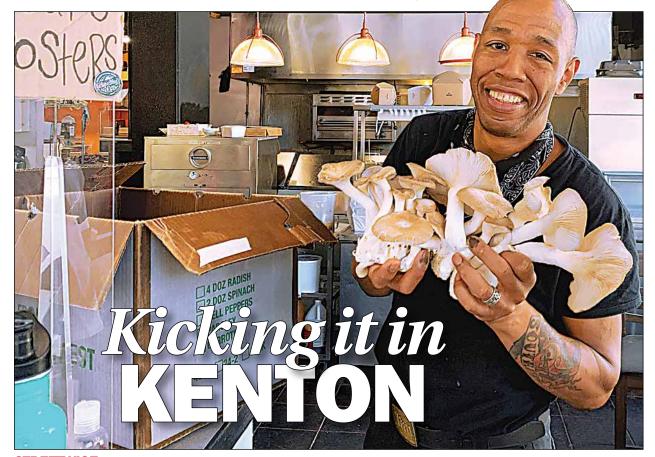


★ SERVING NORTHEAST AND NORTH METROPOLITAN ORTLAND NEIGHARHOODS ★ MAY 2021 ★ VOLUME 38, NUMBER 11 ★



**STREETWISE** Barb Hughes visits resiliant businesses in the Kenton neighborhood and finds Chef James Bradley unpacking fresh, local mushrooms for his daily lunch special at Po' Shines Cafe De La Soul. PAGE 10



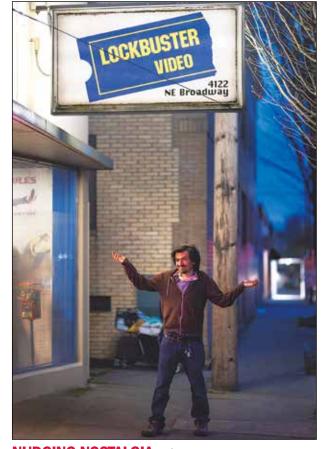
**COLD COMFORT** New Salt & Straw flavor uses beans from Roseway's Sardino Brothers Coffee. PAGE 17



**DON"T JINX IT** Concordia restaurant rewarded for work feeding hungry neighbors. PAGE 16



**FORAGING FRUIT** Portland Fruit Tree project harvests 'luxury' of fruit for food-insecure neighbors. PAGE 15



NUDGING NOSTALGIA A familiar look on a temporary sign drew attention to a Hollywood escape room. PAGE 16



**CIRCLING BACK** Equitable Giving Circle aims to empower BIPOC community, move toward equity. PAGE 17



VACCINE VISION Grant High's Cole Songster joins non-profit to helps neighbors get jabbed. PAGE 2



# MAY 2021

## STAR COMMUNITY CONNECTIONS

# **GRANT HIGH SENIOR AIDS IN VACCINATIONS**

A Grant High School senior, Cole Songster, has joined a student-created non-profit that has launched a new tool to help local residents get vaccine appointments at pharmacies during the Covid-19 pandemic.

The non-profit started a year ago after a robotics team at St. Mary's Academy learned their project would be cancelled. With their training in community building, they decided to turn their energies to creating the Portland Student Pandemic Response. The nonprofit linked students to community organizations that needed extra support during the pandemic. They raised funds for an initial operating budget, said Lisa Scholin, mother of Rye Scholin, a St. Mary's senior and a founder of the nonprofit. The St. Mary's students also drew in friends from other schools and spread the word about their projects on social media.

Songster knew people in the non-profit and joined a project last summer. Then students began developing a vaccine finder, available by text on cell phones. It was created with code extended from a national, open-source project.

Songster is coordinator of the program to train teen volunteers to help friends, family and community members make vaccination appointments. The training is done by watching videos and passing a questionnaire. Successful volunteers become "vaccine ambassadors."

To use the tool, neighbors can text "VACCINE" to 850-367-7033. When prompted, they can check eligibility through the Oregon Health Authority, enter their zip code, which filters available appointments, and then receive a list of available appointments near them or a



JANETGOETZE@STAR-NEWS.INFO

message to check back later.

Songster said helping people find vaccinations "brings a light at the end of the tunnel in which, for over a year, we've had this change in our way of living. It's nice to contribute to the end of it.'

To keep the project going, neighbors can contribute to the Portland Students Pandemic Response's Go Fund Me campaign.

# **TWO MEETINGS SET FOR GRANT PARK UPPER FIELDS**

Construction is scheduled to start in October on upper athletic fields between Grant High School and the Grant Park Bowl, but community and city land-use meetings are scheduled first.

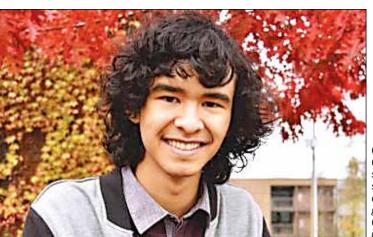
The Grant Upper Field improvement project includes a lighted softball field above the Portland Park Bureau's bowl off Northeast U.S. Grant Place and behind the school on Northeast 36th Avenue.

A virtual community meeting will be held in early May. When details are confirmed, they will be at www.pps.net/bond. The virtual land-use meeting with a city hearings officer is scheduled from 1-3 p.m. May 10.

One reason for the project is to provide a home field for the Grant women's softball team, which hasn't had facilities comparable to men's sports. Instead,

teams have traveled to other sites. 'The project will be a big step forward

in terms of equity for our school and the - CONTINUED ON PAGE 4



Cole Songster, a Grant High School senior, is guiding students who help community members get appointments for Covid-19 vaccinations. (Noble Communications)





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community at large," said softball coach Deborah Engelstad. "In my eyes, everyone wins, especially our youth and our young women who have not had an equitable facility for decades."

Grant Principal James McGee said three generations of softball players have traveled for women's games to Wilshire Park, at Northeast 33rd Avenue and Mason Street. Yet, he sees families with small girls and boys playing ball on

fields around the school. "I want those little girls I see playing in front of Grant with their families to have the same accommodations as their brothers when they arrive at Grant High School as ninth graders," he said.

Lights and a public address system are planned for the upper fields. Grant is the Portland school district's only high school without field lights, which would extend usable hours for practices and

games, according to information from the district. It also would make the fields safer for students and the community, according to the district.

Groups that receive permits from the Portland Bureau of Parks & Recreation also could use the fields and have access to the lights, secured inside the school. The public address system, owned by the school, could be used only by Grant staff. Practices and games would end at 9:30

MOM

p.m., and lights would go out at 10 p.m., as they do at other schools, the district said. The lighting system is "Dark Sky' compliant with towers that focus the light down onto the field.

(For more information about Grant Park Neighborhood Association's response to the athletic fields project, see Phill Colombo's story in Development News on page 7.)

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- CONTINUED ON PAGE 5

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# WORK PROGRESSES AT MCDANIEL HIGH

Interior work is progressing at a modernized McDaniel High School, 2735 N.E. 82nd Ave., which is expected to reopen for students at the beginning of the 2021-22 school year, according to Portland Public Schools. The athletic fields have taken shape and landscaping is underway, including plantings in new courtyards.

McDaniel, formerly Madison High, is one of three schools being modernized through voter-approved bonds. A new Kellogg Middle School in Southeast Portland is expected to be completed by the end of summer and construction has started at Lincoln High, in Southwest Portland, with work scheduled to end in 2022-23.

The work is part of multi-year plans to upgrade Portland's aging school buildings. Voter-approved bonds have paid for upgrading and rebuilding at Franklin, Grant and Roosevelt high schools and Faubion PK-8. Construction is expected to begin in fall 2021 at Benson High School. Planning is expected next for Jefferson, Cleveland and Ida B. Wells (formerly Wilson) high schools.

At McDaniel, gym floors are finished, cabinets for musical instruments are installed in the fine arts wing and chemistry work stations are installed in the science wing.

# FLOWERS FILL BASKETS FOR MOTHER'S DAY

Say "Happy Mother's Day" with a flower basket and support the library at Leodis V. McDaniel High School at the same time, suggests Nancy Sullivan, librarian at the former Madison High School.

All orders for the 12-inch hanging baskets, which cost \$26 each, are due by May 6. They may be ordered and paid online at www.schoolpay.com. Purchasers

progressing at McDaniel High School, which is expected to reopen for students at the beginning of the school year this fall. (Opsis Architecture)

Interior work is

may order a basket of fuchsias or one with mixed colors of flowers.

Baskets may be picked up between 10 a.m. and 1 p.m. Saturday, May 8, at the school's Marshall campus, 3905 S.E. 91st Ave. Masks and social distancing will be required, which may make pick-up slower than in previous years. Baskets also may be picked up Monday, May 10, in the school library, where masks and social distancing will be required. When ordering, purchasers may indicate which day they will pick up baskets. For ordering information, contact Nancy Sullivan at nsullivan.mhs@gmail.com.

# WEEKEND POP-UP SHOWS NATIVE ARTS

A Native Made Pop-Up, with rotating vendors, is planned for two weekends in May and two more in June to honor Native traditions while fostering a healthy economic future.

The opportunity is arranged by NAYA (Native American Youth and Family Center) in partnership with Our 42nd Avenue, an economic development organization, and the Cully Boulevard Alliance, another economic development group.

The sales are scheduled from 11 a.m. to 5 p.m. on May 1-2, May 15-16, June 5-6 and June 12-13. Rotating vendors include artists, jewelry makers, herbalists, leather workers, bead artists and a skin care alchemist. Payments will be accepted by credit or debit card or Venmo.

The event will be held in the (com) motion movement studio, 4522 N.E. 42nd Ave., temporarily closed because of the pandemic. Neighbors arriving for the pop-up must sign in and observe health and safety regulations, including a temperature check, mask over mouth and nose, staying six feet from others and sanitizing hands on entering.

- CONTINUED ON PAGE 5



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# PANEL SEEKS MEMBERS TO OVERSEE ARTS TAX

If you've always wondered where your \$35 annual arts tax goes, consider joining the Arts Education and Access Fund oversight committee. Applications are open for the 20-member group. The fund provides arts teachers for K-5 students in Portland schools and provides financial support for local arts organizations.

Funding comes from the arts tax approved by voters in 2012, in an effort to bring arts education to local schools and support arts organizations through grants from the Regional Arts and Culture Council.

The oversight committee reviews expenditures, progress and outcomes and reports its finding to the city council each year. Applicants should send a curriculum vitae or resume by May 10 to aeafpdx@gmail.com. Include a summary of education, skills and experience relevant to the committee's work.

# PACIFIC POWER OFFERS ASSISTANCE FOR BILLS

Pacific Power is offering assistance to customers who have been financially impacted by COVID-19 and have fallen behind on their electric bills.

Eligible customers may receive help from an "Assistance Plus" option for their primary residence. One option is an instant grant or one-time bill credit up to \$500.

Another option is an "extended payment match," where Pacific Power will match monthly installment payments until a bill is paid in full, 12 months have elapsed, a \$1000 maximum is met, or service is disconnected for non-payment.

Pacific Power will reach out to

customers, especially in communities greatly impacted by job losses and illness. Customers with concerns about ability to pay their power bill may contact Pacific Power at 888-221-7070. To learn more and apply online, customers may visit pacificpower.net/assistanceplus.

"We know that many people are still suffering hardships and we want to work with them to help them recover and, by doing so, get the communities we serve back on an even keel," said Bob Gravely, regional business manager.

# KENTON TO RESTORE IN-LIBRARY SERVICES

Multnomah County Library will offer some in-building services at the Kenton Library on June 1, if public health guidelines continue to permit them. It is part of the library's effort to serve communities most marginalized by systemic inequities.

In addition to the Kenton library, 8226 N. Denver Ave., services may be available at the Capitol Hill, Gresham, Holgate and Midland libraries. Services offered without an appointment will include computers, internet access, printing, faxing and copying, free of charge. Other services will include family spaces with two computers – one for an adult and one for a child; time-limited browsing, holds pick-up, information desk and restrooms. Other locations will continue to offer holds pickup services and free printing.

The library is working closely with Multnomah County public health officials to monitor COVID risk levels and will phase in services at other locations on future dates to be determined, as public health and safety allow. ★





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# FOCUS ON COMMUNITY SUPPORTED AGRICULTURE emand for local food remains high

By Holly Hutchason, Executive Director Pacific Northwest CSA Coalition www.pnwcsa.org

Thinking about signing up for a CSA? Now is the time! Local farms are currently enrolling new members in their community supported agriculture (CSA) programs. Demand for CSA skyrocketed last year at the onset of the pandemic, when supermarket shelves were bare, and people wanted to avoid the grocery store. Today, as the pandemic gets under control, demand for local food and short supply chains remains high and CSA sales remain vigorous, with many farms already sold out. This suggests that many people's discovery of CSA last year is an experience worth continuing.

# **UNDERSTANDING** THE BASICS OF CSA

Purchasing a "share" (akin to a "subscription") results in a weekly box of delicious vegetables throughout the harvest season. As a CSA member, you provide your farmer with the resources they need to grow your food at the start of the season. In return, your farmer commits to giving you a "share" of their crop, and you receive the highest quality, sustainably grown food available, all season long. Shares can vary by size and some are delivered every two weeks instead of weekly, depending on a person's needs. Some farms include fruit and other options such as herbs, flowers, meat, fish, eggs and even mushrooms.

There are many reasons to participate



in CSA. Here are five of the biggies.

1. Seasonal eating promotes good health.

Foods grown locally and harvested at their peak have more macronutrients than those picked prematurely and shipped to grocery stores. For example, one study found that Vitamin C production in broccoli is highest when picked at its maximum ripeness. And, when you eat seasonally, you eat a greater variety of foods year-round, reducing your risk of disease.

#### 2. Small-scale farming eliminates risks associated with industrialized agriculture.

Herbicide toxicity, contamination and water pollution from fertilizer run-off are just a few problems associated with largescale agriculture. Last year, the pandemic exposed the fragility of our industrialized food system. Supermarket shelves were

to grow food at the start of the season. (Love etter Farm) empty, while crops were rotting at mega-

Purchasing a share in

a CSA often results in a

weekly delivery of a box

of vegetables throughout

As a CSA member, you

provide your farmer with

the resources they need

the harvest season.

farms. CSA farms avoid all of these issues. And because you receive your share right after it's harvested, there is no need for shipping and warehousing.

#### 3. CSA builds community and supports the local economy.

With CSA, the community directly supports the farmers that provide them nourishing food. Every so often a crop will fail due to pest or weather damage. In a traditional food system, this can put a farmer out of business. With CSA, the farmer is able to substitute an alternate crop, and your food source remains intact. 100 percent of your food dollars go directly to the farm. Finally, everyone shares the joy of a bountiful season during harvest parties on the farm. It's a great way to know where your food comes from.

4. Small-scale farming can actually reverse climate change.

Management techniques such as rotating crops, reducing tilling, and utilizing cover crops all sequester carbon in the soil rather than releasing it into the air, while simultaneously reducing water usage and eliminating harmful fossil fuel and methane emissions.

#### 5. Opening each box is like a weekly gift.

It's a fun, culinary adventure for the whole family. The food is incredibly fresh and flavorful - often picked that day or the day before - and it can expose people to new kinds of produce or new ways of cooking. For kids, CSA is a way for them to learn about different foods, and they often prefer the veggies found in a CSA box because they feel a sense of pride and literally, the veggies are sweeter when picked at the peak of freshness.

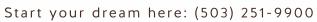
# **JOINING A CSA IS EASY**

Love Letter Farm, Stone Boat Farm, Solstice Farm PDX and Wobbly Cart Farm are among CSAs that service North and Northeast Portland and still have shares available. You can visit www.pnwcsa. org/find-a-farm to locate other farms that sell CSA shares. Contact the farm to determine your share size and any add-on options that may be available. Many farms accept SNAP for their shares - just ask. Also, our organization can help stretch your dollar further with Double Up Food Bucks. If you need help, send an email with your questions to info@ pnwcsa.org. 🖈

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#### THE STAR NEWS 7

#### **STAR DEVELOPMENT NEWS**

# GRANT PARK NEIGHBORS TAKE ISSUE WITH IMPACT OF PROPOSED SOFTBALL FIELDS AS 'HARMFUL TO LIVABILITY'

A Grant Park Neighborhood Association sub-committee, after issuing a report that took Portland's Parks and Recreation Bureau to task for a lack of good faith outreach efforts and scored the proposed use of Grant High School's new softball field as potentially harmful to livability, has hired land use attorney Dan Kearns.

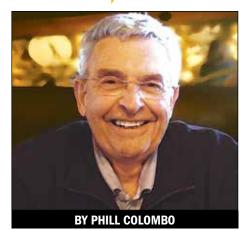
The sub-committee, which met on-site in mid-April with city planners, has a May 3 meeting scheduled with PPS staff and is getting set for a May 10 hearing, while a survey of neighbors is underway to gain more input regarding use of the field.

After the on-site meeting, sub-committee member Dave Pietka said, "The city panner is aware now that PPS asked for softball field, and, without adequate communication with the neighborhood association and others, extended the use to 365 days a year until 9 or 10 PM with lights and sound." That report from the sub-committee characterized a previous parking and traffic study as "inadequate" and noted that recent experience of moving the Grant High School gym closer to Northeast U.S. Grant Place caused that street to become "a parking lot for cars and idling buses."

Neighbors also criticized PPS for failing to develop plans for hours of operation and mitigation of impacts, naming noise and light pollution, facility clean-up and crowd management as areas to be addressed.

"The neighbors in the immediate area," the report stated, "support PPS student use of the field subject to limiting the use of the facility to PPS activities only, restricting the use of lights and PA system and developing a plan to mitigate safety and livability issues."

The five-page report went on to explain how each of the potential problems might be solved. The sub-committee recommended that the association oppose moving forward until the park bureau meets with neighbors and engages in good-faith discussion regarding outlined concerns.



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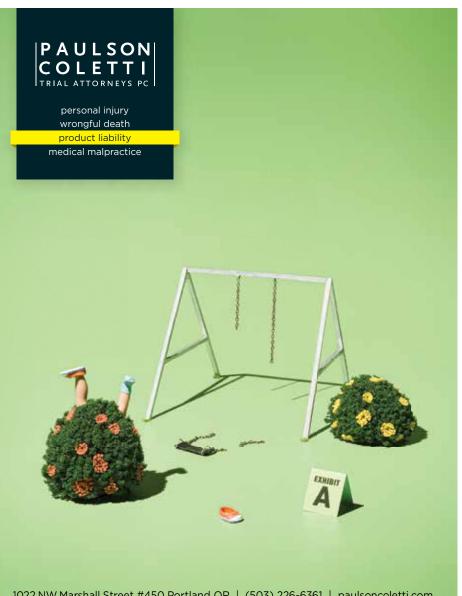
# CULLY/ROSEWAY, ROSE CITY PARK/MONTAVILLA SEGMENTS OF ENHANCED GREENWAY GO THROUGH DESIGN PHASE

The Bureau of Transportation and Metro have partnered to enhance a greenway through Cully and Roseway. The objective is to make Northeast 72nd Avenue safe and comfortable for people walking and biking. The early design phase for this project seeks input to guide the building of new sidewalks and bicycle paths between Northeast Killingsworth Street and Sandy Boulevard in 2023. Eventually, this greenway will connect with other bureau projects, providing one, continuous connection south to the Springwater Corridor Trail.

The finished greenway will be designed to decrease car traffic on Northeast 72nd Avenue by preventing cut-through traffic. Safer crosswalks are planned at Alberta, Prescott and Fremont. In some places, such as between Killingsworth and Prescott, separated paths for pedestrians and people bicycling will be built. In places where bikes share the road with vehicles, new speed bumps will help keep speeds under 20 mph.

Design of the Rose City Park/Montavilla portion of the project is 60 percent complete and heading toward 95 percent completion, with construction expected to - CONTINUED ON PAGE 8

Meet Tami As a thank you One of our for health care esthetician's workers and first at Retreat. responders, Tami Tami is offering specializes 20% off in facials, any service lash lifts, during May. Offer expires 5/31/21 brow shaping and makeup. "Making people feel and look confident in the skin they have is my mission. Everything starts with clean and hydrated skin. Skin is the foundation!" Photo by Tom Cool RETREAT 4108 NE Fremont Street 971.271.8451 www.retreat4108.com 



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## **STAR DEVELOPMENT NEWS**

begin later this year. Improvements include re-purposing the northbound Northeast 72nd Avenue lane through Rose City Golf Course to be a shared, car-free path with southbound cyclists riding downhill with mixed traffic. Full access to the Golf Course will be maintained from Tillamook Street.

New, high visibility marked crossings will be installed at the intersection of Northeast 74th Avenue and Tillamook Street to help people walk and bike safely cross the street. These markings also assist in general 70s Greenway wayfinding. At Northeast Halsey Street, new, protected bike lanes will make the brief transition to this busier street safer and more comfortable.

For more information, visit www. portland.gov/transportation.

# PCC WORKFORCE TRAINING **CENTER WILL ADD 85 UNITS OF AFFORDABLE HOUSING TO 42ND & KILLINGSWORTH**

With construction set to begin in 2023, Home Forward's collaboration with Portland Community College and the Cully Association of Neighbors, expects to be accepting tenants by the summer of 2024.

At the corner of Northeast Killingsworth Street and 42nd Avenue, a four-story building will include 18 studio apartments, six one-bedroom, 46 two-bedroom and 15 three-bedroom units. There will also be 4500 square feet of commercial space for community-based organizations, surrounding two outdoor courtyards.

Home Forward's Development and **Community Revitalization Director** Jonathan Trutt said the project is taking Home Forward in a new direction.

'This is Home Forward's first time co-developing a site with PCC, and we

**G**PINZELIK LAW



are excited to build this relationship with a fellow, major mission-based organization," he said. "This is also our first new construction effort in Cully in nearly 50 years, and the project's design and programming has already benefited from the extensive community organizing efforts within the neighborhood."

Trutt said neighborhood involvement is helping form the final product, "Examples of such influences include our emphasis on two- and three-bedroom apartments, the inclusion of commercial space for community-based organizations and the goal of creating an environment that is welcoming to all community members regardless of any relationship they have with PCC or Home Forward.'

For more information, visit www.pcc.edu.

## **PERMITS ISSUED**

In Arbor Lodge at 3210 N. Liberty St., Min Bui of Southeast Portland was granted a permit to construct a new, two-story, single-family home with an attached

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As seen from Northeast Killingsworth Street. Home Forward's 84-unit. affordable housing apartments are slated to be ready for occupancy in 2024. The complex will include ground-floor commercial space for communityoriented organizations. (Home Forward)

single-vehicle garage on vacant property. In Beaumont-Wilshire at 4040 N.E. 42nd Ave., Firenze Development of Wilsonville has a permit to build a new, two-story, single-family residence with an attached accessory dwelling unit and attached, two-vehicle garage on vacant property.

At 3815 N.E. Alameda St., CCIC PDX1 LLC of Northwest Portland has permission to deconstruct a 2326-square-foot, singlefamily residence and detached garage built in 1926. Plans are being reviewed to build a new, two-story, single-family residence with a three-vehicle garage.

At 3439, 3445 and 3465 N.E. 35th Pl., Carl Neeld secured permits to build three, new, two-story, single-family residences with attached garages on vacant property.

In Buckman at 2264 S.E. Madison St., Aleksander Koval of Lake Oswego secured a permit to construct a new, three-story duplex with a garage on the ground floor on vacant property. Permission to deconstruct a storage shed built in 1924 was granted in March.

In Cully at 5827 N.E. Prescott St., the city of Portland secured permission to construct a new, four-story, 50unit, affordable housing complex with community spaces on property where a 992-sqaure-foot, single-family residence built in 1925 once stood.

In Eliot at 1835 N. Flint Ave., 1835 N Flint LLC of Southwest Portland secured permits to deconstruct three commercial buildings built in 1943. Applications are being reviewed to construct a new, seven-story apartment building with 134 units over a ground floor lobby, residential units and parking. In addition to a seventhfloor deck, a separate outbuilding is proposed for a small sauna and storage. At 61 N.E. Tillamook St., Jimmie Anderson

has a permit to build a new, two-story,

I like helping people. Let me help you with the biggest transaction of your life. Lori Bennett, Broker 3rd generation Northeast Portlander

Windermere REAL ESTATE WINDERMERE REALTY TRUST

Lloyd Tower NE 825 NE Multnomah Suite 120

Office 503.284.7755 Cell 503.473.5201 loribennett.withwre.com single-family home with a single-

- vehicle, attached garage on a vacant lot. In Kenton at 2848 N. Watts St., Marci James and Ethan Welt have permission to construct a new, two-story, single-family residence with no garage on property where an 1153-square-foot, single-family home built in 1906 once stood.
- In Kerns at 546 N.E. 12th Ave., Portland Public Schools has a permit to demolish the Benson High School shop building as part of the school's modernization.
- At 2555 N.E. Hoyt St., Some Knucklehead, Inc., has permission to demolish the north portion of the existing building built in 1949, while plans are under review to construct a new, five-story, mixed-use structure with 49 apartment units over ground floor commercial space.
- In Madison South at 8370 N.E. Sacramento St., Bich Nguyen secured a permit to build a new, two-story, single-family residence with a single-vehicle garage on a vacant lot.
- At 1530 N.E. 67th Ave., NWB Halsey LLC of Everett, Wash., has permission to build a new, four-story, self-storage facility with parking on vacant land.
- In Overlook at 5527 N. Greeley Ave., GS24 LLC of Northwest Portland has a permit to deconstruct a 2728-square-foot duplex built in 1909. Plans are being reviewed to build a new, three-story, 12-unit apartment building and a bike storage facility.
- At 5803 N. Greeley Ave., 5803 N Greeley LLC of Lake Oswego has a permit to deconstruct an 1104-square-foot, singlefamily residence built in 1907, while plans are under review to build a new. three-story, 14-unit apartment building.
- At 5804 N. Greeley Ave., GN26 LLC of Northwest Portland secured a permit to deconstruct a 2356-square-foot, singlefamily residence built in 1924. Plans are under review to construct a new, threestory, 13-unit, multi-family residential complex with a new, detached, covered bike parking structure.
- In Roseway at 6835 N.E. Stanton St., Willamette Investment Group of Camas, Wash., has permission to demolish a detached accessory structure built in 1965. An application is under consideration to build a new, two-story, single-family structure with an attached one-vehicle garage.
- In Sabin at 1414 N.E. Going St., Firenze Development of Wilsonville has permission to deconstruct a 560-squarefoot, single-family residence built in 1922. Plans are being reviewed to build a new two-story, single-family with an attached accessory dwelling unit and attached, single-vehicle garage. **★**



Lori Bennett, Broker Certified **Negotiation Expert** 



# **STAR CAREERS AROUND THE CORNER**



# LOCAL JOBS FOR LOCAL FOLKS

Careers Around the Corner aims to assist in building a local and sustainable economy by connecting neighborhood businesses that need employees with neighbors who need jobs.

# BAMBOO CRAFTSMAN COMPANY IN KENTON

is looking for immediate part-time help in nursery maintenance, retail sales and on-site landscaping. If you love a beautiful natureinfused environment and are a bamboo nerd, this is your pearl. They're looking for a strong, kind person with the ability to lift 50 pounds, English fluency, professional gardening and landscaping experience and customer service or retail experience that is available 2-3 days a week, Sunday required. This job starts immediately and lasts through the end of summer, with continued employment possible for the right candidate. Benefits include 20 percent staff discount and paid lunch breaks. Get paid to work out and garden! Bring your resume to 2104 N. Willis Blvd and talk to store manager Christie Hillard, Wednesday to Saturday 10 a.m. to 5 p.m. or Sunday 11 a.m. to 4 p.m. For more information, visit www. bamboocraftsman.com.

## NORTH BY NORTHEAST COMMUNITY

HEALTH CENTER IN KING at 714 N.E. Alberta street is the only medical clinic in Oregon devoted to Black and African American health. They're looking for a full-time, friendly abd efficient patient services coordinator. Responsibilities include phones, email, EHR, Microsoft and appointment scheduling. \$20 to \$24 per hour, depending on experience. Benefits include medical, dental, disability and life insurance, IRA, employee assistance plan, holiday and paid time off. Submit a resume and cover by email to Executive Director Suzy Jeffreys at sjeffreys@nxneclinic.org. Please state your experience working in a clinical or customer service setting and your connection to the community we serve. For more information, visit www.nxneclinic.org. Other job listings available.

**BLESS YOUR HEART BURGERS IN CONCORDIA** at 5410 N.E. 33rd Ave. is looking for a full time line cook that is friendly, consistent, works well with others, is passionate about great food, positive leadership and excited to support a team. Get paid to work out with your ability to walk, stand, push, pull and lift 50 pounds regularly. You also need a food handlers license. Starts at \$15 to \$17 per hour plus tips. Send your resume and let us know what you love about cooking and why Bless Your Heart Burgers is the next chapter for you. Equal opportunity employer, committed to core values of love, respect, quality, effort, ingenuity, teamwork and leadership. Learn more about our story at www. sesamecollective.com and apply by emailing resume to jobs@sesamecollective.com. For more information, visit www.byhpdx.com.

NEW CVS STORE IN GRANT PARK is hiring a shift supervisor management trainee, an entrylevel role that prepares the candidate to move into and perform a higher-level supervisory role. Learn supervisory skills and responsibilities, basic operations and management skills, including key aspects of the business. This is a great way to get on-the-job training for a longterm career! You'll need deductive reasoning, analytical and computer skills, advanced communication and customer service skills, and the ability to work a flexible schedule - including some early morning, overnight, weekend and overtime as needed. High school diploma or equivalent required. Experience in retail preferred. For more information, visit www.cvs.com/careers. Apply to job ID # 1583717BR. Additional job listings available.

MARY'S HARVEST FRESH FOODS IN SUNDERLAND at 2705 N.E. Argyle St. has a full time day shift production prep cook position available. A good job for early birds, the shift starts between 6:00 and 7:00 am and starts at \$15 per hour. Responsibilities include gathering and assembling ingredients, evaluating finished products for appearance, maintaining a clean work area and following safety guidelines. One year of high-volume kitchen experience preferred and general knowledge of basic kitchen ingredients, equipment and tools. The ability to work safely, quickly and efficiently with attention to detail is important, as is good verbal and written communication skills and being a team player with a good work ethic. Should be able to work in a refrigerated environment between 34 and 38 degrees and lift up to 25 pounds repeatedly; up to 40 pounds occasionally. Some overtime required. All positions contingent upon passing a drug screen for controlled substances, including THC. For more information, visit www.www. marysharvest.com

If you run a business and are looking to fill a full-time, part-time, consignment or other paying position in the Star's North and Northeast Portland neighborhoods, please contact barbhughes@star-news.info for information on how to be included in Careers Around the Corner. If your organization or business would like to support practical neighborhood job creation, please consider sponsoring this feature. Contact Jane Cullinan for details at janecullinan@star-news.info. ★



# Pet training advances with behaviorists now common



LISALAKES@STAR-NEWS.INFO

President Biden's dog Major has been in the news again. Unfortunately, Major has had a couple of behavioral incidents this spring. In March he nipped the hand of a secret service agent and a few weeks later he nipped a white house staffer during a walk. Major is getting additional training. Hopefully, the Biden's are taking advantage of the most advanced training techniques advocated by the American Veterinary Society of Animal Behavior (AVSAB).

Pet training has advanced rapidly over the last few years with animal behaviorists becoming more common. There are two designations of animal behaviorists. Associate Certified Applied Animal Behaviorists have a master's degree in behavioral or biological science plus two years professional experience in the field. Certified Applied Animal Behaviorists have a doctorate in biological or behavioral science with five years' experience in the field.

Animal behaviorists advocate positive reward-based training for all pets. Any technique that produces fear in the animal is rejected. Behaviorists use basic operant conditioning in which behavior is "shaped" through positive reinforcement. Dominance theory, where owners are encouraged to "be the pack leader" and seek submission from their pets is also rejected. Dominance theory was originally advanced based on observations of animals in the wild. These observations have been found to be inaccurate in domesticated animals. AVSAB's position statement on dominance can be found on their website, via the link below.

Many shelters and veterinarian offices across the country operate using AVSAB's approaches. In fact, an entire organization called Fear Free Shelters exists, dedicated to training shelter and veterinarian staff in positive, rewardbased handling and care. Free online classes teach shelter staff, veterinary staff and volunteers basic techniques to reduce fear, stress and anxiety in pets during treatment and care. When pets are stressed and fearful, they may act inappropriately and, like humans, do not learn well under those conditions. Should your pet need help, the links



(Adam Schulz/Wikipedia)

below can connect you with a local behaviorist. Classes at Oregon Humane Society also follow AVSAB guidelines. Hopefully, the Biden's have obtained a qualified behaviorist to help Major become used to the fast-paced world he now lives in.

The AVSAB website is at www.avsab. org and position statements can be found at www.avsab.org/resources/positionstatements. The Fear Free Shelters website is at www.fearfreeshelters.com. ★

# New Hours Weekdays 10-8 Weekends 10-7



CURBSIDE PICKUP AND DELIVERY AVAILABLE VISIT OUR WEBSITE FOR INFO Fang! Pet & Garden Supply 3131 N. Lombard PDX, OR 97217 503-972-5822 www.FangPetGardenSupply.com

# New Hours Weekdays 10-8 Weekends 10-6



Curbside Pickup and Delivery Available Visit Our Website for Info

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

STAR STREETWISE

# **KICKING BACK IN KENTON**

enton is a cute little neighborhood with a mid-century vibe. If you want a vacation from fast-paced city life, take a walk through Kenton; enjoy generous helpings of Southern cooking; spy the world from a three story tree house; pick up fresh catnip, dog supplies and pet-safe plants; get free accident and injury advice; and earn a free pint of beer through community trash pick-up.

# BAMBOO CRAFTSMAN COMPANY

Store manager Christie Hillard says that her goal at Bamboo Craftsman is to help community members foster tranquility

in their own space. Full of vibrant energy and Zen ambiance, this Kenton treasure has a vast showroom, nursery and wood shop. Explore Bamboo Craftsman's well-stocked nursery with clumping and running bamboo, hanging baskets, perennial herbs, garden decor and stoneware. Then make your way inside, where you'll find Tiki talismans, handmade creations and bamboo lumber to transform your space.

**BY BARB HUGHES** 

BARBHUGHES@STAR-NEWS.INFC

The friendly indoor showroom features imported and handmade treasures, decorative items, water fountains, jewelry and crafting materials to help you create the perfect look for your home, business, or sacred space. For projects from small to large, the friendly and knowledgeable staff can help you bring your bamboo dreams to life.

The bamboo pole and timber department offers various species, diameters and lengths of bamboo. Use them whole or ask the team to cut to your specifications for gutters, half-rounds, decoration, and more. With a large workshop onsite for creating custom projects, your creative design dreams can come true.

Check their pole catalog online, and shop by phone or email for curbside pickup. Better yet, come visit the vast store to experience the calming, colorful, convivial treasures with a complimentary cup of tea!

The building is open and well ventilated, while the outdoor space offers several interactive structures including a gazebo, seating areas and a three-story bamboo tree house. The garden space is even available to rent for weddings, birthdays or other celebrations.

Currently open Wednesday through Saturday from 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 4 p.m., Bamboo Craftsman Company is dedicated to providing the highest quality and sustainability in design, products, live plants and craftsmanship. This beloved business and their staff are engaged Kenton neighbors who provide whimsy, relaxation, and a feeling of peace and abundance for their community.

ADDRESS: 2104 N. Willis Blvd. PHONE: 503-285-5339. WEBSITE: www.bamboocraftsman.com. DON'T MISS: The legendary multi-story tree house! Relax and shop in the peaceful showroom with free tea bar, soft music, colorful treasures and soothing water features.

## **PO' SHINES CAFE**

Po' Shines Cafe De La Soul is a community of people who rejuvenate their patrons and neighbors through exceptional food, service and an opportunity to be a part of positive change. A home-style, Cajun restaurant and nonprofit right next door to Celebration Tabernacle, Po' Shines takes you on an affordable farm-to-table trip south with breakfasts that include pulled pork, catfish, Po'-grits, Louisiana scramble, or a chicken and cornmeal waffle.

For lunch, you'll find sandwiches and wraps stuffed full of fried chicken, catfish, brisket, pulled pork, shrimp, oysters and more. Southern veggie wraps with sweet potatoes, fresh herbs, cheese, black eyed peas and lots of veggies wrapped in a tortilla are served with a choice of sides.

Don't forget the dinner platters ... each with a choice of two sides and cornbread or hushpuppies; the Po'Fish platter with catfish and chicken wings; the Po'BBQ rib platter with ribs and chicken wings; or Uncle John's Smokey Platter with ribs, pulled pork and



Christie Hillard at Bamboo Craftsman. (Barb Hughes)

brisket. If you have room, top it off with a mini pecan or sweet potato pie – just two of several desserts available. Check out the full menu and catering menu online. I dare your mouth to not water.

Chef James Bradley (who prefers to be called "Chef") received his training from Baltimore International Culinary College, where he specialized in epicurean cooking, baking and pastry. Today, Chef loves to experiment with vegan and vegetarian soul food cuisine. You'll find his creations rotating through the specials menu. The day I visited, Pals Mushrooms delivered specialty mushrooms that Chef immediately added to lunchtime wraps. (One of which was mine. Yum!) Po' Shines Cafe is open Monday from 10 a.m. to 3 p.m. and Tuesday through Saturday from 10 a.m. to 8 p.m.

Po' Shines provides quality dining, concession sales and catering services, but they aspire to be much more than just a good restaurant that serves good food. They make a positive difference in the community through "Teach Me to Fish," a non-profit, career development, work readiness and culinary arts program, founded by owner and pastor E.D. Mondaine. The program teaches culinary job skills and life skills that help individuals flourish. Their six-acre collective farm of POC-owned businesses on Sauvie Island grows and harvests fresh local food for the restaurant – with excess going to Columbia Village Market. Po' Shines serves elderly neighbors free meals every Tuesday through Thursday from 4 p.m. to 6 p.m. and hosts a famous Thanksgiving Feast that annually feeds 1500 to 1800 people! Caring about community is what Po' Shines is all about. The next time you want comfort food brimming with flavor, kindness, and community, bring your family (or even your corporate event catering) to Po' Shines.

**ADDRESS:** 8139 N. Denver Ave. **WEBSITE:** www.poshines.com. **PHONE:** 503-978-9000. **DON'T MISS:** World-famous hush puppies, chicken waffles, original vegan dishes such as Lion's main mushrooms vegan crab cakes and an extra helping of caring and kindness with every order.

- CONTINUED ON PAGE 11



Lance Bangura, left, and Chef James Bradley at Po' Shines Cafe De La Soul. (Barb Hughes)



Elizabeth E. Welch, Attorney at Law. (Barb Hughes)

### K STAR STREETWISE

# ELIZABETH E. WELCH, ATTORNEY AT LAW

When I asked Elizabeth E. Welch what she does, she replied, "What I do is pretty simple. I help people recover from terrible life events that include medical bills, wage loss and future bills. I gather data, get facts, work on spread sheets and talk to insurance companies and businesses to get the money folks need to recover from their injury or accident".

Surprisingly, as a personal injury lawyer, Welch takes no money up front, but is paid when she completes a settlement or verdict. The quicker she is contacted after an injury or accident, the quicker she can send out her team to gather information needed to support a case. Often, what we think is important to insurance companies, isn't. With over 20 years experience, Welch knows how to find facts, interviews, government records and code numbers to get the remuneration her clients need.

The biggest mistake most people make? "Not calling me right away," she says. "Often after an injury or accident, the person is still in shock and doesn't realize they are hurt. Or the initial injury doesn't show up for a few weeks or months. By then, they've already settled with their insurance company or the statute of limitations for the injury has run out to report it. So, they end up having large unexpected medical or therapy bills, job losses and other hardships. The second biggest mistake is posting about their injury or accident on social media. Often people will post 'I was in a car accident, but I'm O.K.' The problem is, insurance companies check social media and use it as evidence to not pay damages."

Dealing exclusively in personal injury, Welch lets facts and data deliver resources for accidents and injuries. I joked that people should have her number on speed dial.

"Some people do" she said. "You can't plan an accident, but if one happens call me quickly. Most people won't ever be in a criminal case, but almost everyone eventually has to deal with an injury or accident."

Elizabeth cares about fair treatment for all. She has helped a wide circle of community members and small business owners get the help they need after an accident or injury. I think it's unique that it's no cost to you for her services, unless she gets you financially covered. Wouldn't it be great if all professionals did business that way?

**ADDRESS:** 2111 N. Willis Blvd., No. 141. **WEBSITE:** www.northportlandattorney.com. **PHONE:** 503-286-7178. **DON'T MISS:** If you are in an accident or slip and fall, consultation services are free. All work is on a contingency basis. Welch supports local schools, and asks North and Northeast Portland schools and parents to contact her office and request donations for fundraisers.

# FANG! PET & GARDEN SUPPLY

Owner and founder Nancy Fedelem's love for animals inspired her to open not one, but three pet stores – with products that support pets of all types. Fangl Pet & Garden Supply is located in the heart of North Portland's Kenton neighborhood. The shop features a wide variety of top quality, healthy and affordable supplies, food, treats, toys and accessories for cats, dogs, birds (pet and wild) and other small animals such as rabbits, guinea pigs, ferrets and gerbils. You'll also find products for snakes, geckos, turtles, bearded dragons and even tarantulas. In a community where many homes have chicken coops, Fang! is a go-to location for a wide variety of made-in-the-Northwest chicken food and supplies, as well as knowledgeable advice about raising backyard chickens.

Sometimes it's hard to know which house and garden plants are safe for your pets – and which might be toxic. Fang! staff help find the right plants to create a safe and



Nancy Fedelem and Reggie at Fang! Pet & Garden Supply. (Barb Hughes)

# Protecting your financial security should take more than 15 minutes.

What's the rush? You work hard for your money and deserve professional advice. We're independent agents, we do the shopping for you. Your financial future depends upon thoughtful risk evaluation and recommendations, not somebody's hasty decisions concerned about a stopwatch!





Scott Dimond, left, and Jenna Flatten at Mayfly. (Barb Hughes)

happy environment for everyone in your family. They even carry fresh catnip – a special treat for your feline – and trendy new outdoor plants like kangaroo paw. Fang! also offers loads of indoor tropical houseplants and a seasonal outdoor garden center with a large array of veggies and herb starts, medicinal plants, animal-safe plants, native landscaping plants, beneficial insects (red worms, praying mantis, beneficial nematodes) and soil and gardening tools. Fang! outdoor garden center is open March through October from 10 a.m. to 7 p.m. daily. Indoor store hours are Monday through Friday from 10 a.m. to 8 p.m. and Saturday and Sunday from 10 a.m. to 7 p.m. You can also shop online with curbside pickup and home delivery available.

ADDRESS: 3131 N. Lombard St. PHONE: 503-972-5822. WEBSITE: www.portlandpetstores.com. DON'T MISS: May is the perfect month for tomato planting, fresh seasonal veggies, herbs and Mothers' Day flower baskets. The whole month of June, Fang! Will celebrate Juneteenth, with fundraising for a local BIPOC organization. Ask the store for details.

# **MAYFLY TAPROOM AND BOTTLE SHOP**

Close to the easy-access Kenton/North Denver Yellow MAX stop, Mayfly is a 21+ taproom and bottle shop. Owner Ryan Born has worked in the food industry for years and believes that valuing and connecting with each customer makes Mayfly a great place for neighbors to gather, learn and inspire each other. The community mantra at Mayfly is "Life Is short. Be good. Have fun."

Mayfly is constantly evolving, rotating through a curated list of beer, mead, cider, wine and art. The current mural is by award-winning artist Ashley Drefus. Mayfly always seeks unique products and events to keep the experience fresh. Their cooler is well stocked with bottles and cans of favorite local products and selections from around the world, including a variety of delicious non-alcoholic options, including CBD sodas. Bring your growler, as Mayfly will gladly fill it to go. Don't miss half price growler fills every Tuesday! Snacks include locally baked pretzels by Dos Hermanos and pub cheese and chips made by Mayfly's own Scott Dimond.

Mayfly events include hosting a "Deaf Night Out." The staff took ASL classes, and deaf neighbors and staff both had a great time. Ongoing events include "Drag Bingo with Peachy Springs," "Trivia with Sam," monthly "Trashy Hour," and a rotating community draft that benefits different non-profits. Their current plaza project, in collaboration with the city's healthy business plan, uses tables from 54°40 Brewery, plants from Bamboo Craftsman, local food pop-ups and live music.

During monthly "Trashy Hour," volunteers pick up trash and neighbor Sean Sagefield Construction donates a dump trailer and disposal fees, Terrance Moses of Neighbors Helping Neighbors drives his truck around picking up large trash items, and volunteers show up from 2 to 4 p.m. to help keep the neighborhood clean. Mayfly gives all participants a free pint of beer and hosts a "Double Happy Hour." Check the Mayfly Instagram page for upcoming events, including "Spontaneous Fest," and "May(Fly) Day" on May 1, featuring seasonal beer tasting and other surprises.

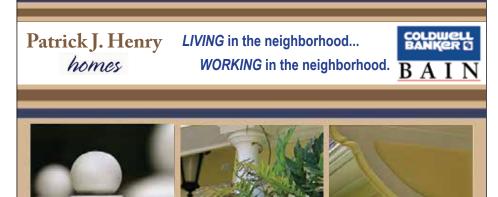
May starts summer patio hours for the taproom, Tuesday to Thursday from 2 to 10 p.m. and Friday to Sunday from noon to 10 p.m. Online delivery is also available. Instead of going "back to normal," Mayfly is "moving forward to better."

ADDRESS: 8350 N. Fenwick Ave. Website www.mayflypdx.com. DON'T MISS: Mayfly is dog-friendly, inside and out, so bring your happy pooch to the new open patio! Every last Sunday of the month, from 2 to 4 p.m. is "Trashy Hour," where volunteers clean up Kenton together and enjoy a free pint of beer. ★





2512 NE Broadway • 971-242-8905 • www.udsbpdx.com



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Licensed in the State of Oregon

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www.patrickjhenry.com



# **COMMUNITY CALENDAR**

#### **KIDSTEENSANDFAMILIES**

#### LIBRARY OFFERS TUTORS

**May 5 or 12. 3-5 p.m.** Multhomah County Library schedules virtual tutoring for students in K-12 who need support in math, science, social studies or language arts. Each session is for 30 minutes on Wednesdays. Try to register at least two days ahead so the library can pair the student with a tutor who specializes in the subject. Help can be with specific assignments or general subjects. Free. Questions: Jen May at jennifem@multcolib.org. Register at www.multcolib.org, go to events and classes tab.

#### **BABIES HEAR STORIES**

May 11. 10:30-11 a.m. Parents and caregivers with babies who aren't yet walking may join Multhomah County Library for a short story time filled with fun, songs and rhymes, plus early literacy and child development tips. Free. Registration required at 503-988-5123 or www.multcolib.org.

#### LEARN ABOUT COMICS

May 11. 4-5 p.m. Aron Nels Steinke, author of the "Mr. Wolf's Class" series, offers a comics crash course for students in grades 1-6. Multhomah County Library offers the course on Zoom. Arrive with some paper, a pencil and eraser and something for coloring. Free. Registration required at 503-988-5123 or www.multcolib.org.

#### LINK TO KINDERGARTEN

May 14. Beverly Cleary School offers information for "Connect to Kindergarten," including a video presented by the teachers. Go to the school website: www.pps. net/beverlycleary. On May 17, a survey is released for incoming families. On May 20 from 7-8 p.m., a kindergarten question-and-answer session is offered on a Zoom call. Check for a link on the school website at www.pps.net/beverlycleary.

# ARTSANDLITERARYEVENTS

#### SEE 'LITTLE LIES'

May 6-22. 7:30 p.m. Thursday, Friday, Saturday. Performances of "Clever Little Lies," by Joe DiPietro, are in the auditorium for up to 45 patrons. A Sunday matinee is at 2 p.m. May 16. In the one-act play, Alice digs for the truth after husband Bill appears on edge after a tennis match with son Billy. At a family gathering, hilarious chaos ensues, resulting in more honesty than anyone expected. Wear a mask and have temperature taken at the door for this Triangle Production. Get latest ticket information at boxoffice@trianglepro.org or 503-239-5919. The Sanctuary at Sandy Plaza, 1785 N.E. Sandy Blvd.

#### HEAR WHITNEY OTTO

May 10. 4:30 p.m. Local writer Whitney Otto, whose latest book is "Art for the Ladylike: An Autobiography Through Other Lives," appears virtually through Broadway Books. Free. Pre-register on a link at www. broadwaybooks.net/event.

#### STUDY, DRAW NATURE

May 22. 2-4 p.m. Join an introduction to journaling and nature sketching to learn ways to record ideas, sketches, observation and detailed studies of nature. Supplies needed: sketchbook, pencil, eraser. Free online

#### through Multnomah County Library. Register at www. multcolib.org, go to events and classes tab.

#### **LISTEN TO WRITERS**

May 24. 5 p.m. Novelist Alex McElroy is in conversation remotely with Chelsea Bieker, Genevieve Hudson and Kimberly King Parsons through Broadway Books. Free. Pre-register on a link at www.broadwaybooks.net/event.

#### FORSENIORS

#### PRACTICE CHI KONG

May 3 and 8. 9:30-10 a.m. Continues Mondays and Fridays. Instructor Paul Reinhertz leads the session in Chi Kong (Qigong) to strengthen the Chi or life energy for general health and energy. The simple movements are combined with appropriate breathing and visualization. Without stepping, balance isn't an issue. Free. Registration required. Find a link at www.hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### LEARN NEW RECIPES

May 3 and 17. 10-11 a.m. A food and cooking group though the Hollywood Senior Center offers an opportunity to learn new recipes and share ideas. Registration not required. Find a link at www. hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### WALK WITH THE GROUP

May 4 and 8. 10:30-11:30 a.m. Continues Tuesdays and Saturdays. Hollywood Senior Center walking groups are meeting in-person, but with masks and social distancing, regardless of vaccination status. Free. Meet in Grant Park at Northeast 36th Avenue and Brazee Street. Contact Michael Murphy at the center, 971-341-2130 or michael.murphy@hollywoodseniorcenter.org.

#### **MOVE AGAINST ARTHRITIS**

May 5. 11-11:50 a.m. Continues Wednesdays. Sandy Morales invites students for arthritis exercise and to check in with one another. Registration required: smorales@email.com.

#### TIME TO REMEMBER

May 7. 1-2 p.m. Jim Rico leads a session on "Connecting Through Loss: A Time for Remembrance." Free. Registration required. Find a link at www. hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### **CHAT ON FRIDAYS**

May 7. 2-3 p.m. Friday Afternoon Chat, with fellow participants of Hollywood Senior Center, is a chance to

#### - CONTINUED ON PAGE 15



MAY 2021



Whitney Otto will read at Broadway Books on May 10.

personal hygiene items, plastic silverware. Fremont

May 13. 6:30-7:30 p.m. Take a Tree Walk in Peninsula Park

with Angie DiSalvo, the Urban Forestry manager. See 100

years of tree plantings, including conifers that produce the heaviest and longest cones (10 pounds and 2 feet long),

a new Heritage Tree and see the next generation of drought tolerant evergreens. Free. Meet at the gazebo off North

Ainsworth Street, east of Albina Avenue. Free. Registration

May 15. 9 a.m. to 3 p.m. Sumner Neighborhood

Clean-Up. Volunteers may contact Ronda at 503-

935-4874 or Yvonne at 503-823-3156. Materials

furniture, windows, bikes, toys and mowers with gas and oil removed. Don't bring hazardous waste, animal

waste, liquids of any kind, building and construction

materials, asbestos or tires. Loads with these materials

will be rejected. Yard debris fees range from \$25 to \$45

depending on vehicle size. Bulky waste fees range from

\$20 to \$40 depending on vehicle size. More information

at sumnerpdx.org. Wear a mask and maintain social

distancing. Helensview School, 8678 N.E. Sumner St.

May 15. 1-2 p.m. Bring rinsed, recyclable bottles and

cans to raise funds for the Northeast Emergency Food

for Bottle Drop. Rose City Park Presbyterian Church

PARKROSE HOSTS MARKET

**HELP WITH E-DEVICES** 

**LIONS COLLECT FOOD** 

SEE HANDMADE ITEMS

Salvage, 4311 N.E.Prescott St. ★

Program. Teams will stuff them into non-profit Blue Bags

parking lot, Northeast 44th Avenue and Sandy Boulevard.

May 15 and 16. 10 a.m. to 4 p.m. The Historic Parkrose

Neighborhood Initiative hosts Parkrose Marketplace, a pop-

up event with more than 50 vendors. Features local artists. home-based businesses, local food, coffee, arts, craft

supplies and more. Wear a mask and keep social distance.

Information at 503-964-7807 or info@historicparkrose

May 16. 1-1:50 p.m. Meet online or over the phone,

Library who will find answers to questions about mobile

devices, websites, getting started with tech and more.

May 22. 10 a.m. to 3 p.m. The Hollywood Lions Club

is collecting non-perishable food, including items for

pets, to benefit the Hollywood Senior Center. The Lions

are also accepting used eyeglasses and hearing aids.

Hollywood Grocery Outlet, 4420 N.E. Hancock St.

May 22. 11 a.m. to 4 p.m. Makers Market features

Information and potential vendors may contact 503-715-5432 or www.metalwoodsalvage.com. Metalwood

local handmade goods, along with food, music and fun.

one-on-one, with a helper from Multhomah County

Free. Check for other times at www.multcolib.org .

com. Northeast 108th Avenue and Sandy Boulevard.

accepted include yard debris, scrap metal, VCRs, stereos,

between 41st and 42nd avenues.

required at www.portland.gov/trees.

SUMNER CLEANS UP

**RECYCLE BOTTLES** 

LEARN ABOUT TREES

share interests and thoughts with the group. Registration not required. Find a link at www.hollywoodseniorcenter. org on the virtual events calendar. 503-288-8303.

#### **HEAR ABOUT GERSHWIN**

May 10. 12:30-1:30 p.m. Gordon Neal Herman presents "George Gershwin: First American Genius," who went from popular music, to the Broadway stage and to the concert hall. Illustrated with musical, picture and video examples. Free. Registration required. Find a link at www.hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### LEARN ABOUT NE VILLAGE

May 11. 2-3 p.m. Learn about activities and services offered by Northeast Village PDX, which supports seniors as they age in their own homes. New members and volunteers welcome. Register for a Zoom link on the May events calendar at www. nevillagepdx.org. Information: 503-895-2750.

#### SHARING POETRY

May 14, 10:30 a.m. to 12 noon. "Poetry Power" is a monthly, guided poetry writing session for older adults. It's an open and affirming group where people can express themselves, share stories and connect. Participants can share their own poetry or poets and poetry they enjoy, then collaborate to write a group poem that is shared in a monthly newsletter of the Hollywood Senior Center. Free. Registration required. Find a link at www.hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### LEARN ABOUT MEDICARE

May 20. 2 p.m. Join an information session on Medicare 101 with Cascade West Insurance Partners. Nothing will be sold. Free. For a Zoom link, call Michelle at 503-780-0228 or michelle@cascadewip.com.

#### PLAY TRIVIA ONLINE

May 21, 1-2 p.m. The virtual "Game Night" is scheduled on the third Friday of each month by the Hollywood Senior Center in cooperation with Generation Youth. Trivia is the game planned for May. Free. Registration not required. Find a link at www.hollywoodseniorcenter.org on the virtual events calendar. 503-288-8303.

#### **INGENERAL**

#### **CUSTOMIZE PHONE**

May 4. 6-7 p.m. Learn the basics of how to customize your smart phone or tablet with a Multnomah County Library specialist. Free online. Registration required at 503-988-5123 or www.multcolib.org. Go to the Events & Classes tab. Other times may be available

#### STAMP OUT HUNGER AT DUTCH ANNEX

May 8. 10 a.m. to 6 p.m. Join Beaumont Village in supporting National Stamp Out Hunger Day. Artistic Portland Gallery and Merchant's Collection will have tables set up outdoors. Make overs at Retreat Beauty Lounge and a flash event at Gold Sparrow Tattoo. Donate nonperishable canned goods - especially pop tops of fruit, coffee, milk, beans, meat - soap, shampoo,



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# K STAR HOME AND GARDEN FOCUS

# Pandemic prompts pursuit of projects

By Janet Goetze janetgoetze@star-news.info

The pandemic shut-down has prompted homeowners to look around at all the projects they haven't done, from painting the spare room or patching drywall in the kids' room to restoring order in the backyard landscape.

For other neighbors, repairing bathroom tile, installing brighter kitchen lights or replacing an aging deck may be on the "to do" list.

However, some people don't have the skills for home projects, or they start a job and find they can't finish it. That's when they may call Andrew Linn, a licensed general contractor, or Evan Dawson, who has listed his handyman skills on the Next Door app and found more work than he expected.

With people taking close looks at their homes, Linn said he definitely has more work than in pre-pandemic days. The work tends to be in remodeling and repairing rather than new construction, he said. A recent kitchen job included a new ceiling, new lights and a new tile backsplash.

With remodeling picking up, Linn said he's also finding that materials are rising in price. For instance, he said, sheetrock has tripled in price in recent months. Lumber prices, already rising in recent years, have skyrocketed more than 180 percent since last spring, according to the National Association of Home Builders.

Dawson has usually had part-time gigs along with his main job, tending bar. He calls them "my income streams" to assure solvency. However, the pandemic closed



Andrew Linn sets tile for a kitchen backsplash by pressing the tile into place. (Janet Goetze)

off all the income he had from tending bar and walking dogs on the side. When unemployment checks ran out, he started getting yard work and home maintenance projects.

One of his first jobs was assembling a green house, Dawson said. He's also dug a lot of holes for people planting shrubs or trees and cleaned up overgrown yards that homeowners found daunting.

He cleans gutters but is drawing the line at

cleaning moss from roofs. "I'm not real big about being on the roof," he said. He also has painted rooms and patched dry wall.

Many people are seeking their own space after months cooped up at home with kids or a partner, Dawson said. That's when he helps them develop an office or hobby space in a room that had another use in the past.

Dawson said his favorite task is pressure washing, especially decks with a year or two of moss growth. He has had so many requests for that work that he bought his own pressure washer. He finds satisfaction in making the decks look new again, he said.

Linn's favorite job is structural framing, but he's done less in the past year because of the slowdown in new construction. Linn, 30, was 18 years old when he started in construction. Nine years ago he began framing. Three years ago he got his general contractor license.

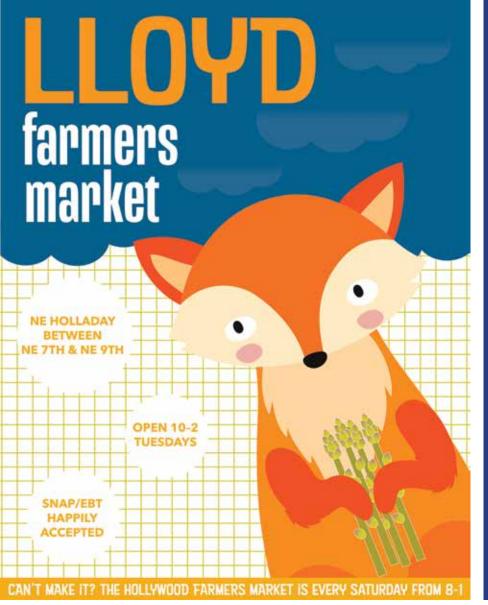
Looking for a change two years ago, he left his native Minnesota. "I hit the road with my dog," Linn said, "and Portland was so dog friendly, I stayed."

Dawson, 41, left Delaware 15 years ago, attracted by Portland's urban vibe and bike-friendly community. He studied at the Oregon School of Massage, too, but started tending bar to support himself and hasn't maintained his state massage therapist license.

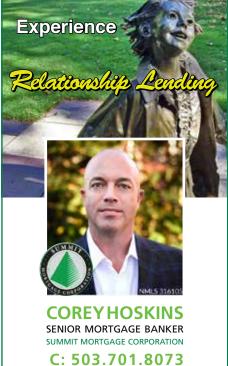
When restaurants started offering outdoor seating, Dawson was called back to tending bar full time. However, he schedules the yard and house maintenance work in off hours to keep his multi-stream income. Some of his dogwalking clients have started calling, too. As they complete vaccinations and make travel plans, Dawson said, they also want him to care for pets while they are gone.

"I guess I've gone from famine to feast," he said of his current financial outlook.

Linn, who once thought he wanted to work in the oil fields, is happy with construction work. "It's been enlightening," he said, "to start a project and see it through. I make people happy. That's a good feeling." ★







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# 关 STAR HOME AND GARDEN FOCUS

# Harvesters salvage fruit for food distribution

By Nancy Varekamp

nancyvarekamp@star-news.info

There's more than one way to glean trees in yards across town to feed more foodinsecure people: recruit more volunteers, identify more trees and help tree owners increase the yield from their trees.

Registering more volunteers and more trees is an annual springtime effort of the Portland Fruit Tree Project. Volunteers are already calling on homeowners with trees in their yards who donated their fruit in previous years. They are asking the owners to re-register this year for June through November harvests.

"A lot of people are definitely repeats," explained Heather Keisler-Fornes, executive director. They're contacted nonetheless. "You never know if the wind blew the tree down."

New tree owners who want to share their bounty are always welcome to register at www.portlandfruit.org/ backyardharvests. Training for new volunteers begins in mid-May. Last year, about 300 volunteers helped with the harvesting and other project efforts.

A new tree care program service is launching, with project volunteers advising tree owners on how to care for their trees. Volunteers are also available to perform maintenance.

"We see so many rough trees," she said "There are millions of reasons."

Some new property owners have no experience at caring for trees that come with homes they've purchased. Sometimes a homeowner can no longer climb a ladder to prune. Portland Fruit Tree Project has the skills and the tools.

"We can use the sets of knowledge we have to raise the level of fruit," Keisler-Fornes said. That results in sustainability for an organization that delivered 11,000 pounds of fruit last year to six partner organizations for distribution.

That's important to the project's leaders. According to Keisler-Fornes, the level of

### **BY THE NUMBERS**

As Portland Fruit Tree Project begins its 15th harvest season, previous harvests total: • 413,648 pounds of fruit harvested • \$538,232 value of fruit donated • 11,878 volunteers engaged • 4170 trees harvested

· 820 harvesting events coordinated

hunger is now at its highest levels since the Great Depression.

Like last year, volunteer training will include information on wearing gloves and masks. Just as the pandemic has contributed to the increased need for food, it has changed the age and demographics of volunteers. Historically, they've represented all age groups. "Our volunteer crew wound up being millennial-age women and retired women," Keisler-Fornes reported.

The project supplies everything volunteers need: harvesting aprons, poles and ladders.

Most of the project's work is on trees, since that's what it's equipped to pick. "We do ground crops when it makes sense," Keisler-Fornes said. "A giant row of blueberry bushes? We'll absolutely show up for that."

Logistics for the Portland Fruit Tree Project's work isn't confined to volunteers and trees.

"It all has to happen at a time when we can bring the fruit to our partners who don't have a refrigerator – and we don't have refrigerator – because we're all under resourced," she said.

Distribution partners include Black Mental Health, Davis Elementary, Equitable Giving Circle, Familias en Acción, Feed the Mass, Hollywood Senior Center, Lift Up and Native Wellness Institute.

The project survives on grants and donations. Tree owners are asked to help with the harvests financially on a sliding scale fee. Some funds come through



Heather Keisler-Fornes is no newcomer to harvesting. She's been involved in gleaning for more than 10 years with the Hollywood Senior Center. Last month, she began her second year as executive director for Portland Fruit Tree Project. (Kathryn Denelle Stevens)

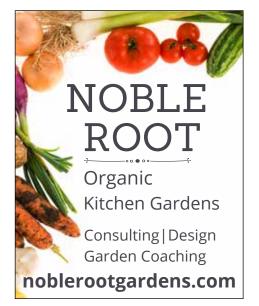
grants from foundations. Others are from individuals who may donate five dollars a month or a couple of hundred dollars a year by visiting www.portlandfruit.org/ donate. Donations are tax deductible.

Keisler-Fornes likes the fact the project adds something special to the tables of Portland's food-insecure residents.

"Fruit is really expensive and feels like a luxury," she said. "It's like candy. We eat our spinach because we have to and we eat strawberries because they're delicious."

Last month she celebrated her first anniversary as one of the project's two paid employees. But Keisler-Fornes is no newcomer to harvests. She founded the Neighborhood Gleaners – a program of the Hollywood Senior Center – in 2010 and continues to coordinate it. So it was a natural to take the helm of the Portland Fruit Tree Project.

"I had been watching the organization pretty much from the beginning," she said. "It felt like one of those really common sense solutions to a complex problem. It still rings true to me. It's a mutual-aid solution that we can all grow this food and share it in a tangible way to make a difference."





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#### **STAR BUSINESS BUZZ**

# JINX GOES 'A NUT ABOVE' TO FEED HUNGRY NEIGHBORS

Jinx Restaurant at 3000 N.E. Killingsworth St. in Concordia is one of 20 bars in the nation to receive a \$50,000 prize from the Planters Mr. Peanut "A Nut Above" contest for providing meals to food insecure people.

Planters distributed \$1 million nationwide instead of buying a commercial for this year's Super Bowl.

When owner Courtney Hulbert closed Jinx in November, due to the pandemic, she didn't want to close the building or put on hold the hospitality the restaurant had provided the neighborhood for two years. So she and the Jinx chefs formed "On the House Portland" to partner with volunteers and other community organizations to provide meals for pick up, home delivery and distribution to houseless camps. By mid-April, that meal count was more than 6000.

Jinx reopened to customers in April, Thursdays through Sundays. The Jinx crew continues to spend the other three days each week preparing On the House meals. For details, search www.facebook. com for "Jinx Portland."

# 'LOCKBUSTER' SIGN GETS QUIZZICAL LOOKS, QUESTIONS IN HOLLYWOOD

Is it a new video rental store or an escape room? According to owner Patrick Rafferty, it's both. Last month his In Search of an Exit sign at 4122 N.E. Broadway in Hollywood was replaced with one reminiscent of days gone by that proclaimed "Lockbuster Video."

The blue and yellow sign caught plenty of attention – and questions – before Rafferty changed it out to a black and white one. He retained the name,



NANCYVAREKAMP@STAR-NEWS.INFO

however, to link the concept of busting through locks in efforts to escape. "I'm keeping it intentionally

mysterious," he reported. After customers purchase escape room tickets at www. insearchofanexit.com, they enter through the video store. "That's when the game begins. Groups that swing through are delightfully baffled."

The 705 VHS tapes and four VCRs are key to the escape game, although Rafferty declined to explain how. They're also available for anyone to rent when the "open" sign is lit.

The escape room continues to be his primary business.

"I've made tens of dollars at the video store and thousands at the escape room," he said. "I've been thinking about doing this for a while. I've always wanted to own a video store. Isn't that everyone's dream? I think Portland is a delightfully weird place and, if I happen to be considered a part of the weirdness, I'm happy to be a member." (Cover photo by Nick DiGiallonardo.)

### PAIRINGS PORTLAND PREPARES TO REOPEN

Pairings Portland is poising itself for



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re-opening full steam. Employees are receiving COVID-19 vaccines, and the shop at 455 N.E. 24th Ave. is being rearranged to welcome customers for tastings.

During the pandemic, wine inventory has increased significantly at the Kerns shop, and tables were laden with bottles. To accommodate customers at those tables, owner Jeff Weissler is installing new shelves from floor to ceiling to display the increased selection of wines. He promises, however, that wine orders and deliveries will continue via www.pairingsportland. com/buy-stuff.

Virtual wine tastings will also continue weekly. Check out the theme for upcoming tastings at www. pairingsportland.com/events. Previous events have included Harry Potter, Princess Bride and more. Participants order taster sizes online, then tune in on Instagram to discuss the wines. The tastings are recorded in Pairings Portland Instagram archives for revisiting.

# ONLINE SERVICE MATCHES MENTAL HEALTH NEEDS TO LOCAL PROVIDERS

What hasn't the pandemic changed about doing business and receiving services? People have continued to meet with their psychotherapists virtually for the past year and now people can even find new therapists online.

In March, Ryan Schwartz launched Mental Health Match – a free, online service for Oregonians – from the Hatch Innovation Lab in Kerns. It puts people in touch with qualified, affordable therapists for their unique situations.

The pioneering matching platform adapted tools from online dating – matching algorithm, questionnaire and profile prompts to budget, cultural and demographic considerations – to help



Paul Lewis, left, Courtney Hulbert, Jade Fenton and Metin Ulug comprise the Jinx crew that has led an effort to prepare 6000 meals for food insecure people since November. (Nancy Varekamp)

clients find the right fit. Then the therapist and patient can decide whether to meet virtually or in person.

"After helping over 60,000 people from other states find a therapist, we are now ready to come home and help other Oregonians," Schwartz said. "We launched in Houston, because we wanted to develop the product in a larger, more diverse city. By many counts, Houston is the most diverse city in America, and we wanted to make sure we were creating something that worked for people of different racial, cultural and economic backgrounds."

The matching service's network now has therapists in every state. For more information about Mental Health Match, visit www.mentalhealthmatch.com. To find your own therapist matches, visit www. mentalhealthmatch.com/search/start.

# **REGAL SET TO REOPEN LLOYD THEATER MAY 14**

Doors are due to reopen Friday, May 14, at Regal Lloyd Center theater complex. Although the movies expected to screen were not announced, Regal showed "Godzilla vs. Kong" and "Mortal Kombat" at the venues it opened in April.

According to Regal, greeters will be located in the lobby to explain new procedural changes, which include:

- Employees undergo health screenings daily, wear masks and wash their hands frequently.
- Wall-mounted sanitizer dispensers are on either side of the main entrance.
- Customers are required to wear masks even with face shields – throughout the theater, except when eating or drinking in the auditoriums. Employees monitor mask use.
- Concession items may be purchased

- CONTINUED ON PAGE 17



503-281-0453 Essential business Hours Mon to Sat: 11am - 4pm

With the help of

and volunteers, Equitable Giving

Circle has filled

and distributed

agriculture boxes and care packages

to more than 500

metro area. (Jamie

Thrower/Studio XIII Photography)

families in the

community supported

donors, sponsors,

community partners

#### 🗙 STAR BUSINESS BUZZ





Winston Sardino the Portland half of Sardino Brothers Coffee – has seen his coffee go super cold brew in a new flavor from Salt & Straw. He doesn't sell the ice cream from his shop in the flat iron building at 5730 N.E. Sandv Blvd.. but he offers the coffee in bean and brewed form. (Nancy Varekamp)

via an app while customers are in the theater. Social distancing at the concession is enhanced by closing every other cash register. A reduced menu is available, large popcorn and large soft drink refills are provided in new containers, and condiment stands and vending machines aren't available.

- Fresh-air intake is being increased by 50-100% in all auditoriums.
- The reservation system maintains two empty seats between groups, and auditorium capacity levels adhere to state requirements.

Regal explains these and additional precautions in a short video at www. regmovies.com.

# SANDINO BROS ROAST IS PRIME INGREDIENT IN NEW SALT & STRAW FLAVOR

Sandino Brothers Coffee, one of Roseway's newest businesses, is making waves across the country as part of a new flavor from Salt & Straw. In April, Salt & Straw – which put Portland on the ice cream map after its founding in the Alberta Arts District – introduced "Off Limits' Dash Cold Brew Cocoa Crisps" made with Sandino Brothers' Apanas Millcreek Roast.

Lenner Sandino, the older Sandino brother, grows the beans on the family's 85acre farm in Nicaragua. Portland brother Winston Sandino imports, roasts, packages and markets the beans – and offers them freshly brewed at two eastside shops.

Sandino opened his first shop in the Mt. Scott-Arleta neighborhood's Mercado in 2016 and another last June in Roseway. The transplanted Nicaraguan is proud of what he sells and serves.

"Our product is a high-quality premium coffee harvested the traditional way," he



explained. "We hand plant and hand pick each seed and ripened cherry with our very own hands. It cannot get more local and direct trade than this."

He believes the 4000-foot elevation, climate and volcanic soils provide just the right chemistry for coffee beans to thrive.

Now Salt & Straw's customers in its Portland, Seattle, California and Miami shops – and even more nationwide who order by mail – will get to taste the difference for themselves.

# EQUITABLE GIVING CIRCLE PUTS BROADWAY'S NIGHTWOOD SPACE TO CHARITABLE USE

Equitable Giving Circle last month celebrated its first year of community giving through small donations, event fundraising, volunteering and communitybuilding. Its aim is to empower Portland BIPOC communities and begin to move toward economic equity.

When Nightwood Society suspended its operations at 2218 N.E. Broadway St. in October due to the pandemic, it offered the Sullivan's Gulch space to Equitable Giving Circle. With the help of donors, sponsors, community partners and volunteers, Equitable Giving Circle has filled and distributed community supported agriculture boxes and care packages to more than 500 families in the Portland area.

Additionally, the group makes an economic impact by buying food for those boxes from BIPOC farmers, and encouraging others to also buy from the farmers listed at www. equitablegivingcircle.org/farms.

Equitable Giving Circle's work is made possible through donations from community members and grants. Recurring monthly donation opportunities are available at www. equitablegivingcircle.org/donate.



## K STAR SUSTAINABILITY MADE SIMPLE

**By Kate Gaertner and Amy Hall** For the Hollywood Star News

Humans have a diverse set of impacts on the planet. The footprint of our home is a significant one and includes surrounding land features that include grassy median strips, mailbox knolls, balconies, decks, potted plants on window sills and the yards and hills we call our front and back yards. With some key decision-making and an open heart, we can support local pollinators, improve water quality and conservation and build the abundance of Oregon's flora and fauna for years to come.

# THREE SUSTAINABILITY PROPERTY AND GARDEN TIPS

1. Bee-come a local pollinator promoter. The great, mostly small pollinators of the world - ants, bats, bees, beetles, birds, butterflies, flies, moths, and wasps - are responsible for ensuring that more than 80 percent of the world's flowering plants reproduce. Our health and nutrition literally depends on an ecosystem we mostly take for granted. With just a bit of care, we can create spaces where hummingbirds, bees, butterflies and more can thrive.

Pollinator Parkways, started by Sherrie in the Montavilla neighborhood, works with homeowners to create beautiful and pollinator-friendly areas by utilizing the parking strips in front of homes. Pollinator Parkways feature pesticidefree gardens using native plants with staggered blooming times. Take a look at the DIY guide Sherri created to get yourself excited to take the next step.

2. Toss the turf and plant trees, shrubs and flowers native to Oregon. Who doesn't love lawns of uniform green grass?

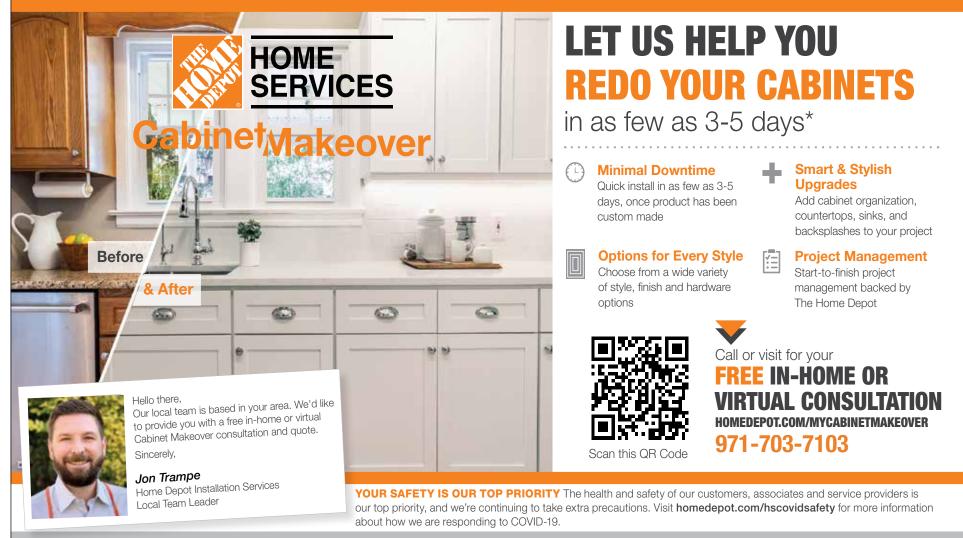


But turf is a water-hogger and doesn't support local wildlife. Think xeriscape. Plants picked for xeriscaping should be water savers, drought resistant and native to this region. Going "native" with your plant choices is a win for all. Local pollinators are supported, local wildlife is given food and shelter and your plantings promote regional biodiversity. Head over to Garden Fever, a nursery in the Alameda-Irvington neighborhood, to get your pollinator-friendly plants. For pollinators, think about planting a variety of native plants that bloom in all seasons particularly in late winter, early spring, summer and fall. Garden Fever sells native plants, organic fertilizers and focuses on sustainable gardening practices. For those aspiring gardeners among us that need some hand-holding, Growing Gardens offers virtual gardening consults plus free home garden help for east Portland residents with limited resources. 3. Become a biodiversity rock-star by certifying your lawn or balcony as a wildlife habitat.

Learn how to be kinder to the native wildlife, manage heavy rains growing in frequency from climate change and create a backyard habitat where the local birds, insects, and animals can build a thriving home. Certifying your lawn as a wildlife sanctuary entails developing features into the landscape that address storm water runoff, reduction in pesticide use, removal of invasive weeds and planting native trees and shrubs to support the great work of our local pollinators.

Take your yard to the next level and get certified by Backyard Habitats Certification Program, a collaborative effort of Portland Audobon and Columbia Land Trust. The program offers three levels of certification and a quick onepage guide for getting started. Find inspiration on their blog featuring certified home gardens.

Rose City Park Climate Communications Expert Amy Hall and Sustainability Consultant Kate Gaertner write this monthly column with ideas that neighbors can implement to live more sustainable lives and combat climate change. Hall is co-founder of THRIVE creative, and also works at TripleWin Advisory, a corporate sustainability consultancy founded by Gaertner. Gaertner has a book coming out this fall on personal sustainability titled, 'Planting a Seed: Three simple steps to sustainable living.' ★



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