STAR PUBLISHING INC THE HOLLYWOOD

SHOFAR IN THE PARK **Chabad of Northeast Portland offers** family friendly ceremonies though the day on Sept. 7 in Wilshire Park. PAGE 12

★ SERVING NORTHEAST AND NORTH METROPOLITAN POR LAND NEIGHBORHOODS ★ SEPTEMBER 2021 ★ VOLUME 39, NUMBER 03 ★



STREETWISE Barb Hughes visits a bustling business district in the Overlook neighborhood and finds Julia Sherman, third generation owner of Bashor's Team Athletics, standing next to her famous 'wall of gloves'. PAGE 10



ALBERTA ART Shanon Playford and Charissa Brock will show their work at Guardino Gallery this month. PAGE 12



CUSTODIAL CARE Gretchen Newmark tackles trash at Harold Kelley plaza for AdoptOneBlock program. PAGE 9



NEIL KNOWS Rotary Club of Albina announces the 2021 cohort of Neil Kelly Scolarship winners. PAGE 6



SAFE AT HOME 2021 Catio Tour offers self-guided tour of nine catios or video tour of unique structures. PAGE 5

SIGNATURE GRAPHICS 97208 РОКТСАИD, ОК **GIA9** PRESORTED STANDARD U.S. POSTAGE

KIDS KORNER Penelope Baimbridge visits with Bonnie

Thunders at the Five Stride Skate Shop on Sandy. PAGE 8

MODERNIZATION STARTS AT BENSON HIGH

Benson Polytechnic High School students will be at the Marshall High School campus, for the next three years while their century-old building at 546 N.E. 12th Ave. in the Lloyd district undergoes an estimated \$216.6 million modernization project.

Benson, which draws students from all over the city through a lottery system, will reopen in 2024 with new career and technical learning spaces and shops, a new student commons, and health and safety upgrades, including retrofitting for earthquakes. It is one of three high schools undergoing modernization, using 2017 and 2020 voter-approved bond money.

In addition to work on the main building, upgrading also is planned for the 92-year-old auditorium, the 96-year-old gymnasium and the half-century-old gymnasium.

Construction traffic is expected in the area around Northeast 12th Avenue, but street closures aren't expected, according to Portland Public Schools.

CONCORDIA CAMPUS AWAITS NEW OWNER

The owner of the 24-acre Concordia University property at Northeast 28th Avenue and Holman Street is working with a real estate company for a potential sale of the campus and adjacent land "in the near future."

However, the owner, The Lutheran Church Extension Fund, offered no time line or potential buyer in a prepared statement.

"We look forward to positioning the property so that it can be put back to good use for the community," said the statement. "We will continue to maintain, protect and preserve the property until a



JANETGOETZE@STAR-NEWS.INFO

suitable buyer is found."

The extension fund, with headquarters in St. Louis, Mo., is the financial arm of the Lutheran Church Missouri Synod, which operated the university until it closed in the spring of 2020 because of financial problems. The extension fund said Concordia defaulted on a debt it owes, estimated at \$36 million. In addition, Hotchalk Inc., which worked with the university for several years to develop online education programs, has said it is owed more than \$300 million.

The Concordia Neighborhood Association has indicated that area residents want the property used for an educational or similar institutional use. That's in line with the current zoning. Another use, such as housing or commercial development, would require a zone change.

"Colliers International and Foundry Commercial have been engaged to handle the sale of the campus," the extension fund's statement says. "Interested buyers can contact Mike Holzgang at Colliers."

CONSTRUCTION

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SENIOR CENTER DELAYS IN-PERSON REOPENING

The Community for Positive Aging, formerly known as the Hollywood Senior Center, has postponed a planned September opening for in-person programming because of COVID 19 cases rising in Oregon, primarily due to the Delta variant.

However, doors at the center, 1820 N.E. 40th Ave., will open for a limited in-person option for people who have been unable to connect to Zoom programming, according to Michael Murphy, the center's activity and event manager. Those joining the meetings are required to be fully vaccinated, show their vaccination cards upon arrival and wear masks at all times within the center.

Those interested in joining the inperson events may contact Murphy at 971-341-2130 or michael.murphy@communityfpa.org.

"Keeping the community safe is the center's highest priority," Murphy said. "The staff would love your input about when you would feel safe returning to programming at the center, as well as what safety protocols you would like to see before returning."

CULLY NURSE RECEIVES FUNDS FOR DOCTORATE

Shelby Bowerly, a registered nurse who lives in the Cully neighborhood, has received an Oregon Scholarship through P.E.O., a women's philanthropic and educational organization. She plans to use the funds to pursue a Doctorate in Nursing Practice degree at Oregon Health and Science University.

- CONTINUED ON PAGE 3







www.sandsolutions.com







Shelby Bowerly, a registered nurse who lives in the Cully neighborhood, has received a scholarship through a women's philanthropic and educational organization. She plans to use the funds to pursue a Doctorate in Nursing Practice at Oregon Health and Science University. (Shelby Bowery)

Bowerly currently works in the oncology unit at OHSU. She is interested in helping patients navigate medical insurance processing and making sure they receive both the best care and best financial value.

Chapter AJ of P.E.O. Sponsored Bowerly for the scholarship. The organization also offers scholarships for exceptional high school seniors, need-based grants to women returning to school, low-interest loans to women seeking higher education and the P.E.O. Scholar Awards for women seeking doctoral degrees.

Women interested in financial assistance for education may visit the Oregon P.E.O. webpage at www. peooregon.org/osc-scholarshhips-2, the international webpage at www. peointernational.org/projects or contact the Barbara Miller, Chapter AJ education chair, at bjmiller5521@gmail.com.

RENTERS MAY SEEK EMERGENCY FUNDS

Applications for the Oregon Emergency Assistance Program are open for qualified renters who have experienced financial hardship due to the corona virus pandemic. Those eligible must have past-due rent and utilities and be at risk of homelessness or housing instability.

Gov. Kate Brown has extended the rental assistance program to Dec. 31. More information is available at www. oregonrentalassistance.org.

FREE KITS TO COVER GRAFFITI, SMUDGES

Community members and small businesses may get free "Clean It Up, Paint It Up" kits to remove graffiti or freshen up commercial spaces. The city's Office of Community and Civic Life has partnered with MetroPaint, a service of the regional Metro government, to develop the kits.

The "Clean It Up" kit has solvent-based material for smaller tag removal on such surfaces as glass, metal or plastic. It includes Cleansweep spray solution, a bucket, plastic scraper, gloves, safety glasses and microfiber cloth.

The "Paint It Up" kit includes up to five gallons of MetroPaint in limited colors, suitable for indoor or outdoor uses. The paint can freshen up a space or cover graffiti where permission has been granted for the work. Each kit includes a roller, tray, three-inch paint brush and painter's tape.

The city Graffiti Program has operated for 10 years but expanded as volunteers asked for more materials after a year of an overwhelming increase in unwanted tagging, according to Civic Life. The MetroPaint is recycled latex collected, during the past two decades, to keep it out of landfills.

Advance orders and more information are available at 503-289-0047. The MetroPaint store is at 4825 N. Basin Ave. on Swan Island.

STREET SPACES OPEN FOR DINING, SHOPPING

Local restaurants, shops and small businesses may continue to use street space to safely serve their customers without fees, according to the city's bureau of transportation.

City council has allocated American

- CONTINUED ON PAGE 4







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Rescue Plan funding to continue the program without a fee through June 30, 2022. It is part of the transportation bureau's Healthy Businesses program to support economic recovery efforts. Business owners can create space in streets for social distancing and accommodate customers who prefer shopping or dining outdoors.

The bureau has processed about 1800 permits for more than 800 individual businesses. About 20 percent of permits have been issued to businesses owned by Black, Indigenous and other people of color.

The bureau requires the businesses to follow certain design requirements, including pedestrian accessibility, safe use of electrical cords and lights and access for emergency vehicles. Information is at www.portland.gov/transportation.

CONCORDE NAMES NEW PRESIDENT

Siri Dixon has been named president of the Concorde Career College's Portland campus, 1425 N.E. Irving St., which offers programs in nursing, dental, allied health and other health care programs.

Dixon has 20 years of higher education experience and is expected to lead initiatives that improve students' learning opportunities and build even stronger partnerships with health care organizations in the region. Concorde has 17 campuses in eight states.

Dixon is an accomplished leader, said Concorde CEO Jami Frazier "She is ready to make a positive difference with our staff, students and partners."

Dixon received a bachelor's degree from Willamette University and a master's from Western Washington University.

EVENTS TO WELCOME IMMIGRANTS TO CITY

Portland's Immigrant and Refugee Program will join a national Welcoming Week, Sept. 10-19, by offering programs of music, dance, poetry, festivals, conversations and discussions.

The programs and activities are part of a movement among communities striving to be more welcoming to all, including immigrants and refugees, according to information from the city's Office of Community and Civic Life.

The opening ceremony, with cultural events and immigrant-owned vendors, is scheduled 6-8 p.m. Sept. 10 at Gateway Park, 10520 N.E. Halsey St. A music and dance event, with a brief history lesson on how African music has influenced Brazilian. music, is planned 5-8 p.m. Sept. 11 at the Favela Brazilian Café, 5300 S.E. Foster Road.

A Slavic festival, with food, music and performances, is planned from 9 a.m. to 7 p.m. Sept. 12 at Ventura Park, 460 S.E. 113th Ave. The event will highlight the diversity among Slavic and Central Asian cultures.

More events are listed with Civic Life at civiclife@portlandoregon.gov. Scroll down to the Welcoming Week schedule.

HOLLYWOOD THEATRE PLANS RENOVATION

Doug Whyte, the executive director of the Hollywood Theatre, will outline plans for renovating the lower facade of the historic movie house in a Vimeo event at 7 p.m. September 1.

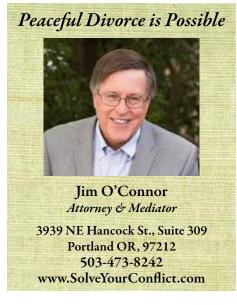
Historic photos will show the design elements, removed over the years, that will inspire some renovation plans intended to serve a modern audience.

- CONTINUED ON PAGE 5















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The 2021 Catio Tour offers a self-guided tour of nine catios – enclosed spaces where cats enjoy the outdoors – or an online video tour of unique structures in the metro area. (Portland Audubon Society)

Virginia Durost, director of finance and facilities, and architect Paul Falsetto will jon Whyte in the presentation and answer questions about the project.

Renovation originally was to start in the summer of 2020, but the pandemic and the theater closure put those plans on hold. Grants and community support raised \$150,000 for the facade renovation. More donations are being accepted, Whyte said.

Donors of \$250 will be recognized on screen at the theater. Those who give \$2500 or more will be recognized on screen and on a commemorative plaque to be installed in the lobby.

CATIO TOUR OFFERS IDEAS FOR PET SAFETY

The 2021 Catio Tour offers an in-person, self-guided tour of nine catios – enclosed spaces where cats enjoy the outdoors – or an online video tour of unique structures in the metro area.

The Sept. 11 event, sponsored by Portland Audubon and the Feral Cat Coalition of Oregon, is an education campaign called "Cats Safe at Home." The idea is to reduce the number of cats roaming outdoors. Registration information is at www.catssafeathome. org/2021-catio-tour-registration.

The in-person tour, from 10 a.m.

to 2 p.m., includes a guidebook with construction details and costs to be emailed to participants about a week before the event. Catio hosts and volunteers will be available to discuss catio features. Registration is \$10 per person, but free for the first child, 12 or younger.

The online tour includes a professionally-created video of each catio plus an interview with the homeowner about construction and features. A guidebook with details and costs will be provided. Registration is \$15. ★









For more information visit https://www.pps.net/Page/1840

STAR DEVELOPMENT NEWS



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HOLLYWOOD THEATRE PUTTING ON NEW FACE FOR MAIN ENTRANCE

Hollywood Theatre patrons, should they look up when entering the front door, will notice part of the marquee soffit ceiling missing. That was a first step in a lower façade rehabilitation expected to be completed by the end of the year. Costing approximately \$370,000.00, the general contractor is Bremik Construction, and design is by is Architect Paul Falsetto, both experienced in historic restoration.

Facilities Director Virginia Durost said mid-20th-century, lower façade changes not part of the 1926 building design will be removed, and the face of the building's entryway "...will be brought back to a state much more akin to its original beauty." A plaster wall will be replaced by a new stud wall clad in porcelain tiles, more closely resembling terra cotta tiling above the marquee. Covered up poster cases facing the street will be revealed, restored, flanked by columns and topped with arches

Corner quoins cast from an original pattern seen on the building upper façade will be added to the lower facade, and the higher-arched, front lobby window will be exposed by removing a portion of the marquee soffit. The tiles adjacent to the sidewalk will be replaced with a terrazzo surface and an inset in the terrazzo will memorialize the position of the original free-standing box office and the year the theatre was established.

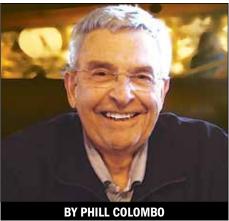
Exactly when restoration will be complete, according to Durost, depends on what is found as the project proceeds. As well as the availability of materials needed to restore the façade. The theatre's three screens are expected to remain open as work progresses.

COUNTY LIBRARY NAMES TWO DESIGN TEAMS FOR BOND PROJECTS

Four of the nine Multnomah County Library construction and renovation projects approved by voters last November now have design teams. LEVER Architecture and Noll & Tam Architects will be team leaders for the North Portland Library renovation and the new Albina Library. Bora Architecture & Interiors and Colloqate Design will partner to design the new Holgate Library and Midland Library's renovation and addition.

Multnomah County Library's priorities and work are focused on free access for all while centering on equity and lived experience. These objectives, according to the Library Capital Bond's new community engagement coordinator, Suzanne Chou, align closely with the architecture teams' extensive experience in developing culturally responsive, community-facing projects. This experience, combined with the skills and knowledge of Chou and the library staff are expected to help drive the strategic planning process surrounding in-depth community engagement started in August and continuing throughout the life of each project.

These engagement efforts are being employed in some of the most culturally and linguistically diverse areas of the county. Holgate Library will have an entirely new building at its current site and Midland Library will undergo renovations along with an addition. Both North Portland and Albina libraries will undergo renovations and additions.



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PICCONE'S CORNER IN LAURELHURST EXPANDS

The crew at Piccone's Corner has been working through the spring and summer, continuing to develop meats and a menu, alongside renovation work for the restaurant. Available now is a new, exciting menu for the summer season, as well as patio seating for dinner and a full bar. More info can be found at www. picconescorner.com/menus/restaurant

NEIL KELLY SCHOLARSHIPS AWARDED TO STUDENTS

The Rotary Club of Albina has named four high school seniors as 2021 recipients of Neil Kelly Scholarships. Vivian Pham and Keziah Hollands from Benson High School, TrèNisha Shearer of De La Salle North Catholic and Madeline Snyder of Grant were all recognized.

The \$3000 per year, four-year college scholarships for students living in North and Northeast Portland are Albina Rotary Club's largest single project and honor the memory of Neil Kelly, founding member of Albina Rotary. The construction company Kelly established is a major funding partner.

Pham, headed for the University of Portland and pediatric nurse studies, looks at nursing as "an impactful career where I can use many diverse skill sets to make a tremendous difference in patients' lives at very difficult times."

Hollands will enroll in Prairie View A & M University to study psychology and "help young women not internalize negative thoughts towards themselves because of what social media, society, friends or systems may say about them."

Shearer will attend the University of Portland to study business. She said she was inspired by her internship at the Wieden + Kennedy advertising agency and her childhood experiences at the Boys and Girls Club, where she learned to appreciate how entrepreneurship could be used to help others.

Snyder, looks forward to her time at the University of California at San Diego where her interest in medicine might lead her to "practice as a primary care physician in the Veterans' Affairs system or a community health clinic." She hopes a master's degree in public health will complement her M.D. degree.

In presenting the scholarships, Scholarship Chairman Byron Kellar said, "Neil Kelly would be very proud of these women as they represent the values he believed, taught, demonstrated and strived to maintain his whole life ... volunteering, teaching, mentoring, leading, helping, serving, achieving, questioning and succeeding."

STAR DEVELOPMENT NEWS



A September ceremony marked the end of vertical construction for Belong Art Community's Hollywood apartments. (Beaudin Construction)

BELONG ART PROJECT TOPS OUT IN HOLLYWOOD

A September 1st topping-out celebration will mark structural completion of Belong Art Community's new apartments and art center in Hollywood. Located at 1675 N.E. 41st Ave., the \$5.3-million, five-story, mixeduse building was funded with project sponsors' equity and a construction-topermanent loan from iQ Credit Union. The site will have 17 apartments for artistically inclined, developmentally disabled, young adults.

The apartments will be complemented by an art studio reservable for personal creative work or art therapy sessions, music studio available for personal practice sessions or small recitals, fitness center with cardio, weight and other equipment, and resident café with a community kitchen.

Apartments are not open to the public. With tenants for half the apartments already registered/applied through collaboration with nonprofits to reach intellectually/developmentally disabled communities, BIPOC communities and artists, the building is expected to be ready for occupancy in February 2022. More information us at www. belongartcommunity.org.

ALDER COMMONS CELEBRATES BELATED OPENING WITH FESTIVAL

Alder Commons, a self-directed work and play center at 4212 N.E. Prescott St. in Beaumont-Wilshire, celebrated a self-described belated opening with a festival on the last Saturday in August. Those attending found vendors selling food/goods in the parking lot, music, entertainment and guided tours of the facility for those interested in becoming members.

The nonprofit community space offers kids and adults workshops and classes, and a place to spend time freely. Members include coworkers, artists, organizations, families, and self-directed learners of all ages with a goal to foster a multigenerational, multicultural community, practicing and promoting core values. For more information, visit www.aldercommons.org.

PERMITS ISSUED

In Arbor Lodge at 6804 N. Delaware Ave., Natasha Terranova received permission to deconstruct a detached garage built

In Concordia at 5247 N.E. 35th Ave., John Whitt and Tracy Conway of Huntington Beach, Calif., secured a permit to deconstruct a detached garage built in 1915 and remove the driveway. Plans are being studied to construct a new, two-story, single-family residence with no garage and a new, single-story, detached accessory dwelling unit.

In Cully at 5626 N.E. Wygant St., Jon Munns was permitted to deconstruct a 1719-square-foot, single-family residence built in 1940. Plans are being reviewed to build a new, modular, single-family residence with additional, site-built living space and no garage.

In Eliot at 209 N.E. Monroe St., BTS Homes of Vancouver, Wash., secured permits to deconstruct a 2013, single-family home and detached garage built in 1905. Plans are being reviewed to build a new, three-story duplex with attached garages and additional living space on the lower level.

In Irvington at 2608 N.E. 13th Ave., Two Children LLC has a permit to construct on vacant property a new, threestory, single-family dwelling with no garage and a new, two-story detached accessory dwelling unit with no garage.

In Kenton at 8555, 8561 and 8571 N. Hamlin Ave., KIMCO Properties of Sandy has permits to build three, new, two-story, single-family residences with attached garages on empty lots.

At 1522 N. Schofield St., Greenwood Homes of Canby has permission to build a new, two-story, single-family homes with an attached, single-vehicle garage on an empty lot.

At 7688 N. Interstate Ave., Home Forward of Southwest Portland secured permits to demolish a pair of duplexes and a 4982-square-foot four-plex built in 1945. Plans are under review to build a new, four-story, affordable apartment building with 60 units, ground-floor support service offices, community room, and courtyards.

In King at 506 N.E. Alberta St., Alberta Alive Limited Partnership of Newport Beach, Calif., has permits to deconstruct an 1821-square-foot commercial build and storage shed built in 1904.

At 1014 N.E. Alberta St., 1016 Alberta LLC, et al., has a permit to build a new, three-story, 11-unit apartment building. Permission was granted in June to deconstruct a 913-square-foot, single-family residence built in 1910.

In Montavilla at 9032 N.E. Hoyt St., $\,$

Provision Investment of Vancouver, Wash., secured a permit to demolish a1602-square-foot duplex built in 1959. An application is being reviewed to construct a new, three-story, 12-unit apartment building.

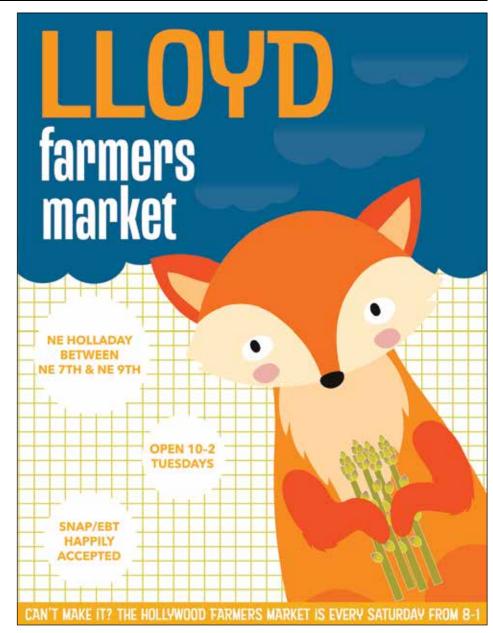
In North Tabor at 234 N.E. 61st Ave.,
Jasmine Investments of Southwest
Portland secured a permit to
deconstruct a 960-square-foot, single-family residence and detached garage
built in 1908. Pans are under review
to build a new, three-story, 15-unit
apartment building.

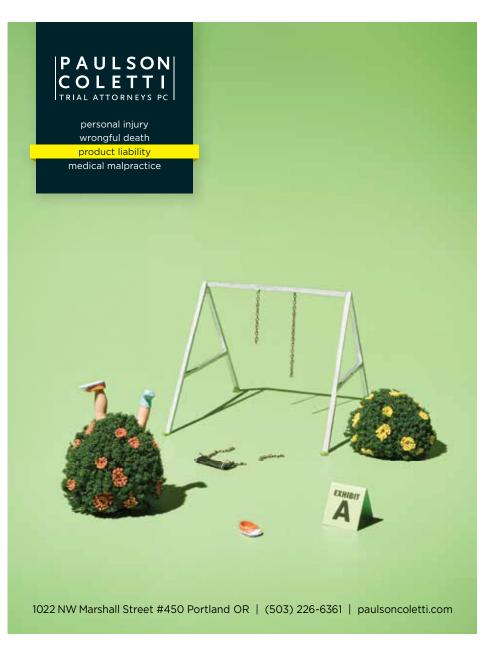
In Vernon at 1414 N.E. Roselawn

St., Charles Gill has permits to deconstruct a 1390-square-foot, single-family residence and detached garage built in 1924. Plans are being reviewed to build two, new, two-story, two-unit town homes.

At 8971, 8973 and 8981 N. Drummond

Ave., FX Homes of Sandy secured permits to construct three, new, two-story, single-family homes with attached, single-vehicle garages on vacant lots. *





STAR KIDS KORNER

Baron and Penelope visit No Bonz, Bonnie Thunders



Sam at No Bonz About It Doggie Day Care (Penelope Baimbridge)

SAM AT NO BONZ ABOUT IT DOGGIE DAY CARE

No Bonz About It is a doggie day care where my dog, Baron, goes. I interviewed the manager, Sam. On the wall they have a dog of the month. I really want Baron to be dog of the month! If you look on their website you can see all the dogs of the month. Baron likes No Bonz because he makes new friends and gets fed. There are lots of dogs there and I heard one who sounded like a kitty cat.

What's your name?

My name is Sam and I'm the manager.

How long have you worked here?I started in July of 2019, so 2 years.

What do you like about your job?

My favorite thing is all the different dogs I get to see.

Do you have any pets?

I have a cat and snake. My apartment



BY PENELOPE BAIMBRIDGE For the Star News Kids Korner feature

is too small for dogs. That's why I love working here. My cat is an orange tabby named Ron. He's 16 pounds! My two snakes are called Leslie and Ann. One is a ball python. She's easy, friendly and shy. The other one is a Brazilian rainbow boa. She's really pretty.

Do you have a favorite dog breed? Why is it your favorite?

My favorite breed is the greyhound. They are my favorite because they're really fast runners but also pretty lazy. They can sleep 12 hours a day.

What neighborhood do you live in? Montavilla.

Have there been any funny things that have happened here?

We have a lot of mop buckets filled with water. One time one of my favorite dogs came and jumped up on me. I fell into the bucket and got stuck! All the dogs crowded around me. It was funny!



Penelope Baimbridge with Rose City Roller Bonnie Thunders at the Five Stride Skate Shop on Sandy Boulevard in Kerns.

BONNIE THUNDERS AT FIVE STRIDE SKATE SHOP

This summer I went to Roller Derby camp with the Rose City Rollers. I interviewed Bonnie Thunders, a famous Derby Girl. Bonnie Thunders is her Derby name. My derby name is Baby Cakes. Bonnie owns a store called Five Stride Skate Shop on Sandy Boulevard in the Kerns neighborhood.

I also talked to Bonnie about her pets. She loves pets and fosters them too. She has a tattoo of one of her old cats so she can remember her. It's really realistic and also really cool. I wish Bonnie Thunders were my Roller Derby trainer.

When did you start skating?

I started ice-skating when I was six years old. Then I started playing Derby in 2005, when I graduated from college. So I have been skating for 31 years, in total of all my different skating experiences .

Why do you like it?

I like roller derby because I like team sports. I like playing on a team with other people. I love skating so fast. I also like the sport because I like that you have to be tough and you have to hit people and take it. So I like the contact, also skating to me feels really graceful, so it's kind of an interesting mix of this really rough and tough sport and really graceful skating.

Why did you start your store?

I started the store because it was really hard to find skates back in 2010. We wanted to have a store where people could come and try things on and talk to us. At the time the sport was new. People didn't really know anything about roller skates, so it was about the skates and actually getting to see the things face-to-face.

When did you open it?

We opened in 2010 in New York City and then we opened in Portland in 2016.

What do you like most at the shop?

I like meeting new skaters and meeting all the skaters that come in the store. It's nice to meet new people who are just starting to skate and then also there's customers we've had for 10 years now. It's really exciting to see them grow and change. Sometimes kids like you come in and I get to see you grow up and that's really cool. I think the customers are what I like most. \bigstar

STAR PET CONNECTIONS

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Ideas to keep dogs and cats occupied this fall



LISALAKES@STAR-NEWS INFO

Are you looking for ideas to keep your dogs and cats occupied this fall? Here are a few ideas.

If you have an empty shoebox, you can create a simple cat toy. Cut paw sized holes on each side and on the top. Put a walnut or small jingle ball inside and seal the top with tape. Make the paw holes smaller than the walnut, and your cat will spend hours trying to get it out of the box.

Cats love to chase a laser. If you don't own one, a simple substitute is to color or paste a black dot onto the wall, at cat jumping height. Your cat will enjoy trying to "get" that spot. Of course, cats love empty paper bags and boxes. Create tents or forts for your cat to hide in and explore or attack.

The ultimate play area for cats is their own personal catio. This year's catio tour, hosted by the Feral Cat Coalition, will



hay bales. (Bijou Standard Poodles)
the Oregon Humane Society's "Clever Canine: Training Through Games" class, visit www.oregonhumane.org/training/training-at-ohs.

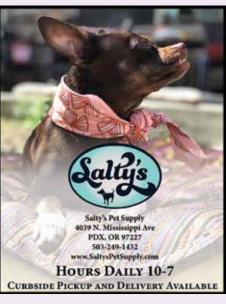
called Barn Hunt, where rats are placed in specially designed protective cages which the dogs must find after

A relatively new sport is Barn Hunt. In this game rats are hidden in specially designed protective cages which the dogs must find, hidden in hay bales. The rats are protected from harm and dogs get exercise and mental stimulation. To learn more, visit www.barnhunt. com/index.html or www.youtube.com/watch?v=O43dynNbIIA.

For those "foodie" dog lovers there is Truffle Hunt. Truffle hunting dogs are highly prized in Europe especially in Italy. The northwest is actually a good place to find truffles. There are four native species which grow under Douglas Fir trees. To learn more, visit www.youtube. com/watch?v=vj3LMk2yYb8 or www. oregontrufflefestival.org/truffle-dog-training.

It is important to keep pets physically and mentally stimulate. Play is a huge part of their daily wellness routine. ★





include options for virtual or in person tours. Sign up at the link below. See our catio story on page four of this month's Star or visit www.catssafeathome.org/ catio to register.

Dogs love to utilize their highly developed sense of smell. There are many simple inexpensive ways to engage their interest. Nose work games involve hiding treats around the room or in a puzzle toy that the dog can discover. My dogs love the shell game. I use three small plastic cups, hide one treat under one and move them around. The dog will use their nose to find the treat. To learn more about shell games for dogs, visit https://www.youtube.com/watch?v=Q6OFTfkznts. To see YouTube videos on nose work, visit www.youtube.com/watch?v=nJB-cDwwXvE.

If you are interested in competitive activities for dogs the Pacific Northwest is a great place to get involved. Agility is a rapidly growing sport. Obstacle courses with jumps, tunnels, teeter-totters, and slalom poles, offer owners and dogs fun and exercise. To learn more about

STAR HOME AND GARDEN FOCUS

AdoptOneBlock, other programs tackle trash piling up in our neighborhoods

The trash accumulating in the triangular block along Northeast 42nd Avenue and Sandy Boulevard bothered Gretchen Newmark. So she signed up with a new organization, AdoptOneBlock, and started picking up food wrappers, bottles and assorted trash to deposit in the bags and bucket the organization provided.

AdoptOneBlock is one of several groups attracting volunteers who are concerned about the trash piling up around the city. Although Portland has contracts with private companies to empty trash barrels in some commercial districts, it doesn't have a municipal service for picking up street-side garbage. Instead, groups have formed for citizens to take on the task themselves.

"I like AdoptOneBlock because it is done on my own time," said Newmark, who learned about the group from the NextDoor app. One day a week, she spends about 90 minutes picking up the trash with a long-handled grabber. Her block includes the Harold Kelley Plaza, a pocket park that attracts more-than-average trash near benches and tables.

After filling several bags, Newmark takes them to a nearby Whole Foods, where management has agreed to deposit them in the dumpster. The arrangement is convenient for Newmark, who walks to her block from her home, about a quarter mile away.

AdoptOneBlock and other cleanup programs recommend that volunteers make a dumpster arrangement if they have more bags than they can carry home or comfortably deposit in their own garbage cans.

Another clean-up organization is SOLVE, known for organizing the clean up of Oregon beaches for more than 50 years. It also organizes group events around the state and supports volunteers who form



Once a week, Gretchen Newmark walks early in the morning to pick up trash in the triangular block at Northeast 42nd Avenue and Sandy Boulevard. She is a Block Ambassador with AdoptOneBlock, an organization for volunteers who set their own schedules to tackle the city's growing trash problem. (Janet Goetze)

their own neighborhood cleanups in a "Detrash Portland" program.

SOLVE offers clean-up supplies, safety information and disposal assistance with local companies, said Kris Carico, the chief executive officer.

Among SOLVE's planned events is the Central Eastside Industrial Council cleanup on Sept. 2. The St. Johns Clutter Busters plan a riverside cleanup in Cathedral Park on Sept. 25. Sign-up information for other group events and more programs, including efforts to eradicate invasive species and to plant native flora, is at www.solveoregon.com. SOLVE and AdoptOneBlock are part of Mayor Ted Wheeler's Clean and Green PDX initiative, formed earlier this year to encourage neighbors to volunteer for cleanup efforts. Representatives of cleanup groups meet every two weeks to coordinate efforts, learn what each is doing and to see if they can assist one another.

In addition to the Oregon Department of Transportation and the Portland Bureau of Transportation, which have properties that attract trash, the coordinating group includes Trash for Peace and Ground Score. These organizations encourage recycling through education and projects

with reusable materials. They also provide job opportunities for collecting and sorting beverage containers. Information is at www.trashforpeace.org.

Another Clean and Green representative is Metro, the regional government which coordinates garbage collection and recycling for homes and businesses. It has the Regional Illegal Dumping (or RID) patrol, which deals with items dumped on public property, alleyways and waterways. To report such items, call 503-234-3000.

Most cleanup organizations attract volunteers to work in groups according to a set schedule, but AdoptOneBlock is designed on a different model, said founder Frank Moscow. He was retired from a high technology career five years ago when he moved from a suburb to Portland.

"I was appalled with my beloved city getting dirtier and dirtier," he said. He devised a volunteer program that doesn't require a commute, a meeting, or a schedule set by someone else. "You can go out your front door," he said, "and be a good steward."

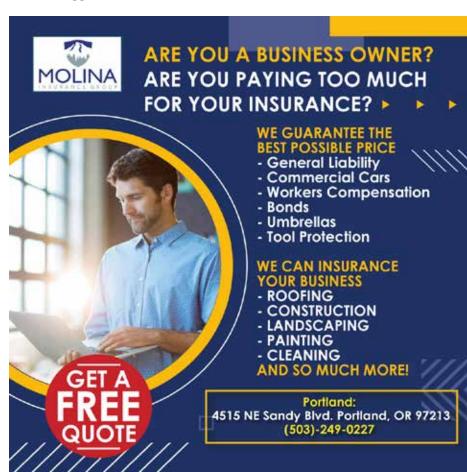
Volunteers can become Block Ambassadors by signing up at www. adoptoneblock.org to select a block and provide contact information, where free cleanup materials can be sent.

Moscow has one employee and operates through grants and donations. "There are a lot of people out there who are eager to donate to a unique non-profit to improve the city," Moscow said.

In less than a year, AdoptOneBlock has attracted about 4500 Block Ambassadors who are cleaning 5300 blocks on a regular basis, Moscow said.

For Newmark, filling a sack with the debris from her block isn't a chore.

"In just doing one little bit," she said, "I felt so much better. I always feel better in making my block look better." ★





A COMMUNITY CENTER FOR YOU!

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

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

STAR STREETWISE

GIVING OVERLOOK THE LOOK OVER

he Overlook neighborhood is experiencing an overhaul. With easy access to the MAX Yellow Line, new businesses have started during the pandemic, while others have changed their format, location, or hours. The over-all vibe is one of excitement and inclusive growth.

Josiah Francis opened Foxy Coffee and Cocktail during the pandemic with coffee, baked goods, and breakfast sandwiches in the morning and early afternoon, and cocktails in the later afternoon and evening. Owner Laura Cross at the Advice Booth runs a woman-owned local craft beer and cider bar that features vegan



jello shots and vegan pop-rocks for an extra kick. Beau Bohanan is a designer, event planner and the mastermind behind Untapped Trivia, an online game where locals can connect, socialize and play games - even adding friends and family from around the world. The Stacks Coffeehouse provides delicious homemade breakfast tacos and awesome housemade salsa's, plus you can borrow a book free from their massive in store collection with your to-go order. Chelsea Snow opened SnowMade, featuring handcrafted souvenirs in the old Hobbies Unlimited building. From the Blind Ox and Pollo Bravo's newest locations, to the second oldest Tiki Bar in the country the Alibi Tiki Lounge, there's plenty to look over in the Overlook neighborhood.

To learn more about these businesses, visit www.foxycoffee.co, www.adviceboothpdx. com, www.beaubrands.com, www.the stackscoffee house.com, www.snowma.de, www.blindoxpdx.com, www.pollobravopdx.com or www.alibiportland.com.

HOBBIES UNLIMITED

Oregon's oldest hobby shop, Hobbies Unlimited, has served hobby enthusiasts for over seven decades. The pandemic forced their brick-and-mortar store to close, but they are reopening as an e-store. Beginning in mid-September, online and at pop-ups, you'll find old classics and new trends. In addition to ready-to-go trains, rockets and models, one of the newer products available will be birthday party theme kits that include a building project or craft and party favors.

Hobbies Unlimited also has a wide selection of supplies and tools to build and customize - from scratch - anything you can imagine. Owner Stacey Nuissl's e-shop offers models of all types - including military, classic cars, Star Wars, Star Trek, model trains, accessories, model rockets, Tamiya and Testors brand paints and modeling tools - like exacto knives, forceps, soldering irons and wood-burners. You'll find everything you need to scratch your hobby itch.

Many stop-motion animation artists and tabletop gamers shop for items to build their film sets, terrains and dioramas. Grandparents share with grandchildren memories of what they purchased as children - with many items still in stock ready to be shared with the next generation. Open up your imagination and share the fun at **Hobbies Unlimited!**

PHONE: 503-287-4090. WEBSITE: www.hobbiesunlimitedpdx.com. DON'T MISS: Check the website for upcoming community gatherings for model building, take-home birthday party projects and themed kits.

GOLDEN PLIERS BICYCLE REPAIR AND SUPPLY

For bike repair, tune-ups, custom builds and well-made things, stop by Golden Pliers Bicycle Repair and Supply. Owner Kevin Purcell and his staff will fix your flat or replace your chain, install brake pads, install bells or cages and diagnose and fix that weird ping, scraping or shaking.

The team can tune-up and keep your bike in tip-top shape, for commuting, racing or friendly neighborhood rides. They'll custom build or overhaul a bike to your needs and specifications. They've got fenders, racks, dynamos and other interesting stuff available including Makeshifter Canvas Works bicycle bags, made by co-owner Becky Newman. To handle mid-ride hangries, grab packaged drinks and snacks from the to-go fridge. Plus, they



Owner Stacey NuissI, left, had to close her landmark brick-and-mortar store during the pandemic but will continue the business in mid-September, with an online e-store and occasional pop-ups. (Joe Perkins)

are Portland's only dealer of Rivendell Bicycles - and there are only 15 dealers worldwide.

Open Wednesday through Friday from 10 a.m. to 6 p.m. Saturday and Sunday from 10 a.m. to 4 p.m. You can call-ahead for an appointment, or swing by during open hours and they'll take a look at your bike. Bike assessments are free. You'll get a quote and service options to choose from. Gift certificates are available for your favorite bike commuter, custom bike lover or family rider who wants pampering repairs and safety checks.

ADDRESS: 1451 N. Skidmore St. PHONE: 971-808-5795. WEBSITE: www.goldenpliers.com. DON'T MISS: follow Instagram for latest sales, new products and community involvement at www.instagram.com/golden_pliers.

OAK IRIS TATTOO SHOP AND ART GALLERY

So many beautiful art designs – for your skin and for your wall – are available at Oak Iris Tattoo Shop and Art Gallery. This airy welcoming space has a variety of artists and styles including Animals, Color, a Black and White line, Floral, Fantasy and more. Owner Bex Flaum has a BA in fine art and an MFA in Graphic Design and does dreamy full color illustration work - including animals and pets. Sasha Moore likes to create whimsical and traditional designs and words, and will work with any idea you bring in, duplicating designs you provide. Riley Guardalabene features moody art inspired by nature and the occult. Jenny Koll loves tattooing fine art in black and grey, botanicals, portraits, and winged insects. All artists are licensed and have graduated from The Point of View School of Tattooing.

Bex shared that her 97-year-old grandma came from Virginia to get a tattoo of a little bumblebee and cattail. Goes to show you're never too old to get a tattoo. Plus, Oak Iris staff are donating their time for the Ink'd For Good fundraiser this month, with all proceeds helping children and families in our community. Check out the Inkd For Good website for details at www.inkdforgood.com.

Oak Iris Tattoo Shop is open by appointment only, but if you drop by and they happen to be there, you're welcome to come in and ask questions or check out the gallery. For a fun and quick tattoo, choose from the pre-drawn 'Flash" designs on the entry board. Oak Iris strives to be race-conscious, LGBTQIA-friendly, disabled-friendly and fatfriendly. All bodies are beautiful and welcome.

ADDRESS: 4330 N. Interstate Ave. PHONE: 503-308-8059. WEBSITE: www.oakiristattoo.com. Instagram: www. instagram.com/oakiristattoo. **DON'T MISS:** Subscribe to email list to keep up with latest news, get special discounts and gifts and be the first to know about upcoming events.

- CONTINUED ON PAGE 11







Becky Newman and Kevin Purcell at Golden Pliers Bicycle Repair. (Barb Hughes)

Bex Flaum and Riley Guardalabene at Oak Iris Tattoo Shop and Gallery. (Barb Hughes) Caro and Hanna at Ben and Sam's The Vienna Bakery (Barb Hughes)

STAR STREETWISE

BEN & SAM'S THE VIENNA BAKERY

Ben and Sam´s The Vienna Bakery brings the taste of Austria to Portland, including coffee, tea, pastries, bread, sandwiches and chocolates. Owner Caroline (who goes by Caro) was born and raised in Vienna, Austria. Baking and family are her main passions, so she opened the bakery in November 2020 after relocating to Portland in December 2019. She always dreamed of moving to Portland after living here as a teenage exchange student. Caro stayed close with her host family and returned to visit often. After visiting in 2019 on a family vacation, her children Ben and Sam (namesakes who now work the front counter part time) encouraged her to take the plunge. Three months later they were back with suitcases and pets in hand. Only one thing was missing, Austrian bread and pastries, and Caro felt it was her place to fill that niche.

You'll always find plenty of pastries, loaves of bread, and sandwiches on the menu year-round. Most of the turnovers and donuts are filled with local berries or other delicious fillings. Best-sellers include bacon sticks (weekends only), poppyseed strudel, apple strudel, fruchteplunder, and linzer torte. September and fall specials include tarts and homemade jams featuring seasonal berries. Quiche will be available in the fridge for grab-and-go, and you'll always find freshly baked bone-shaped biscuits for your four-legged friends.

Enjoy breakfast, brunch, or grab-and-go Tuesday through Sunday 7:30 a.m. to 2 p.m. Indoor and outdoor seating will be available, starting in September. All sandwiches and pastries on the menu are also available for catering delivery. Enjoy a taste of Austria from the comfort of home.

ADDRESS: 4350 N. Interstate Ave. **PHONE:** 503- 287-7613 **WEBSITE:** www.theviennabakery.com. **DON'T MISS:** Tarts are being added in September! Ben and Sam´s The Vienna Bakery is available to cater office breakfasts and lunches (delivery included) and are always open to collaborations with neighboring businesses. If you're looking for work, they're hiring bakers and baristas.

BASHOR'S TEAM ATHLETICS

At Bashor's Team Athletics, you'll find everything you need for school and team sports. Established in 1944, third generation owner Julia Sherman moved the company to the Overlook neighborhood five years ago. At Bashor's, you'll find a large selection of baseball and softball equipment and apparel, as well as football, basketball, track, umpire and official's gear. On top of great gear, Bashor's is a graphic design and screen-printing shop, and will print or embroider your team's logos, names and numbers. They provide cost effective, quick turnaround, and custom sublimated uniforms where vibrant dyes are printed directly on the fabric during the manufacturing process.

Need swag for your business? Bashor's Team Athletics can print custom hats, beanies, T-shirts and full-color masks with your logo and graphics. Bashor's Team Athletics cares about community. For years, they have given back by donating to local youth leagues and high school fund-raising events. Open Monday through Friday, 9 a.m. to 3 p.m. or by appointment Saturday and throughout the week, you'll find exceptional customer service from this multi-generational, family-owned, sports-loving business.

ADDRESS: 4812 N. Interstate Ave. **PHONE:** 503-226-3696. **WEBSITE:** www.bashors.com. **DON'T MISS:** The best, high-end selection of bats, gloves and custom, sublimated printing with over 15 font choices and hundreds of colors. Upload any logo or graphic and your design will be dyed right into the fabric.

REV NAT'S HARD CIDER

Reverend Nat West is a single-minded cider evangelist who searches the world for superior ingredients to handcraft the most unusual ciders that no one else will make. In March 2021 Rev. Nat moved to a much larger facility in Overlook. The new facility is great for production cidery and shipping, but not zoned for retail or taproom. Nat will eventually open a new taproom elsewhere in town, but currently you have three options: free delivery of Rev. Nat's latest interesting hard cider blends and classics; visit Old Town Pizza and Brewery where Rev. Nat's good friend Adam serves both Nat's Ciders and Old Town IPAs at 5201 N.E. Martin Luther King Jr. Blvd; and, of course grocery stores throughout the city. Check the website, Twitter, Facebook and Instagram for opportunities to tour the new facility, as well as news on new flavor combinations, special releases and Nat's latest musings.

For the yum factor, taste the new seasonal ciders including September's "Valley of The Pear," and zingy fall special "Abbey Spice." If you want experimental flavors, check out the "Tent Show" varieties such as the latest Tent Show's whiskey barrel-aged cider "Please Move West." For the budget conscious, Rev. Nat's can be found under the "Cascadia Ciderworkers United" label.

Nat West partners with area breweries and businesses to actively support community. For example, in August, Nat's delivery drivers picked up customer donations and delivered to Schoolhouse Supplies, helping our local kids.

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www.MilosCityCafe.com

Rev. Nat's regulars have temporarily traded the taproom for free home delivery and are voting with their taste buds: best-selling cider at this writing is "Saint Citron". You can vote winners by getting the newest tastes, or classic hard cider, delivered to your door, too.

ADDRESS: 1211 N. Loring
St. PHONE: 503-5672221. WEBSITE: www.
reverendnatshardcider.com. DON'T
MISS: Free same-day, homedelivery program, delivering seven
days a week, throughout the city.
Receive texts about new releases
and enjoy great customer service.
Check website for details.

SENSORY KIDS

Sensory KIDS is Portland's occupational therapy for kids with individual differences and sensory needs. Owner and Director Lisa Porter explained that sensory integration is the neurological process of receiving, organizing and responding to messages from the senses. Everyone needs sensory processing for basic activities. For example, sensory processing allows one to ride a bike, eat dinner and write an email. This is why helping children develop these skills early sets them off on the right foot for learning, communication

and joy.
Family-centered,
kid-driven and therapistled, staff focus on your
child's strengths, help
set meaningful goals



Rev. Nat West with September's special 'Valley of The Pear.' (Barb Hughes)



Sensory KIDS owner and director Lisa Porter with a student. (Sensory KIDS)

and explore how parents and caregivers can support a child's individual differences and strengths. Sensory KIDS therapists follow a child's lead through play, and expand actions and interactions to support and strengthen sensory processing, emotion regulation, and motor skills. Parents are coached to attune to their child's sensory differences, engage in therapeutic play, and have fun too, helping children learn through play. They believe your child should have fun and enjoy therapy, using a combination of evidence-based interventions including sensory integration, floortime, and parent coaching to develop sensory regulation and engagement skills.

Parents and caregivers are encouraged to be involved in sessions in order to learn a sensory lifestyle, much more than just a sensory diet. Therapy can be attended in person or online, whichever works best for you and your child. They also host a Sensory Kids Caregiver Support Group.

ADDRESS: 1425 N. Killingsworth. **PHONE:** 503-575-9402. **WEBSITE:** www.sensorykidsot.com. **DON'T MISS:** Sensory Connections – a program from Sensory KIDS for adults and adolescents. ★



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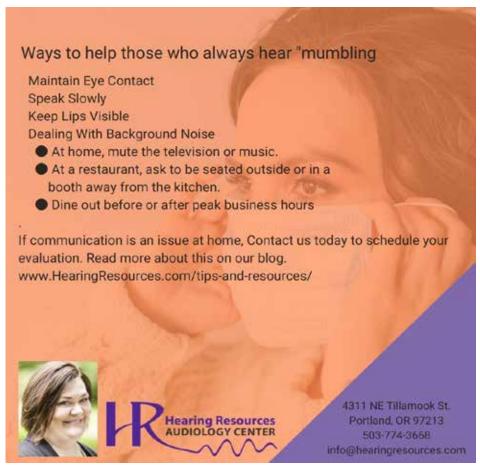
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COMMUNITY CALENDAR



Charissa Brock's complex bamboo structures and Shanon Playford's oils of people, places and moments will be on display this month at Guardino Gallery on Alberta. (Guardino Gallery)

KIDSTEENSANDFAMILIES

SHOFAR IN THE PARK

Sept. 7. 10 a.m. As Rosh Hashana, the Jewish New Year, approaches, many people may look for alternative ways to celebrate and hear the Shofar. Chabad of Northeast Portland is offering a family-friendly Shofar in the Park. Blowing the Shofar, a ram's horn, has been observed by the Jewish people for millennia. The blast of the horn has been likened to a spiritual wake-up call, a declaration of freedom, and a signal of renewal. The brief ceremony, which runs for about 20 minutes, will be held multiple times throughout the day. Wilshire Park, 4116 N.E. 33rd Ave. For more information or to preregister, visit www.jewishnortheast.com/shofarinthepark.

ENJOY SENSORY STORIES

Sept. 14. 3:30-4:30 p.m. Online sensory storytime is designed for preschoolers. The event is especially welcoming for children on the autism spectrum and families seeking a more adaptive virtual storytime experience on Zoom. Free. Registration required. www. multcolib.org. Click on events and classes, scroll down to date and time.

TALK ABOUT RACISM

Sept. 16 and 23. 6:30 p.m. Learn how to talk about race and racism with young children. Free. Registration required. www.multcolib.org. Click on events and classes, scroll down to date and time.

ARTSANDENTERTAINMENT

BAMBOO ART DISPLAYED

Sept. 1. 11 a.m. to 4 p.m. Open Tuesdays through Sundays. Exhibit ends Sept. 26. In the main gallery, Charissa Brock works with the complex structure of bamboo to create artwork. In the feature area.

Francie Allen shows figures of wire netting and shines light through them to create environments of shadows. Shanon Playford's oils are of people, places, things, spaces and moments. Wear a mask with social distancing to visit. See more art online. www. guardinogallery.com. 503-281-9048. Guardino Gallery, 2939 N.E. Alberta St.

ALUMNI SHOW ART

Sept. 3, 4 and 5. 12 noon to 5 p.m. Continues Fridays, Saturdays and Sundays. Exhibit of work by Oregon College of Art and Craft alumni continues to Sept. 3. Work by Matthew Bennett Laurents continues to Sept. 5 at Carnation Contemporary, a partner in the center. info@oregoncontemporary.org. 503-286-9449. Oregon Center for Contemporary Art (formerly Disjecta), 8371 N. Interstate Ave.

SEE JIMMY DORE

Sept. 10 and 11. 7 p.m. The Jimmy Dore Show features a star of Comedy Central specials. His comedy is for people sick of bought politicians and corporate journalists manufacturing consent for wars. Over 21. Masks and vaccination proof required. Tickets \$30 general, \$50 preferred seating. www. albertarosetheatre.com/events. 503-764-4131. Alberta Rose Theatre, 3000 N.E. Alberta St.

FORSENIORS

GIFT SHOP OPEN

Sept. 1, 2 and 3. 10 a.m. to 2 p.m. Continues Wednesdays, Thursdays and Fridays. The Hollywood Senior Center gift shop is open with baby clothing, doll clothes, knit wear, art work, wood crafts and more. 503-288-8303. 1820 N.E. 40th Ave.

- CONTINUED ON PAGE 15



EXPIRES 9/30/21

STAR COMMUNITY CONNECTIONS



Northeast Village PDX serves Northeast neighborhoods, with lots to enjoy as a volunteer, member or both. An introductory session, via Zoom, will be held on Sept. 14. (Northeast Village PDX)

TAKE A WALK

Sept. 4. 10:30-11:45 a.m. Continues Tuesdays and Saturdays. Take a walk through the neighborhood with a group from the Community for Positive Aging. Free. Meet at the corner of Northeast 36th Avenue and Brazee Street.

CHAT OVER COFFEE

Sept. 7 and 21. 10-11 a.m. Continues first and third Tuesdays. Paul Iarrobino leads a virtual "Coffee Klatch" to chat, share news and learn. Newcomers always welcome. Free through the Community for Positive Aging (Hollywood Senior Center): www.hollywoodseniorcenter.org/eventcalendar. Click on the calendar date and time.

SARAH VAUGHAN PROGRAM

Sept. 13. 12:30-1:30 p.m. Gordon Neal Herman presents a program, "Sarah Vaughan: The Divine One." A major influence on jazz vocalists, she began her 45year career as a teenager playing piano and singing in Newark, N.J. in the early 1940s. She went on to perform with Dizzy Gillespie and Charlie Parker, becoming the "Queen of Bebop." Free. Registration required through the Community for Positive Aging (formerly the Hollywood Senior Center), www.hollywoodseniorcenter.org/eventcalendar. Click on the calendar date and time.

INTRODUCTION TO NORTHEAST VILLAGE PDX

Sept. 14. 2:00 - 3:30 p.m. Learn about activities and services offered by Northeast Village PDX that support seniors opting to remain in their own homes and stay engaged in their community. The member-led organization serves Northeast neighborhoods, with lots to enjoy as a

volunteer, member or both. Join the introductory session via Zoom. Visit www.nevillagepdx.org, click on events, then calendar and finally "Introduction to Northeast Village PDX" on Sept. 14. You'll receive a Zoom link by email. For more information, call 503-895-2750.

INGENERAL

EXPERIENCE 'LIVE WIRE'

Sept. 16. 6:30 p.m. doors open for the "Live Wire" radio program, hosted by Luke Burbank, with recording from 7:30-9:30 p.m. Guests include writer Sarah Marshall, comedian Dino Archie, author Omar El Akkad and Portlandbased band Maita. Masks and vaccination proof required. \$30 general, \$45 preferred seating. Season pass available. www.albertarosetheatre.com/events. 503-764-4131. Alberta Rose Theatre, 3000 N.E. Alberta St.

BECOME A MANAGER

Sept. 21. 10-11:30 a.m. A live webinar, presented by Grow with Google, offers skills for project management, including planning, organizing and running projects to ensure they are delivered on time and on budget. After the webinar, stay to learn how the Multnomah County Library can support career goals. Free. Registration required. www.multcolib.org. Click on events and classes, scroll down to date and time to register via Zoom.

BUY BOOKS, PUZZLES

Sept. 24-25. 9 a.m. to 3 p.m. Sept. 26 from 11 a.m. to 12:30 p.m. The St. Rita book sale offers a two-year accumulation of books, puzzles, Levis and Christmas decorations. Sept. 26 offers a \$1 bag sale. St. Rita Catholic Church, 10029 N.E. Prescott St. *





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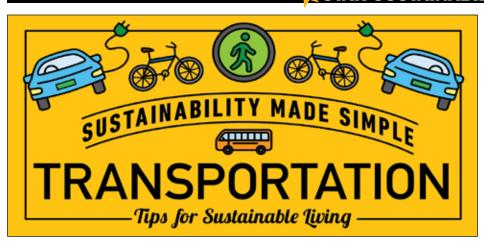
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STAR SUSTAINABILITY MADE SIMPLE



By Kate Gaertner and Amy Hall

For the Hollywood Star News

Fire. Smog. Red, hazy skies. Itchy, dry eyes and mouth. Skin break-outs. It's been a summer here in the Pacific Northwest. Who wants to contribute further to the bad air quality that comes with extreme weather events brought-on and made worse by climate change? Driving a combustion engine vehicle will do just that. Consider instead, fun, relaxing and nature-appreciating transportation modes that are good for your health and mental state and restorative for the environment.

THREE SUSTAINABILITY TRANSPORTATION TIPS

1. Adopt bicycling with an electric boost. One of the best ways to avoid transportation emissions altogether is to walk or bike to complete everyday life activities. If walking seems daunting and biking in the summer heat feels like a chore - especially up Portland's many hills - consider employing an electric bike to do the work for you. Ebikes allow you to enjoy the outdoors while

getting in some breezy exercise. When the hills start arriving, an ebike's electric boost comes in handy. Consider adding an electric assist to your old-school bike. At Nomad Cycles PDX a variety of electric assist options are available including their own: EcoSpeed, a high performing mid-drive system designed to fit a variety of bicycle types. Even better? EcoSpeed is proudly made in Northeast Portland.

Not in a bike buying mood? Rent a bike or ebike instead through the city's bikesharing system, Biketown. It's hard to miss the bright orange bikes zipping around town, used by both tourists and locals alike. Biketown allows you to rent bikes for a few hours at a time, an entire day, or longer, with an annual membership option. With 1500 bikes and 180 stations available in the system, it is a convenient way to get around the city whenever the occasion arises. There are also adaptive bikes for people experiencing disabilities. Download Biketown's app or check out its website to find a bike station near you.

2. Feel the zip and the thrill of driving



an electric vehicle. It's no exaggeration to say EVs are the future of personal driving. Portland is a leading city in EV adoption. There were 148 electric vehicles registered in Oregon in 2010. That number grew exponentially to 32,000 by 2020. With a growing list of car manufacturers producing new EV models every year – even a Ford truck coming out in 2022 - more charging station installations, affordable lease options and federal incentives, the time is now to try, buy or, better, lease an electric vehicle.

You can throw-away the "EVs are more expensive" argument. Electric vehicle maintenance and "fuel" costs are negligible compared to those of combustion-engine vehicles. Don't forget that 93 percent of city-dweller's drive less than 37 miles per day - commuting habits that are met perfectly by EVs.

Of course, not everyone is able to afford the expense of a new technology vehicle. Local non-profit Forth Mobility is trying to change that. Take a look at what they are doing to help ride-sharing services go electric as well as other initiatives they have worked on to offer community car sharing to the Cully neighborhood. Forth Mobility is a great local and educational resource; helping to move all of us into our electric future, even faster.

3. Walk, 'roll' or ride to school. As the school year begins again this fall, consider reducing your family's carbon emissions

while boosting personal health and wellbeing by choosing climate-friendly ways to make daily commutes. If you live within a mile of your children's school, consider having them ride, skate or walk to-andfro everyday. For safety, see if you can create a "bike train" or student walking group that allows kids to travel safely together. Metro's Safe Routes to School program provides resources to support kids desiring to walk, "roll" and use public transportation for their daily commutes.

If you decide to drive your kids to school, consider parking at least a block away and walking the remaining distance to the school's entrance, giving young ones a much-needed energy boost in the morning. Don't forget to turn-off your car's engine after a minute of idling. Idling is a major source of carbon emissions into the atmosphere and is entirely avoidable with conscious effort.

Rose City Park Climate Communications Expert Amy Hall and Sustainability Consultant Kate Gaertner write this monthly column with ideas neighbors can implement to live more sustainable lives and combat climate change. Hall is co-founder of THRIVE creative, and works at TripleWin Advisory, a corporate sustainability consultancy founded by Gaertner. Gaertner is the author of the book "Planting a Seed: 3 simple steps to sustainable living," available for pre-order at www.kategaertner.com. ★

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326-328 SE 29th x Stark Street



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Treed corner lot with rare rebuilt os double garage.





2506 NE 62nd Avenue

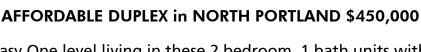


GRANT PARK BUNGALOW ~ **NEW on MARKET! \$550,000**

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3236 NE Schuyler Street



Easy One level living in these 2 bedroom, 1 bath units with approx. 806 sq. feet and utility rooms. Built in 1967, updated & well cared for by same owners for many years. Convenient to park, freeway access & transit. All appliances included.







