



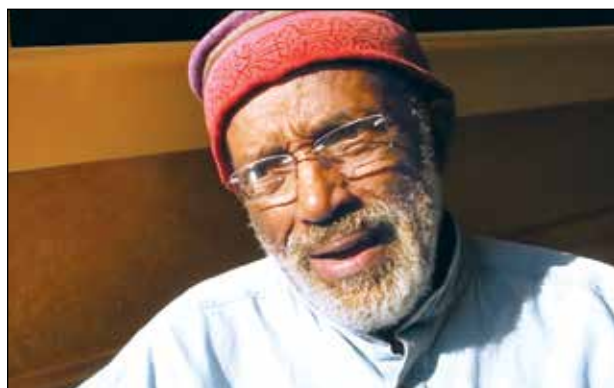
**KICKING IT ON KILLINGSWORTH** Block by Block explores thoroughfare from Overlook to Vernon. **PAGE 14**



**PROMISING PROJECT** Home Forward breaks ground on city's largest affordable project in 50 years. **PAGE 12**



**RAW IN CULLY** Tiny Moreso cafe opens on 42nd Ave. featuring Jennifer Pereau's healthy desserts. **PAGE 20**



**PATRIOT PRIDE** Teachers look back on the short and inspirational history of Adams High School. **PAGE 18**



## TAEKWONDO Teenager TRAVELS TO NEPAL

Grant High School freshman Quincey Dunlap earned a gold medal at the International Open Friendship Taekwondo tournament held January 1-3, 2018 in Nepal. She credits her teacher and coach, Senior Master Sita Rai, for inspiring and driving her to do her best. (Tracey Dunlap)

By Kathy Eaton  
kathyeaton@star-news.info

Fourteen-year-old Grant High School freshman Quincey Dunlap had studied at U.S. World Class Taekwondo in Hollywood since May 2013 before earning a gold medal at a tournament held in Nepal last month. Taekwondo training promotes physical fitness, but also improves balance and coordination, flexibility, self-confidence and self-control. Owner and school director Diwakar "Dan" Maharjan, Grand Master of Taekwondo, describes Quincey as energetic, respectful of her teacher and fellow students, and focused on achieving her goals. He instills discipline and respect in Taekwondo students.

Quincey began her journey almost five years ago, sparked by her curiosity while driving by the Hollywood Taekwondo studio located at 4200 N.E. Sandy Blvd. en route to Beverly Cleary School. Rose City Park residents since 1996, her parents and older brother, Drake, were initially skeptical about Quincey's commitment to learning and sticking to the practice of Taekwondo. She found it empowering, and made good friends of classmates from all over the city. After taking classes twice a week after school, her teacher and coach, Senior Master Sita Rai, encouraged Quincey to attend "extreme training" classes to prepare for an international tournament in Nepal in January 2018. Well known in Nepal, Rai is an accomplished Olympic competitor in Taekwondo. "Some teachers are intense and push you. Master Rai makes me want to push myself to do the best I can and prove to her that I can do it," said Quincey.

### Cultural exchange

In 2000, Grand Master Dan founded the nonprofit International Open Friendship Taekwondo Championships and sponsored its first tournament in

Kathmandu, Nepal. In 2008, he hosted the international tournament in Portland. Last fall, Quincey signed up to join the Taekwondo team but when she realized her mom, Tracey, felt bad about not accompanying her, Quincey invited the entire family. "We jumped at the opportunity to visit Nepal for a family vacation we'll remember for a long time," said her father Eric, regional sales manager of Peak Mortgage. In 2013, the Dunlaps co-founded Rose City Futsal with nine other local Portland families.

In advance of the tournament in Nepal, they hired a local guide for a four-day exploration of Kathmandu and celebrated Christmas with Grand Master Dan's family and the Taekwondo team at his home in Patan. His 84-year-old mother still lives on the family farm where Dan grew up with his four siblings. Quincey recently recalled the most amazing dish served at the catered holiday dinner was fried radishes, the size of carrots.

**Out & ABOUT**  
WITH KATHY EATON

Twenty-one people journeyed to Nepal from Portland; seven students competed in the tournament held in Itahari, about a 12-hour drive east from Kathmandu. The Hollywood team visited a few Taekwondo schools in Nepal where they met students who seemed very interested and cared about them, according to Quincey. Language was not a barrier as many students spoke sufficient English, and Quincey quickly made new friends. Twelve countries participated at the tournament, where Quincey earned a gold medal in sparring. She admitted to being nervous about competing in "poomsae" (practicing Taekwondo forms), but was encouraged by a teacher from another team who coached her to remain calm while she executed the forms. Quincey vividly recalled being cheered on by her team and family during the tournament.

TAEKWONDO: SEE PAGE 18

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★ STAR COMMUNITY CONNECTIONS

County selects book for everyone to read

"Exit West" by Mohsin Hamid, a book described by one reviewer as "love in the time of migration," is this year's "Everybody Reads" selection by the Multnomah County Library.

Hamid, a native of Pakistan, begins the story with two young people in an unnamed Middle Eastern city overtaken by war. The pair flees to Greece, England, and finally the United States, experiencing the emotional and physical effects of migration.

Copies of the book will be available in February in neighborhood libraries, and e-books may be downloaded from the library catalog. The Library Foundation makes the books and e-books available. The library encourages readers to share books among friends and coworkers because demand may be greater than the number of available copies.

Hamid will speak at 7:30 p.m. April 5 in the Arlene Schnitzer Concert Hall, 1037 S.W. Broadway. Tickets, for \$15 to \$70, are available from Literary Arts, www.literaryarts.org/box-office/.

A free staged reading of "That Morning



BY JANET GOETZE

JANETGOETZE@STAR-NEWS.INFO

in Lampedusa," about the harrowing journey of African immigrants seeking refuge on a Mediterranean island, will be presented from 10:30 a.m. to 12:30 p.m. Feb. 17 in the North Portland library, 512 N. Killingsworth St. Portland State University students and faculty members will read the award-winning script.

Other discussion and cultural programs will be listed at www.multcolib.org/everybody-reads.

Alberta Rose gains funds for purchase

The effort to raise the down payment to buy the Alberta Rose Theatre has been successful. The theater, at 3000 N.E. Alberta St., had a crowdfunding goal to raise \$125,000 by Jan. 15, and it reported raising \$125,250.

The 1927 motion picture house has been a mid-size arts and events venue since 2010, said Joseph Cawley, who coordinates the programs. Originally, it showed films under the name of Alameda Theatre, later the 30th Avenue Theatre. It closed to the public in 1978 and was used by a church

congregation for about ten years.

In 2017, the owners offered the 300-seat building for sale. Cawley said Premier Community Bank was working with theater supporters on funding efforts. A few months ago, Cawley reported "We have been able to finance \$2.3 million of the \$2.775 million asking price for the building, but we still need help with the down payment."

Local businesses organized fundraising events and individuals donated to the effort. The theater website says 785 people donated to the crowdfunding effort over seven months.

Cawley didn't respond to messages seeking comment on the next steps for the theater.

Conversation seeks moral link to equity

Oregon Children's Theatre and Oregon Humanities are presenting a community conversation about the ways we might be supporting structural oppression, like racism, sexism or heterosexism, according to a news release from the theater.

The free event, recommended for ages 14 and older, is titled "What Does It Mean to be Good? Exploring Morality in the Midst of Structural Oppression." Brittany M. Wake, an equity trainer and consultant specializing in multiculturalism, will lead the discussion at 7 p.m. Feb. 15 at Oregon Children's Theatre, 1939 N.E. Sandy Blvd.

The community conversation precedes the theater's March presentation of "And in This Corner," the story of 12-year-old Cassius Clay's journey to become Muhammad Ali, one of the world's great boxers and civil right advocates.

The play will enable the theater staff, board and audience to explore

- CONTINUED ON PAGE 5

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questions of equity and inclusion, said artistic director Stan Foote. "With this historical play," he said, "it can be easy to distance ourselves from racial issues by saying, 'That was back then,' or 'That's in the South.' The Oregon Humanities conversation allows us to explore the here and now of our moral responsibilities in Portland, Oregon, in 2018."

Additional information about the theater and Oregon Humanities is available at [www.octc.org](http://www.octc.org) and [www.oregonhumanities.org](http://www.oregonhumanities.org).

**Author to explore fate of Vanport**

Vanport is a city that was. The country's largest housing project for shipyard and other defense workers during World War II, it was built between 1942-43 on the floodplain between Vancouver, Washington and Portland. At its height, it housed 40,000 people and was Oregon's second largest city, but the population dwindled after the war to about 18,500.

On May 30, 1948, a railroad berm gave way as spring runoff swelled the Columbia River, sending water flooding into the area's sloughs and backwater into the residential areas. Estimates are that the city drowned in about 30 minutes and 15 people lost their lives.

Zita Podany, a professor in the computer science department at Portland Community College, has written a book, "Vanport," about the city that once stood on the site of the current Delta Park and the Portland International Raceway. She will discuss the city's history from 6-7:15 p.m. Feb. 5 at the Kenton library, 8226 N. Denver Ave.

**Old gym reappears in Grant upgrade**

After more than 60 years, the original entry to the 1923 gym at Grant High School is visible. That's because the 1956 gym, with a north wall that was only a few yards away from the older structure, has been demolished as part of the school's modernization project.

The 1923 structure, known in the Grant community as the "old gym," will house visual arts programs and central gallery space. The elevated track has been removed to make way for second-floor classrooms, according to information from the Portland Public Schools district.

A new athletic facility is taking shape at the south end of the school campus. It will house a regulation-size gym with seating for 1,700, an auxiliary gym, weight room, concessions, spin area and band room.

Most of the demolition planned on the campus is complete with removal of structures added decades after the original building. These include the library, science building and three portables. The functions of these buildings will be included in the newly designed school, which will retain its exterior brick and the front porch with tall columns.

Grant students are attending classes at the Marshall High campus at Southeast 91st Avenue and Center Street. They will return to a renovated Grant in the fall of 2019.

Franklin and Roosevelt Highs already have been modernized as part of the 2012 school building improvement bond. Grant is the third high school to be updated with bond funds. Modernization plans are underway at Madison High, with Benson next in line.

- CONTINUED ON PAGE 6



As the Grant High modernization project moves forward, the original entry to a 1923 structure known as the 'old gym' is visible for the first time in six decades. Students are slated to return to campus in the fall of 2019. (All photos by John Butenschoen)

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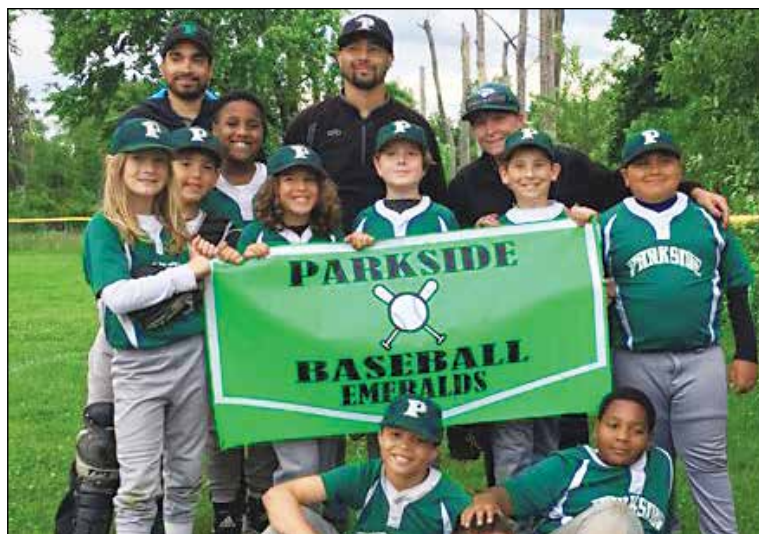


See Jean's website for answers:  
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The Parkside Little League program results from a 2015 merger between the Parkrose and Lakeside leagues. A group of parents from Parkrose, Scott and Rigler schools are working to rejuvenate the program to give kids in the Cully and Parkrose neighborhoods a chance to play ball. (Parkside Little League)

**Read-in to focus on black writers**

An African American read-in will bring community leaders, teachers and students together to read works by black writers from 2-3:30 p.m. Feb. 18 at the North Portland library, 512 N. Killingsworth St.

The event will be a celebration of Black History Month, according to information from the Multnomah County Library, which is a sponsor along with the Portland Reading Council. Community members may join the celebration by sharing words from their favorite works.

"Fiction and nonfiction for children and adults will be featured in an afternoon of good words from great writings," according to the library.

**Meeting to offer advice for loans**

Ascent Funding, a local nonprofit dedicated to helping minority and women-led businesses secure the funding and support they need, has arranged an event focusing on business loan applications.

"Many entrepreneurs are not prepared to apply for the business loans they need to grow," says Robin Wang, executive director. "This event brings together business leaders, lenders, experts and organizations in the community who can share their experiences, advice and resources to overcome those barriers, lay the groundwork for funding and growth, and foster the trust that is essential for lending."

The event, titled "Breaking the Barriers to Capital," is scheduled for 2:30-5:30 p.m. Feb. 2 at the Curious Comedy Theater, 5225 N.E. Martin Luther King Jr. Blvd. Admission is \$5. Registration and information are available at www.BreakingBarriersCapital.org.

Among the discussion topics are ways to overcome the financing challenges facing young businesses, key factors that helped a "barely bankable" business secure a loan, the importance of confidence, when to be and not to be flexible, and proper preparation.

Three entrepreneurs who will share their experiences are Jamaal Lane, owner of Champions Barbershop and Barbering Institute; Paige Hendrix Buckner of ClientJoy; and Chris Guinn III of Dwell Realty. Local bankers will share their thoughts on actual loan applications, Wang said, and business support organizations will provide resources to help businesses "get loan ready."

**Parkside league ready to play ball in Parkrose and Cully**

By Ted Perkins  
tedperkins@star-news.info

Jeff Smalley and a group of parents from Parkrose, Scott and Rigler schools are working to rejuvenate the Parkside Little League program and give kids in the Cully and Parkrose neighborhoods a chance to play ball and feed into the Madison and Parkrose baseball programs.

The Parkside league is the result of a 2015 merger between the Parkrose and Lakeside leagues. Both leagues have served their Northeast Portland communities for more than 50 years. The Lakeside name reflected the proximity of the league's Falbo Field to Whitaker Ponds Nature Park, just north of NAYA Academy in the Cully neighborhood. In the future, the league may change its name to something that better reflects its growing presence in the Cully and Madison communities. Falbo Field is

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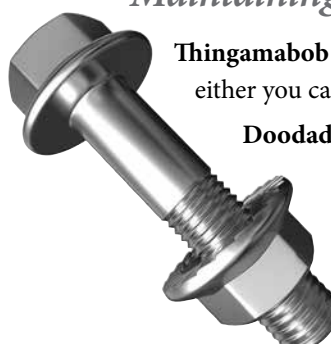
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On Fat Tuesday Evening, February 13, The Mysti Krewe of Nimbus will hold a free Mardi Gras parade on Mississippi Avenue. Neighbors are encouraged to dress up and march along. After the parade, there will be parties, costume awards and music all along the avenue. (Mysti Krewe of Nimbus)

named after former league president and Kenton neighbor Chuck Falbo, who passed away in 2014.

Smalley, who is the owner of Fire and Stone restaurant in the Beaumont Wilshire neighborhood, is looking for coaches, volunteers and sponsors to help with the project.

“Although other leagues in our district have increased registration fees due to growing costs, we have chosen to not pass this cost on to our families for the 2018 season,” said Smalley. “We are working to restructure the league and ask for grace and patience while this important work is done. Our entire organization is run by volunteers and we can’t do it without a little help. We want to make sure that every kid who wants to play gets a chance to play, regardless of circumstance.”

The Parkside league is looking into the possibility of selling its Bob St. Aubin Stadium property on East Burnside Street and 135th Avenue in the Hazelwood neighborhood, and it may acquire property to build a new stadium near the former Sumner School at Northeast 86th Avenue and Sumner Street. The new stadium would feature a lighted 50-70 field, a minors/farm field, a tee-ball, a covered batting barn and a concessions facility. In the interim, the hope is to spruce up the undersized Falbo Field in Cully and give players and their families

the best baseball experience possible.

“We ask that each player participate in our annual fundraiser and that each family volunteer at least eight hours during the season,” said Stone. “We will host an equipment swap for families at baseball tryouts in February and we are currently looking for sponsors that will grow with us. Their contribution will ensure the continued growth and success of baseball in Northeast Portland.”

The Parkside season starts on April 7. Online registration is open now and tryouts will be held on February 24 and 25 with a draft in March. A pancake breakfast, field day and whiffle ball hunt are planned for March 10.

For more information, call 503-683-3574 or visit [www.parksidelittleleague.org](http://www.parksidelittleleague.org).

**Mysti Krewe of Nimbus brings Mardi Gras back to Mississippi**

By Ted Perkins  
[tedperkins@star-news.info](mailto:tedperkins@star-news.info)

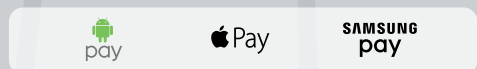
Portland’s annual Mardi Gras celebration has been lauded by the New Orleans Times-Picayune as one of the top five most authentic Mardi Gras celebrations in the United States outside of Louisiana. Produced since 2010 by the Mysti Krewe of Nimbus – a social

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club founded by Louisiana expatriates – the theme for this year’s event will be “Rollin’ on the River.” The ball will be held downtown on Saturday, February 10 at the Tiffany Center Emerald Ballroom, 1410 S.W. Morrison St. Previously, the events had been held at the Wonder Ballroom on Russell Street in the Eliot neighborhood. Doors open and music starts at 7:00 p.m.

On Fat Tuesday Evening, February 13, there will be a free parade on Mississippi Avenue, beginning at Victoria Bar, 4835 N. Albina, and heading south to Ecliptic Brewing, 825 N. Cook. Parade assembly is at 5:30 p.m. and the parade begins at 7:00 p.m. A kid’s costume contest will be held at Luke’s Frame Shop, 4703 N. Albina Ave., beginning at 6:00 p.m. and ending around 6:45 p.m. – when participants will join the parade as it marches by. There will be at least three bands marching this year and costume awards will be presented in multiple categories. Neighbors are encouraged to dress up and march along. After the parade, there will be parties, costume awards and Mardi Gras music all along the avenue.

“The ball and the parade are a great way for the community and for families to participate in an international celebration that promotes post-Katrina, Louisiana culture,” said Laura Lawrence of the Mysti Krewe. “It’s a big party in the middle of the worst part of the year and it’s a chance to get out of the house and dance and wear blinky costumes and shine. We also hand decorate 100 mini-umbrellas to give away as parade throws and we’ll have plenty of beads for folks to keep.”

The costume contest is judged by the current Mardi Gras King and Queen who will be crowned at the ball the Saturday before Mardi Gras. 2017’s royalty were King Phil Garfinkel and Queen Margo Phillips.

“We hope to build community through events like the parade and bringing the traditional Louisiana Mardi Gras experience to the Pacific Northwest,” said longtime Mississippi organizer Bridget Bayer.

For more information, visit [www.portlandmardigras.com](http://www.portlandmardigras.com).



Constructing Hope provides training programs, placement services, and career advancement support for graduates to enter construction apprenticeships that are the pathways to careers with middle-class wages and defined benefits. (Constructing Hope)

stamps – at one of the markets, the match program gives them an extra \$10 to spend on fruits and vegetables.

The program began at the Hollywood market in 2010 to help low-income members of the community to afford fresh, local produce. For the past two years, the match has been supported largely through federal funding which will end in March, and local support is needed in order to continue the program.

“We are delighted to receive this award from Kaiser Permanente,” said Ari Rosner, market coordinator. “This will go a long way toward ensuring that everyone, including our low-income neighbors, can access fresh, local produce from their neighborhood farmers market.”

Hollywood Farmers Market operates two year-round markets in the Hollywood and Lloyd districts. Founded in 1997, it is one of the longest-running and largest farmers markets in the region.

For more information, call 503-803-7279 or visit [our www.hollywoodfarmersmarket.org](http://www.hollywoodfarmersmarket.org).

**Constructing Hope will expand training facility in King neighborhood**

By Ted Perkins  
[tedperkins@star-news.info](mailto:tedperkins@star-news.info)

In January, Prosper Portland – formerly the Portland Development Commission – announced that it had invested \$300,000 to help local nonprofit Constructing Hope expand its construction training facility at 405 N.E. Church St. in the King neighborhood. The center helps those seeking to gain skills to enter construction careers. The larger facility will serve twice as many people, increasing the number of training participants from 100 to 200 annually.

“Construction is one of the few

industries that will hire people with a criminal record,” said Pat Daniels, Constructing Hope’s executive director. “For communities of color, who are overrepresented in the criminal justice system, this can be a life saver.”

The \$500,000 facility expansion will support business equity in the community through the use of certified minority, women-owned and emerging small business contractors and architects and provide expanded, storefront access to the program. Constructing Hope will complete the remainder of the funding through grants and community donations.

Constructing Hope provides no-cost, ten-week construction training programs, placement services, and career advancement support. Graduates enter construction apprenticeships that are the pathways to careers with middle-class wages and defined benefits. Prior to entering the program, graduates faced barriers like a lack of work experience, little or no advanced education, experience with the criminal justice system, and race discrimination in the workplace.

“With a criminal background, Constructing Hope gave me opportunity I didn’t think was possible,” said Raleigh Morrison, a graduate of the program. “They’ve given me a whole new life.”

The program works by helping participants move from building small projects like a complex sawhorse to capstone projects like tiny house construction. Participants get a head start toward employment with transportation support for their first job, driver’s license assistance, professional certifications, tools, work boots, and personal protective equipment. They learn life skills such as budgeting, personal goal setting, and career development strategies.

For more information, 503-281-1740 or visit [www.constructinghope.org](http://www.constructinghope.org).

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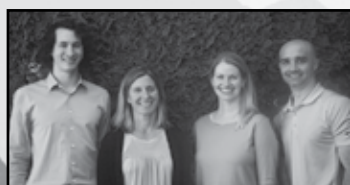
**Kaiser pitches in to help market with SNAP program**

By Ted Perkins  
[tedperkins@star-news.info](mailto:tedperkins@star-news.info)

In January, the Hollywood Farmers Market received a \$15,000 grant from Kaiser Permanente Northwest to support the SNAP match program at both the Hollywood and Lloyd Farmers Markets.

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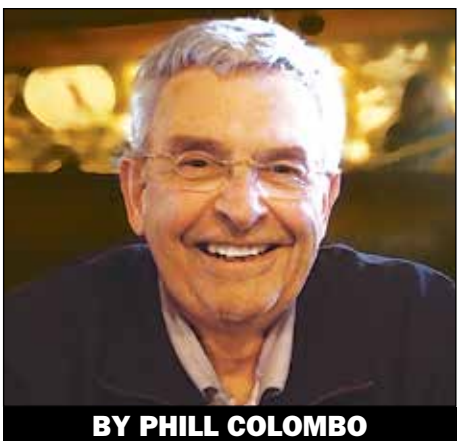
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**★ STAR DEVELOPMENT NEWS**

**New Kerns apartments begin to rise above ground level**

Columns of concrete have begun to rise above street level at 2869 N.E. Sandy Blvd. as the foundation and footings of a new six-story, 206-unit apartment building with underground parking appear to be ready to climb higher. With bike parking and ground floor retail commercial use on the first floor, the U-shaped building will tower over STEAM to the east and Katie O'Brien's to the west.

Apartments, ranging from studio to two-bedroom sizes, will contrast with other development along lower Sandy which has mostly involved renovation and repurposing of auto showrooms and dealerships.



**BY PHILL COLOMBO**  
PHILLCOLOMBO@STAR-NEWS.INFO

are looking at ways to bring this crime prevention program to communities in Portland that lack watch groups or have never participated in this program.”

Wells suggested anyone interested in forming a neighborhood watch on their block visit [www.portlandoregon.gov/oni/article/320557](http://www.portlandoregon.gov/oni/article/320557).

**Neighborhood Watch groups pick up steam**

With 327 active neighborhood watch groups in almost every neighborhood in Portland, Crime Prevention Coordinator Mark Wells said interest in the organized strategy for combating crime is brisk. “We are currently receiving many inquiries and requests from neighborhoods to form or restart a Watch group,” Wells said, “and we have two crime prevention staff conducting an average of four watch trainings a week.”

Neighborhood Watch is designed to increase safety and sense of community in neighborhoods by organizing and involving individuals and families in a united crime prevention effort. In the trainings, watch participants are taught how to communicate regularly with neighbors using watch tools, recognize and report suspicious and criminal activity, increase home and vehicle security, increase residents’ personal safety and make neighborhoods less attractive to criminals. Things Watch members are cautioned against: being confrontational, intruding on the privacy of other neighbors, actively patrolling your street and taking the law into your own hands.

Wells said even though he and his Portland’s Office of Neighborhood Involvement colleagues are busier than they’ve been in years, they’re still welcoming more neighbor interest. “We

**Parks Rehab Update**

Glenhaven Park at 7900 N.E. Siskiyou St. is slated for a summer 2019 rehabilitation, according to Portland Parks & Recreation Public Involvement Coordinator Maija Spencer. Spencer is organizing a February 22 meeting to collect neighbor and business input. “We will provide food,” said Spencer, “and kids are welcome to attend. We are still working on securing a location and other details.”

Spencer is trying to keep the meeting to a reasonable size so that all can participate: “This focus group will help provide information to the design team, including what you like about the current playground, what you’d like to see in the future playground, and sharing information about how the park is used,” Spencer said. Some of the equipment currently used at Glenhaven Park dates to the 1970s and has had to be removed for lead content, she added.

Spencer said the total project has \$1.7 million available, with \$1.45 million from the parks replacement bond passed in 2014 by 73% of the voters and \$250,000 from system development charges. The funding includes design costs, public


- CONTINUED ON PAGE 11



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Construction of the first floor of a new six-story building at 2069 N.E. Sandy Blvd. begins to show structure above ground. The building will house basement parking, ground floor retail and 206 studio, one- and two-bedroom apartments.

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**★ STAR DEVELOPMENT NEWS**

involvement, staff time, other soft costs, and construction. This winter and Spring, public involvement will help with setup and concept development. This summer, construction documents will be drafted, and next winter and during the spring of 2019, permitting and bidding will take place, with construction planned to begin in the summer of 2019.

Glenhaven Park's rehab is among dozens of other Parks & Recreation projects underway. Just finished: new entry improvements at the nearly 25-acre Whitaker Ponds Nature Park, 7040 N.E. 47th Ave., a project that improved visitor safety, accessibility and aesthetics by creating a more inviting public entry space. A formal celebration is planned there this spring.

Whitaker Ponds Nature Park improvements included a new parking lot, better access for school buses, bike racks, stormwater treatment facilities, accessible routes to educational facilities and a small natural gathering area. New sidewalks, bike lanes, a sanitary sewer extension north of Whitaker Slough, a storm water sewer extension and a full reconstruction of the street are still to be completed. Portland's Water Bureau also plans to replace the 100-year old cast iron water main.

Volunteers were also instrumental in preparing the area for the improvements, according to Portland Parks & Recreation, working through project partners, Columbia Slough Watershed Council and Portland's Bureau of Environmental Services, who transformed what was a junkyard 20 years ago into a nature study area. Funding came from \$1.28 million in Parks Bureau capital, complemented by a \$422,667 Metro Nature in Neighborhoods grant and \$858,794 in system development charges.

**Applications and permits**

**In Arbor Lodge** at 6555 N. Boston Ave., Oregon Homeworks LLC of Southwest Portland has applied for a permit to deconstruct a 960-square-foot single family home built in 1910.

**In Concordia** at 3003 N.E. Alberta St., Neil

Mussallem of Gilroy, Calif., is considering a new 18,500-square-foot, three-story addition to his 7,300-square-foot, single story warehouse. The proposed primary use is mixed-use retail and restaurant on the ground floor, and 19 units of household living on the second, third and fourth floors. At 531 N.E. 28th Ave., Wilde Properties of Southeast Portland plans to build a new two-story duplex with an attached garage. A permit to demolish a 1,100-square-foot single family residence built in 1910 was secured in December.

**In Kenton** at 2518 N. Watts St., Alexander Milan has applied for a permit to demolish a 1,200-square-foot single family residence built in 1952. Also under review, adjustment of property lines to create two equal-width, 37.5-foot lots for two new residential dwellings.

**In King** at 4957 N.E. Eighth Ave., CDP Developers LLP of Newport Beach, Calif., has been issued a permit to demolish a 1,700-square-foot single family residence built in 1909. GPB Development LLC of Lake Oswego, Ore., is exploring the deconstruction of a 2,000-square-foot single family residence at 3732 N.E. Seventh Ave. The structure was built in 1905.

**In Overlook** at 1935 N. Killingsworth St., a permit is pending for Steve Fowlkes of Northeast Portland to construct a new three-story, wood-framed building over an existing one-story mass timber mixed-use building. Plans call for the ground floor to have two retail spaces and nine tuck-under parking stalls. Of the three dozen residential units of varying sizes, eight of the residences are proposed to be affordable housing units, and two stair accesses are planned for each floor.

**In Roseway** at 6517 N.E. Sandy Blvd., George Lin and Amy Buehler of Vancouver, Wash., have secured a permit to remodel the former Than Thao Grocery into a new children's activity center. Interior walls have been demolished and new walls framed to create rooms for crafts, yoga, play and café areas and new restrooms. Because of the change in use, seismic upgrade has also been required.

- CONTINUED ON PAGE 12

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In January 12, Home Forward held a groundbreaking celebration in the Lloyd District for a 12-story affordable housing project on a vacant lot along Grand Avenue between Hassalo and Holladay streets. (Ted Perkins)

**Home Forward breaks ground on city's largest affordable housing project in 50 years**

By Ted Perkins  
[tedperkins@star-news.info](mailto:tedperkins@star-news.info)

On January 12, Home Forward held a groundbreaking celebration in the Lloyd District for a 12-story affordable housing project on a vacant lot along Grand Avenue between Hassalo and Holladay streets, across the street from the recently completed Hotel Eastlund.

The city's largest affordable housing development in 50 years will offer 88 studios, 109 one-bedroom units and 43 two-bedroom units. Ground-floor commercial space will include on-site property management and retail shops. "We are building a new Portland," said Multnomah County commissioner Loretta Smith, who spoke at the event. "In the heart of a growing, mixed-use urban center, we are seeing permanent public housing and infrastructure that will create stable, affordable homes. Portland can be a city of inclusion. We can be a place where people of all incomes and backgrounds can find a place to call home inside of our urban core. This project today is taking one big step in that direction."

The building is planned to maintain below-market rents for nearly a century. All 240 apartments will be affordable. 217 of the units will be available for households at or below 60 percent of Oregon's median family income – roughly \$32,000 per year – and 23 units will be available for households at or below 50 percent of Oregon's median family income – roughly \$27,000 per year. Twenty units will be assigned Section Eight vouchers to assist with rental subsidy for those recovering from domestic violence.

"The housing we build would mean

nothing without the people who live in it," said Shannon Callahan, interim director of the Portland Housing Bureau. "With a 99-year guarantee of affordability, 375 people will soon be living on this plot of land in safety and in security."

An interior courtyard will be named "Jim Smith Garden" to honor the recent chair of Home Forward's Board of Commissioners. 126 long-term bike parking spaces will be located in a secure basement bicycle room, and 240 spaces will be located within the units. No vehicular parking is proposed.

O'Neill/Walsh Community Builders will serve as design/build contractor for the project. The development team includes LRS Architects, LEVER Architecture and PLACE landscape architects. Partners in community services include Multnomah County's Domestic Violence Coordination Office, Gateway Center, Raphael House and the YWCA.

"The affordable housing that will be built here will be big. It will have presence. It will be beautiful and it will affirm that the people who live here belong here," said Michael Buonocore, executive director of Home Forward. "This is a great neighborhood to live in if you are an entrepreneur, or an architect or a healthcare professional. It's also a great place for the guy who polishes the floors at the convention center, for the woman who pulls shots at Dutch Brothers or for the kid who checks people in at the Hotel Eastlund across the street. This city and this neighborhood belong to them as much as it belongs to any of us. The 240 apartments being built here will help us make sure that continues to be true."

The building is slated for completion in October of 2019 and is anticipated to be 100 percent leased by October of 2020.

For more information, call 503-802-8300 or visit [www.homeforward.org](http://www.homeforward.org).

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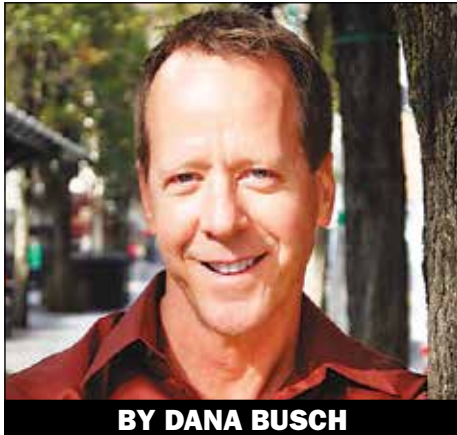
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## ★ STAR BLOCK BY BLOCK

# KICKING BACK ON KILLINGSWORTH

From the bluffs above Swan Island to the valley of I-205, street is a veritable cornucopia of fun excursions



BY DANA BUSCH

DANABUSCH@STAR-NEWS.INFO

Named for a local developer in 1882, Killingsworth Street runs east from the bluffs above Swan Island, traversing several neighborhoods before it runs out near I-205. Starting at Willamette Drive, a recent tour of Killingsworth out to 30th Avenue revealed a healthy number of happening restaurants, welcoming bars and curious shops for whiling away a rainy, sun-starved afternoon.

Near its western end in the Overlook neighborhood, Killingsworth Street has sprouted several restaurants and bars, supported in part by a healthy lunchtime trade making their way up the hill from the Adidas world headquarters nearby on Greeley, according to Vincent Bono of Spitz. Cozy and very fresh Northwest, the place is named for the house-assembled "spits" of meat from which they carve their signature doner kebabs. If craft beer or sangria aren't your thing, start next door at the Old Gold Whiskey Bar for an inventive cocktail or two.

Leaving Overlook and crossing Interstate Avenue and I-5, Killingsworth enters the Humboldt neighborhood, home to Jefferson High, the highly acclaimed Jefferson Dancers, and the Cascade campus of Portland Community College (also the Florida Room and the McMenamin brothers' Chapel Pub, if you happen to enjoy your refreshments in a repurposed mortuary).

Shout out to the mission of ReClaim It! on the corner of Killingsworth and Williams Avenue. This nonprofit and volunteer-driven enterprise has rescued an astounding 318,090 pounds of materials from landfills since 2014. Lumber, vintage furniture, art supplies and more crowd this retail space. "This corner has a new fresh vibe since the coffeehouse [The Flip Side] opened across the street," said Kelly Caldwell, the positively effervescent volunteer coordinator for ReClaim It!

On the same corner sits Ethos Music Center, an after school music program founded in 1998. Ethos provides group classes, private lessons, summer camps and music outreach programs to over 7,000 youth across Oregon. Named one of the top 50 after school arts programs on eight separate occasions by the President's Commission for the Arts and Humanities, Ethos relies on an army of volunteers, a dedicated staff and many generous donors to bring music into kids' lives. We can also attest that the annual Ethos fundraiser is a gas and those kids can bring down the house!



Vincent Bono behind the bar at Spitz. This Portland outpost of the popular L.A. franchise features their delectable version of the Mediterranean street food staple of rotating meat on a spit (hence the name), served your choice of eight ways. (All photos by Dana Busch)



Ben Phillips of Cup & Saucer.



Erica Matteson owns Milagros Boutique in Vernon.



Kelly Caldwell of Reclaim It!



Red Fox Vintage in Vernon.

For our fortunate neighbors further east in the Vernon neighborhood, the corner of 30th Avenue and Killingsworth boasts no fewer than six cafes/restaurants, including Naomi Pomeroy's Beast, Dame, Nonna, Yakuza Lounge, DOC and a Cup & Saucer. With full stomachs, diners can browse Milagros Boutique for baby essentials or the Red Fox, a vintage consignment shop.

Killingsworth Street is a veritable cornucopia of fun excursions. Some highlights from our tour:

## EAT + DRINK

### SPITZ "HOME OF THE DONER KEBAB"

This Portland outpost of the popular L.A. franchise features their delectable version of the Mediterranean street food staple of rotating meat on a spit (hence the name), served your choice of eight ways. Owners Fernando Del Valle and local Christopher Retzer are joined by a handful of L.A. transplants and a fresh new crew in this Overlook boite. Craft beer and sangria available. Open 11 a.m. to 10 p.m. daily. **Address:** 2103 N. Killingsworth St. **Phone:** 503-954-3601. **Web:** spitzpdx.com.

### PODNAH'S PIT BARBECUE

Owner Rodney Muirhead has been serving up Texas-style barbecue, slow-smoked over 100% oak hardwood, since 2006. His crew is up at 5:00 a.m. to fire up the pit for that night's dinner. Breakfast includes nitrate-free, house-smoked bacon, ham and sausage. Daily specials, weekend brunch, full bar. Open 11 a.m. to 9 p.m. daily. **Address:** 1625 NE Killingsworth St. **Phone:** 503-281-3700. **Web:** podnahspit.com.

### CUP & SAUCER CAFE

This going-on-14 offshoot of the 26-year-old mother ship on Hawthorne has a vegetarian-leaning menu, but you carnivores will not go away hungry. Get here before closing time, because this is strictly a breakfast (served all day) and lunch place. Omelets, scrambles, sandwiches and Benedicts. Open daily from 8:00 a.m. to 3:00 p.m. **Address:** 3000 NE Killingsworth St. **Phone:** 503-287-4427.

## SHOP

### RECLAIM IT!

This nonprofit arts and reuse retail store salvages materials from the "dump" for artists, neighbors, artists and DIY-ers to reuse, repair and reimagine. Trained volunteers rescue items that can be reused in the garden, home or for creative purposes—wood, metal, plastic, rubber or plastic. Open Wednesday to Sunday, 10 a.m. to 5 p.m. **Address:** 1 N Killingsworth St. **Phone:** 503-866-7855. **Web:** reclaimitpdx.org.

### MILAGROS BOUTIQUE

Owner Erica Matteson describes her unique baby store as a "launching ground for families with new babies." To help with the dizzying choices available to new parents, Matteson offers several classes and support groups such as Baby & Me yoga, infant massage, and a baby-wearing Q&A. She invites folks to come see her and learn about cloth diapers, carriers, nursing bras, gifts and more. Open Tuesday-Sunday 10 a.m. to 7 p.m. **Address:** 5433 NE 30th Avenue. **Phone:** 503-493-4141. **Web:** milagrosboutique.com.

### RED FOX VINTAGE

"A seamless collaboration of Portland's top vintage

vendors," this shop features a large selection of clothing, furniture, art, jewelry, vinyl and other nostalgic oddities. At this outpost of their Woodstock location, browse consignments from some twenty vendors. **Address:** 3014 NE Killingsworth St. **Phone:** 503-206-4540.

## SERVICES

### OVERLOOK VETERINARY HOSPITAL

"Promoting the human-animal bond through quality care and medicine" for over ten years, veterinarian Rebecca Scott DVM offers compassionate full-service pet care including medical and surgical services, dental care, senior care, diagnostics, vaccinations and nutritional counseling. **Address:** 2009 N Killingsworth St. **Phone:** 503-283-0753. **Web:** overlookvet.com.

### SOLABEE FLOWERS AND BOTANICALS

Inspired by nature, Solabee is a full-service floral studio and curated plant shop, voted best in Portland several times over and listed as a Martha Stewart top florist in the nation in 2015. Offering floral delivery, event design and interior consultations. **Address:** 801 N Killingsworth St. **Phone:** 503-307-2758. **Web:** solabeeflowers.com.

### ETHOS MUSIC CENTER

"Music lessons for kids" Founded in 1998, Ethos is a 501(c)(3) nonprofit dedicated to the promotion of music education for all youth, regardless of their socioeconomic status or geographic location. Nine full-time staff, eight full-time Americorps members and 52 part-time music instructors help fulfill that mission at the Center and statewide. **Address:** 2 N Killingsworth St. **Phone:** 503-283-8467. **Web:** ethos.org.

★ STAR FOCUS ON TAX TIME

# Local help available as tax season begins

By Janet Goetze

janetgoetze@star-news.info

February isn't all hearts and flowers. It's the beginning of tax filing season, too, when many people are gathering papers to help fill in the 1040 form at Line 7 (wages, salaries, tips with the W-2 form) and maybe Line 13 (Capital gain, attach Schedule D).

Those who keep receipts for donations also may itemize them as deductions in 2017, but that could change for 2018 because of the overhauled federal tax code.

Businesses specializing in preparing individual and business tax returns are available throughout North and Northeast Portland. In addition, the AARP Foundation Tax-Aide program is available free for uncomplicated individual returns at senior centers, community centers and other sites.

The volunteers who run the program are trained by the Internal Revenue Service, said Joyce DeMonnin, communications director for AARP Oregon. People of any age may use the service, but it specializes in preparing returns for moderate- and low-income people over age 50, she said.

Bill Ensign, a retired accountant for the U.S. Forest Service, is one of 1,180 volunteers who helped prepare returns for more than 72,975 people throughout Oregon last year, DeMonnin said.

"They returned to Oregon \$52 million in refunds," she said, "and \$13 million in earned income tax credits."

Ensign told the AARP Bulletin that he enjoys the prospect of filing taxes.

"The great satisfaction is when you get someone in who doesn't know they had extra money coming to them," he said. "When you have a client breaking down for joy over an extra few thousand dollars, it's tough to hold your own composure."

Whether completing tax returns with a local company, an AARP volunteer or by yourself, gather certain documents ahead of time, professionals recommend. These include last year's tax return, a Social Security card with taxpayer identification numbers for each individual on your return, and picture identification. Other items include a W-2 form from each employer, a 1099-G form for unemployment compensation or state/local income tax refunds. Another document could be a 1099-R form showing pension, annuity or IRA distributions.



"The great satisfaction is when you get someone in who doesn't know they had extra money coming to them. When you have a client breaking down for joy over an extra few thousand dollars, it's tough to hold your own composure."

— BILL ENSIGN, RETIRED ACCOUNTANT AND AARP VOLUNTEER

Other useful items include your lender's statement showing home mortgage interest; property tax bills paid during the year; a summary of medical, dental, and vision expenses; medical insurance premiums, prescription medicines, long-term insurance and, if applicable, bills for ramps or railings for people with disabilities.

As taxpayers are gathering documents for 2017, tax experts advise planning ahead for 2018 filings. Taxpayers should review withholdings based on income, number of dependents and changes in personal or financial status, according to John Myett, director of government affairs at ADP, which processes payroll checks for many U.S. employers.

While many employed people may get fatter paychecks reflecting lower tax rates, according to the AARP, the changes in itemized deductions may mean workers could pay higher taxes on 2018 income.

Checking tax liability is especially important for those who expect to itemize, large families that will lose personal exemptions and those who will encounter the elimination of popular tax breaks, according to information from AARP.

Tax experts also recommend that business owners and the self-employed, who pay estimated quarterly taxes, review what they owe before first-quarter taxes are due April 17. Depending on their business status, some will owe less than last year and some may owe more.

To help taxpayers determine what they may owe next year, the IRS is developing a new online withholding calculator expected to be available in February.

Nevertheless, some advisors are recommending that taxpayers withhold a little more income than usual, just to make sure they don't come up short. This is especially true if property taxes and state and local income taxes, combined,

exceed the new cap of \$10,000.

Residents may find a tax advisor in our Star-News advertising pages. They could seek help through the AARP program.

Locations are listed at [www.aarp.org/findtaxhelp](http://www.aarp.org/findtaxhelp) or call (888) 227-7669. These volunteers can't do rental income, self-employment over \$25,000, farm income, moving expenses, foreign financial assets or capital gains or losses.

The Hollywood Senior Center, 1820 N.E. 40th Ave., is making appointments with AARP volunteers through April 12 at (503) 288-8303. One-hour appointments are 1-3 p.m. Mondays plus 9-11 a.m. and 1-3 p.m. Tuesdays and Thursdays.

The Salvation Army Rose Center, 211 N.E. 18th Ave., is making appointments through April 13 at (503) 239-1221 for 9 a.m. to 1 p.m. Wednesdays, Thursdays and Fridays.

★ STAR TAX TIME PROFESSIONALS

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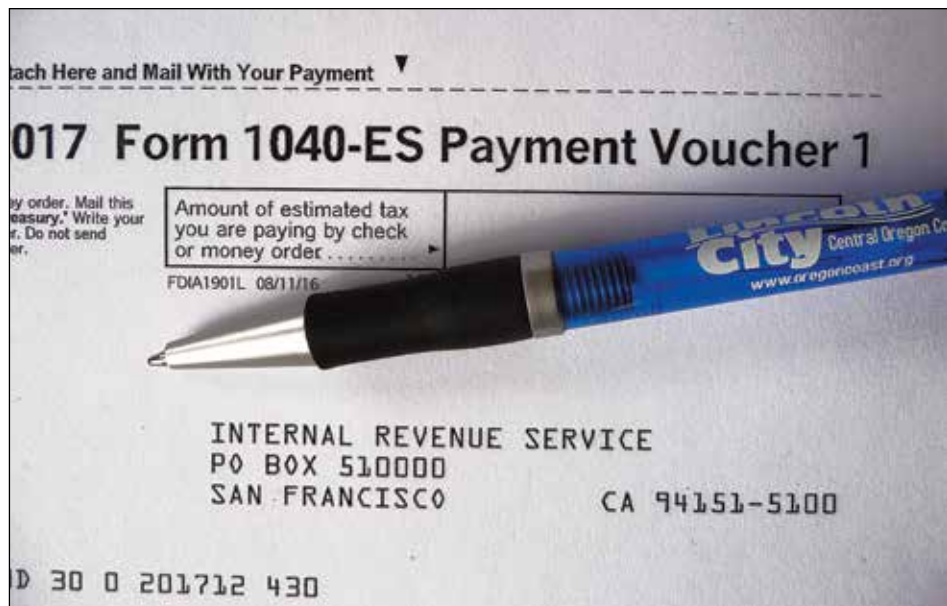
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Tax season is beginning, as people gather documents and statements to file their information before the April deadline. (Janet Goetze)

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# CALENDAR

## FEBRUARY 2018

**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

#### DANCE LIKE PERUVIANS

**Feb. 1. 4-5 p.m.** Use fabric strips to tie knots for a sling for Peruvian sling dancing. The family workshop encourages collaboration and a spirit of community. Free. 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

#### MOOVE AND GROOVE

**Feb. 10. 11 a.m. to 12 noon.** Children's educator and performer Aaron Nigel Smith gets the whole family moving, grooving and learning. Free. 503-988-5123. North Portland library, 512 N. Killingsworth St.

#### LEARN ABOUT HOLLYWOOD

**Feb. 15. 9-10 a.m. or 6:30-7:30 p.m.**

Open house to learn about the kindergarten program at the Beverly Cleary Hollywood campus. Registration packets will be available and should be returned by May 1. Adults only, please, due to lack of space. Questions: 503-916-6766. Hollywood campus, 3560 N.E. Hollywood Court, a block south of 36th Avenue and Knott Street.

#### ENJOY GHANA IN MUSIC

**Feb. 17. 3-4 p.m.** With music, families may experience the world of Ghana. Chata Addy begins with solo dance, followed by drumming. Then Chata shares the names of instruments, how they are played and their functions in the music. Attendees may join Chata to drum and dance. Free. 503-988-5123. Kenton library, 8226 N. Denver Ave.

#### TEENS TO TELL TALES

**Feb. 22. 7-8:30 p.m.** Fans of The Moth, This American Life or Back Fence PDX may enjoy hearing teenage storytellers share true tales about TROUBLE. Free. Information: 503-916-5160 ext. 81074. Grant High School at Marshall campus, 3905 S.E. 91st Ave.

#### LEARN TO JUGGLE

**Feb. 24. 11-11:45 a.m.** Family members may learn to juggle a variety of objects: balls, rings, scarves. Props provided. The class will include group juggling games as well as focus on individual skill levels. Free. 503-988-5123. Albina library, 3605 N.E. 15th Ave.

### CATCHPLAY

#### SEE 'TRANS' STORY

**Feb. 1. 7:30 p.m.** Double feature continues Feb. 2-24 Thursday, Friday, Saturday, 7:30 p.m.; Feb. 11 and 18 Sunday at 2 p.m. "The Madness of Lady Bright," by Lanford Wilson, traces the mental breakdown of Lesley Bright, an aging homosexual man whose past returns to haunt him with the emptiness of the choices he made. World premiere of "TRANS-formation," the story of how George Jorgensen in 1947 became Christine Jorgensen, the first person widely known in the U.S. for having sex reassignment surgery. Tickets \$15-\$35. Box office 503-239-5919. [www.trianglepro.org](http://www.trianglepro.org). The Sanctuary at Sandy Plaza, 1985 N.E. Sandy Blvd.

#### VIEW NEW 'ANTIGONE'

**Feb. 2 & 3. 8 p.m. Also 3 p.m. on Feb. 4; 8 p.m. on Feb. 8, 9 & 10; 3 p.m. at Feb. 11.** "Antigone" by Sophocles, adapted by Lewis Galantiere, based on the play by Jean Anouilh. Produced in modern dress; set in a Paris that suffers under tyranny. Advance tickets \$17 adults, \$15 students and seniors; additional \$1 if purchased at the door. 503-847-9838. Online tickets: [www.TwilightTheaterCompany.org](http://www.TwilightTheaterCompany.org). Twilight Theater, 7515 N. Brandon Ave.

#### TWO RACE TO POLE

**Feb. 23. 7 p.m.** Portland Story Theater presents "Polar Opposites: Amundsen, Scott and the Race for The Pole." The two-hour production recounts the heroic and tragic events playing out on the frozen continent more than a century ago when Roald Amundsen and Robert Falcon Scott vied for Pole primacy. Narrated by armchair adventurer Lawrence Howard. Intended for audience members age 17 and

older. Seating for 150. Sponsored by Sons of Norway Grieg Lodge. To book online: [norsehall.org/arctic](http://norsehall.org/arctic). Tickets \$15 in advance, \$18 at door. A light supper available for \$3 after doors open at 5:30 p.m. RSVP for supper at [kristinecrompton68@gmail.com](mailto:kristinecrompton68@gmail.com). Norse Hall, 111 N.E. 11th Ave.

### HEAR MUSIC

#### CHOIR TO FEATURE BACH

**Feb. 4. 2 p.m.** The Bach Cantata Choir of Portland presents J.S. Bach's Brandenburg Concerto No. 4, Bach's Cantata No. 71 and works by Dieterich Buxtehude and Johann Ludwig Bach, J.S. Bach's cousin. Concerto No. 4 soloists include flutists Abby Mages and Rachel Rencher; violinist Mary Rowell. Soloists in Cantata No. 71 are soprano Nan Haemer, alto Laura Thoreson, tenor Brian Tierney and bass Benjamin Espana. Free. Rose City Park Presbyterian Church, 1907 N.E. 45th Ave.

#### LEARN TO

#### SING A CAPPELLA

**Feb. 10. 1-2 p.m.**

PDX Vox Community

A Cappella

program hosts open

house and demo

rehearsal for anyone

curious about program

and wanting to learn

more. Meet instructors and

participate in free session with

a few helpful singing tips to learn

an easy a cappella arrangement. RSVP

at [marie@pdxvox.com](mailto:marie@pdxvox.com) or 503-238-5331. Central

Lutheran Church, 1820 NE 21st Ave.

#### PUB BOOKS FOLK NIGHT

**Feb. 10. 9 p.m.** Roots folk night features three regional acts: Nathaniel Talbot, Fellow Pynins and Gossamer Strings. Age 21 and older. Tickets \$10 advance, \$12 at door: [www.tinyurl.com/y9uuevky](http://www.tinyurl.com/y9uuevky). Alberta Street Pub, 1036 N.E. Alberta St.

### FOR ART LOVERS

#### PHOTOS ON DISPLAY

**Feb. 1. 11 a.m. to 6 p.m.** Paintings by Bryn Harding and etchings by Susan Opie in the main gallery; Nancy Abens shows color photos in the feature area. Through Feb. 20. Hours: 11 a.m. to 5 p.m. Tuesday; 11 a.m. to 5 p.m. Wednesday to Saturday; 11 a.m. to 6 p.m. Sunday 11 a.m. to 4 p.m. Closed Monday. Free viewing. 503-281-9048. [www.guardinogallery.com](http://www.guardinogallery.com). Guardino Gallery, 2939 N.E. Alberta St.

#### DRAW TO RELAX

**Feb. 25. 3-4 p.m.** Learn Zentangle, an intuitive art form for drawing structured patterns to relax and de-stress. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in the Gregory Heights library, 7921 N.E. Sandy Blvd.

### FOR BOOK LOVERS

#### BOOK VIEWS CHANGES

**Feb. 13. 7-8 p.m.** Jeff Stookey of Portland discusses his novel, "Acquaintance," in which a young surgeon who experienced the horrors of World War I and the loss of his lover, a fellow officer, returns to Oregon to befriend a young jazz musician. It is a time when the Ku Klux Klan is gaining influence, homosexual acts are illegal, Freud is all the rage, liquor is illegal and women just gained the vote. Free discussion. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

#### DISCUSS 'RED CLOCKS'

**Feb. 20. 7-8 p.m.** Leni Zumas, associate professor in the Master of Fine Arts program at Portland State University, discusses her new novel, "Red Clocks," which examines questions surrounding motherhood, identity and freedom. In the story, five women in a small Oregon fishing town experience, in different ways, an America in which abortion is once again illegal, in-vitro fertilization is banned and the Personhood Amendment grants rights of life, liberty and property to every embryo. Free discussion. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

### TEEN WRITERS TO READ

**Feb. 27. 7-8 p.m.** Benson High School is featured in a program of the Literary Arts Writers in the Schools program. Free. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

### SEE A FILM

#### VIEW AFRICA FILMS

**Feb. 2. 6 p.m.** Opening night of 28th annual Cascade Festival of African Films features "76," a political thriller and a love story set at the time of the attempted 1976 military coup against the Nigerian government of Gen. Murtala Mohammed. Director Izu Ojukwu attends the opening night. Films, made by Africans for Africans, continue Thursdays through Sundays until March 3 at Hollywood Theatre, 4122 N.E. Sandy Blvd., or Portland Community College Cascade Campus, Moriarty Arts and Humanities Building, 705 N. Killingsworth St. Free. Schedule and website: [www.africanfilmfestival.org/](http://www.africanfilmfestival.org/). Opening night at Hollywood Theatre, 4122 N.E. Sandy Blvd.

#### SEE KEATON MOVIE

**Feb. 17. 2 p.m.** See Buster Keaton in "Seven Chances," a 1925 silent film with live musical accompaniment on the Beverly Ruth Nelson memorial organ using Dean Lemire's original score. In the story, lovelorn lawyer Jimmie Shannon is told he will inherit \$7 million by 7 p.m. if he can get married in time. The comedy culminates in one of Keaton's renowned set pieces that finds him pursued through the streets of Los Angeles by a crowd of wannabe wives as well as scores of massive, dislodged boulders. Tickets \$12, students/seniors \$10. 503-281-1142. [www.hollywoodtheatre.org](http://www.hollywoodtheatre.org). Hollywood Theatre, 4122 N.E. Sandy Blvd.

### TECH ASSISTANCE

#### ONE-ON-ONE AID

**Feb. 1 or 15. 3-5 p.m.** Meet one-on-one for 30 minutes with a tech helper who answers questions about websites, downloading, e-readers and gives help with an Android or iPhone, iPad, tablet or laptop. Bring the fully charged device with you, along with username and password. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in Albina library, 3605 N.E. 15th Ave.

#### HELP IN 30 MINUTES

**Feb. 3 or 17. 3:30-5:30 p.m.** Meet one-on-one for 30 minutes with a tech helper, as described above. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in North Portland library, 512 N. Killingsworth St.

#### WRITE CODE FOR GAME

**Feb. 16. 2-4 p.m.** Learn the basics of programming by writing code for a game. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in Hollywood library, 4040 N.E. Tillamook St.

#### LAUNCH A PODCAST

**Feb. 27. 5:30-7:30 p.m.**

Josh Boykin can help you launch a podcast from your phone with Anchor. Attendees need a smartphone running Android 5.0 or later or iOS version 8.1 or later. Free. 503-988-5123. Albina library, 3605 N.E. 15th Ave.

### FOR SENIORS

#### LEARN ABOUT HOUSING

**Feb. 1. 9-10:30 a.m.** Third class in the Senior Housing Options Series. A detailed look at senior living options, including one-level condominiums with gardens, historic condos, co-housing arrangements and senior retirement communities. Also information about selling a current home and buying a new one. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### E-DEVICE HELP

**Feb. 1. 9:45 a.m., 12 noon and 12:45 p.m. Continues Feb. 8, 15 and 22.** John Lucas offers one-on-one, 45-minute sessions to understand your electronic device. Please bring the device and charging cord. Free but donations to the center appreciated. Make appointment: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

### AID FOR GRANDPARENTS

**Feb. 5. 10-11 a.m.** A support group for grandparents and other relatives raising children they didn't expect at this time of life. Changes in lives may bring rewards and stress, but finding proper ways to deal with stress is vital for adults' and children's emotional and physical health. Free. Information: 503-288-8303. Charles Jordan Community Center, 9009 N. Foss Ave.

#### MOVE WITH ARTHRITIS

**Feb. 5 and 7. 11 a.m. to 12 noon.** Continues Mondays and Wednesdays. An arthritis exercise program promotes joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. Free but \$1 donation suggested to the senior center. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### FOCUS ON CAREGIVING

**Feb. 6. 10 a.m.** Caregivers' focus group. 1 p.m. Care recipients' focus group. Jason Bennett of UNNA Life leads a round table discussion about how technology can deliver peace of mind as we age. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### SUPPORT CAREGIVERS

**Feb. 6 and 20. 10-11:30 a.m.** Continues first and third Tuesdays. A family caregivers' support group brings together families, partners and other caregivers of older adults to discuss the challenges and rewards of providing care. Free. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### DROP IN FOR TAI CHI

**Feb. 6. 10:30-11:30 a.m.** Continues Tuesdays. Tai Chi class. Drop-ins welcome. Free but donations appreciated. Information: (971) 285-6939. Trenton Terrace Community Room, 4720 N. Trenton St.

#### GAIN FLEXIBILITY

**Feb. 6 and 8. 11 a.m. to 12 noon.** Continues Tuesday and Thursday. A trained instructor leads an arthritis exercise program promoting optimum joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. Free but \$1 donation appreciated. Registration: 503-288-8303. Leaven Community Center of Salt & Light Lutheran Church, 5431 N.E. 20th Ave.

#### PLAY BINGO

**Feb. 7. 9 a.m. to 12 noon.** Continues Wednesdays. Play Bingo. Free but donations appreciated. Information: (971) 285-6939. Trenton Terrace Community Room, 4720 N. Trenton St.

#### GET COMPUTER HELP

**Feb. 7. 9 a.m. to 12 noon.** Continues Wednesdays. In "Wise Up Computer Help!" Kerri Robinson helps teach about electronic devices in one-hour sessions for individuals at 9 a.m., 10 a.m. and 11 a.m. Free but donations appreciated. Free. Make appointment: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### HEAL WITH LAUGHTER

**Feb. 8. 9:30-10:30 a.m.**

Heal with laughter in

a caring setting led

by Stefano Iaboni.

Experience a sense of

well-being, gain relief

from physical pain and

stress, and feel joy in

the present moment. Free.

Registration required: 503-

288-8303. Hollywood Senior

Center, 1820 N.E. 40th Ave.

#### VILLAGE PDX EXPLAINED

**Feb. 11. 2-3:30 p.m.** Learn about Northeast Village PDX to help seniors age at home with support from a network of volunteers and access to reputable service providers. Free. Information: 503-895-2750 or [nevilleagepdx.org](http://nevilleagepdx.org). Meeting at Hollywood library, 4040 N.E. Tillamook St.

#### ALZHEIMER'S EXPLAINED

**Feb. 13. 1-2:30 p.m.** A new series of Alzheimer's Association classes. The first class outlines how the disease affects people in varying ways and ripples out to impact the lives of those who interact with them. Hear from experts in the field and people diagnosed with Alzheimer's. Series continues April 10, June 12, Aug. 14 and Oct. 9. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.





**GET SAFE ON INTERNET**

**Feb. 14. 10-11 a.m.** Computer classes, with Rory Dunnaback of Nerds to Go, are for beginners and the knowledgeable. First class focuses on protecting yourself on the internet. Classes continue March 14 and April 11. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**WHAT'S IN A HOME?**

**Feb. 14. 10-11:30 a.m.** Conversations on Aging: Creating Home As You Age. Discuss the things that are most important for your living situation, how things might change as you age and options available as you plan for creating home in the next stage of life. Free but donations appreciated. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**CARE FOR ALZHEIMER'S**

**Feb. 14. 2-4 p.m.** Continues second Wednesday of the month. Feb. 25 at 2-3:30 p.m. Continues fourth Sunday of the month. Alzheimer's caregivers and family members share ideas for coping and caring. Led by trained volunteers. Free. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**AID FOR E-DEVICES**

**Feb. 15. 9:30 a.m., 10:30 a.m. and 11:30 a.m.** Computer tutor offers 45-minute appointments for using an electronic phone, tablet or laptop, PCs or Apples. Free. Call for appointment 503-288-8303. In the computer lab at Charles Jordan Community Center, 9009 N. Foss St.

**SEE 'POOH' FAMILY FILM**

**Feb. 16. 1 p.m.** View film, "Goodbye, Christopher Robin," a historical drama detailing the relationship between author A.A. Milne and his son, Christopher Robin, who inspired the Winnie the Pooh series. The tales bring hope to England during World War I but the family deals with fame and unwanted attention. Free but \$1 donation suggested to the senior center. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**VALENTINE DANCE SET**

**Feb. 16. 5:30-7:30 p.m.** A Valentine Day big band concert and dance, with music by the Providence Big Band. Beer, wine and appetizers served. Co-hosts Elders in Action and Hollywood Senior Center. Free but \$5 donation or a can of food suggested. RSVP: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**VIEW VICTORIA FILM**

**Feb. 23. 1 p.m.** View "Victoria and Abdul," a striking period film in which Queen Victoria forges a bond with an Indian clerk who traveled to London for her Golden Jubilee. Free but \$1 donation suggested to the senior center. 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**CELEBRATE BIRTHDAYS**

**Feb. 27. 12 noon.** Continues last Tuesday of the month. Birthday celebration honors seniors with birthdays in the month. Cake for everyone. Lunch free for celebrants, \$3 for those over 60 and \$7.89 for those under 60. The Wee Works Day Care children provide entertainment. All seniors welcome. 503-287-4574. Hollywood Senior Center, 1820 N.E. 40th Ave.

**BOOK CLUB MEETS**

**Feb. 27. 1:30-3 p.m.** Last Tuesday of the month. Book club, with large print books provided by Multnomah County Library. Free but donations appreciated. Information from North Portland Senior Services, (971) 285-6939. Bridge Meadows, 8502 N. Wayland Ave.

**INGENERAL**

**BUILD RAIN GARDEN**

**Feb. 3. 1-5 p.m.** Learn to build a rain garden to help urban stream restoration while adding beautiful landscaping to the yard. Information includes determining the best location and size, calculating impervious surfaces, determining soil stability, choosing plants and maintaining the garden. Free through East Multnomah Soil & Water Conservation District. Registration required: <http://emswcd.org/workshops-and-events/upcoming-workshops/>. Workshop at Whitaker Ponds Nature Park, 7040 N.E. 47th Ave.

**HOLLYWOOD LIONS FOOD DRIVE**

**Feb. 3. 10 a.m. to 2 p.m.** Fourth annual food drive to benefit pantries in the greater Hollywood area. Grocery Outlet, 4420 N.E. Hancock St.

**OUTSMART SCAMMERS**

**Feb. 6. 10 a.m.** Outsmart the scammers with education about fraud. Learn red flags that may indicate fraud or scamming and steps to take for personal and family protection. Free. RSVP: 503-477-8474. Information: [www.edwardjones.com/joni-carlisle](http://www.edwardjones.com/joni-carlisle). Edward Jones, 1745 N.E. 42nd Ave.

**MANAGE DISTRESS**

**Feb. 6. 6:30 p.m.** Continues Tuesdays. The nonprofit Recovery International offers support for those seeking to identify and manage negative thoughts, feelings, beliefs and behaviors that can lead to emotional distress and related physical symptoms. Free-will offering. 503-810-2789. [www.selfhelptools.org](http://www.selfhelptools.org). [www.recoveryinternational.org](http://www.recoveryinternational.org). St. Michael's and All Angels Episcopal Church, 1704 N.E. 43rd Ave.

**WALK AMONG CONIFERS**

**Feb. 10. 10 a.m. to 12 noon.** A tree walk, focused on the wide range of conifers and broadleaf evergreens in the Irvington neighborhood, with the Urban Forestry division of Portland Parks & Recreation. The trees clean air, manage stormwater and provide wildlife habitat. Wear long pants, long sleeves, sturdy shoes and rain gear. Free. Information: Patrick Key 503-201-3133 or [Patrick.Key@portlandoregon.gov](mailto:Patrick.Key@portlandoregon.gov). Meet at Caffe Destino, 1339 N.E. Fremont St.

**DINE LIKE A VIKING**

**Feb. 11. 8:30 a.m. to 12:30 p.m.** Start the day with a Viking breakfast of pancakes and scrambled eggs. Sausage, fresh fruit, lingonberries, juice, coffee and tea also are served. Adults \$8, children ages 5-12 \$4 and children under 5 free. Norse Hall, 111 N.E. 11th Ave.

**CHURCH MARKS 10 YEARS**

**Feb. 11. 11 a.m.** Faithful Savior Lutheran Church celebrates its 10th anniversary since the merger of Faith Lutheran Church, formerly at Northeast 62nd Avenue and Sandy Boulevard, and Our Savior Lutheran Church. The Rev. Dr. Paul Linnemann, bishop and district president of the Northwest District, Lutheran Church - Missouri Synod, will preach and offer congratulations. Music will be by the Concordia University String Ensemble and the St.

Matthew's Anglican Choir. A reception will follow. Please RSVP to 503-257-9409 or [secretary@fsmplx.com](mailto:secretary@fsmplx.com). Church at Northeast 112th Avenue and Skidmore Street.

**CARE FOR OLDER HAIR**

**Feb. 11. 3-4:30 p.m.** Natural hair care for older adults offers ways to make the hair vibrant and strong. Free. 503-988-5123. North Portland library, 512 N. Killingsworth St.

**MANAGE TIME WELL**

**Feb. 13. 12 noon to 1 p.m.** Develop time management tools and recognize what wastes time. Set priorities that improve quality of life. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in Hollywood library, 4040 N.E. Tillamook St.

**BOOGIE FOR FUNDS**

**Feb. 13. 6-8 p.m.** Celebrate Mardi Gras with "Boogie & Brews," a benefit for Dress for Success Oregon, which assists women entering the workforce. Live music by Imperial 5, a rockabilly and blues band. Over age 21. Tickets \$15 at [oregon.dressforsuccess.org/get-involved/events/boogie-and-brews/](http://oregon.dressforsuccess.org/get-involved/events/boogie-and-brews/). Lagunitas Community Room, 237 N.E. Broadway, #300.

**FINDING ROOTS**

**Feb. 17. 2-4 p.m.** Local author and genealogist Stephen Hanks offers ways to start researching your African American genealogy and to continue online research. Laptop computers will be provided but attendees may bring their own mobile devices. Made possible by the National Endowment for the Humanities Fund of The Library Foundation. Free. Registration required: [www.multcolib.org](http://www.multcolib.org) or 503-988-5123 or in Hollywood library, 4040 N.E. Tillamook St.

**LANDSCAPE NATURALLY**

**Feb. 24. 9 a.m. to 1 p.m.** At the Home and Garden Show, learn to "naturescape," the practice of designing landscape to reduce water use and decrease stormwater runoff, which saves time, money and energy. Also, reduce or eliminate chemical use to prevent pollution, learn how native plants resist pests and tolerate drought conditions while attracting native wildlife and beneficial pollinators. Free through East Multnomah Soil & Water Conservation District. Registration required: <http://emswcd.org/workshops-and-events/upcoming-workshops/all-events/naturescaping-basics-54/>. Workshop at Portland Expo Center, 2060 N. Marine Drive.



IRVINGTON TREE WALK  
FEBRUARY 10

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**FEB. 5-11: TAKE ME TO THE MOON BURGER**  
White cheddar, Red Eye bacon jam, Terminator mayo, lettuce, tomato, red onion & pickles

**FEB. 12-18: MULHOLLAND DRIVE-IN BURGER**  
Bacon, avocado, habanero jack, pickled jalapenos, thousand island dressing, lettuce, tomato, red onion & pickles

**FEB. 19-28: MAUI WAUI BURGER**  
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Thursday, February 15  
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Gym • 7 p.m.

Thursday, February 22  
**BILL WADHAMS & FRIENDS**  
Rock  
Gym • 7 p.m.

Monday, February 26  
McMenamins, Oregon Historical Society and Holy Names Heritage Center present...  
**HISTORY PUB**  
Theater • 6 p.m. doors; 7 p.m. event

# Teachers look back on learning at Adams High

By Arden Butterfield  
for the Hollywood Star News

The year was 1969, and Adams High School was a brand-new school just south of Fernhill Park in Northeast Portland. The building was unlike any other school in Portland. Built out of giant concrete blocks, it had outdoor covered pathways connecting different parts of the building. The centerpiece of the design was a tree in a central courtyard, which reached up to the glass ceiling above the second floor of the school. “That was a state-of-the-art building,” Harold Johnson, who taught at Adams, remembers. “They were still nailing a little bit when the school started.”

On each of the four sides of the courtyard was one of the houses (later called schools-within-a-school).

Within the houses, students spent half their day in General Education – an interdisciplinary class with topics such as “Man and His Environment.” The idea came from a group of Harvard graduate students who, dissatisfied with traditional high schools, traveled around the country to find a place to start a school of their own.

Dave Damcke, a teacher at the Hampshire school-within-a-school, taught through simulations, such as a giant game of monopoly which illustrated the Great Depression. This curriculum helped Deb Bellerue, who graduated from Adams in 1971, become “excited about learning,” after school had previously bored her. At Adams, she says, “I cared about, and was interested in, what I was researching.”

Both inside and outside the classroom, Adams students focused on hands-on learning. Some students planted an organic garden in the school’s front lawn. One group repaired, wired, and plumbed



After the building’s demolition, the lot that once held Adams is now a part of Fernhill Park. A dirt track where Adams once stood is popular among joggers and bicyclists. (Arden Butterfield)

a run-down house in North Portland. For three straight semesters, the Adams school newspaper won the top award of the National Scholastic Press Association.

Many teachers appreciated the environment at Adams as well.

“When I worked at the Quincy school-within-a-school – one of the houses at Adams – we had a meeting with all the teachers, including me as a secretary,” Jean Robinson remembers.

These weren’t large-group staff meetings where the principal lectured to the teachers, but conversations between teachers in a school-within-a-school, where everyone

was listened to with equal weight.

“I wasn’t considered a lower-class citizen because I was a secretary,” said Robinson.

This gave Robinson a “tremendous amount of confidence” in what she had to say, as well as a deeper connection with the other teachers.

Adams closed in 1981, as high school population declined across Portland. Many students and faculty were relocated to Jefferson High School, where they worked to keep the best parts of Adams in practice.

Now, almost 50 years after Adams first opened its doors, many Adams teachers have still managed to stay in touch.

“With all these meetings in the schools within the schools, we really got to know each other as staff members,” Robinson remembers. “I’ve still remained friends with the people I worked with at Adams. It was the warmest staff, and the most embracing.”

Once a month, Robinson, Damcke, and two other Adams teachers get together to play dominoes. Mary Bothwell and Robinson go to the same church.

At Adams, “There was a closeness between students and faculty,” Bothwell remembers. “I don’t see it anywhere else.” She pauses for a moment. “At Jefferson it may still be that way.”



While a teacher at Adams, Mary Bothwell helped students understand the importance of racial issues. “We would have actual discussions, particularly about language,” she remembers. “Today, racial justice is still one of the major issues of my life.” (Arden Butterfield)



Harold Johnson taught at Adams throughout its entire operation, starting in 1969. “The late sixties were an exciting time, but a time of great confusion too,” he remembers. “It was a time of social unrest, which extended into the schools.” (Arden Butterfield)

## TAEKWONDO: Inspired Grant High freshman may set sites on 2028 Olympics in Los Angeles

– CONTINUED FROM PAGE ONE

### Extraordinary adventures

While visiting Nepal, the Dunlap family enjoyed paragliding in Pokhara, participated in an elephant safari at Chitwan National Park, and visited numerous temples, including Buddha’s birthplace circa sixth century BC, in Lumbini. They visited Durbar Square in Bhaktapur, which houses a large collection of temples and palaces currently under restoration from the 2015 earthquake. The family also toured the Boudhanath Stupa, where thousands of Tibetan refugees entered Nepal in the 1950s.

“Today travel in Nepal is safe; there’s not a lot of crime,” said Eric. Quincey

observed that Nepalese kids and families were happy, even though they don’t have much. She noted that kids attend school six days a week; Saturday is a holy day. Quincey learned much about Nepalese culture and religion and gained a different perspective while visiting there. “Although we might consider a future trek in Nepal, there are a hundred places we’d like to visit before returning there,” said Eric.

With more training, Quincey may set her sites on competing in Taekwondo in future Olympic games, advising her father that traveling to Los Angeles in 2028 would be much cheaper than their family vacation to Nepal.

For more information, call 503-284-7843 or visit [www.portlandtaekwondo.com](http://www.portlandtaekwondo.com).



Quincey Dunlap, outfitted in traditional Nepalese dress, participated in a fundraising fashion show at Hollywood Taekwondo after the 2015 earthquake devastated Nepal. She joined Grand Master Dan’s Hollywood Taekwondo team at the International Open Friendship tournament held in Nepal in December, earning a gold medal. (Tracey Dunlap)

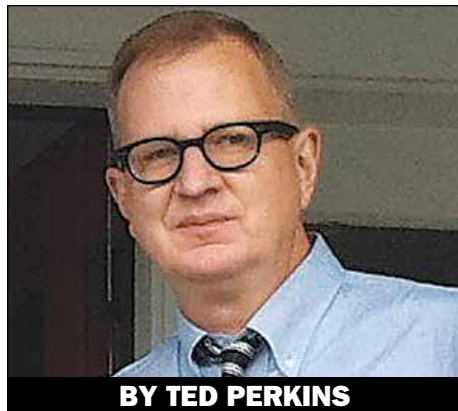
**★ STAR BUSINESS BUZZ**

**Tails and Trotters returns to Kerns after shop burns**

After nearly a year of hard work, Aaron Silverman plans to reopen Tails and Trotters this month at 525 N.E. 24th Ave. in the Kerns neighborhood. The company specializes in high-quality pork products, gleaned from its own proprietary line of hazelnut-finished pigs. The shop opened in the neighborhood in 2012 and has been recognized nationally for its charcuterie and sandwiches. An electrical fire broke out in the shop last February, destroying nearly everything in its path – including over 100 legs of prosciutto.

“Unwilling – or unable – to give up, we’ve worked throughout the year to rebuild and recover,” said Silverman. “Our retail shop will reopen soon with a new design emphasizing our sandwich counter. There will be seating inside for 16 to 18, along with a small bar serving a couple wines and some locally brewed beers. We’ll still have a case displaying butcher cuts and fresh sausages, as well as a deli case with lunchmeats and smoked products. Some production operations have been relocated to a separate facility to provide room for an expanded kitchen, with more opportunities to provide our customers with exceptional pork products.”

During the downtime, Silverman retained all of his employees and maintained



**BY TED PERKINS**  
TEDPERKINS@STAR-NEWS.INFO

wholesale operations by working out of a commissary kitchen downtown – so when the shop reopens this month all of the familiar faces will be back.

“We only work with pigs raised by a third-generation family farm in Eastern Washington,” said Silverman. “In 2004 I attended a slow food conference in Turino, Italy and discovered regional prosciutto. I began working with an animal nutritionist to develop a fattening program using hazelnuts – which are abundant in Oregon – instead of acorns, which is traditional in many parts of Europe. In addition to our sandwich counter, we make over 100 products, including fresh butchery, sausages, bacon, ham and pantry items.”

- CONTINUED ON PAGE 20



Kelly Silverman, Daryl Anderson and Aaron Silverman, right, plan to reopen Tails and Trotters this month in Kerns, after a fire closed the shop last February. In 2016, celebrity chef Guy Fieri, left, filmed an episode of Diners Drive-ins and Dives at the shop. (Tails and Trotters)

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## ★ STAR BUSINESS BUZZ

The Good Food Awards, sponsored by a national retailer collaborative, has now recognized Tails and Trotters products at the top of their charcuterie category four times – for its Porkstrami, Smooth Liver Pate, Applewood-Smoked Ham and, just last year, for its two-year-aged Prosciutto Pacifico. In 2016, Guy Fieri filmed an episode of Diners Drive-ins and Dives at the shop, featuring the Prosciutto Pacifico, as well as the shop's Grinder and Porchetta sandwiches.

The shop will be open with its previous schedule, Monday through Friday from 10:00 a.m. to 6:00 p.m. and Saturday from 10:00 a.m. to 4:00 p.m.

For more information, call 503-680-7697 or visit [www.tailsandtrotters.com](http://www.tailsandtrotters.com).

### Wholesome Blends brews last pot in Hollywood

After 14 years in the neighborhood, Scott Graham's Wholesome Blends coffee shop at 4615 N.E. Sandy Boulevard in the Hollywood district has closed its doors and brothers Mike and Chris Loar are looking for a new tenant. The Whole Bowl food cart next door to the shop temporarily relocated to the Popina's parking lot up the street for a few days, but is now back on the property and open for business. It will most likely remain in place after the main building is tenanted.

The Loar's mother, Maureen Petersen, is the building's owner, and the property has been in the family since 1972, when it was home to a dry cleaning business. The building was constructed in 1941 as a Sun Oil service station. Peterson ran her Hollywood Poodle Parlor business out of the space until about 1982, when it became home to a Pizza Hut franchise for roughly ten years. After Pizza Hut moved out, Chris Loar and his wife Renae opened Wholesome Blends in the space and ran the business for a few years before selling it to Graham.

After weighing their options, the family has decided to fix up the property and hold onto it for now. They already have offers from several promising tenants and hope to have someone lined up by February 1.

"I love the family feel of the Hollywood district and I really care about my neighbors," said Petersen. "We want to get someone in there who will be a good fit for the neighborhood and will help the community to grow and thrive."

For more information on leasing the property, call Mike Loar at 503-419-7623. For more information on Whole Bowl, visit [www.thewholebowl.com](http://www.thewholebowl.com).



In January, Maura Dawgert – together with a team of holistic health practitioners and yoga and pilates instructors – opened Wild Hearts Wellness in Beaumont Village. (Jane Perkins)

### Reo's Ribs restoration rising rapidly in heart of Hollywood

Crews from Kennedy Fire and Restoration are hard at work on the Reo's Ribs property at 4211 N.E. Sandy Boulevard in the Hollywood district, and Reo Varnado and Myra Girod plan to reopen their neighborhood barbecue spot this spring. A fire caused significant damage to the building last May and the restaurant has been closed for nine months.

"We saved the walls, the roof line and the footprint, but it will essentially be a new building from the studs out," said building owner Leon Drennan. "The interior has been completely gutted. We're installing all new plumbing, electrical and HVAC and we're putting in a brand new ADA bathroom and a new pass-through from the smoker to kitchen with fire-rated walls."

Nick Anderson of Rose's Kitchen Design Services designed the kitchen and the back of the house, while Girod's nieces Heidi Hawk and Helena Stitzel handled the design work for the front of the house.

"We couldn't have done it without them," said Girod. "They've done a beautiful job and I can't wait for our Hollywood neighbors to see it when its finished."

"I couldn't ask for better tenants than Reo and Myra – or for nicer people," said Drennan. "If it were a different situation, with a different business, I might not have sunk as much money into the property as I am now, but I believe in them and their business and I wanted to do right by the community."

For more information, visit [www.facebook.com/reosribs.com](http://www.facebook.com/reosribs.com).

### Wild Hearts Wellness begins to beat in Beaumont

In January, Acupuncturist Maura Dawgert – together with a team of holistic health practitioners and yoga and pilates instructors – opened Wild Hearts Wellness at 4230 N.E. Fremont St. in Beaumont Village.

"Wild Hearts is a wellness and community center," said Dawgert. "We offer holistic health services, movement classes, workshops, and event space. Our health services include acupuncture, herbal medicine, nutritional counseling and massage, and our movement classes include pilates and various types of yoga. We are starting a monthly music series, a monthly free movie night, and hope to incorporate more community gathering events in the future."

The Wild Hearts team includes acupuncturists Britanie Kessler and Aylee McFadden; nutritional counselor Alison DeLancey; massage therapists Amanda Corr, Syndee Fry, Krystal Meyer, Matt Worlock and Lena Traekenschuh; and yoga and pilates instructors Elizabeth Stafford, Sarah Rae Schmidt, Bryn Morgan, Marika McClenahan, Angie Fisher and Jess Sommers.

"At Wild Hearts, we believe holistic health incorporates not just the emotional, physical, and spiritual well-being of an individual, but the community as a whole," said Dawgert. "We are creating a space for people to gather, share their gifts and feel connected. We want everyone to walk out feeling like a superhero."

Dawgert signed a lease for the second-floor property last fall and took two and a

half months to renovate the space.

"I was attracted to the Beaumont area because it feels like a small town within itself," said Dawgert. "So many neighbors have stopped by to introduce themselves or poke their heads in. I have to give a big shout out to Beaumont Hardware. They have been so incredibly helpful with the process. We've had a few meetings at Blackbird Wine and their snacks are amazing. My pup also loves Green Dog Pet Supply. Their nutritionist, Sarah Rae Schmidt, is one of our all-star yoga teachers."

Wild Hearts has a welcoming event planned for Saturday, February 3 from 5:00 to 8:00 p.m.

"We're going to have free massage and acupuncture treatments and music and snacks," said Dawgert. "We'll also have an herbal spirits tasting with Thomas and Sons distillery and a cider tasting with Woodbox Cider. Throughout the day, we'll offer free yoga classes."

For more information, call 971-400-6063 or visit [www.wildheartswellness.net](http://www.wildheartswellness.net).

### Tiny Moreso cafe gets raw in Cully

In January, Overlook neighbor Jennifer Perea opened a new cafe called Tiny Moreso at 4520 N.E. 42nd Ave. in the Cully neighborhood's new Maker's Row building. Perea's Rawdacious Desserts is known throughout the city for its vegan cheesecakes and other healthy cakes and sweets.

"Tiny Moreso is a healthy snack shop," said Perea. "Our menu is designed for folks to order multiple snacks and create a meal – or just a bite. Everything we make is good for you and prepared from plants that are sourced locally. We are a dedicated gluten-free facility. I got 'moreso' from a phrase a friend's mom once said to me, 'As people get older they just get moreso.' I've become obsessed with the idea of becoming ourselves to a greater degree – through food, activity or lifestyle. As I get older I'm trying to embrace being 'extra' and support that through diet. 'Tiny' is because we are tiny and because it's cute."

Perea's first company is headquartered in the building and moved into the space in October.

"I started Rawdacious in my friend's kitchen downtown," said Perea. "At first I was just making one cake a week. Eight years later my cakes are in every New Seasons and restaurants around town. Tiny Moreso is a venue to sell our cakes and treats directly and to expand our menu into the savory and the very fresh."

- CONTINUED ON PAGE 21



Mike Loar is looking for a new tenant for the building at 4615 N.E. Sandy Boulevard in the Hollywood district. Scott Graham's Wholesome Blends coffee shop has closed its doors after 14 years in the neighborhood. (Jane Perkins)



In January, Overlook neighbor Jennifer Perea, left, opened Tiny Moreso in the Cully neighborhood's new Maker's Row building. Perea's Rawdacious Desserts is known for its vegan cheesecakes, healthy cakes and sweets. (Jane Perkins)

**★ STAR BUSINESS BUZZ**



At the beginning of the year, Leslie "Duffy" Stephens opened Duchess of Dyepots out of her Hollywood neighborhood home. Stephens hand dyes wool yarn for knitters and hopes to move into dyeing animal fiber for hand-spinners. (Jane Perkins)

We have daily soup and salad specials now and in warmer months, we'll add menu items and offer wine and cider."

Pereau served as her own general contractor for the project and hired subs to do the tenant improvement work. The production kitchen opened on October 2 and the cafe opened on January 2.

"We are using the month of January as a soft open," said Pereau. "We'll just let the neighborhood find us and we'll grow organically. I've always loved the area. I have friends in the neighborhood and I live about three miles away. I was introduced to Michael DeMarco, who introduced me to the property owners Nick and Risa Leritz. While I was working on my space, Co-motion, the inclusive community movement center, was also building theirs next door. It was helpful to have other people around me going through the same things. They are an amazing group of women and I can't wait to start taking their classes."

Tiny Moreso is currently open from 9:00 a.m. until 4:00 p.m. every day but Wednesday. Evening hours and outdoor seating will be added in the spring.

For more information, call 503-602-4243 or visit [www.tinymoresopdx.com](http://www.tinymoresopdx.com).

**Duchess of Dyepots crafts business from Hollywood home**

At the beginning of the year, Leslie "Duffy" Stephens opened a new business called Duchess of Dyepots out of her Hollywood neighborhood home. Stephens hand dyes wool yarn for knitters and hopes to move into dyeing animal fiber for hand-spinners.

"Thank goodness for old houses with great basements," said Stephens. "I have been a crafter for over 30 years, working with quilts, clothing, beading and fiber crafts like spinning and knitting. It was knitting that started my journey into textile art, then playing with color with hand-spinning that helped me develop my eye for color using yarn. A class in dyeing yarn got me excited about the potential of earning some money to pay for my craft. It was a case of finding my niche in a city full of fiber artists and crafters."

Because of the nature of the techniques Stephens uses, color patterns that she makes on a yarn are unique to that yarn.

"The variation gives more depth to the color instead of looking flat," said Stephens. "I also create hand-painted, self-striping sock yarn that can be used

to create a pair of socks that are not only warm but also fun to wear."

A Grant alumna, Stephens grew up in the Irvington neighborhood and has lived in the Hollywood district since 1988.

"I love this neighborhood for its friendliness, eclectic flavor, and history," said Stephens. "Portland is a city with a history of craft. People marvel at the number of yarn shops we have here, but it's a reflection of the love of craft that Portlanders have that makes this city unique. I talk with crafters from all over the region and it all comes down to how people in this city just embrace creativity in so many different forms that makes it a great place to live."

For more information, call 503-528-6693 or visit [www.etsy.com/shop/duchessofdyepots](http://www.etsy.com/shop/duchessofdyepots).

**Furever Pets gives regards to Broadway**

On January 19, Furever Pets at 1902 N.E. Broadway in Sullivan's Gulch closed its doors for good.

After 15 years in retail, owner Symon Lee will now focus his energy on his other business, Goli Design, which develops and distributes Lee's own line of pet products throughout North America.

"I have been pondering this difficult decision for a long time," said Lee. "With the ending of our lease in December, I finally decided it's time to take a leap of

faith. Working on Goli Design has allowed me to touch base with my creative side, to do more traveling and to spend more time with my family overseas."

Furever Pets offered premium gear, food, apparel, toys and carriers for dogs and cats.

"From the bottom of my heart, I would like to thank each and every one of our customers for their support all these years," said Lee. "It has been a great honor to be part of the community and I certainly hope that we have served it well. I also hope our customers will continue to support local businesses and that the neighborhood will continue to thrive."

For more information, visit [www.golidesign.com](http://www.golidesign.com).

**Ryan Cook certified at Broadway Physical Therapy**

Ryan Cook, a physical therapist at Broadway Physical Therapy and Sports Rehabilitation, has earned his certified strength and conditioning specialist certification from the National Strength and Conditioning Association.

The certification will allow Cook to apply his knowledge to train athletes and improve their performance. He can now perform sport-specific testing sessions, design training and conditioning programs and assist patients with injury prevention.

For more information, call 503-287-6636 or visit [www.broadwaypt.net](http://www.broadwaypt.net).



On January 19, Furever Pets on 19th and Broadway in Sullivan's Gulch closed its doors for good. Owner Symon Lee plans to focus on his other business, Goli Design, which develops and distributes pet products throughout North America. (Jane Perkins)

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## Trend of pampering pets grows into \$6B industry

In 2016, Americans spent nearly \$6 billion on pet grooming and boarding, which doesn't include the nearly \$16 billion they spent on veterinary care, according to the American Pet Products Association. The group projected that number to grow by \$350 million in 2017.

What's it like to be a pampered pooch? One pet resort in the Washington, D.C. area charges \$1,000 for an eight-day stay which includes amenities like a room with a view, a television tuned to

Animal Planet, and a camera so parents can keep tabs on their furry family. Add pet massage, extra walks and snuggle time to the package. Extras include a blueberry facial, mud bath treatment, or "pawicures," where nail polish is optional.

Cats can be indulged, too. For \$65 a night, cats' suites have skylights, "because cats get their energy from the sun," according to the owner of Spa Paws Hotel in Fort Worth, Texas. She throws in freeze-dried salmon

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**MASSAGE:** increases range of motion and flexibility, in addition to experiencing a rush of endorphins and relaxation

**ACUPUNCTURE:** proponents claim it can assist with muscular problems, respiratory issues, and help restore balance

treats to tamp down feline anxiety.

Researcher and author John Bradshaw concludes that our fascination with pets is not because they're useful, nor even

because they're cute, but that pet-keeping is an intrinsic part of human nature. He predicts that many other cultures are becoming keen to have pets. — *Kathy Eaton*



Alex Potts pampers a tenant at Meowhaus Feline Boarding and Day Spa. Anya Stites' overnight hotel and day spa caters exclusively to cats with 42 luxury suites and locations in Roseway and Rose City Park. (Jane Perkins)

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