Koodish hired the district's first professional business district organizer and positioned the association to succeed going forward.

For more information, visit www.nebroadway.com.



Murray Koodish will be stepping down from his leadership role with the Northeast Broadway Business Association, after a decade with the association. (Jane Perkins)

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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:



info@forumlawgroup.com
www.forumlawgroup.com
(503) 445 - 2100



Sarah Feldman
Northeast Portland Mom,
Attorney at Law

HIGH SCHOOL CONFIDENTIAL

Teens find multiple ways to stay fit

BY GRACE OJA, MADISON JUNIOR



Teen health and fitness can take any form, depending on whom you talk to.

For example, here at Madison, Eli loves to dance. "It allows me to exercise while engaging in art which is something I haven't found in any other form of exercise," he said.

On the other hand, both Loi and Trinity prefer the more traditional route of running.

Loi tries to run for two hours, "twice a week or so," or at least "to walk 10,000 steps."

Trinity enjoys her Sunday morning runs, but her main form of exercise comes during cheer practice.

I've heard a lot of kids around the halls lately mention that they're trying to run more. It's a simple, low-key way to exercise. I've personally found it to be a good way to

take a break from homework. This has proved especially helpful so far, during junior year.

In conclusion, there is no perfect way to "stay fit", besides finding what you enjoy and what makes you feel good.

Central Catholic tennis ace Emme Do serves up plans for future

BY LIV TRAN, MADISON JUNIOR



Maintaining a healthy lifestyle can be difficult for people who have busy schedules. That is no different for Central Catholic student athlete, Emme Do.

Do is Vietnamese and both her parents were born in Vietnam. Do went to

Archbishop Howard for elementary school and Beverly Cleary for middle school. She grew up in the Grant neighborhood.

Do has been playing tennis since she was ten. Now she is a junior at Central Catholic. Do says that although she is often busy with homework, she maintains her health by jogging at least three times a week and she tries to keep her diet healthy.

"Since my family is Vietnamese, our meals almost always consist of a lot of vegetables and a lot of protein," said Do. "Those two things are important to keep your body fit."

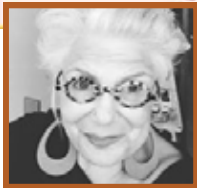
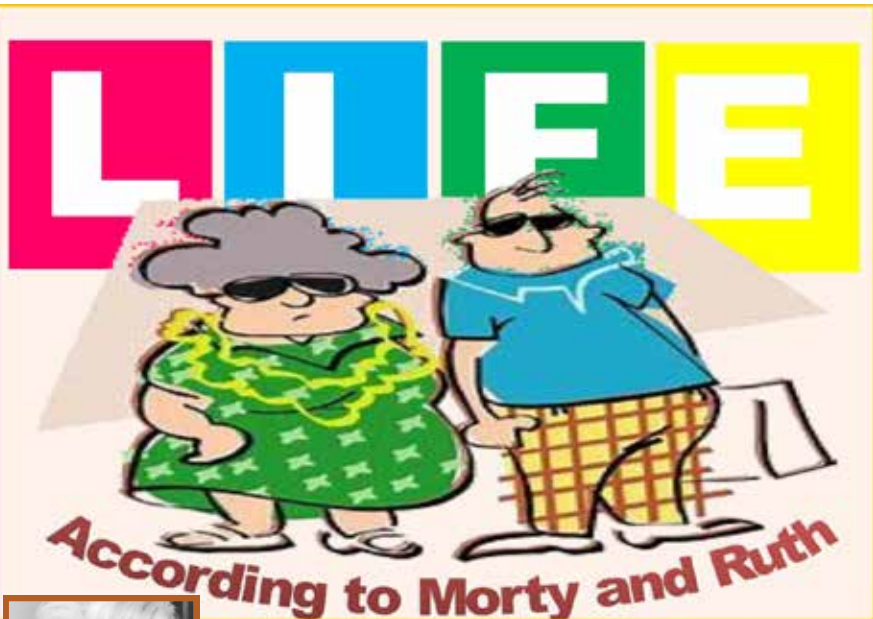
Do plans to attend dentistry school at Pacific University. When I asked her what she believes her future will look like, she responds, "A steady income, a good group of friends and an apartment in San Diego."

Do does not plan on playing tennis competitively in the future, but still hopes it can be a fun activity to do with her friends. Do is working hard in school and saving up in order to achieve her future goals.

Do said her way of dealing with failure is to learn from it and improve.

She's an ambitious and hardworking person who sets high goals. She says that although money and education are important, she'll always put her health and happiness first.

Do you remember when life was just simpler and you just laughed? Well...now you can again....



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Star NEWS

It's the people that make our neighborhoods special! Here's just a few favorites from last year.



JANUARY 2019 CALENDAR

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 by the 15th of the prior month. If possible, follow the format used in the calendar. Calendar compiled by Janet Goetze.

KIDSTEENS AND FAMILIES

DISCUSS GRAPHIC NOVELS

Jan. 5. 2:30-3:30 p.m. Kids in grades 2 to 5 and their favorite adults read and discuss comics and graphic novels, exploring how art and story work together. A limited number of books, "Sanity & Tallulah," by Molly Brooks, are available or bring your own. Space is limited. Free. www.multcolib.org, 503-988-5123. Hollywood library, 4040 N.E. Tillamook St.

LEARN JEDI TRICKS

Jan. 11. 12 noon to 1 p.m. Kids in grade 3 or higher can learn Jedi magic tricks with static electricity. Learn about subatomic particles while experimenting with balloons and other items to determine a place in the Triboelectric series. See the effects of positive and negative charges while learning about conservation of charge. Free. Registration required: www.multcolib.org or 503-988-5123 or in the Albina library, 3605 N.E. 15th Ave.

PIZZA SUPPORTS SCHOOL

Jan. 14. 4-10 p.m. "Pizza for Pencils" is a fund-raising event for Beaumont Middle School. The restaurant will donate 15 percent of dine-in and carryout sales for the school. HOTLIPS Pizza, 5440 N.E. 33rd Ave., near Killingsworth St.

MARK LUNAR NEW YEAR

Jan. 18. 2-4 p.m. Mark the Lunar New Year, one of the most important holidays in many Asian cultures. Celebrate life, good health and prosperity. Enjoy cultural performances, educational activities and light refreshments. Free. www.multcolib.org, 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

LEARN ELECTRONICS

Jan. 18. 3-4:30 p.m. Students in grades 3 and up may use snap circuits to explore the fundamentals of electronics. They develop a basic understanding of series and parallel circuits by using snap circuits and wires to build models using LEDs and fans. Free. www.multcolib.org, 503-988-5123. Kenton library, 8226 N. Denver Ave.

VISIT ST. ROSE SCHOOL

Jan. 30 and Feb. 3. 6 p.m. both days. Learn about the comprehensive Pre-K-8th grade education offered at St. Rose School. Spanish, PE and more help form life-long learners who respect others and serve their community. RSVP at strosepdx.org. Information: 503-281-1912 or info@strosepdx.org. St. Rose School, 5309 N.E. Alameda.

FOR ART LOVERS

CONCORDIA SHOWS ART

Jan. 6. 7 a.m. to 12 midnight. Heather Goodwind's archetypal images are a personal anthology in paint, ink and graphite. On display through March 20. Free. 7 a.m. to 12 midnight Monday-Thursday; 7 a.m. to 10 p.m. Friday; 7:30 a.m. to 10 p.m. Saturday; 12 noon to 12 midnight Sunday. 503-493-6370. Concordia University library, 2811 N.E. Holman St.

LEARN CLAY SCULPTURE

Jan. 12. 2:30-4:30 p.m. Beginning and intermediate students explore techniques in clay for creating sculptures relating to the human form. Resource lists provided. Firing not included but participants receive information on where to have it done. Free. Registration required: www.multcolib.org or 503-988-5123 or Gregory Heights library, 7921 N.E. Sandy Blvd.

EXPLORE ACRYLICS

Jan. 18. 1-2:30 p.m. Abstract acrylics can beat the winter blues in a colorful and playful workshop. Learn painting techniques and design tips and hear options for finishing touches and display methods. Free. Registration required. www.multcolib.org or 503-988-5123 or Hollywood library, 4040 N.E. Tillamook St.

CATCH A FILM

SEE 'PHANTOM THREAD'

Jan. 4. 3 p.m. See "Phantom Thread" in 70 mm. Daniel Day-Lewis plays a renowned dressmaker who, with his sister, played by Lesley Manville, are at the center of 1950s British fashion. \$12 general, \$10 senior and student. 503-493-1128. www.hollywoodtheatre.org. Hollywood Theatre, 4122 N.E. Sandy Blvd.

BAND JOINS FILM

Jan. 16. 8 p.m. View "Little Miss Sunshine" accompanied by the band DeVotchKa. \$28 advance, \$35 at door, \$45 preferred seating in advance. Meet and greet package includes post-show private performance with band plus group photo. \$58 and \$75. www.albertarosetheatre.com. Alberta Rose Theatre, 3000 N.E. Alberta St.

VIEW 'SOUVENIR'

Jan. 29. 7:30 p.m. Part of the Latin American film festival is "Souvenir," which includes the enigmatic Isabel who decides to become a surrogate mother, hoping to reunite

with her 4-year-old son who has been detained by U.S. authorities. \$10 general, \$8 senior, student. 503-493-1128. www.hollywoodtheatre.org. Hollywood Theatre, 4122 N.E. Sandy Blvd.

HEAR MUSIC

HEAR FLUTE MUSIC

Jan. 7. 6:30-7:30 p.m. Kotori and other musicians present Japanese flute music along with some history of different instruments and Japanese culture. Hear traditional and contemporary music. Free. www.multcolib.org, 503-988-5123. Albina library, 3605 N.E. 15th Ave.

JOIN HOOTENANNY

Jan. 11. 3:15-4:45 p.m. Bring your acoustic stringed instruments for a hootenanny and sing-along. Open to all. Sheet music provided. Music stands needed. Free. 503-284-3377. Northeast Community Center, 1630 N.E. 38th Ave.

SEE A PLAY

LAUGH WITH QUICK WITS

Jan. 17. 7:30 p.m. The Young Professionals Company at Oregon Children's Theatre presents "Impulse," an improvisational comedy troupe. Eight company members use quick wits to present a humorous evening of improvisational theater. Recommended for age 7 and older. Continues to Feb. 2. 7:30 p.m. Fridays and Saturdays; 2 p.m. Sundays. Thursday Jan. 30 at 7:30 p.m. \$12 in advance, \$15 at door, \$8 for groups of 8 or more with code YPGROUP1920. www.octc.org or 503-228-9571. Young Professionals Studio Theater, 1939 N.E. Sandy Blvd.

- CONTINUED ON PAGE 18



SOUVENIR
JANUARY 29

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ROSE BOWL GAME
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Gym · 2 pm game

Thursday, January 2
Gary Bennett and the Coattail Riders
Classic country
Gym · 7 pm

Saturdays, January 4 & 18
Opera on Tap
Live opera singers in & around the Honors Bar.
7 - 9 pm · 21 & over

Sunday, January 5
CRAIG CAROTHERS
Nashville singer-songwriter
Gym · 7 pm

Thursday, January 9
ACOUSTIC GUITAR PROJECT
Gym · 7 - 9 pm

Saturday, January 11
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
COSTUME CONTEST
Gym · 4 pm
THE STRANGE TONES
Original blues-swampabilly
Gym · 7 - 10 pm

Monday, January 13
PARANORMAL PUB:
Ghosts of McMenamins
Theater · 6 pm doors; 7 pm event

Tuesday, January 14
RACE TALKS:
An Opportunity for Dialogue
THE COLOR OF FEAR (FINALE): WALKING EACH OTHER HOME
Gym · 6 pm doors; 7 pm event

Thursday, January 16
LIMITED-EDITION BEER TASTING
w/ BRIAN RILEY & RYAN LUND
5 - 7 pm · Brewery · 21 & over

Thursday, January 16
THE RADICAL REVOLUTION'S "ACOUSTIC '80S MUSIC REVOLT"
'80s cover band -- acoustic style
Gym · 7 - 9 pm

Tuesday, January 21
OMSI SCIENCE PUB:
Radon and Landslides - Portland's Two Winter Geological Problems!
Theater · 5:30 pm doors; 7 pm event
\$5 suggested donation

Wednesday, January 22
DRAG QUEEN BINGO
w/ POISON WATERS
\$15 includes 9 bingo cards and a great show with Poison Waters
5 pm doors; 6 pm show
Advance tickets recommended

Thursday, January 23
BOTTLENECK BLUES BAND
Red hot funky blues
Gym · 7 - 9 pm

Saturday, January 25
Hammerhead's 34th Birthday
Celebrate with \$4.50 pints, \$10 growler fills!

Monday, January 27
HISTORY PUB:
The Making of 'The General' — Buster Keaton's Masterpiece
Theater · 6 pm doors; 7 pm event

Thursday, January 30
MEXICAN GUNFIGHT
Seasoned and soulful songcraft
Gym · 7 - 9 pm

★ STAR NEIGHBORHOOD CALENDAR

SEE DRAGONS, TACOS

Jan. 18. 2 and 5 p.m. Oregon Children's Theatre presents "Dragons Love Tacos," based on the book by Adam Rubin. A young boy and his dog encounter a quartet of dancing dragons and a hilarious, dance-filled journey. Continues to Feb. 16. Saturdays at 2 and 5 p.m.; Sundays at 11 a.m. and 2 p.m. \$20-\$32 for adults; \$15-\$28 for children. www.octc.org. 503-228-9571. Box office, 1939 N.E. Sandy Blvd. Performance at Newmark Theatre, 1111S.W. Broadway.



**DRAGONS LOVE TACOS
JANUARY 18**

FOR SENIORS

ENJOY MAH JONGG

Jan. 3. 1-3 p.m. Continues Fridays. A new Mah Jongg game is starting. Bring your own tiles or use one of two sets brought by facilitators. Free. Registration encouraged: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

GRANDPARENTS GAIN AID

Jan. 6. 10-11 a.m. Continues first Mondays. Grandparents and other relatives raising children may join a support group for ideas on working with the changes this new life brings. Whether happiness or sadness, or both, the change brings stress, and finding ways to deal with it is vital for parenting and the emotional and physical health of adults and children. Free. 503-288-8303. Bridge Meadows library room, 8502 N. Wayland Ave.

FUN WITH ZUMBA GOLD

Jan. 6. 9-10 a.m. Also 3:30-4:30 p.m. Jan. 10. Continues Mondays and Fridays except Jan. 20. Join the party with Zumba Gold, dancing to the beat of Latin-inspired and world music while sneaking in low- and high-intensity moves with instructor Debbie Karavias. All fitness levels welcome. Free. Registration: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

MOVE WITH TAI CHI

Jan. 7. 10:30-11:30 a.m. Tai Chi classes continue Tuesdays. Drop-ins welcome. Free but donations appreciated. 503-288-8303. Trenton Terrace community room, 4720 N. Trenton St.

DINE AT SENIOR CENTER

Jan. 7 and 9. 11:30 a.m. to 12 noon. Have lunch with the Meals on Wheels People. \$3 suggested for those over age 60; \$7.89 for persons under age 60. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

MAKE WARM SOUP

Jan. 7. 2-3 p.m. Learn to make soup with Justin and Annie from the Grant Park New Seasons. Walk-ins welcome. Free. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

LEARN SIGN LANGUAGE

Jan. 7. 3:30-4:30 p.m. Continues Tuesdays. Learn American Sign Language. Register with Portland Senior Recreation: 503-823-4328. Hollywood Senior Center, 1820 N.E. 40th Ave.

WALK FOR HEALTH

Jan. 8. 9:30 a.m. Continues Wednesdays. Take an hour-long walk through Northeast neighborhoods with Estelle Winicki and other participants for fun and to get in shape. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

HELP WITH DEMENTIA

Jan. 8. 2-3:30 p.m. Continues second Wednesdays. Also 2-3:30 p.m. Jan. 26. Continues fourth Sundays. In an Alzheimer's caregivers support group, a trained facilitator helps caregivers and family members share ideas for coping and caring with others who identify with what you experience. Drop-ins welcome. Free. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

PLAY 'ADULT JEOPARDY'

Jan. 10. 12 noon to 1 p.m. Older Adult Jeopardy is a version of the TV

show, developed by the Multnomah County Older Adult Health Team. Answer facts about physical and behavioral health to win a prize. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

SEE 'DOWNTON ABBEY'

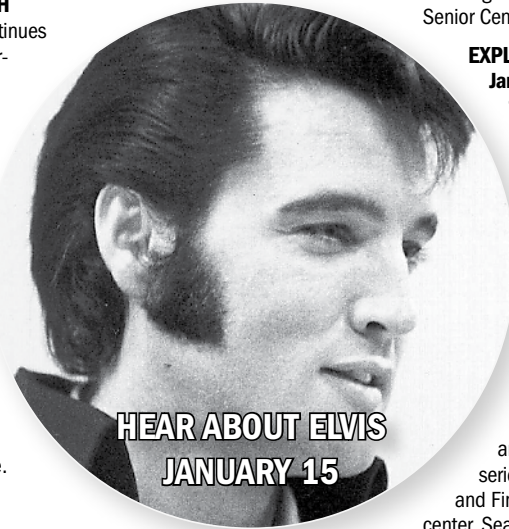
Jan. 10. 1 p.m. View "Downton Abbey," a film adapted from the TV drama about the wealthy owners of a large estate in the English countryside in the early 20th century. \$1 donation suggested to the center. Seating limited to 35. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

LEARN E-DEVICES

Jan. 14. 9:45, 10:30 or 11:45 a.m. Computer Tutor John Lucas offers one-on-one guidance for understanding electronic devices. Bring the device and a charging cord. Free but donations to the center appreciated. Appointments required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

HEAR ABOUT ELVIS

Jan. 15. 1-2 p.m. Music historian Gordon Neal Herman presents "Elvis: The King of Rock and Roll." Herman focuses on Elvis' early career and how he became the king of rock and roll. Free but donations to the center are welcome. Registration required: 503-288-8303. Hollywood Senior Center lobby, 1820 N.E. 40th Ave.



**HEAR ABOUT ELVIS
JANUARY 15**

EXPLORE: 'WHO AM I?'

Jan. 21. 1-2:30 p.m. A conversation on aging: "Who Am I Now?" presented by VIEWS (Volunteers Involved for the Emotional Well-Being of Seniors). Explore how our roles and responsibilities change throughout life. Join a group of peers to discuss pros and cons of the changes and bring clarity to how you will define yourself in this stage of life. Free. Registration recommended: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

SEE 'JUDY' FILM

Jan. 24. 1 p.m. View "Judy," a film about legendary performer Judy Garland as she arrives in London in the winter of 1968 for a series of sold-out concerts. Stars Renee Zellweger and Finn Wittrock. \$1 donation suggested for the center. Seating limited to 35. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

- CONTINUED ON PAGE 19



★ STAR PET CONNECTIONS

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BY LISA LAKES

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DO PETS CONTRIBUTE TO PERSONAL HEALTH AND WELLBEING?

Popular culture has long championed the health benefits of pet ownership. Few pet owners would disagree. Studies focus on physical benefits, such as reduced blood pressure and cholesterol, as well as emotional and psychological benefits, like reduced stress and companionship. The consensus seems to be that companion animals do increase health and wellbeing. Scientists sometimes struggle, though, to understand how the process works or fail to empirically prove a causal link.

Physically stroking an animal or watching fish swim has been shown to lower blood pressure, and heart rate, resulting in greater heart health. One study concluded that even watching



fish swim on a video produced beneficial results. Dog owners usually report increased exercise through walking or participating in dog related sports such as agility training. Studies also consistently report that pet owners make fewer doctor visits than non-pet owners. These studies have been successfully replicated, increasing their validity.

Other studies have focused on emotional benefits including:

- Increased social interaction and self-esteem.
- Decreased loneliness, isolation and depression.
- Providing a focus for children with attention challenges.
- Encouraging children with autism to interact with others.

A relatively new topic of research is how companion animals detect disease in humans. Dogs have been shown to detect skin cancer, warn of an impending seizure, or alert their owner to a hypoglycemia imbalance.

Daily companion and service animals contribute to our wellbeing by:

- Leading the blind.
- Supporting the deaf.
- Providing emotional support for those suffering from mental illness or post-traumatic stress disorder.
- Physically supporting the disabled.

Many states, including Oregon, have programs in correctional facilities in which inmates are rehabilitated through dog training. Prisoners are assigned a dog, which they train and, ultimately, offer to the public for adoption. Visit <https://docblog.oregon.gov/tag/puppy-program/> to learn more about the state's Coffee Creek dog training program.

While science may struggle with the fine details, pet owners know that pets are beneficial to our health and wellbeing, providing us with opportunities to love, care for, and share our lives with unique individuals.

COMING UP

Don't miss Oregon's major dog show, The Rose City Classic, January 15 through 19. Visit <http://rosecityclassic.org/> for more information.



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★ STAR NEIGHBORHOOD CALENDAR

VISIT CULINARY SCHOOL

Jan. 28. 10:45 a.m. The Riders Club takes a trip to the Oregon Culinary Institute. The Ride Wise Ambassador provides free transportation passes. Bring \$18 in cash for a three-course gourmet lunch prepared by culinary students. Reservations required: 503-288-8303. Meet at Hollywood Senior Center, 1820 N.E. 40th Ave.

WRITE LIFE EVENTS

Jan. 30. 2:15-4:15 p.m. Continues Thursdays to March 19. An eight-week writing workshop is a safe space for participants to explore life experiences – the times, people and events that helped shape their lives. Share written or verbal memories. Trained senior peer counselors assist the group. Free. Reservations required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

INGENERAL

CULLY FLEA MARKET

Jan. 4, 11, 18, 25. 10 a.m.-5 p.m. Old school flea market every Saturday. Coffee, live music and lots of interesting vendors selling lots of interesting things. Email

metalwoodsalvage@gmail.com if you'd like a space to sell your treasures. Metalwood Salvage, 4311 N.E. Prescott St.

LEARN ABOUT 'VILLAGE'

Jan. 5. 2:30-4 p.m. Learn about the Northeast Village PDX, which supports seniors as they age in their own homes. Activities and services are explained. New members and volunteers are welcome. Free. Information: 503-895-2750. Gregory Heights library, 7921 N.E. Sandy Blvd.

ENJOY VIKING PANCAKES

Jan. 12. 8:30 a.m. to 12:30 p.m. Enjoy Viking pancakes with scrambled eggs and sausage links. Lingonberries, other fruit, juice, coffee and tea are served, too. Sons of Norway's Grieg Lodge will donate 20 percent of sales to a Portland school partner. \$8 adults; \$4 children ages 5-12; free under age 5. Bergen dining room at Norse Hall, 111 N.E. 11th Ave.

EXPLORE LOCAL CHANGE

Jan. 12. 3-5:30 p.m. Concordia Conversations offers a community event to explore diverse perspectives on neighborhood change, including a panel from the housing field and community. A short film on Northeast 35th Avenue, "Diary of a Street,"

will be shown and local historian Doug Decker will provide neighborhood history. Cerimon House, 5131 N.E. 23rd Ave.

JUSTICE AND COURTS

Jan. 22. 7 p.m. Join an Oregon Humanities conversation about democracy, justice and the courts with Adrienne Nelson, Oregon Supreme Court justice; John Haroldson, Benton County district attorney, and Shannon Wight, director of Partnership for Safety and Justice. \$15 and \$30. www.Albertarose.com/events/. Alberta Rose Theatre, 3000 N.E. Alberta St.

STUDY GROUNDWATER

Jan. 25. 8:45 a.m. to 1 p.m. An interactive, hands-on workshop teaches the basics of groundwater and how to protect this important resource beneath the cities of Portland, Gresham and Fairview. Appropriate for those 17 and older. Portland's secondary drinking water source is wells on the Columbia River south shore. Learn local geology and hydrology. Free. Pre-register at www.columbiaslough.org. To request translation, accommodation or auxiliary aids and services, call 503-823-7432. Workshop at McKinstry Co. 16790 N.E. Mason St. Portland 97230.

VEGGIES FILL WONTON

Jan. 26. 2-4 p.m. Learn to make crispy vegetarian wonton. Participants learn how to wrap the wonton into different shapes and styles and mix different vegetable ingredients into a delicious filling. Traditional medicine suggests that a few winter meals with only plant protein will help detoxify the body, prevent disease and keep the soul at ease. Free. Registration required: www.multicolib.org or 503-988-5123 or Kenton library, 8226 N. Denver Ave.



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