



HEARTBREAKER
Our Valentine's Day gift guide is full of local ideas sure to please your sweetheart. **PAGES 8-9**



Make way for ROSEWAY

STREETWISE This month, Barb Hughes visits resilient Roseway and finds Flip Pitluck and Kat Elorriaga, slinging pies and pints at Pizzeria Otto on Northeast Sandy Boulevard. **PAGE 10**



DOCTOR IS IN Dr. Gina Guillaume will serve as director of North by Northeast Community Health Center. **PAGE 14**



SENIOR SHARING Volunteers valentines can bring cheer and comfort to home bound neighbors. **PAGE 4**



FILM FESTIVAL 'Who We Carry' will be shown online as part of 32nd Cascade Festival of African Films. **PAGE 5**



CULLY COLLEGE PCC Workforce Training Center breaks ground on affordable housing project. **PAGE 12**



FARM FUN CSA Share Fair is a free, kid-friendly way to learn about community supported agriculture. **PAGE 15**

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★ STAR COMMUNITY CONNECTIONS

NEW CHARTER COULD BRING CITY MANAGER

A city manager may be in Portland's future. That's one of the ideas under discussion by neighbors attending Zoom meetings with the Charter Review Commission.

The 20-member commission is studying potential changes to Portland's city charter, the municipal "constitution." The charter review is undertaken every 10 years. Residents have signed up for sessions in recent months to discuss the style of government and how votes may be cast.

Portland's current form of government, developed in 1913, has a mayor and four commissioners elected at-large. The mayor assigns city bureaus to each elected commissioner, who oversees policy issues for his or her bureau.

The charter commission's goals include seeking a governmental model that supports long-term planning rather than the "silo effect" attributed to the current system. Other goals include a more representative form of government. The commission and those attending meetings appear drawn to the election of city leaders by districts, but a number of districts hasn't been decided.

The charter commission also is looking at methods of voting, including retaining the current system of marking a ballot for a single preferred candidate. However, other systems under discussion include rank-choice voting, in which voters rank candidates in a sequence of first choice, second choice, third choice, and so forth. Another possibility is star choice in which voters score each candidate with a number, say from zero to five, with zero representing "worst" and five representing "best" candidate.

The commission goal is to develop



BY JANET GOETZE

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recommendations for a new form of government and election style by June and place them on the November 2022 general election ballot.

For more information, visit www.portland.gov/omf/charter-review-commission.

VACCINE CLINICS PLANNED IN FEBRUARY

Two COVID vaccine and booster clinics are scheduled in February through the Community for Positive Aging, formerly the Hollywood Senior Center. They are offered by appointment or walk up, but an appointment may reduce wait times, according to the senior center.

The first is scheduled from 10 a.m. to 2 p.m. Feb. 11 in the lobby of the Northwest Health Foundation, 221 N.W. Second Ave.

Another is scheduled from 10 a.m. to 2 p.m. Feb. 25 at the Hollywood Senior Center, 1820 N.E. 40th Ave.

The vaccine and booster have been proven to reduce the likelihood of contracting the virus, including Omicron, and to reduce symptoms for those who do contract the virus, according to the senior center's information.

"The goal of the vaccine is to reduce the

- CONTINUED ON PAGE 4



Two vaccine and booster clinics are scheduled in February through the Community for Positive Aging. They are offered by appointment or walk up. (Community for Positive Aging)

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In a time of social distancing, letters, cards, drawings and treats can bring cheer and comfort to home bound seniors. Volunteers of all ages can create Valentine's Day greetings for the Hollywood Senior Center to distribute through its Enhanced Resident Services program. (Community for Positive Aging)

spread of COVID, as well as mitigate the risk of death, and the vaccine and booster do just that," according to the center.

Make appointments through the senior center by calling 503-288-8303 or emailing staff@hollywoodseniorcenter.org.

center to distribute them, Barowski said. The Hollywood Senior Center, 1820 N.E. 40th Ave., must receive the cards and treats by 4 p.m. Feb. 8. The center is open 9 a.m. to 4 p.m. Monday through Friday. Please include a note with the donor's name and email or phone number. Please wear a mask and ring the doorbell upon arrival.

SEND VALENTINE CARDS TO CHEER LOCAL SENIORS

Volunteers of all ages can create Valentine's Day greetings and treats for the Hollywood Senior Center to distribute through its Enhanced Resident Services program.

In a time of continued social distancing, letters, cards, drawings and treats are important for bringing cheer and comfort to community members, said Julie Ann Barowski, a coordinator of the program.

"Create hand-made Valentines, write heartfelt letters or just send a note to say hello," Barowski said. "You can even get creative and make a piece of art or write a poem - it's up to you. Please leave cards unsealed. Postage is not required, but we will gladly accept donations of stamps."

Any cookies or sweet treats must be individually wrapped in order for the

AFRICAN FILMS FEST CELEBRATES 32ND YEAR

The Cascade Festival of African Films returns for its 32nd year, offering both virtual and in-person events between Feb. 4 and March 5. The theme of the 30 curated films by African directors is "Diaspora" to celebrate people of African descent living around the world.

In the virtual format, films will be available for viewing free of charge on specific dates and remain available for viewing for a prescribed number of times. A limited number of free, in-person events is scheduled at the Hollywood Theatre, 4122 N.E. Sandy Blvd., and the Clinton Street Theatre, 2522 S.E. Clinton St. In-person

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'Who We Carry,' directed by Elijah Hasan, will be available for viewing online, beginning Friday, February 4, as part of the Cascade Festival of African Films. (Cascade Festival of African Films)

events will require a mask and proof of vaccination or a recent negative COVID test.

Opening night at the Hollywood Theatre, Feb. 4 at 7 p.m., will feature "DiaTribé" by Los Angeles filmmaker and poet A.J. Wone, who will join viewers for a post-film discussion. The film is a concert documentary featuring the lineage between African dance traditions and the dance styles of today's youth. The film also will be available virtually on the festival's Eventive platform. Pre- and post-film festivities will be live streamed.

The festival, organized through Portland Community College, drew approximately 400 people in 1991 and has grown to about 5000 attendees in recent years, according to a PCC news release. Information about viewing films and attending events is at www.africanfilmfestival.org.

LAWMAKERS OUTLINE BILLS UNDER STUDY

Several Oregon legislators met virtually with members of faith communities to outline the bills they are introducing in the 35-day legislative session that began

on Feb. 1. Health care and improvements to Oregon's mental health system are among the proposals.

Legislators also plan to introduce bills aimed at housing, gun violence and overtime pay for farm workers. Rep. Tawna Sanchez, a Democrat who represents parts of North and Northeast Portland, said she is working on bills to develop a response system that helps people experiencing mental health or substance abuse problems without involving police or jail.

Rep. Pam Marsh, a Democrat from Jackson County, said she is supporting legislation that will move Oregon to all clean energy in coming decades. Another bill would have the Oregon Health Authority distribute air conditioners throughout the state in case of a heat event.

The legislators spoke to about 190 people from Ecumenical Ministries of Oregon, Unitarian Universalist Voices for Justice, Interfaith Alliance on Poverty, Oregon Coalition of Christian Voices and Muslim Educational Trust.

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Northeast Village PDX will join more than 280 'villages' across the country to mark the 20th anniversary of a movement that supports older adults who wish to remain in their own homes and stay active in their communities. (Jane Braunger)

Oregonians may follow the progress of bills as they are introduced, debated in committee and sent on to next steps. The Oregon Legislative Information System is online at <https://olis.oregonlegislature.gov>.

ARTISTS MAY APPLY FOR OPEN STUDIOS

Portland Open Studios is accepting applications from artists who wish to participate in the annual program for welcoming visitors into their work spaces. The event is planned for two weekends in October.

A panel of jurors will blind score artists for participation in the event that opens studios throughout the metropolitan area. Interested artists can also become members of Portland Open Studios, which offers professional development sessions and promotion.

Applications for the Open Studios event must be submitted by Feb. 28. The website, with additional information, is at www.portlandopenstudios.com.

VILLAGE MOVEMENT CELEBRATES 20 YEARS SUPPORTING AGING IN PLACE

Northeast Village PDX has celebrated its own fifth anniversary and will join more than 280 "villages" across the country to mark the 20th anniversary of the movement that supports older adults who wish to remain in their own homes and stay active in their communities.

The anniversary will be marked with a proclamation in the U.S. House of Representatives, designating Feb. 15 as National Village Day, according to Jane Braunger of Northeast Village PDX.

Beginning in Boston in 2002, the "village" concept has grown to a network of community-based groups serving about 40,000 older adults across the county and internationally. Eleven villages in the greater Portland area are volunteer-based, member-led and self-governing groups organized under the "hub" of Villages NW.

Each village is made up of members and volunteers, some of whom are also members. They provide programs and services that support seniors staying in their own homes. The services may include transportation, light home maintenance, tech support, friendly visits and check-in calls.

Although the COVID pandemic has limited socializing, some village members use Zoom for book, movie and cooking groups, Braunger said. Some enjoy neighborhood walks while masked and socially distanced.

Northeast Village PDX holds Zoom information sessions for prospective members and volunteers at 2 p.m. on the second Tuesday of the month. Register on the calendar at the website, www.nevillagepdx.org, or call 503-895-2750 for more information.

NORTH, EAST AREAS GAIN ORANGE BIKES

Those orange Biketown bicycles have expanded into nine additional square miles of the city, a growth by 25 percent according to the founding partners Portland Bureau of Transportation and Biketown, operated by Lyft.

The program has expanded into North and East Portland, which have a high percentage of communities of color that are often underserved by transportation, according to a PBOT news release.

The added service area in East Portland includes Hazelwood, Mill Park, Parkrose and Parkrose Heights. In North Portland, the service area has expanded to include the University of Portland, downtown St. Johns, and the Arbor Lodge, Cathedral Park, Kenton, Portsmouth and University Park neighborhoods.

SHELTER NOW PDX SUPPORTS VARIETY OF HOUSING TYPES

Shelter Now PDX has worked for more than a year to support expanding a variety of shelters to meet the day-to-day needs of the city's houseless population, according to the organization's volunteers who spoke at a recent Zoom meeting of the Interfaith Alliance on Poverty.

Individuals from the Interfaith Alliance, made up of 14 faith communities, and the Northeast Coalition of Neighborhoods, helped create Shelter Now with representatives of businesses, service agencies, community-based organizations and people with houseless experience.

The organization, with a 12-member leadership team, seeks to amplify the voices of people with unhoused experience, build bridges and foster collaboration in the broader community, advocate on policy and hold public officials accountable for progress in dealing with homelessness.

The top need of unhoused people is access to a secure and safe place to sleep, followed by hygiene access and a bathroom. Homeless people also want an opportunity to build a community, Shelter Now leadership members said.

Tiny houses, sleeping pods and motel rooms for older couples and disabled people, are among the varied housing solutions already undertaken by the city and Multnomah County. Leadership members said homelessness isn't solved by offering only one style of housing.

Barbra Weber, a leadership team member who has been unhoused for seven years since suffering a brain injury, lives in Hazelnut Grove, a self-governing camp of resident-built housing in North Portland. Initially, it was opposed by some nearby homeowners. However, criticism has declined and Hazelnut Grove residents have developed rules for residents who share clean up and security jobs.

- CONTINUED ON PAGE 7

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Weber, who said the community created at Hazelnut Grove is important to residents, is also a co-founder and coordinator for the Ground Score Association, which tackles trash clean-up and gives work experience to participants.

GARDEN CLUB OFFERS GRANTS TO NONPROFITS

The Portland Garden Club will accept applications through Feb. 28 for its community grants program. The program's goal is to stimulate knowledge and love of gardening, to aid in the protection of native plants and birds, to encourage civic beauty and to protect the quality of the environment.

The club will consider requests up to \$4000 per grant from nonprofit organizations in the Portland metropolitan area. To be considered, a "shovel ready" project should have a clearly defined objective and a detailed financial plan for using the grant money. The application also should explain the need for the project and potential impact on the community, according to the garden club website.

Information about the club and its grant application form are available at www.theportlandgardenclub.org.

HEALTH CARE FOR ALL MAY BE ON OREGON BALLOTS

Health care is a right and Oregon voters may be asked to decide whether a constitutional amendment could provide an affordable system for everyone, said Sen. Elizabeth Steiner Hayward, a family physician and co-chair of the Legislature's Joint Ways and Means Committee, which oversees the budget.

Steiner Hayward, whose Senate District 17 extends from Northwest Portland to Beaverton, spoke by Zoom with an adult education session at Westminster Presbyterian Church in Northeast Portland. The virtual meeting was shortly before the Feb. 1 opening of the 2022 Oregon Legislature.

The current health care system is too expensive for some people, and a public option may be a solution for that

problem, said the senator, who teaches in the family medicine department at Oregon Health Sciences University.

She discussed other issues raised by those in the Zoom session, including homelessness, which she said won't be fixed by one solution but needs work in several areas. She also noted that Oregon is seeking a federal Medicare waiver so that agencies working with those leaving prisons could use funds for housing to provide health stability. For instance, with housing, those with diabetes or other diseases could prepare meals and refrigerate insulin or other medicine, she said.

Legislators are working on proposals to improve the state's weak behavioral and mental health system, she said, and work also has started to provide early childhood education throughout Oregon. A knotty problem will be finding a way to deal with the state's infrastructure needs, she said, which could cost between \$50 and \$100 billion.


COOK BOOK FEATURES RECIPES FROM GREECE

A locally favorite cookbook, "Flavor It Greek! A Celebration of Food, Faith and Family," has gone into a third printing, according to the Philoptochos Society of Holy Trinity Greek Orthodox Cathedral.

Sales of the first two editions supported the Philoptochos Philanthropy Committee and the Philoptochos Emergency Assistance Fund. Through them, more than \$117,000 went to about 50 community agencies, said Georgia Liapes, co-chair of the cookbook committee. The third edition's proceeds also will be distributed to the wider community, Liapes said.


The 352-page book includes recipes from spinach pie (spanakopita) to meatballs (keftethes) and Easter bread (tsourekia). Also featured are 78 Lenten dishes, prepared without dairy or meat products, plus Greek translations for recipe titles, personal notes from each contributor and a special section on faith and tradition.

Books are \$29.95 each, plus shipping. A case of six books is \$120. Email purchases may be made at flavoritgreek@gmail.com. More information is available by visiting the website www.flavoritgreek.com. ★



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FIVE WAYS TO SLAY VALENTINE'S DAY THIS YEAR

Valentine's Day is no longer just for the happy couples. Whether you're married, dating or content being single, there are ways for everyone to celebrate love of all kinds, including romance in 2022, regardless of relationship status.

1. Custom Cards. SmashUps from American Greetings can help prioritize love and romance any day of the year. There are SmashUps specifically for Valentine's Day, with romantic messages from celebrities like Michael Bolton and Smokey Robinson. However, these ecards aren't just for couples on Valentine's Day. There are plenty of options for

love and friendship, like hilarious videos of talking dogs, cats and koalas. The customizable ecards let you send personalized messages to your boo, your bestie and your brother for a variety of holidays and occasions.

2. FaceTime. Couples who are separated by distance might have to settle for a candlelit FaceTime instead of the in-person dinner they had in mind. Luckily, romance in 2022 means technology can keep us connected, even when we're apart. If you're celebrating from a distance this Valentine's Day, consider shipping gifts to your significant other or gal pals and opening them together while you're on a video call, or make the same recipe and eat it together on FaceTime.



(iStock via Getty Images Plus)

3. Swipe Left. Many modern-day love stories start with a simple swipe to the left on a dating app. If you're hoping to meet new people but aren't sure where to begin, consider having some fun with online dating apps like Bumble, Hinge and Tinder. They're not just for those looking for love. Many have friendship features, like Bumble BFF, which works the same way, but connects you with others looking for friendships too. This can be particularly useful for those who

are moving to new cities, seeking roommates, or looking to network with others who are around the same age or share similar interests.

4. Did Someone Say Galentine's Day? Originally created by fictional character Leslie Knope in the television series "Parks and Recreation," Galentine's Day is all about female friendships and the laughter, joy and support they bring to our lives.

- CONTINUED ON PAGE 9

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★ STAR CELEBRATES VALENTINE'S DAY



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Galentine's Day can be spent as simply or elaborately as you please. Some gals might get together to exchange gifts of candles and fuzzy socks for the occasion, while others might have a glass of wine and gossip over a charcuterie board. For some, the holiday may just be a reason to call your friends and check in on them. Single or taken, Galentine's Day is a reminder to glorify your girl gang.

5. Self-Care. Being alone on Valentine's Day can feel a little lonely, but the day doesn't have to be painful. If

you're spending it on your own, plan a day at the spa, take a group workout class or cook yourself your favorite meal. Self-care is the perfect way to honor the strong and independent person you are.

Romance in 2022 can be dinners for two with flowers and chocolate, but it can also be celebrating the mystery and magic of an ordinary day with a custom ecard, dinner with gal pals, or spending time doing things you enjoy on our own. – StatePoint ★



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★ STAR STREETWISE

MAKE WAY FOR ROSEWAY



Owners Joe Hilsenrad, left, and Angela Homme, at Rerun2 in Roseway. (Rerun2)

Find your way to Roseway! This neighborhood has a great variety of practical and fun, family-owned, local businesses to visit.

Get your personal and business taxes done at Sand's Solutions – and get some love from their office dog Daisy. Order a special cake for Valentine's Day from Bee's Custom Cakes. Get your spring veggie seedlings, flowers and other indoor crops off to a good start with advice and products from Bloom Garden Supply. Enjoy the kindness and great customer service with a taste of India at Namaste, or a taste of the islands at Ohana Hawaiian Cafe.

You'll find everything for Asian cooking – plus some of the biggest fresh vegetables I've ever seen – at Nam Phuong Market.

You can get your prescriptions filled at Fairley's Pharmacy, grab a bagel at Ben & Esther's or try your hand at pool or pinball while enjoying a brew at The Korner Pocket Pub. Avian and Exotic Veterinary can treat birds, reptiles, amphibians, rabbits, rodents, hedgehogs and all manner of exotic mammals, fish and invertebrates. And don't miss the tastiest grab-and-go donuts and pastries at Annie's Donuts. Here are a few places I had the privilege of visiting this month.



BY BARB HUGHES

BARBHUGHES@STAR-NEWS.INFO

RERUN2

Angela Homme is co-owner at Rerun2 on Sandy Boulevard, a neighborhood resale household goods and clothing store in the Roseway neighborhood. The original, smaller Rerun is in Irvington. Angela grew up practicing reuse and valuing special treasures, as her parents owned an antique store. Angela and her husband Joe Hilsenrad have been in the secondhand business since 2005, when they launched a neighborhood resale and consignment store. They both enjoy the thrill of ever changing variety, as well as friendships with many loyal customers and employees over the years.

With 13,000 local consignors and fresh merchandise hitting the floor each day, Rerun2 has 10,000 square feet of goods upstairs and downstairs, so there's plenty of room to accommodate shoppers while practicing safe social distancing. Best sellers include clothing, furniture, art, jewelry and home decor. Plus, Rerun2 is the exclusive local distributor of new Solstice outdoor wear, featuring snowboarding pants, jackets and Merino wool sweaters for only \$20!

Not only does Rerun2 sell used treasures and clothing, they'll help you de-clutter your high-quality furniture, clothing, jewelry, books, music, movies, home decor, art and other funky treasures. Contact Rerun2 if you've got items you'd like to donate or consign. My husband's been looking for a certain style windbreaker for years, and finally found it at Rerun2! If you're looking for good quality at reasonable prices, Rerun2 is your neighborhood resale store. Stock is always changing, so come back often.

Open 10:30 a.m. to 5:30 p.m. Thursday, Friday and Saturday and 11 a.m. to 5 p.m. Sunday, you're sure to find one-of-a-kind treasures, quality furniture, home decor, clothes and more at Rerun2.

ADDRESS: 6940 N.E. Sandy Blvd. **PHONE:** 503-683 3786. **WEB:** www.portlandrerun.com. **DON'T MISS:** With current supply chain issues, Rerun2 can fill the gap for neighbors looking for affordable home decor and furniture. Enjoy a safe, friendly place to meet new friends, sell your stuff and discover unique and useful treasures. Gift cards available. Check the website for free community events.



Flip Pitluck at Pizzeria Otto. (Barb Hughes)

PIZZERIA OTTO

Pizzeria Otto is all about community, creating delicious, seasonal and affordable food for everyone in the neighborhood. This old-world Pizzeria offers top-notch traditional soft-crust Neapolitan pies, fresh local salads, craft beer and excellent wines in a comfortable and welcoming family atmosphere.

Pizzeria Otto offers specials every week – which change to reflect what's in season – as well as classic flavor combos. In early January, the special was smashed Ozette potato and leek pizza with garlic sauce. Using unbleached flour, from wheat grown exclusively in the Pacific Northwest, delicious plum tomatoes from California and meats and cheeses locally-sourced wherever possible, Pizzeria Otto uses fresh ingredients, supports local growers and our local economy, and aims to leave a small carbon footprint.

Pizzeria Otto's Neapolitan pies are flash-cooked at very high temperatures (800 to 900 degrees) for no more than 90 seconds, giving a soft crust and slightly soupy center. Chef Sam Reed studied in Naples under one of the most highly regarded pizzaiolos in the world, Enzo Coccia from Pizzeria La Notizia. Inspired by the great pizzerias of Napoli, Pizzeria Otto was ranked second in the Oregonian's Best Wood-Fired Pizza's!

Hospitality starts with owner and Roseway neighbor Clark Hale who donates to neighborhood school auctions and the Mainsprings Food Bank. Hospitality continues with welcoming staff like Kat Elorriaga and steady hand of Flip Pitluck firing pizzas in the woodfired oven. Open seven days a week from 11 a.m. to 9 p.m. You can choose dine-in, outdoor seating, curbside pickup or delivery. Treat yourself today!

ADDRESS: 6708 N.E. Sandy Blvd. **PHONE:** 971-373-8348. **WEB:** www.pizzeriaotto.com. **DON'T MISS:** The kind, helpful staff, and the daily \$8 Margherita special from 11 a.m. to 5 p.m. Check Instagram for weekly specials.

★ STAR STREETWISE



Marty Pinz at Roseway Barber Shop. (Karen Pinz)



Mark Pederson at Dr. Tongue's I Had That Shoppe. (Barb Hughes)

ROSEWAY BARBER SHOP

Since 1915, the Roseway Barber Shop has been providing quality and affordable haircuts. Current haircut prices are only \$18, and \$15 for seniors and kids! The shop specializes in crew cuts, flattops, regulation Marine “high and tight” and Ivy League businessman’s style haircuts. Along with haircuts, you can pick up products like Krew Comb Butch Wax and their special recipe, Roseway Barber Shop aftershave.

Owner Marty Pinz, once a blue-chip football and baseball player at Madison and now in the PIL Hall of Fame, has supported Little League Baseball and youth basketball for years. Marty has volunteered as an assistant baseball coach, organized a golf fundraiser and supports the McDaniel High School baseball program. Love for the community extends to care in crafting haircuts. Marty loves to hear customers say “this is the best haircut I’ve ever had” and how much they enjoy coming to the shop.

You too can enjoy the Roseway Barber Shop experience. Open Tuesday through Friday from 8:30 a.m. to 5 p.m. and Saturday from 8 a.m. to 3 p.m. The shop’s motto is “Keep America beautiful ... get a haircut!”

ADDRESS: 7220 N.E. Sandy Blvd. **PHONE:** 503-282-9894. **WEB:** www.facebook.com/rosewaybarbershop. **DON'T MISS:** Plenty of community photos on the walls, including many of the local kids’ teams Roseway Barbershop has supported over the years. There’s also a 1950 photo of Marty’s grandpa, barbering in his Texas shop and Marty’s dad, Joe, giving Marty his first haircut at six months.

DR. TONGUE’S I HAD THAT SHOPPE

Specializing in character-related toys and collectibles from the 50’s to the 90’s, find all the toys your mother threw away at Dr. Tongue’s I Had That Shoppe. Owner and Portland native Mark Pedersen operates both the Roseway store and online ETSY shop, and is one of the city’s most prominent authorities on film and television merchandise. I discovered this little gem last year, and have been bringing toys and housewares from my childhood as I de-clutter. It’s fun hearing Mark get excited and tell me history/stories about similar items. I’ve always been a teeny-toy fan, and his store has a showcase full of old cracker-jack prizes! With all the variety, color, and interesting items, you’ll feel like a kid in a (toy) candy store.

With thousands of toys, collectibles, décor and more, discover childhood cartoon characters, Star Trek/Star Wars, cereal, advertising, seasonal toys, Transformers, GI Joes, fantasy, movie and TV items – so many goodies for your inner child to choose from! This vintage shop is geared for the adult collector or the parent wanting to introduce their kids to toys they had when they were younger.

If you’re looking for something in particular, Mark probably either has it in stock, or knows where to find it. Give a call, come into the store (masks required, limit 6 customers in store at one time, be nice), or check/order online. Open Thursday – Saturday noon-5pm, private shopping Tuesday or Wednesday by appointment only, curbside pick-up, or shop online. Isn’t it time to put a little play back into your life?

ADDRESS: 7129 N.E. Fremont St. **PHONE:** 503-893-1991. **WEB:** www.drtonguetoys.com. **DON'T MISS:** Mark and his shop are featured in the fourth season of “A Toy Store Near You,” streaming now on Amazon Prime! Maisy the dog’s toy reviews are posted each Monday on the Dr. Tongue’s Facebook page. ★



Donette, Daisy and Kurt Sand at Sand's Solutions. (Joe Perkins)



Treasures abound at Rerun2 in Roseway. (Barb Hughes)

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ROSE CITY PARK ROTHERT BUILDING MOVING TOWARD ITS SECOND CENTURY

Built in 1924 as the W.L. Plummer Store and Office, the building at 5232 N.E. Sandy Blvd. is characterized as an upstanding, if quiet, contributor to the Hollywood Business District's culture. Familiar to most as the home of Brunke Furniture for 72 years, the 8580-square-foot structure was recently re-imagined and brought back to life as the Rothert Building – the new home of Rothert Insurance.

By modernizing a historic building rather than replacing it, the renewal helps preserve the Sandy Boulevard storefront character, sustainably salvaging the building materials' embodied energy. The result is a building with up-to-date amenities that maintain its historic charm through the restoration of its brick exterior and sensitive replacement of wood windows.

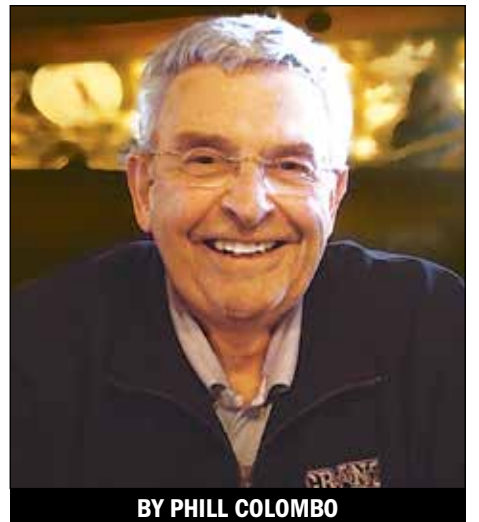
MCA Architects, renovation designer, touted exterior and overall building improvements completed during the 15-month, \$2.7-million project, including a complete seismic upgrade to code, comprehensive ADA upgrades, selective restoration and protective coating of the brick exterior, new building insulation, all new utility connections, a new roof, new fire protection measures, new air conditioning, electrical and data communications systems.

Complete renovation of all interior spaces on three floors included new stairs, elevator, entrance, reception area, employee lunchroom, restrooms, conference room and offices. Original architectural elements, such as the worn tiled entry, were replaced with materials that echo the building's original character. The existing timber floor structure was exposed as an architectural feature on all floors.

The building's energy performance was improved with new, high efficiency glazing and insulation. The addition of a large skylight provided enhanced day lighting at the building's core, allowing controlled, natural light to flood a dramatic new stairway and common work areas. After occupancy in September 2020, MCA consulted the owner on the installation of UVC lighting systems to the building's new HVAC system to combat COVID. Installation was completed the following spring.

Business owner Mark Rothert liked the result of the design and renovation.

"We remodeled and updated a hundred-year-old building, enlisting the services of MCA Architects from start to finish, he said. "Jack Miller and his staff took our ideas and created a vision of how to make the space functional and aesthetically pleasing.



BY PHILL COLOMBO

PHILLCOLOMBO@STAR-NEWS.INFO

MCA Architects took control of the project, worked with the city, the contractors, and always kept us in the loop."

Rothert described MCA as "enthusiastic and professional, delivering on their promises," adding he would strongly recommend them and use them again for any future project.

GROUND BROKEN IN CULLY AFFORDABLE HOUSING AT PCC WORKFORCE CENTER

A late January groundbreaking ceremony commenced affordable housing construction at Portland Community College's Metropolitan Workforce Training Center, 5600 N.E. 42nd Ave. Speakers at the event included PCC President Mark Mitsui, Board Chair Mohamed Alyajouri, Community Workforce Development Regional Director Pam Hester, and Planning and Capital Construction Director Linda Degman.

The center, which collaborates with community members receiving public assistance to gain employment skills, has partnered with Home Forward to develop, build and operate the housing project, providing 84 affordable apartments. When completed in June 2023, the 50,000-square-foot center will combine classrooms, meeting rooms, open workspace, a community room, shared areas and apartments in one facility.

For more information, visit www.pcc.edu/bond/current-projects.

PLANNING COMMISSION TO VOTE ON LATEST PHASE OF RESIDENTIAL INFILL PROJECT

With its final discussion of recommendations on January 25, conforming to city regulations as well as state law, the planning and sustainability

- CONTINUED ON PAGE 13




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A new skylight on the Rothert Building's third floor allows enhanced daylighting in the building's core, flooding a stairway and common areas with natural light. Built in 1922, renovation of the Hollywood district building is scheduled for completion by its 100-year anniversary. (MCA Architects)

★ STAR DEVELOPMENT NEWS



Ground was broken in late January for construction of 84 affordable housing units at PCC's Metropolitan Workforce center in Cully. The new units will allow students to live where they train to gain employment skills. Home Forward has partnered with PCC to develop, build and operate the project. (Bora Architects)

commission will vote February 8 and send its advice to city council. The commission has been taking public testimony on bringing Portland into compliance with House Bill 2001's middle housing requirements and Senate Bill 458's expedited land divisions for middle housing provisions by July 1, 2022.

Passed in 2019, House Bill 2001 mandates that cities allow duplexes on all lots where single homes are allowed as well as triplexes, fourplexes, attached houses and cottage clusters in many residential areas. The second phase of the Residential Infill Project will include Portland's larger lots in outlying areas and create new standards for attached houses and cottage clusters for all single-dwelling zones. Senate Bill 458 says cities must allow applicants to divide middle housing units, so that each unit is on its own lot and can be owned separately.

For more information, visit the project web site at www.portland.gov/bps/rip2 or contact project staff at residential.infill@portlandoregon.gov or 503-823-1105.

APPLICATIONS FILED AND PERMITS ISSUED

In Arbor Lodge at 6606 N. Maryland Ave., 6606 North Maryland LLC of Northeast Portland has applied for a permit to construct a new, three-story, 18-unit apartment building.

At 2440 N. Lombard St., 2440 North Lombard LLC of Vancouver has filed applications to deconstruct a 1556-square-foot single family residence, and detached garage built in 1923, and replace them with a new, 16-unit apartment building.

In Piedmont at 7509 N.E. Martin Luther King Blvd., BP Products North America of Chicago has asked for early assistance with an application to demolish existing convenience store and attached fuel canopies, decommission tanks and piping and

remove dispensers and signage.

In Boise at 4064 N. Mississippi Ave., 4064 North Mississippi Avenue LLC of Milwaukie is seeking a permit to construct a new, four-story, mixed-use building with 19 market-value units with a retail space and two residential units on the ground floor.

In Eliot at 3317 N.E. Rodney Ave., Columbia Redevelopment of Franklin, Tenn., has applied for a permit to build a new duplex on vacant property.

In Beaumont-Wilshire at 4207 N.E. Shaver Court, Fierenze Development of Wilsonville secured a permit to build a new, two-story, single-family residence with an attached accessory dwelling unit and garage on vacant property.

In Concordia at 3752 N.E. Emerson St., NW Properties of Southwest Portland has a permit to build a new, two-unit townhome.

In Cully at 5571 and 5575 N.E. Killingsworth St., DEZ Development of Clackamas has permission to build two, new, two-unit town homes on vacant property.

At 7067 N.E. Prescott St., DEZ Development of Clackamas has been permitted to build a new, two-story, single-family residence with garage on vacant property.

In Rose City Park at 1455 N.E. 62nd Ave., Society RCP has been approved for a permit to build a new, three-story, three-unit apartment structure.

In Vernon at 5421 N.E. 14th Place, Estates Plaza Affordable Housing secured a permit to demolish a nine-unit apartment building built in 1970. An application is under consideration to build a new, four-story, 29-unit affordable housing residential complex on Northeast 14th Place at Northeast Killingsworth Street with no parking to be provided. A community room and shared outdoor space are included along with new utilities, accessible courtyard, landscaped areas and street trees. ★

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★ STAR NEIGHBOR FEATURE

Dr. Gina Guillaume joins North by Northeast Community Health Center

By Janet Goetze

janetgoetze@star-news.info

Dr. Gina Guillaume didn't choose to become the new medical director of the North by Northeast Community Health Center. The health center chose her, she said from her office in the orange colored building at 714 N.E. Alberta St. in the King neighborhood.

Dr. Guillaume, 31, had completed her residency in family medicine and was taking an additional year in a new program for community health at Harbor-UCLA Medical Center, one of the nation's top teaching hospitals. Out of the blue, a friend emailed her an application for the Portland center's medical director.

She hesitated at first. She had grown up in the Bahamas as the daughter of Haitian immigrants and had lived only in cities with large ethnic populations. She knew Oregon was a mostly white state, but something about the aims of the center, created in 2006 for Black and other marginalized patients, "spoke to my soul," she said.

"I was asking God to help me live a purpose-driven life," she said. She applied and was interviewed by the non-profit center's leadership, staff and board members. In time, she was offered the director position.

"It was a leap of faith," said the physician, who praises the center's staff for their work in the community and for welcoming her.

She is assuming a position created by Dr. Jill Ginsberg, who was recruited by Pastor Mary Overstreet Smith in 2006 to start a community health center. Pastor Mary, as she was known in the community, had brought 40 families from Gulf Coast states to Portland after Hurricane Katrina. Many of them needed care for such chronic conditions as diabetes and high blood pressure.

Pastor Mary and Dr. Jill started a free health clinic in a building the pastor owned. The medical program has grown steadily for more than 15 years. Pastor Mary died in 2016, but Dr. Jill remains as Dr. Guillaume moves into the director's job.



Dr. Gina Guillaume, new director of the North by Northeast Community Health Center, says primary care medicine is a way to develop relationships that improve the health of patients. Broader community health efforts, including housing, nutrition and access to care, are important for good health outcomes, she says. (Janet Goetze)

The center's mission states, "We exist to improve health outcomes and advance health equity by offering primary care services and health education and promotion focused on the African American and Black community."

For a variety of reasons, health care has been inadequate or nonexistent for many Black people, leading to distrust of the medical profession, especially people who don't look like them. The stumbling blocks

include medical costs, 20th century decisions that closed medical schools in historic Black institutions, and such non-scientific notions, for instance, that Black people don't feel pain the same as White people do.

Suspicion also can arise from past practices, such as the Tuskegee study that denied treatment to Black men with syphilis from 1932 to 1972. More

distrust comes from the "Mississippi Appendectomy" that sterilized poor women, many Black, without consent, between the 1920s and 1980s.

Community outreach has been a part of the health center's program, and Dr. Guillaume said that's important for the way she wants to practice medicine. Seeing patients in an office and "prescribing pills," she said, isn't the way to see optimum outcomes.

"Health, for me, is not just what happens in the office," she said.

Instead, she said, "90 percent of health outcomes are a matter of access to housing, access to fresh food, access to care." In addition, she said, class, neighborhood and race can help determine the state of an individual's health.

As a medical student, she volunteered with Physicians for Social Responsibility L.A. and the America Health Association in providing fresh fruits and vegetables each week to marginalized communities. At the same time, the volunteers provided health information, she said, including facts about dealing with Coronavirus.

In Portland, she is getting acquainted with organizations that partner with the center in focusing on health information and medical care. Once a month, a local church hosts a vaccine clinic, often paired with free food boxes.

Community members have a variety of responses to the vaccines, Dr. Guillaume said. Some are eager to get the shots but others are suspicious of them, recalling Tuskegee and the "Mississippi Appendectomy." Some say they were developed "too quickly," not realizing the vaccine studies had been under way for several years. Some simply want more information, the doctor said.

Dr. Guillaume described herself as "a nerd" in school, with biology as a favorite subject. She was drawn to medicine, she said, "because I saw so many people in the community suffer problems from preventable conditions."

"I chose primary care," she said, "because I thought it was the best way to develop relationships with my patients." ★



The North by Northeast Community Health Center in the King neighborhood is the only medical clinic in Oregon devoted to African American and Black health. The clinic's mission is to improve health outcomes and advance health equity by offering primary care services, health education and promotion focused on the African American and Black community. (North by Northeast Community Health Center)

★ STAR COMMUNITY AGRICULTURE FEATURE

Join a CSA and discover joy of produce from small, local farms

From Anne Schneider
Pacific Northwest
Community Supported Agriculture

Want your kids to eat their veggies? Give them food that is delicious – not durable.

Most of the vegetables in the grocery store weren't grown for flavor. They were designed to be uniform in appearance and easy to ship. The easiest way for food producers to do that is to harvest the vegetables before they ripen, when the skins are still tough and the sugars haven't fully developed. So of course they're tasteless and, well, yucky.

As the Center for Disease Control and Prevention reminds us, the majority of kids in the United States aren't consuming enough vegetables. Desperately, we responsible parents resort to all kinds of clever ways to "trick" our kids into eating their veggies: Cauliflower in the mac and cheese! Carrots in the marinara! Peas in the pesto! It turns out that hiding vegetables to mask their tastelessness is not the best way to get kids to form good eating habits. As National Public Radio reported, research shows that frequently exposing kids to tasty vegetables, even in small amounts, is the best way to get them to eat more of them in the long run.

One way to bring a continuous supply of delicious vegetables into your home is to sign up for a CSA share. Community supported agriculture connects individuals and local farms in a mutually supportive relationship. You become a "member" of a farm in exchange for weekly "shares" of the seasonal harvest. Shares can vary by size and some are delivered every two weeks instead of weekly, depending on your needs. Some farms include fruit and other options such as herbs, flowers, meat, fish, eggs and even mushrooms. Farmers usually



The CSA Share Fair event on February 27 in the Buckman neighborhood aims to provide a fun, free and kid-friendly way for neighbors to learn about community-supported agriculture. (Shawn Linehan)

reserve their top quality produce for their CSA members.

CSA has been around for a long time but has picked up in popularity in the last two years due to the pandemic, the demand for local food and short supply chains. People have learned that knowing your grower has many other benefits too. It keeps food dollars in the local economy, it combats climate change by supporting sustainable agricultural practices and it keeps our local farmers in business.

So why would signing up for a CSA get kids to eat more veggies?

HERE ARE FIVE REASONS:

- Vegetables taste way better when picked at the peak of ripeness. They're

sweeter and tastier, which means your whole family is more likely to eat them – even the picky ones! And because they're yummy, you don't have to disguise them!

- Because they have ripened naturally, their micro-nutrients have fully developed. So CSA veggies are healthier and more nutrient-dense than those in the grocery store. (You don't have to tell your kids that.)
- When kids visit their farm, they gain an understanding of where their food comes from, how fruits and veggies are grown, and how animals are humanely raised. This gives kids a connection to their food and the land, which makes kids enjoy their food even more.

- CSA helps kids learn about food diversity and seasonal eating. Did you know there are over 300 kinds of tomatoes? Grocery stores only have four – cherries, roma, slicers, and maybe, exorbitantly-priced heirlooms. And for the most part they're tasteless because they're grown for durability – not taste. A CSA share might contain such treasures as Jimmy Nardello sweet peppers, little gem lettuces, or a tetsukabuto squash. All completely kid-friendly!

- CSA is a fun, culinary adventure for the whole family. Kids can have fun opening the box each week to find the surprises inside! It's fun to see a crazy-large head of broccoli or a full stalk of brussels sprouts. Is it something you've never seen before? There are great websites out there like Cook With What You Have, by local cook and longtime CSA enthusiast Katherine Deumling, chock-full of simple ways to get tasty veggies on the table quickly.

Drop by the CSA Share Fair event on February 27 from 10 a.m. to 3 p.m. at The Redd Event Space, on Southeast Salmon in the Buckman neighborhood. It's a fun, free, kid-friendly way to learn about CSA. You'll have the opportunity to meet local farmers, ranchers and fishmongers and learn about the wide variety of CSA memberships available. You can also win prizes from local artisans and sign up for a share on the spot. Want to pay with SNAP? Many farmers now accept Electronics Benefit Transfer (EBT) and can apply Double Up Food Bucks to stretch dollars even further. Fun activities for the kiddos will help jump start your CSA adventure! Learn more at www.pnwcsa.org. ★

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★ STAR COMMUNITY CALENDAR

COMMUNITY CALENDAR



Hollywood Senior center will host a virtual program about the career of 1920s recording artist Bessie Smith, presented by Gordon Neal Herman, Feb. 14, at 12:30 p.m.

KIDSTEENSANDFAMILIES

BUILD LITERACY SKILLS

Feb. 2. Continues Wednesdays. 5:15-5:45 p.m. Black story time helps build language and literacy skills for children, ages birth to 6, with a favorite adult. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

READ FUN BOOKS

Feb. 3. Continues Thursdays. 9:30-10 a.m. It's Story time! In a live, online story time, preschool children and families can be with a librarian reading fun books, singing songs, reciting rhymes and more. Free through the Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

ARTS AND ENTERTAINMENT

SEE VALENTINES EXHIBIT

February 1-28. Open every day 10 a.m.-6 p.m. "From our Hearts to Yours," a special members exhibit all month in the Artistic Portland Gallery Annex. 971-339-0945. www.artisticportlandgallery.com. 4110 N.E. Fremont Street.

SEE ARTISTS' BASKETS

Feb. 1-22. 11 a.m. to 4 p.m. Tuesday through Sunday. Closed Monday. The Columbia Basin Basketry Guild shows the variety of shapes and types of works the members produce in the main gallery. In the feature area, Stella Jae shows oil paintings and ceramic work rooted in philosophy viewed through a surrealist lens. Free viewing. Wear a mask and keep social distance. View more art at www.guardinogallery.com. 503-281-9048. Guardino Gallery, 2939 N.E. Alberta St.

STUDY 'KIDS ON BIKES'

Feb. 2. 7 p.m. Continues Wednesdays to Feb. 23. Movie Madness University offers a "Crash Course: Kids on Bikes Can Do Anything." View four films about kids setting off for adventure and confronting evil lurking in their neighborhoods. An instructor opens remarks, exploring how the trope began and how it has evolved. The films are "Goonies" (1986); "Monster Squad" (1987); "Attack the Block" (2011), and "Super 8" (2011). Show proof of vaccination and wear a mask.

Tuition \$30. www.hollywoodtheatre.org/tickets/17124/. Movie Madness, 4320 S.E. Belmont St.

SEE 'STAR TREK II'

Feb. 2. 7:30 p.m. Celebrate the 40th anniversary of "Star Trek II: The Wrath of Khan" with a screening of the director's cut. Come early at 6:30 p.m. to see the episode that started it all, from "Star Trek: The Original Series," when Capt. Kirk and Kahn first meet. Show proof of vaccination or negative test within 72 hours. Wear a mask. Tickets \$10 general, \$8 senior, student, child. www.hollywoodtheatre.org. 503-493-1128. Hollywood Theatre, 4122 N.E. Sandy Blvd.

BENEFIT WITH MUSIC

Feb. 5. 7 p.m. The 33rd annual Winterfolk is a benefit for JOIN, which helps people move from homelessness into stable housing. Artists include Kate Power, Steve Einhorn, Mary Flower, Kristen Grainger and True North. Vaccination proof required. Masks must be worn to cover nose and mouth. Check website for schedule changes. Tickets \$30. www.albertarose theatre.com. 503-719-6055. Alberta Rose Theatre, 3000 N.E. Alberta St.

LISTEN TO MOTHER HIPPS

Feb. 25. 8 p.m. Mother Hips brings the group's new breed of California rock and soul, with breezy harmonies of the Beach Boys, funky roots of The Band and psychedelic Americana of Buffalo Springfield. Bring proof of full vaccination. Masks are required. Check website for schedule changes. Tickets \$25 advance,

\$30 at door. www.albertarose theatre.com. 503-719-6055. Alberta Rose Theatre, 3000 N.E. Alberta St.

HEAR JUDY COLLINS

Feb. 28 and March 1. 7 p.m. Judy Collins, the award-winning singer-songwriter, brings her imaginative interpretations of traditional and contemporary folk standards and her own poetically poignant original compositions. Tickets \$45 in advance, \$50 day of show. Bring proof of full vaccination. Masks are required. Check website for schedule changes. www.albertarose theatre.com. 503-719-6055. Alberta Rose Theatre, 3000 N.E. Alberta St.

TECH ASSISTANCE

LIBRARY HAS TECH AID

Feb. 10. 3-3:50 p.m. Check for many office hours that are available for those needing virtual tech help with mobile devices, websites and more. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to "computer help."

LEARN DESIGN TOOLS

Feb. 28. 6-7 p.m. In Design Tools Three, learn to tell your story visually in reports or a newsletter. Images, graphics, flow chart and diagram can brighten a report. Learn to incorporate data into a presentation from a spreadsheet and how to prepare an effective newsletter or report. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to date and event.

FOR SENIORS

EXERCISE FOR ARTHRITIS

Feb. 2. 11 a.m. to 12 noon. Continues Wednesdays. A virtual arthritis exercise is led by Sandy Morales through the Hollywood Senior Center. Contact smorales@email.com for registration information.

- CONTINUED ON PAGE 17



★ STAR PET CONNECTIONS

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Valentines, Hearts and Pets



BY LISA LAKES

LISALAKES@STAR-NEWS.INFO



Time spent with pets, experiencing positive emotions and thoughts, eases stress, enriches daily experience and enhances our ability to navigate troubled times. (Star file)

Science has long proven that interacting with pets can offer a host of physical health benefits, including lowered stress, cholesterol and blood pressure. Support and therapy dogs have clearly demonstrated an ability to assist owners with a variety of conditions from post-traumatic stress disorder to blindness.

Choosing the right pet, training the pet with positive, reward-based training and integrating the pet into your home are all vital steps toward successful pet ownership.

The science related to mental and emotional wellbeing and time spent with pets is less clear and more difficult to measure. Anxiety reduction has been reported in studies where owners interacted with pets. Studies have also recorded increased ability to focus for

children with attention-deficit disorder, as a result of playing with animals.

It is difficult to design ethical studies when humans are involved. However, research in this area is rapidly increasing and may provide answers in the future. Recent science on the human heart indicates that it has energy, which positively or negatively affects the body at a cellular level.

In the last two decades research by the Heartmath Institute has investigated heart-brain coherence. When the heart and mind are in positive alignment or "coherence," the nervous system is soothed and individuals are better able to process information and make decisions.

The good news is that, so far, studies support what most pet owners know intuitively. Time spent with pets, experiencing positive emotions and thoughts, eases stress, enriches daily

experience and enhances our ability to navigate troubled times.

Valentine's day can be a stressful time for some. Focusing on positive heart-felt emotions while interacting with your pet may help turn stress into a more positive and enriching day for you and your pet.

For more information about heart-brain coherence, visit www.heartmath.org/articles-of-the-heart/social-connections/pets-making-a-connection-thats-healthy-for-humans and www.psychologytoday.com/us/blog/building-the-habit-hero/202011/the-hearts-electromagnetic-field-is-your-superpower.

For more information about the mind-body connection, check out "The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma" by Bessel A. Van der Kolk, available at bookstores and at the Multnomah County Library. ★

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★ STAR COMMUNITY CALENDAR



Kate Power and Steve Einhorn will perform at the 33rd annual Winterfolk, a benefit for JOIN to help people move into stable housing, February 5 at the Alberta Rose Theatre. (Kate Power and Steve Einhorn)

FUN WITH FOOD

Feb. 7. 10-11 a.m. The food and cooking group is scheduled the first and third Mondays of the month. The Zoom class offers a discussion for anyone who loves food. Learn new recipes, share ideas and have fun with food. Free through the Hollywood Senior Center. Register at www.hollywoodseniorcenter.org.

BESSIE SMITH'S IMPACT

Feb. 14. 12:30-1:30 p.m. Gordon Neal Herman presents a virtual program about Bessie Smith who had a recording career that made her world famous in the 1920s and 1930s. The program will trace her career and the impact her singing had on jazz and blues vocalists. Free through the Hollywood Senior Center. Register at www.hollywoodseniorcenter.org/events-calendar. Scroll to the correct date to register.

JOIN VILLAGE PDX

Feb. 15. 2-3:30 p.m. Learn about activities and services offered by Northeast Village PDX for seniors choosing to remain in their homes and stay engaged in the community. The member-led organization serves Northeast neighborhoods with lots to enjoy as a member, volunteer or both. Join an introductory session via Zoom. Visit www.nevillagepdx.org, click on events, then calendar, and finally, "Introduction to Northeast Village PDX." A Zoom link will arrive by email. For additional information, call 503-895-2750.

GET BOOSTED!

Feb. 25. 10 a.m. to 2 p.m. Get COVID vaccine or booster to reduce likelihood of contracting the virus or reduce symptoms for those who do. The goal of the vaccine is to reduce the spread of COVID and mitigate the risk of death. Walk-ups are welcome but an appointment may reduce wait times. Call 503-288-8303 or email staff@hollywoodseniorcenter.org. Hollywood Senior Center, 1820 N.E. 40th Ave.

INGENERAL

WISDOM OF YOGA WORKSHOP

Feb. 6. 9 a.m. to 12 noon. Holiday's health and fitness yoga helps build strength and flexibility and offers toning and relaxing from head to toe. \$40 per workshop or three for \$100. Free for teens and full-time teachers of teens. Register in advance at www.holidayyogacenter.com or call 503-539-1074 for information. Bring a mat, wear a mask and show proof of vaccination. Wild Hearts Wellness, 4230 N.E. Fremont St.

TIPS FOR NEW CAREER

Feb. 6. 2-3 p.m. A webinar for those thinking about changing careers is offered online through the Multnomah County Library. Presenter Kasha Tindall Webster outlines how to use an existing resume and LinkedIn to create a new version of a change, including a new industry, becoming a consultant or making a change in responsibility. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

FIND NEW CUSTOMERS

Feb. 8. 10-11 a.m. Learn to get your local business on Google Search and Maps to help customers find accurate, updated information. Create a business profile on Google, manage your business information on the sites and use Google My Business to connect with potential customers. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

CAN WE GET ALONG?

Feb. 15. 6-7:30 p.m. Can we get along? Chisao Hata facilitates a session for examining our personal experiences of connection and community. She is a performing artist, educator and arts integration specialist. How do personal experiences contribute to barriers and what can we do to break them down? Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

HEALTH FOR BLACK MEN

Feb. 23. 7-8 p.m. The Multnomah County Library's Black Cultural Library Advocates present "Barbershop Talk: Health and Wellness." Social worker Nick Herrick, co-chair for the Behavioral Health Diversity, Equity and Inclusion committee at Providence Portland Medical Center, leads the discussion. Participants may talk about interests, fears and misconceptions experienced in the African diaspora. Free online through Multnomah County Library, www.multcolib.org, click on events and classes, scroll down to the date and event.

LEARN ABOUT

COMMUNITY SUPPORTED AGRICULTURE

Feb. 27. 10 a.m. to 3 p.m. Free CSA Share Fair event offers opportunity to learn about community supported agriculture and meet local farmers, ranchers and fishmongers. Chefs from Nostrana, Grand Central, Sebastiano's and Meals4Heels will demonstrate seasonal cooking. 831 S.E. Salmon. For more information visit www.pnwcsa.org/csasharefair. ★

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★ STAR TAX TIME FEATURE

Tax prep help will be virtual again

By Nancy Varekamp

nancyvarekamp@star-news.info

Current plans for free, local tax preparation assistance are a pandemic repeat. Expect virtual consultations in lieu of in-person income tax preparation assistance for elderly, low-income and English-limited speakers.

Eligible taxpayers will be invited to pick up tax-preparation packets at – and deliver tax information to – designated locations and engage with certified volunteers via telephone. Some in-person consultations may be available later in the tax season.

“We don’t want to expose our volunteers or the taxpayers to Omicron,” said Kathy Goeddel, veteran volunteer tax preparer and assistant state coordinator for AARP Tax-Aide.

For details about programs, income eligibility and locations to pick up packets and drop off tax-related information ahead of consultation appointments, visit www.cashoregon.org/locations.

The process takes three times as long



Members of the Income Tax Strategy class taught at University of Portland by Teri Grimmer, foreground, receive training to become volunteer tax preparers for local nonprofits. At a January class shown here, Kathy Goeddel, center, was the guest speaker. (Frank Grimmer)

as pre-pandemic efforts to prepare tax returns in person, according to Goeddel, and has been compounded by fewer volunteers. “So we’re at lower

capacity than we were in regular years, unfortunately,” she said.

That means fewer taxpayers receive help from the free programs:

- AARP Foundation Tax-Aide – This free tax preparation assistance is available to anyone, with a focus on taxpayers 50 and older with low- to moderate-income. It is part of the IRS Tax Counseling for the Elderly grant program. Details are available at <https://taxaide.aarpfoundation.org>.

- Metro Family Services Creating Assets, Savings and Hope Oregon – This free tax preparation service is for low- to moderate-income taxpayers, persons with disabilities, the elderly and limited-English speakers. It is part of the IRS-sponsored Volunteer Income Tax Assistance grant program. Details are available at <https://cashoregon.org/get-tax-help>.

Despite pandemic hindrances, between the two programs, 670 volunteer tax preparers statewide last year helped complete returns for more than 16,000 families, totaling more than \$22.6 million in refunds.

– CONTINUED ON PAGE 19

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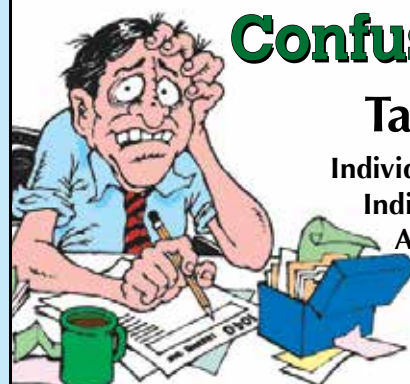
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★ STAR TAX TIME FEATURE

“That is money that goes back into the pockets of struggling, hard-working Oregonians,” said Teri Grimmer, University of Portland business professor. Students in her elective Income Tax Strategy class accounted for about 20 of last year’s 150 metro-area volunteer tax preparers – and 23 students are poised to help this year.

Grimmer is pleased about the undergraduate and graduate students’ involvement in the programs. This is the fourth year the real-world efforts are part of her class.

“We recognize the need for free services and how the tax programs are exceptional experiential learning opportunities for our students,” she said. “It supports the mission of UP to give back, especially to the marginalized community.

“Students often say this is the first time

they’ve realized that families are struggling so in their own community. Sometimes the refunds are a significant part of a family’s income,” she pointed out.

“[The students] also didn’t realize that they could make such a difference. They come in learning something about tax rules and they learn about life. They have a very keen sense of worth after doing the program. It helps them feel a part of the community.”

Like all the volunteer tax preparers, the university students undergo identity authentication, receive IRS training, must pass tests, and they pledge to obey the IRS standards of conduct. That’s to ensure the confidentiality and safety of client’s information.

Even at that, the tax preparation assistance programs don’t ask volunteers to complete complex returns.

“We’re only trained in the moderately

complex tax process,” Goeddel said.

Tax preparation training is a year-round effort and – like pre-pandemic tax preparation – was traditionally held in person for volunteers.

When the CASH Oregon and AARP programs needed to move the training programs online, they selected the Moodle online program. That happened to be the application UP has used for years for its online classes. So Grimmer was able to help the nonprofit organizations move their training to it.

Grants pay for the IRS-certified equipment used for the free tax preparation, Goeddel noted. For security and privacy reasons, volunteers are not allowed to use their own computers, routers or software. Conversely, they cannot use the tax preparation resources to perform non-tax-related work or for

personal communications.

Income eligibility differs by assistance program, per the IRS. The criteria for each is available at <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>. And the programs – even in pre-pandemic years – aren’t capable of fulfilling all requests. Goeddel expects schedules of the volunteers to fill quickly again this year.

Once their own schedules are filled, sometimes program volunteers are able to refer applicants to other programs.

Once all programs are booked, taxpayers may consult <https://taxaide.aarpfoundation.org/online-self-and-assisted-prep> to receive help from certified volunteers who guide them through completing their own returns online. ★

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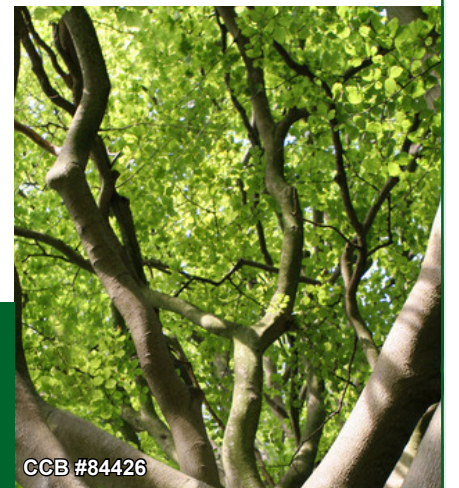
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