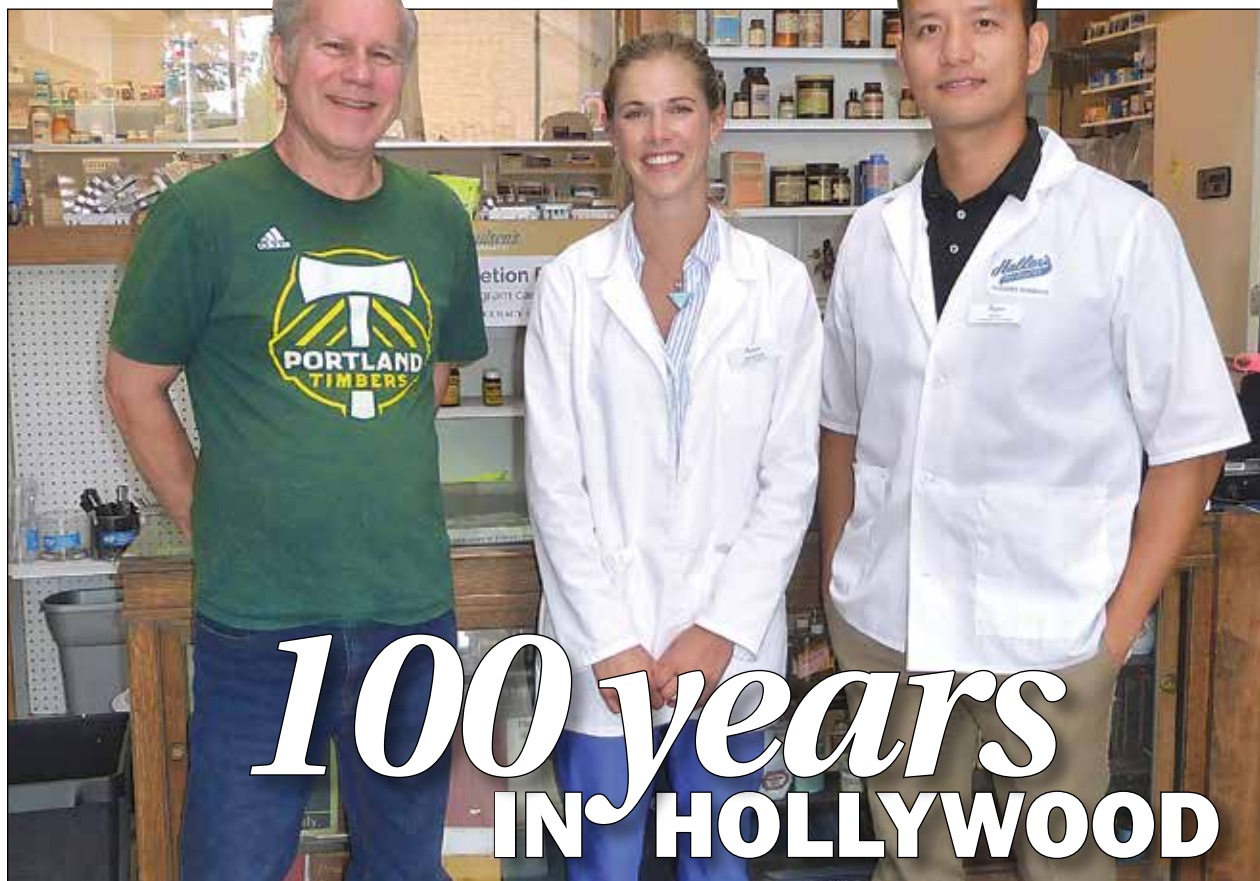




HALLOWEEN IN THE HOOD
We've got the lowdown on plenty of spooky neighborhood events. **PAGE 17**



100 years IN HOLLYWOOD

PAULSEN'S PRIDE The owners of Paulsen's Pharmacy are inviting the community to celebrate its 100th year of operation in Hollywood with free health screenings and maybe a Green River at the soda fountain. **PAGE 14**



BACK TO BASICS The new Portland Clinic building celebrated its grand opening in Rose City Park. **PAGE 10**



READY TO PLAY George Lin's Nest Playground has opened in the Roseway neighborhood. **PAGE 11**



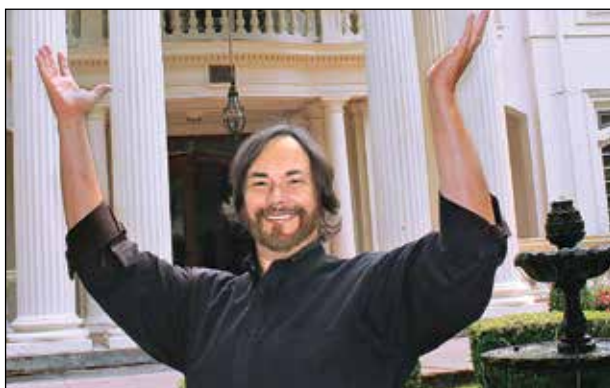
HUMANE HISTORY The Oregon Humane Society has released a book celebrating 150 years of service. **PAGE 16**



REMEMBERING SARA Alberta Main Street's Sara Wittenberg passed away in August. **PAGE 20**



MINDFUL MANAGEMENT Danny Mankin will lead a class on treating pain at his Sabin yoga studio. **PAGE 15**



HAIL TO THE CHEF John Paulk fires up the kitchen at the Portland White House in Irvington. **PAGE 21**



BROADWAY BIKERS The Broadway Physical Therapy team saddles up for work commute. **PAGE 22**

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BY JANET GOETZE

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TWO BALLOT MEASURES AIM FOR MORE HOUSING

Two measures on the Nov. 6 ballot are aimed at providing affordable housing for more Oregonians, two supporters told the Interfaith Alliance on Poverty, made up of more than a dozen congregations and parishes working on local social issues, at a meeting in September at Church of the Madeleine.

Measure 26-199 is a Metro bond measure to provide \$652.8 million to fund affordable housing for low-income families, veterans, seniors and people with disabilities in Multnomah,

Washington and Clackamas counties. The funds also could be used to purchase, rehabilitate and preserve existing housing, buy land for affordable housing and prevent displacement from rental units.

Measure 102 is a statewide proposal to amend the Oregon constitution so that local governments could work with nonprofit organizations and local businesses to build affordable housing with bond funds.

The bar to public-private partnerships using bond funds dates to the days of railroad expansion when lawmakers wanted to prohibit waste, fraud and abuse by railway barons, Lynn Peterson, president-elect of Metro, explained.

The funding proposals, Peterson said, “won’t solve the housing crisis but we’ve got to start somewhere.” They are a way, she said, “to invest in communities that have been left behind for 20 years.”

“There is no single solution to our housing crisis,” Alison McIntosh told the Alliance. She is the deputy director of policy and communications at Neighborhood Partnerships, which convenes the Oregon Housing Alliance, a coalition of more than 80 organizations seeking safe, stable and affordable housing for all Oregonians.

Housing costs are rising all over the state, McIntosh said, and the greatest

- CONTINUED ON PAGE 4

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The Metro bond is expected to cost the average homeowner \$5 per month or \$60 per year. If only Measure 26-199 passes, it would help build affordable housing for an estimated 7,500 people. If Measure 102 also passes statewide, it would enhance the Metro bond and support housing for 12,000 people in the metropolitan area, McIntosh and Peterson said.

The current fair-market rent for a one-bedroom apartment is \$1,132 in the Portland area and \$904 statewide, according to measure supporters, which include AARP Oregon. The hourly wage needed to afford rent and other expenses is \$21.77 in the Portland area and \$21.26 statewide.

No organized opposition to the measures had formed by mid-September, Peterson said. Additional information is at www.yesforaffordablehousing.com.

The books cover a wide range of categories, including architecture, children's, math, mystery, performing arts, romance, reference, sci-fi, sports, travel and audio books.

Scanners and other electronic devices are allowed only during general sale hours but not the members-only evening. Items may not be set aside to be scanned later.

REGISTRATION DEADLINE SET FOR NOV. 6 BALLOT

The last day for new Multnomah County residents to register to vote in the next general election is Oct. 16. Registration information is available online: multco.us/elections. The Multnomah County elections office is at 1040 S.E. Morrison St. The telephone is 503-988-3720.

Ballots for the Nov. 6 general election will be mailed beginning Oct. 17. They must be returned by 8 p.m. Nov. 6 at official drop sites, including the elections office and Multnomah County libraries. The postmark doesn't count.

The ballot includes candidates for governor, for Portland city council and several ballot measures.

LEAGUE PUBLISHES GUIDES FOR VOTERS

The League of Women Voters of Portland Education Fund is providing nonpartisan information about candidates and ballot measures on the Nov. 6 ballot at VOTE411.org.

The league also provides paper Voter's Guides with Oregon and Multnomah County election information in English and Spanish. The guides are available at several sites including libraries, New Seasons markets, community college campuses and the Multnomah County

- CONTINUED ON PAGE 6

LIBRARY FRIENDS SET SALE OF USED BOOKS

Gently used books, audiovisual materials, sheet music, comics and maps are among the items in the Friends of the Multnomah County Library sale, scheduled Oct. 27-29 at the Lloyd Center DoubleTree Hotel exhibit hall, 1000 N.E. Multnomah St.

The hours are 9 a.m. to 9 p.m. Oct. 27. A literary trivia event and a bar are planned from 6-9 p.m. The hours on Oct. 28 are 11 a.m. to 5 p.m., with 50 percent off marked prices for educators with identification. All items will be 50 percent off from 9 a.m. to 3 p.m. Oct. 29.

A "Collectors Corner," with rare and unusual books, will be open Oct. 27. For Friends members, a pre-sale with "Collectors Corner" will be 6-9 p.m. Oct. 26. Memberships will be available for purchase or renewal at the sale.

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Cancer Crushers – survivors and 2018 Hood to Coast team members. (L-R): Becky Roth, Carolyn Sliney, Janice Dunlap, Anne Crispino-Taylor, Jessica Bugge and Luke Stager.

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elections office, 1040 S.E. Morrison St. The league education fund also is sponsoring nonpartisan forums in Room 501 of the elections office.

On Oct. 2 from 7-7:40 p.m., Portland commission candidates JoAnn Hardesty and Loretta Smith will speak. From 7:50-8:20 p.m., information will be outlined on state Measure 103, which seeks to prohibit tax/fees for groceries. From 8:30-9 p.m., information will be provided about local Measure 26-201, which would impose a one percent tax on business generated in Portland by companies that make more than \$1 billion in gross revenues nationally and \$500,000 in Portland.

On Oct. 9 from 7-7:30 p.m., Scott Learn and Jennifer McGuirk, candidates for Multnomah County auditor, will speak. From 7:40-8:20 p.m., information will be provided about Metro Measure 26-199 which would fund affordable housing, and state Measure 102 which would permit public-private housing projects. From 8:30-9 p.m., information will be available on state Measure 105 which would repeal a law limiting state and local enforcement of federal immigration laws.

**SPEAKERS TO EXPLORE
JOURNALISM, JUSTICE**

"Journalism and Justice" is the subject of the 2018-19 "Think & Drink" series from Oregon Humanities, scheduled at the Alberta Rose Theatre, 3000 N.E. Alberta St. Guest speakers will explore questions related to white nationalism, militia movements, war, police violence and mass incarceration.

Eli Saslow, a Washington Post reporter and author of "Rising Out of Hatred: The Awakening of a Former White Nationalist," will be in a conversation from 7-8:30 p.m. Oct. 24 with Emily Harris, a reporter and

producer for the Center for investigative Reporting's Reveal podcast.

Three former reporters for The Oregonian, Les Zaitz, Inara Verzemnieks and Kimberly A.C. Wilson, will be in conversation from 7-8:30 p.m. Jan. 23, 2019, with Adam Davis, executive director of Oregon Humanities.

Journalist and novelist Omar El Akkad, author of "American War," is scheduled at 7 p.m. March 20, 2019. His novel imagines an American landscape devastated by a second civil war and tells the story of the young woman who carries the country's fate.

Political theorist Danielle Allen, professor at Harvard University and author of the memoir "Cuz: The Life and Times of Michael A.," is scheduled for 7 p.m. May 22, 2019.

All the programs are scheduled in the Alberta Rose Theatre, 3000 N.E. Alberta St. Tickets are \$10 to \$20. www.albertrosetheatre.com. The series is supported by the National Endowment for the Humanities, the Oregon Cultural Trust, Stoel Rives LLP, Tonkon Torp LLP, Northwest Natural and the Kinsman Foundation.

**WORKSHOP TO AID
IN TREE SELECTION**

Portland Urban Forestry has a workshop to answer the question: "Which tree should I plant?" from 6:15-8 p.m. Oct. 2 at the Matt Dishman Community Center, 77 N.E. Knott St.

Tree experts will provide information about which trees do best in different sized planting strips or yards. "One of the most important things you can do to care for your trees is to choose your trees wisely and plant them in the right places," according to information from Urban Forestry. Information is at treeinventory@portlandoregon.gov or 503-823-8733.

- CONTINUED ON PAGE 8

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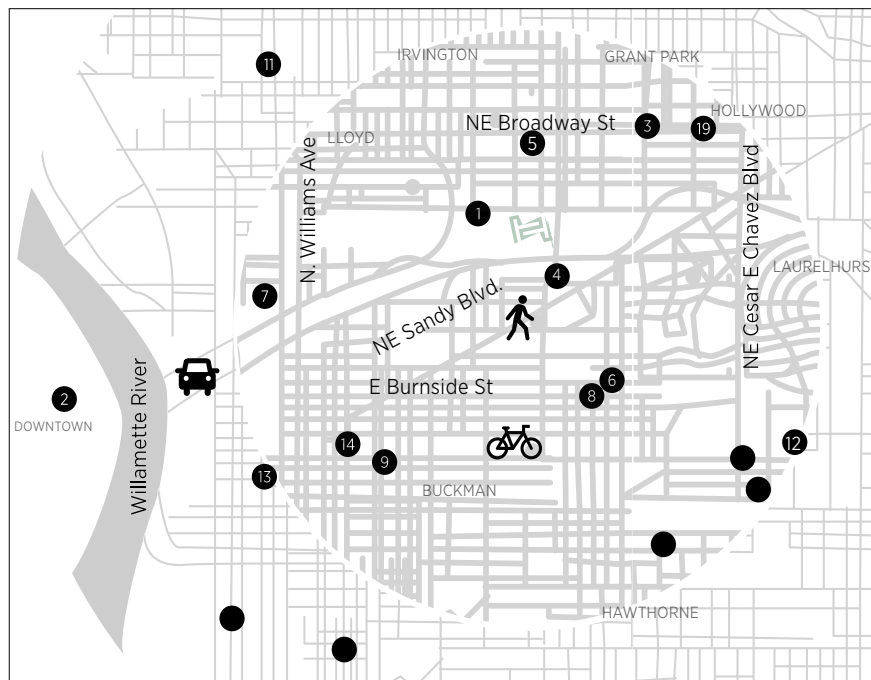
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Some of the members of the Roseway Tree Team who turned out for a 2016 tree planting event. The team collaborated with Portland Parks and Recreation and Urban Forestry to plant 23 new trees that would replace dead or diseased decorative plum trees that were planted on the Roseway parkway in the 1950s. (Phill Colombo)



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SERIES TO AID PARENTS IN TALKING ABOUT RACE

A four-part series will provide parents and caregivers of preschool children with ideas and resources for talking about race. Research indicates that children recognize race from a very young age and can develop racial biases by ages 3 to 5.

Picture books are one way to start a conversation with young children, according to series organizers. Books can stimulate discussion and reflection. The sessions also offer resources to help continue dialogue.

The series is scheduled 10:15-11:15 a.m. Oct. 20, 27, Nov. 10 and Nov. 17. The sessions are free but registration is required: www.multcolib.org or 503-988-5123 or in North Portland library, 512 N. Killingsworth St.

trees were planted in the park blocks, stretching from Northeast Fremont to Prescott streets. However, fruit trees are expected to live only 30 to 40 years. Today, they are fading and several have wind damage. They bloom at one time of year and drop their leaves in the fall, leaving bare branches through the winter.

Varieties of replacement trees were planted in early 2017, including evergreen conifers that can live for a couple hundred years while providing year round canopy and summer shade. Also planted were trees that bloom at different times of the year and support bees and other pollinators. These include catalpa, crepe myrtle and yellowwood. Oregon white oaks, native to the Pacific Northwest, also were planted because they are accustomed to local weather patterns of dry summers and wet winters.

NEW TREES PLANNED FOR ROSEWAY BLOCKS

The Roseway Tree Team, one of the city's active groups of tree stewards, will work with representatives of the Roseway Neighborhood Association and Portland Urban Forestry to revitalize the Roseway Park Blocks.

They plan to plant 20 trees from 9 a.m. to 12 noon Oct. 13. The planters will meet at 8:45 a.m. at Northeast 72nd Avenue and Skidmore Street for coffee and snacks before beginning work, said Catherine Clark, a team leader. No experience is necessary, she said.

In the 1950s, several varieties of fruit

This year's preliminary plan, outlined by Urban Forestry, indicates five trees would be removed between Northeast Mason and Skidmore streets. Five large-form trees are scheduled to replace them, including green giant sequoia, white oak and fern leaf beech. Smaller trees, including honey locust-sunburst, sassafras and rosebud or maackia, also are on the planting list.

The plan for the block between Northeast Skidmore and Prescott streets includes removing four trees then planting a small tree, two medium-size cork trees and large-form trees including beech, white oak and sequoia.

- CONTINUED ON PAGE 9

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★ STAR COMMUNITY CONNECTIONS

EVERYBODY READS 2019 SELECTS 'AMERICANAH'

The Multnomah County Library has selected two books by Nigerian-born Chimamanda Ngozi Adichie for Everybody Reads 2019, the 17th annual community reading project.

The book for adult readers is "Americanah," about a young woman from Nigeria who leaves her home and first love to start a new life in America, only to find her dreams are not all she expected, according to a summary by the publisher, Alfred A. Knopf.

The book for youth is "We Should All Be Feminists," offering an updated definition of feminism that is rooted in inclusion and awareness. It grew out of a widely viewed 2012 TED talk, "Dear Ijeawele, or a Feminist Manifesto in Fifteen Suggestions."

"Feminists" will be the center of

curricula at high schools participating in the Everybody Reads project. Copies of "Americanah" will be distributed to adults at libraries throughout the county in January 2019. E-books also may be downloaded from the library catalog. The Library Foundation is supporting the project.

"With these two works," said libraries director Vailey Oehlke, "she offers us vehicles for important and constructive conversations about our culture and ourselves."

Adichie will speak at 7:30 p.m. March 14 at the Arlene Schnitzer Concert Hall, thanks to Literary Arts, organizer of Portland Arts & Lectures. Tickets start at \$20. They are available at (800) 273-1530 or www.literary-arts.org/box-office/.

Adichie is an award-winning writer of novels, short stories, poetry and plays. She has received a MacArthur Foundation Fellowship ("genius grant"), the O. Henry Prize, the National Book Critics Circle Award, and the PEN Pinter Prize. ★



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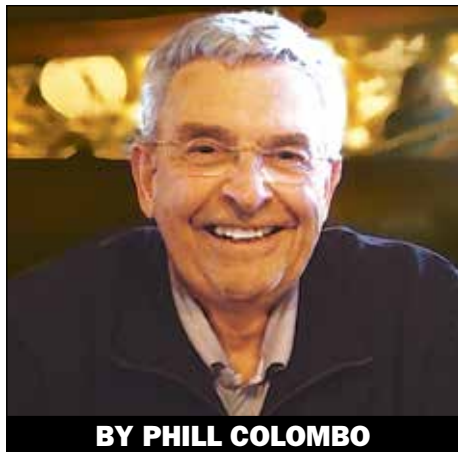


★ STAR DEVELOPMENT NEWS

PORTLAND CLINIC OPENS IN ROSE CITY PARK WITH BASICS HEALTHY GROCER AS NEIGHBOR AND PARTNER

“This is a great way to begin a weekend,” quipped Portland Business Alliance CEO Andrew Hoan, one of seven speakers at the grand opening of The Portland Clinic and Basics new eastside location at 5005 N.E. Sandy Blvd. About 100 neighbors, staff members, friends and family attended the September 14 event under the north side of the new building where three dozen vehicles normally park.

Clinic CEO Dick Clark presided over the ceremony. In addition to speakers from government, medical and food areas, a simulated Royal Rosarian rose bush planting and the traditional ribbon cutting concluded the remarks. Attendees then toured the clinic and grocery store,



BY PHILL COLOMBO
PHILLCOLOMBO@STAR-NEWS.INFO

tours that were also open to the public the following day.

The Portland Clinic was founded in 1921 and is locally owned by its physicians. “The Portland Clinic and Basics is the newest and most innovative business partnership

in Portland,” Clark said. “Our new eastside location will allow our patients easy access to personal, affordable health care and to a place where they can learn how to prepare wholesome meals.” Clark also drew attention to the Clinic’s new signs posted in the employee parking spaces across the street, welcoming those on Sandy Boulevard to Hollywood and Rose City Park.

Clark gave kudos to Craig Kelly, developer of the property; Schommer & Sons, the general contractor; and Sera and PK Architects: “At The Portland Clinic, relationships are very important, and it was relationships and teamwork that made this happen.” Clark noted that the Clinic would be keeping in close touch with all the surrounding neighborhood associations.

Clinic Chief Medical Officer Dr. Craig Wright lauded the open areas and natural light throughout the building, noting how “physicians and staff working together in an open and common area would

result in more conversations, better relationships and better care for patients.” Aside from primary care, Dr. Wright said patients would find a panoply of specialties, including behavioral health, neurology, obstetrics/gynecology and sports medicine focusing on concussions.

Clinic Executive Board Chairman Dr. Robert Sandmeier, an orthopedic surgeon, said there were not very many physician- and locally-owned clinics left. With 90,000 patients, the Clinic is hoping to attract more at its newest location. The Portland Clinic’s next big project will be the reconstruction of its downtown offices, Dr. Sandmeier added.

Clinic Northeast Medical Director Dr. Laurie Roberts said she’s within walking distance of the facility and pointed out the waiting areas throughout the building named after surrounding neighborhoods.

- CONTINUED ON PAGE 11

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Johnson is a retired teacher and in her third year as a realtor. She might be fairly new to the game, but she is besting the average Portland realtor. RMLS Market Statistics show that she **sells homes for 4% more** (on a \$500K home that is \$20K) and in **75% less time**. Let Jean earn your trust with her enthusiasm, smarts, and diligence.



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★ STAR DEVELOPMENT NEWS



Chuck Eggert, left, founder of Basics market, and Dick Clark, CEO of The Portland Clinic were on hand for the grand opening of the new Portland Clinic Building on Sandy Boulevard. (The Portland Clinic)

She added that the Clinic is dedicated to improving the health of its new neighbors.

City Commissioner Dan Saltzman declared, "Great cities are made out of big-picture thinkers, Portland is a great city, and this project is a result of visionary thinking. East Portland is vital, growing and robust." He dubbed the effort a "win, win, win project."

Portland Business Alliance's Hoan observed: "In a community, banks and real estate fade away, but medical facilities endure," noting that The Portland Clinic was almost 100 years old. A Midwest native and new arrival in Portland, Hoan has a special tie to the Clinic: his spouse is a Clinic physician with an obstetrics/gynecology specialty.

The final speaker was Chuck Eggert, founder of Basics, co-founder of New Seasons and founder of Pacific Foods. Eggert explained how Basics was an innovative grocery store that not only sells healthy food but also teaches anyone who wants to learn how to prepare healthy meals. He said Basics would be holding 45 classes weekly with no charge for attending. For more information, visit www.basicsmarket.com.

CITY SEEKS PUBLIC GUIDANCE ON TRANSPORTATION BUDGET

Portland's Bureau of Transportation is accepting applications from citizens who would like to assist the Bureau in making decisions about how to pay for the city's future transportation system. Those interested may learn more by visiting www.portlandoregon.gov/transportation/68958. Those interested in volunteering may review the job description by visiting www.portlandoregon.gov/transportation/article/696374, and can complete the membership application form at www.portlandoregon.gov/transportation/article/696365.

CONCORDIA'S FERNHILL PARK TO CLOSE FOR WINTER AS IMPROVEMENTS CONTINUE

Promising that all work on Fernhill Park will be complete by spring 2019, Portland Parks and Recreation said the park would have to close for the winter. The announcement comes as splash pad work and restroom renovations are wrapping up.

Existing whirl, teeter-totter, slide and swings will be removed and replaced with new equipment at a site closer to other play equipment. The Parks bureau will provide updates when work on the new equipment is close to finished.

NEST PLAYGROUND OPENS WITH PLAY, EXERCISE AND LEARNING AREAS FOR KIDS

With more than a dozen instructors listed on its website (www.nestplayground.com) and a long list of classes to keep younger minds and bodies busy, Nest Playground officially opened in mid-September after a weekend soft opening for family and friends. Roseway's newest business at 6517 N.E. Sandy Blvd. is the brainchild of emergency room physician George Lin M.D. and his spouse, Amy Buehler.

"The concept is to keep parents and children together while they play, exercise or learn," Buehler explained. A full-service café complements the physical and academic amenities. It's located immediately inside the front door, in full view of the central play area, which is surrounded by a short wall to keep the kids contained.

The complex contains a gymnastics room with a scaled-for-youngsters climbing wall, an arts-and-crafts room, a mirrored and railed dance and ballet room, and a room

- CONTINUED ON PAGE 12

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Dr. George Lin stands next to the central play area as final touches are put on the Nest Playground he and his wife Amy Buehler created over eight months at the former Than Tao Market in Roseway. In the background is a climbing wall in the gymnastics room and a cafeteria with a full kitchen. (Phill Colombo)

for language classes. The former site of an Asian market and, before that, a videotape store, the building adjoins a one-time single-family residence.

Dr. Lin said classes include parents' kickboxing, gymnastics for tots, kids' martial arts, arts and crafts, hip-hop tumbling, preschool Spanish and Mandarin (for first- through third-graders), and a special class for expectant moms combining yoga and Pilates-Yogalates.

ROSE CITY PARK NEIGHBORS OFFER SOLUTION FOR CITY'S 'INEFFECTIVE' SHORT-TERM RENTAL MANAGEMENT

In a letter to the Portland City Council accompanied by supporting documents, Tamara DeRidder, chair of the Rose City Park Neighborhood Association, has charged that the city's poor management of short-term rentals such as Airbnb is contributing to the lack of affordable housing throughout the city. "It has recently been confirmed by the city auditor that 80% of Portland's short-term rentals are not regulated by a permit. In Rose City Park Neighborhood alone, AirDNA identifies that 72% of these Short-

Term rentals are providing full house rentals. It is very likely that the majority of these full house rentals do not abide by the Municipal Code requirement (33.207.050) that states 'accessory short-term rental must be accessory to a Household Living use on the site.'"

DeRidder said renting out full houses short-term is taking housing away from those who would like to occupy them permanently and potentially rent out their accessory dwelling unit short-term for additional income. As one solution, DeRidder suggested the city institute a finder's fee for neighbors who report those not following the law. "As a community we can ill afford supporting more short-term housing at the expense of our residents and livability. With increasing density, such as the proposed Residential Infill Project, there is no guarantee that the majority of these new units will not end up as short-term housing. In this day and age of realizing unintended consequences, it is important to keep an eye on who will benefit the most out of creating more units per lot in single dwelling zone."

Should the city not see fit to establish the finder's fee, DeRidder suggests the law be scrapped.

- CONTINUED ON PAGE 13



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★ STAR DEVELOPMENT NEWS

**DEVELOPMENT ROUNDUP:
APPLICATIONS, PERMITS,
DEMOLITIONS AND MORE**

In Alameda, David and Lesley Raphael have been issued a permit to demolish their 1,800-square-foot single-family residence built in 1929. Plans to replace that structure with a new two-story, single-family home at 2921 N.E. 32nd Ave. are under review.

In Arbor Lodge, Drew Russell of Russell Hosner LLC of Lake Oswego has applied to demolish the 1,050-square-foot single-family residence at 7126 N. Greenwich Ave. Plans are also under review to replace the 1981 structure with a new three-story, 12-unit apartment building.

In Boise, Renaissance Custom Homes of Lake Oswego was issued a permit to build a new three-story duplex with attached garages at 4130 N.E. Cleveland Ave. A deconstruction permit was issued in July for the 725-square-foot single family residence built in 1890.

In Buckman, Structure Redevelopment of Clackamas has secured permits to build two three-story townhouse units at 480 S.E. 18th Ave. on empty lots. Both units will have single-vehicle garages.

In Concordia, Rhett Butler has been issued permits to construct two new townhomes at 5260 N.E. 38th Ave. and 3791 N.E. Roselawn St. on vacant lots. Both units will be two-story structures with basements and tuck-under single-vehicle garages.

In Cully at 6200 N.E. 52nd Ave., Benjamin Grubb of Southwest Portland has plans under review to build a new two-story, single-family residence with an attached garage on an empty lot.

In Hollywood, K&C Custom Homes LLC of Northeast Portland has construction underway and under inspection for a new three-story, six-unit apartment building at 1616 N.E. 45th Ave.

In Humboldt at 562 N. Blandena St., Homes with Style Inc. of Clackamas has applied for permits to build two new single-family residences with tuck-under garages and accessory dwelling units in the basements. Both new structures will be built on empty lots.

In Kenton, Portland Development Group and Investments LCC of Northeast Portland have been issued a demolition permit for the single-family, 1,500-square-foot residence at 2707 N. Willis Blvd. Plans to replace the structure built in 1922 with a new two-



story, single-family home with a garage are under review.

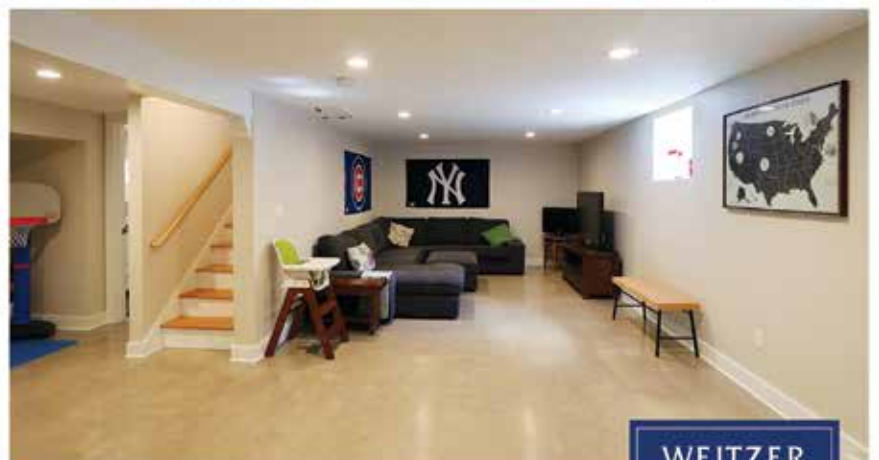
In Piedmont at 6204 N. Kirby Ave., the city has issued a permit to Cody Eisenman and Marisa Bear to construct a new two-story, single-family residence to replace the 2,400-square-foot home on the property since 1924. A demolition permit for that structure was issued last February.

In Rose City Park, Carolann Forney of Fairview has plans under review to deconstruct a 2,160-square-foot duplex built in 1910 at 2032 N.E. 48th Ave. and replace it with two new single-family residences with two-vehicle garages.

In Roseway, Renaissance Custom Homes of Lake Oswego was issued permits to build two new single-family, two-story homes at 6268 and 6284 N.E. Alton St. A deconstruction permit was issued earlier this year for the 1,100-square-foot single family home on these lots since 1913.

In Woodlawn, Charles Villareal has received permission to split his property at 1937 N.E. Saratoga St. to create another buildable lot to the east of an existing 1,100-square-foot single-family residence which will remain. Plans to construct a new two-story single-family home with a tuck-under garage are under review. ★

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★ STAR FOCUS ON HEALTH & FITNESS

Paulsen's celebrates 100 years of service in Hollywood

By Janet Goetze

janetgoetze@star-news.info

Something old and a lot new will be coming to Paulsen's Pharmacy, 4246 N.E. Sandy Blvd., as the owners invite the community to celebrate its 100th year of operation.

Something old will appear at the iconic soda fountain, where ice cream sodas and root beer floats are still available from 1-5 p.m. weekdays. In coming months, said marketing director Joe Amspoker, a soda streamer will arrive to bring back "green rivers," a soda fountain favorite of the 20th century that originated in Chicago 99 years ago.

When the lime-flavored soft drink is reintroduced at Paulsen's, Amspoker said, the shelves and mirror area behind the soda fountain will be back-dated to look more like the original design.

New items planned for the pharmacy include a naturopathic section with aromatherapies, which use plant materials or oils for improving psychological or physical well being. They can be applied topically, with massage or in a bath.

Other new lines include Incrediwear, which comes as socks or material covering elbows and knees to reduce pain or swelling and promote better circulation, Amspoker said. Walkers, bath seats and other durable medical equipment also will be available, he said.

Before the changes arrive, however, Paulsen's will celebrate its first century with free health screenings and vendors' free samples from 12 noon to 4 p.m. Oct. 6 at the Northeast Community Center, 1630 N.E. 38th Ave.



Gary Balo, left, retired as owner in 2016, but still comes in for prescriptions and sees former customers. Current pharmacists are Kristen Fincham and Huy Nguyen. (Janet Goetze)

Portland Urgent Care will help check blood pressure, cholesterol levels, blood glucose and triglycerides. Free chair massages will be available, too, Amspoker said. Visitors will receive a "passport" for vendors to stamp. Return the passport to the pharmacy, Amspoker said, for an Oct. 19 drawing for gifts. The passport also carries a coupon for 10 percent off over-the-counter items.

Among those expected at the centennial celebration are Karen and Gary Balo, who were part of Paulsen's for 46 years. Gary Balo arrived as a pharmacist in 1970, working with owner Jim Meade. Balo became Meade's partner in 1978. Meade retired on Dec. 31, 1987, and Balo became sole proprietor on Jan. 1, 1988. Karen Balo joined

the business as a pharmacy technician.

The Balos retired in April, 2016, and sold the pharmacy to Gary Basrai, who owns nine other independent pharmacies in California under the name The Hallers Pharmacy Group. He has partnered with Jon Tomin, an Oregonian who founded a pharmacy marketing business.

The current pharmacy manager is Huy Nguyen. Also on staff is pharmacist Kristen Fincham. Mikki Morleau is lead pharmacy technician and others are Kiara Light and Samantha Phil. Stacey Lumber is the front end manager. The long-time delivery driver is Ben Schwarzkopf.

Although the building has housed a pharmacy since 1918, it was built between 1912-13 as the real estate office of the

Dean Vincent family. Frank Nichols arrived in 1918 to open Nichols Pharmacy. Charles and Ruby Paulsen bought the pharmacy in 1923 and it became Paulsen's.

Charles Paulsen is remembered as a stately, dedicated man who kept the pharmacy open for long hours: 8 a.m. to 10 p.m. Monday through Saturday and 10 a.m. to 4 p.m. Sunday. Gary Balo, who has developed a timeline of the pharmacy and its neighborhood, noted that Paulsen teamed with Harold Kelly, once known as "The Mayor of Hollywood," on a number of community development projects.

For many years, Kelly operated an appliance store at Northeast 42nd Avenue and Sandy Boulevard. He and Paulsen are credited with starting the Hollywood Business Association and making the Junior Rose Festival Parade an annual event.

The two saw the business district expand and new faces arrive after World War II. James Meade began working with Paulsen in 1946. The elder pharmacist retired in 1968 after 45 years on the same corner. Meade continued the Paulsen's Pharmacy name, as did Balo and the The Haller Group.

However, the pharmacy almost didn't make it to 100. In 1982, McDonald's proposed tearing down the building and constructing a drive-in restaurant. The community rallied, however, writing letters and attending city hearings to preserve the building and Paulsen's. McDonald's selected another corner a few blocks away.

"There were thousands of signatures on petitions," Balo recalled. A young attorney working with the pharmacists came up with a slogan some residents still remember: "Keep your buns out of Hollywood." ★

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★ STAR FOCUS ON HEALTH & FITNESS

Class aims to reduce stress, chronic pain with yoga, meditation

By **Dana Busch**
danabusch@star-news.info

The National Institutes of Health have estimated that upwards of 25 million Americans deal with chronic pain – defined as pain lasting for more than 12 weeks – on a daily basis. It can arise from any number of conditions, such as disorders of the back, neck and knees, fibromyalgia, post-surgical complications, cancer-related pain, multiple sclerosis, rheumatoid arthritis, and complex regional pain syndrome. And it can be truly debilitating, affecting most activities of daily living, causing increased stress, anxiety and depression, and impairing personal relationships.

The traditional approach to treating chronic pain has involved some combination of pharmaceuticals – primarily painkillers and/or muscle relaxants – and physical therapy such as chiropractic care, acupuncture, or massage. Many patients have tried prescription opioids, but there is a problem.

“Opioids work well for acute pain, but not for chronic pain,” says Kaiser Permanente’s Mark Tyburski, MD, who leads a comprehensive pain management department for the hospital. Moreover, there is the huge problem of over-prescription of opioids, which has led to an epidemic of well over two million Americans abusing or being dependent on the drugs, according to the Centers for Disease Control.

Looking for a safer and more effective approach, researchers at Oregon Health and Science University and elsewhere have turned to a discipline that is thousands of years old – yoga. They are studying whether



Danny Mankin will lead a class in 'Mindful Yoga for Chronic Pain' at his studio, Begin Pilates, in the Sabin neighborhood. (Dana Busch)

mindfulness-based stress reduction, in the form of simple meditation coupled with yoga, can improve patients’ functioning by altering their relationship to their pain, and results are promising.

“There’s significant evidence that you cannot just treat chronic pain with medications or procedures,” says Dr. Darshan Patel of Kaiser. “There’s usually a better outcome for the patient when the treatment also combines cognitive behavioral skills and methods including stress reduction techniques, physical therapy for increased flexibility and movement, and weight management programs when needed.” Cognitive behavior therapy involves training to change an individual’s pain-related thoughts and behaviors.

“What they’re experimenting with is using the mind to modulate the pain, adjusting how someone reacts to their pain,” says Danny Mankin, who has wholeheartedly

embraced the new approach in his yoga/pilates studio, Begin Pilates. Mankin has undergone professional training at OHSU in “Mindful Yoga for Chronic Pain,” conducted by the two primary researchers in the area. The seven-day program is designed for yoga instructors, physical therapists and other health professionals.

Jim Carson, PhD, a clinical psychologist, and his wife Kimberly Carson, MPH, both of whom have decades of experience in meditation and yoga, developed the “Mindful Yoga” program at Duke University and brought it to OHSU. Dr. Carson taught yoga world-wide for many years before becoming a psychologist. Their research has demonstrated that mindfulness training can promote reductions in pain levels, enhanced ability to cope with pain, more energy for valued activities, improved sleep, and lasting improvements in mood.

In his studio, Danny Mankin incorporates Iyengar yoga in a class he teaches based on the Carsons’ research. “Iyengar yoga focuses on conscious breathing – simply paying attention to each breath – and proper body alignment,” Mankin says.

Mankin turned to meditation and yoga over twenty years ago, as he made the transition away from a life as a circus performer, specifically a juggler, and arts administrator.

“I performed with a small touring circus out of San Francisco called ‘Make a Circus.’ I actually moved to Portland about 40 years ago to juggle with a local outfit called ‘The Portland Family Circus.’ When that ended, I moved into arts administration, which I did for several years.”

Mankin is eager to share the insights he’s gleaned from “Mindful Yoga” with the public. He’s already conducted two successful classes on the subject, and he is about to start a third.

Mankin likes to quote a line from James Joyce which describes some of what mindful yoga aims to do: “Mr. O’Malley lived a short distance from his body.”

In other words, he says chronic pain sufferers need to “objectify” their pain rather than let it define who they are.

“People can use these skills on a daily basis so they don’t suffer as much from their pain,” he says.

Danny Mankin will lead a class in “Mindful Yoga for Chronic Pain” at his studio, Begin Pilates, 2393 N.E. Fremont St. Suite D, on Sundays, 3:30 – 5:30 p.m., for eight weeks beginning October 14, through December 9 (no class November 25). Cost is \$150. Contact info@beginpilates.com or 971-229-0631.

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★ STAR FOCUS ON THE ARTS

Humane society celebrates 150 years of compassion

By Kathy Eaton

kathyeaton@star-news.info

"The Oregon Humane Society (OHS) has overcome pet overpopulation through community partnerships, but we don't rest on our laurels. Returning to our original mission of ending animal cruelty,

Out & ABOUT WITH KATHY EATON

we are laser-focused on strengthening the human-animal bond by helping pet owners

keep pets in their homes," said Sharon Harmon, Chief Executive Officer. Harmon is a tireless advocate for animal protection, devoting her time and expertise to advance legislative initiatives at the Oregon statehouse. OHS will continue to work to prevent animal cruelty, care for rescued animals, and keep pets and families together.

OHS ACHIEVES BIG GOALS

Just nine years after Oregon achieved statehood, a 26-year-old clergyman and humanitarian, Thomas Lamb Eliot, gathered a group of like-minded Portland citizens to form the Humane Society after witnessing mistreatment of draft horses on downtown streets. The founders funded the society on private donations – a model which sustains OHS to this day. "OHS provides a great return on the public's investment and gives Portland a reason to be proud," said Harmon, who joined the staff in 1989. "To make big progress, an organization needs big goals."

The OHS shelter on Northeast Columbia Boulevard opened in 1919 and was destroyed by fire in 1939. When it reopened in 1940, The Oregonian called it "the nation's newest super dog pound." Additional land was acquired in the ensuing decades for a campus that includes a pet cemetery and mausoleum, and a dog walking path to wetlands at the base of a sloping hill. Volunteers and visitors remember the old building as crowded, smelly, noisy, and not pleasant for pets or adopters.

The shelter had outgrown their facility by the early 1990s, and OHS launched a capital campaign to build a new cattery, modernize the dog kennels and enhance shelter operations to meet community demands. The new building opened in 1999. In 2007, OHS opened the Holman Medical Center to provide on-site



Mary Henry, left, Oregon Humane Society Associate Director of Major Gifts and co-author of 'Pioneering Compassion: 150 Years at the Oregon Humane Society,' presented a reading at the Oregon Historical Society with Star reporter Kathy Eaton, who contributed a dozen profiles to the book. (Harold B. Gold)

veterinary care for shelter animals. Partnering with Oregon State University's (OSU) College of Veterinary Medicine, OHS vets have performed 100,000 surgeries since 2007 and trained 800 OSU vet students.

In 2006, the Animal Shelter Alliance of Portland was established to address pet overpopulation, reduce shelter intake and end unnecessary euthanasia. Since 2009, the Spay & Save program has resulted in 85,000 surgeries for low-income households; including 40,000 contributed by OHS. At OHS, every animal is spayed or neutered and vaccinated prior to adoption. "OHS' 98 percent save rate for cats and dogs has made the Portland area one of the safest communities for pets in the nation," said Harmon.

Another milestone was achieved in 2017, which marked the eighth year in a row that OHS met its target of finding homes for 11,000 pets, the highest number of pets adopted by any single shelter facility on the West Coast. While dogs and cats comprise the bulk of adoptions, about 10 percent of all adoptions include rabbits, rodents and birds.

RESCUES AND EDUCATION

Partnering with the ASPCA and other

rescue organizations, OHS staff and volunteers participate in large scale animal rescues across the country, including Hurricanes Katrina and Harvey, numerous wildfires, Missouri tornadoes, and California landslides. Locally, the OHS Technical Animal Rescue team mounts numerous rescue efforts to rescue pets in the Columbia Gorge, Oregon and Southwest Washington.

OHS reaches over 14,000 youths and adults annually with lessons in humane education. Carol Shiveley, who served 21 years as OHS' education director said, "Education can change lives, but I got so many benefits by growing a generation of kids by instilling humane education." Every year, students in grades three through seven compete for coveted summer camp spots. Students in grades eight through twelve are eligible for training as OHS summer camp counselors.

Dr. Don McCoy, who established the North Portland Veterinary Hospital, was the first veterinarian to serve on the OHS board in the early 1970s. Today Dr. McCoy volunteers his skills by performing dentistry for shelter pets and is a member of the Monday morning volunteer dog-walking team.

OHS MUSEUM EXHIBIT

The museum exhibit commemorating OHS' 150th anniversary, created by Bryan Potter Design, opened September 14 and continues through February 28, 2019 at the Mezzanine Gallery of the Oregon Historical Society museum, 1200 SW Park Avenue; website: www.ohs.org. Phone (503) 222-1741. Admission is free for Multnomah County residents.

HISTORY BOOK

In 2016, Mary Henry, OHS Associate Director of Major Gifts, and Elizabeth Mehren, professor emerita at Boston University college of communications and former journalist at the Los Angeles Times and The Washington Post, guided the volunteer-based OHS History Corps to document the Society's founding, telling the OHS story through many voices.

"My determination to share the long and storied history of OHS stemmed from a desire to counteract outdated stereotypes and to help people understand the broad range of services we offer today," said Henry. Photos preserved at the Oregon Historical Society and interesting facts are sprinkled throughout the book. Scott Rubens was the book's graphic designer, and long-time OHS volunteer and Roseway resident Tim Hurtley gathered compelling stories for inclusion in the book and ensured photos met standard resolution and sizes for printing.

"Pioneering Compassion: 150 Years at the Oregon Humane Society" is available for purchase for \$29.95 at the Oregon Humane Society, the Oregon Historical Society and Powell's City of Books. Proceeds benefit the Oregon Humane Society.

OHS PARTNERS WITH OHS

"The Oregon Historical Society is delighted to be partnering with the Oregon Humane Society in presenting this newly opened educational exhibit highlighting some of the significant moments in the long history of the organization," said Lori Erickson, Curator of Exhibitions and Special Projects.

"The exhibit includes a number of historic photos from the Oregon Historical Society Research Library as well as colorful graphics, artifacts and vintage film footage. It's a fun way to learn about the history of the Oregon Humane Society and help celebrate their milestone anniversary." ★



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★ STAR CELEBRATES HALLOWEEN

HALLOWEEN IN THE HOOD SPOOKY NEIGHBORHOOD EVENTS

HEAR GHOST HISTORIAN

Oct. 23. 6-7 p.m. Ghost historian Tanya Lyn March reveals ghost narratives and crime stories gathered from homeowners, alienists, ephemera collectors and ancient newspapers. She offers a view of old Slabtown's unusual murders and unexplainable encounters with "the other side." Free. www.multicolib.org, 503-988-5123. Kenton library, 8226 N. Denver Ave.

CELEBRATE WITH KIDS

AT NORTHEAST COMMUNITY CENTER

Oct. 27. 1-3 p.m. Children 10 and younger, with an adult, wear costumes to a Halloween Spirit event with carnival booths and treats. 503-284-3377. www.necommunitycenter.org, Northeast Community Center, 1630 N.E. 38th Ave.

CREATE HOLIDAY JAR WITH PUPPETKABOB

Oct. 27. 4-5 p.m. Families with children can create a Jack-O-Lantern Jar with Puppetkabob. Use orange tissue paper to transform a glass jar into a hollowed-out pumpkin. Design spooky or eerie facial features.

Add a flameless tea light for a glowing effect. Free. www.multicolib.org, 503-988-5123. Kenton library, 8226 N. Denver Ave.

PHANTOM OF THE OPERA WITH LIVE ORGAN ACCOMPANIMENT

Oct. 27. 2:00 p.m. Pipe Organ Pictures presents Lon Chaney in the 1925 silent horror masterpiece with live organ accompaniment by Dean Lemire on the Beverly Ruth Nelson Memorial Organ. Sponsored by the Columbia River Theatre Organ Society and the Hollywood Theatre. Tickets \$12. Information: 503-281-1142 or www.hollywoodtheatre.org, Hollywood Theatre, 4122 N.E. Sandy Blvd.

FRIGHT NIGHT ON FREMONT

Oct. 31. 4-6 p.m. Safe, family-friendly trick-or-treating at nearly 40 participating businesses with Golden Ticket prizes at sponsor businesses. Produced by Beaumont Business Association. **6-8 p.m.** Haunted house - for the brave - at Fremont Commons Courtyard. Free. www.beaumontvillagepdx.com, 4605 N.E. Fremont St.



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CALENDAR

OCTOBER 2018

THE STAR CALENDAR IS POSTED ONLINE EVERY MONTH. CHECK OUT OUR WEBSITE AT: WWW.STAR-NEWS.INFO.

Events are broken into categories and listed in the order in which they will take place, followed by ongoing and upcoming events. To be considered for inclusion, entries must be submitted by e-mail to editorial@star-news.info by the 15th of the prior month. If possible, follow the format used in the calendar. Calendar compiled by Janet Goetze

KIDSTEENS AND FAMILIES

DESIGN IN HENNA

Oct. 6. 3:30-5 p.m. Artist Raina Imig will share information about the art of henna in India and create a henna design on the hands of teens in grades 6 to 12. Henna, a form of artistic expression in many cultures, is not permanent but it stains the skin for about two weeks. Free. www.multcolib.org or 503-988-5123. Kenton library, 8226 N. Denver Ave. The program also is scheduled 2-3:30 p.m. Oct. 27 in Gregory Heights library, 7921 N.E. Sandy Blvd.

LEARN ART THEORY

Oct. 9. 1-2:10 p.m. for children in grades K-3. Oct. 11. 1-2:10 p.m. for children in grades 4-6. A weekly art class with Cat Monroy, a teacher and artist, combines art and literature while exploring color theory. Registration: www.lotusflowerlearning.com/art-with-cat. Fee: \$15 for 70 minutes. 503-778-0223. Artspace room at Taborspace, 5541 S.E. Belmont St.

MAKE TROLL HOUSE

Oct. 13. 12:15-2:15 p.m. Children with adults can create a miniature troll house, surrounded by a garden, using recycled materials. Free. Registration required: www.multcolib.org or 503-988-5123 or North Portland library, 512 N. Killingsworth St.

LEARN ACROBATICS

Oct. 30. 3:45-4:45 p.m. for ages 5-7. 4:55-5:55 for ages 8-11. Continues Tuesdays to Dec. 11. Learn fundamentals of acrobatics and tumbling skills in a fun environment. Pre-registration required: \$53 non-members, \$36 members; scholarships available. 503-284-3377. www.necommunitycenter.org. Northeast Community Center, 1630 N.E. 38th Ave.

FOR ART LOVERS

NATURE ART IN SHOW

Oct. 1. Center hours. Continues through October. Painter Celeste Bergin incorporates the beauty of nature with her preference for bold expression. Free. 503-284-3377. www.necommunitycenter.org. Northeast Community Center, 1630 N.E. 38th Ave.

SEE MYSTERY DESIGNS

Oct. 1. 9 a.m. to 2 a.m. daily. Artist Kat Saturn shows a series of pyrography (wood burned) art pieces titled "Et in Arcana Ego." They include mysterious designs, unsolved codes, untranslated languages and unexplained messages. These include Toynbee Tiles, Voynich Manuscript, Zodiac Killer Cipher and the 4,000-year-old Phaistos Disc of fired clay from a Minoan palace on Crete. 503-235-2794. Beulahland Coffee & Ale House, 118 N.E. 28th Ave.

ARTIST OPENS STUDIO

Oct. 13-14 and 20-21. 10 a.m. to 5 p.m. Artist Karl W. Kaiser opens his studio to show visitors how he creates encaustic paintings using layers of pigment and wax. 503-449-9902. www.karlwkaiser.com. 7046 N.E. Oregon St.

ALBERTA GALLERY REOPENS

Oct. 25. 6:30-9:30 p.m. The Alberta Street Gallery, a member-owned collective, celebrates its reopening in a new, 8,000-square-foot space, with room for art classes, an art lending library and space for new exhibiting artists. The celebration includes live music, live painting and a no-host bar. 2724 N.E. Alberta St.

BUY COOL CRAFTS

Nov. 2. 4-8 p.m. The Fine Art and Cool Crafts Show and Sale features handmade items by local artists. Attendees enjoy live jazz, wine and nibbles. Information: 503-284-3377. Northeast Community Center, 1630 N.E. 38th Ave.

FOR BOOK LOVERS

HAMEISTER TO READ

Oct. 9. 7 p.m. Courtenay Hameister, former host of public radio's "Live Wire!" reads from her humorous memoir, "Okay Fine Whatever: The Year I Went from Being Afraid of Everything to Only Being Afraid of Most Things." Free reading. www.broadwaybook.net. 503-284-1726. Broadway Books, 1714 N.E. Broadway.

NATURE, JOY IN POETRY

Oct. 11. 7 p.m. Local poet and artist Arn Strasser reads from his newest collection of poems, "Terrain." The volume, with his artwork, includes a variety of expressions: love and nature, joy and loss, and what it means to be human. Free reading. www.broadwaybooks.net 503-284-1726. Broadway Books, 1714 N.E. Broadway.

DISCUSS LE GUIN BOOK

Oct. 15. 6:30-7:30 p.m. A Pageturners book club discusses "The Lathe of Heaven" by Ursula K. Le Guin. Free. www.multcolib.org. 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

DISCUSS BLACK EXCLUSION

Oct. 16. 6:15-7:45 p.m. Author Kenneth R. Coleman discusses "Dangerous Subjects: James D. Saules and the Rise of Black Exclusion in Oregon." Sponsored by Friends of the Library. Free. www.multcolib.org. 503-988-5123. North Portland library, 512 N. Killingsworth St.

MEET THE AUTHOR

Oct. 16. 7-8 p.m. Julia Stoops, author of "Parts per Million," meets with readers. Sponsored by Friends of the Library. Free. www.multcolib.org. 503-988-5123. Mt. Bachelor Conference Room of Whole Foods Market, next to Albina library, 3605 N.E. 15th Ave.

SEE A FILM

ACCLAIMED FILM SET

Oct. 3. 7:30 p.m. See "Killer of Sheep," declared a national treasure by the Library of Congress. Filmed in Watts in 1975 with an all black cast and crew, the movie follows a working man trying to make ends meet at a job he finds repugnant and trying to connect with his family and community. Reviewer Roger Ebert calls it one of the 10 best films of all time. Tickets \$7-\$9. <https://hollywoodtheatre.org> 503-281-1142. Hollywood Theatre, 4122 N.E. Sandy Blvd.

SEE 'ATOMIC CAFÉ'

Oct. 8 and 9. 7 p.m. "The Atomic Café," a darkly humorous documentary in collage form, includes archival footage about nuclear warfare, soldiers' training, radiation safety and living in a fallout shelter. Tickets \$7-\$9. <https://hollywoodtheatre.org>. 503-281-1142. Hollywood Theatre, 4122 N.E. Sandy Blvd.

VIEW IMMIGRATION FILM

Oct. 22. 7:30 p.m. A 2009 film, "Sin Nombre," (without a name), is an immigration thriller featuring a Honduran teen traveling with her father for a better life in the U.S. when a pair of Mexican gang members boards the same train. The ACLU of Oregon presents a post-screening panel exploring the Trump administration's attempts to dismantle protections for immigrants/asylum seekers. Tickets \$7-\$9. <https://hollywoodtheatre.org>. 503-281-1142. Hollywood Theatre, 4122 N.E. Sandy Blvd.

HEAR MUSIC

HEAR BAYOU BOYZ

Oct. 1. 7:30-10:30 p.m. Continues Mondays. The Bayou Boyz play blues, rock, gospel and the zydeco of their Louisiana roots. No cover. www.mekongbistro.com. 503-265-8972. Mekong Bistro, 8200 N.E. Siskiyou St.

ACOUSTIC TUNES SET

Oct. 5. 8 p.m. Former Portlander Tracy Grammer, with her raindrop-clear alto, violin and guitar, is a storyteller with an evening of acoustic tunes. Tickets \$19. www.albertarosetheatre.com. 503-719-6055. Alberta Rose Theatre, 3000 N.E. Alberta St.

TAKE IN A PLAY

DATES ADDED FOR 'ANN'

Oct. 12, 13. 7:30 p.m. Oct. 14 at 2 p.m. Triangle Productions adds dates for "Ann," starring Margie Boule in a no-holds barred portrait of Ann Richards, the late governor of Texas. Broadway reviewers say the inspiring and hilarious play is a revealing look at the impassioned woman who enriched the lives of followers, friends and family. Tickets \$15 to \$35. www.trianglepro.org/. 503-239-5919. Sanctuary Theatre, 1785 N.E. Sandy Blvd.

HEALTH AND EXERCISE

TRY YOGA FOR ALL

Oct. 3-24. 10:30-11:30 a.m. Accessible Yoga for All uses a chair for standing or seated poses to align mind, body and spirit. The class is for those who don't feel comfortable in traditional yoga classes due to age, non-traditional body or limited mobility. The focus is to inspire African-Americans, elders and other underserved groups to improve health through movement. Free. Registration required: www.multcolib.org or 503-988-5123 or North Portland library, 512 N. Killingsworth St.

MOVE TO REDUCE PAIN

Oct. 5. 10-11 a.m. Continues Fridays. Gentle movement and awareness exercise to reduce chronic pain and effects of injuries while enhancing flexibility, comfort and strength. \$15 drop-in. www.somaspace.us/classes. (971) 258-1885. SomaSpace: Movement Arts and Healing Center, 4050 N.E. Broadway.

LEARN TO SWIM

Oct. 16 & 18. Center hours. All ages register for Learn to Swim classes, which begin Oct. 22. Scholarships available. Members \$52.50, non-members \$66.50. Registration required. 503-284-3377. www.necommunitycenter.org. Northeast Community Center, 1630 N.E. 38th Ave.



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TECHASSISTANCE**POST WITH CRAIGSLIST**

Oct. 16. 9:15-11:15 a.m. Learn to use Craigslist for posting items to sell, to search for a job or rental home, and to learn tips for staying safe on the site. Participants must be able to use a mouse and keyboard and be comfortable using the internet. Free. Registration required: www.multicolib.org or 503-988-5123 or in Albina library, 3605 N.E. 15th Ave.

CREATE PRESENTATIONS

Oct. 23. 9:15-11:15 a.m. Learn to create and edit presentations with Google Slides and Microsoft PowerPoint. For beginners but all participants must be comfortable using a keyboard and mouse. Free. Registration required: www.multicolib.org or 503-988-5123 or in Albina library, 3605 N.E. 15th Ave.

LEARN GOOGLE ITEMS

Oct. 30. 12:30-2:30 p.m. Learn the basics of Google Drive, Google Docs, Google Slides and Google Sheets. Participants need a Google or Gmail account. Free. Registration required: www.multicolib.org or 503-988-5123 or Hollywood library, 4040 N.E. Tillamook St.

FOR SENIORS**BELLY DANCE TO HEAL**

Oct. 1, 8, 22 and 29. 9:30-10:45 a.m. Belly Dance for Healing combines ancient movements with therapeutic healing practices from all over the world. The slow-paced, energized class includes chi gong, yoga stretching, deep breathing and simple meditation. \$5 per class. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

AID FOR GRANDPARENTS

Oct. 1. 10-11 a.m. Continues first Mondays. A support group for grandparents and other relatives raising children they initially didn't expect. Gain ideas for dealing with stresses and joys to improve the emotional and physical health of the adults and the children. Free. Information: 503-288-8303. Bridge Meadows library, 8502 N. Wayland Ave.

IMPROVE BALANCE

Oct. 1 and 3. 10-11 a.m. Continues Mondays and Wednesdays. Tai Chi: Moving for Better Balance, developed at the Oregon Research Institute, uses eight forms from the Yang style Tai Chi, progressing from easy to difficult. Improves balance, muscle strength, flexibility and mobility and improves mental health and self-esteem. Free but \$1 donation appreciated. Information: 503-288-8303. Bridge Meadows, 8502 N. Wayland Ave.

STRENGTH WITH YOGA

Oct. 1. 3:15-4:15 p.m. Continues Mondays. Gentle yoga provides a sense of strength and support for easy movement on and off the mat. Beginners welcome. Must be comfortable working on the floor. Bring a yoga mat. Free but donations appreciated. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

GAIN FLEXIBILITY

Oct. 2 and 4. 11 a.m. to 12 noon. Continues Tuesdays and Thursdays. An arthritis exercise program to promote joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. Free. Information and registration: 503-288-8303. Leaven Community Center of Salt & Light Lutheran Church, 5431 N.E. 20th Ave.

EXPLORE E-DEVICES

Oct. 2 and 16. 9:45, 10:15 or 11:45 a.m. Computer tutor John Lucas gives 45-minute, one-on-one guidance for electronic devices. Bring the device and charging cord. Free but donations to the center appreciated. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

LEARN SIGN LANGUAGE

Oct. 2. 3:30-4:30 p.m. Continues Tuesdays. Learn American sign language. Free. Information: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

HEAR ABOUT MEDICARE

Oct. 7. 3-4:30 p.m. A Medicare 101 workshop provides basic information about the program for new enrollees and those already enrolled but seeking more information. The presentation also includes information about 5 Star Medicare Advantage programs, which are considered tops in quality of care and performance. Free. Registration required: www.multicolib.org or 503-988-5123 or in Kenton library, 8226 N. Denver Ave.

LEARN CANNABIS AIDS

Oct. 4. 1:30-3:15 p.m. Dr. David Knox, a University of Washington medical school graduate, and Peggy Anderson, of Canna Help You, will provide information about how cannabis therapeutics can help with sleep, pain, anxiety and appetite. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

CAREGIVERS GET HELP

Oct. 11. 1:30-3 p.m. Continues Thursdays to Nov. 15. Powerful Tools for Caregivers is an educational program to help family caregivers take care of themselves while caring for a relative or friend. Learn to reduce stress, improve self-confidence, better communicate feelings and locate helpful resources. Facilitated by Loriann McNeill, Multnomah County Family Caregiver Support Program coordinator. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

VOTERS' FORUM SET

Oct. 11. 2-4 p.m. Elders in Action hosts a voters' initiative forum. Supporters and opponents of state and Metro regional initiatives appearing on the Nov. 6 ballot will provide their perspectives on the issues. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

HEARING LOSS REVEALED

Oct. 12. 1-2 p.m. Dr. Evonne Serpa discusses the relationship between diabetes and hearing loss. The same microvascular disruption that affects eyes also can affect hearing and balance. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

LEARN TRANSIT SYSTEM

Oct. 15. 9:30-10:30 a.m. Join RideWise staff, from Ride Connections, to learn more about the Portland metro area's public transportation system, including apps, trip planning and the new HOP Fastpass. Questions welcome. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

HEAR ABOUT 'VILLAGE'

Oct. 13. 12:30-2 p.m. Learn about Northeast Village PDX, which can help seniors age at home with a network of volunteers and reputable service providers. Information: 503-895-2750 or nevillagepdx.org. Hollywood library, 4040 N.E. Tillamook St.

ROSENBLUM TO VISIT

Oct. 18. 11:30 a.m. Oregon Attorney General Ellen Rosenblum joins the Meals on Wheels People for lunch. She will outline efforts to protect older adults from elder abuse and fraud. Free. Information: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

AVOID FRAUD

Oct. 22. 1-2 p.m. Learn Medicare basics and protect yourself from fraud. New Medicare cards are out and open enrollment will arrive soon, which may bring out fraudsters to deceive people. Learn how to protect yourself and avoid identity theft. Handouts will be available to provide more information and tools to use. Free but donations are appreciated. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

BAZAAR OFFERS GIFTS

Oct. 27. 9 a.m. to 3 p.m. The Hollywood Senior Center Holiday Bazaar includes dozens of vendors, including many whose work is sold in the center's gift shop. Call to see if a vendor spot is still open: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

INGENERAL**HONOR 'ROOTS' VENDORS**

Oct. 4. 7:30-9 a.m. The Street Roots annual family breakfast celebrates the newspaper's vendors and achievements. Michael Buonocore, executive director of Home Forward, delivers the keynote address. Tickets \$40 at door or <http://streetroots.org>. 503-228-5657. Oregon Convention Center, 777 N.E. Martin Luther King Jr. Blvd.

LEARN TO SPEAK

Oct. 6. 8:45-10:30 a.m. Develop speaking ability and skills in presenting and leadership in a supportive community, the Moser Community Toastmasters. A mentorship program will assess individual needs and support development. Guests are welcome and aren't required to participate. 503-724-4156. Second floor, Rose City Park United Methodist Church, 5830 N.E. Alameda, one block south of Sandy Boulevard.

PET FEST AIDS ANIMALS

Oct. 6. 10 a.m. to 2 p.m. Join the Oregon Humane Society for the ninth annual Pets-tival with a pet costume contest, hot dog sale and more. Funds benefit animals at the Oregon Humane Society. alex@oregonhumane.org. Hollywood Grocery Outlet, 4420 N.E. Hancock St.

MARKET OPEN SUNDAYS

Oct. 7. 9 a.m. to 1:30 p.m. The 16th Avenue Farmers Market continues Sundays to Oct. 28. Produce, flowers, honey and more, plus music. 16thAveFarmersMarket.com. Between N.E. Broadway and Weidler Street.

CHURCH GAINS NEW NAME

Oct. 7. 10:30 a.m. to 1:30 p.m. In a naming ceremony, Wilshire United Methodist Native American Fellowship becomes Great Spirit United Methodist Church. An Indigenous People's Day Celebration begins at 1 p.m. Oct. 8. www.portlandnativeamericanchurch.com. Great Spirit United Methodist Church, 3917 N.E. Shaver St.

COOK WITH MASA

Oct. 7. 3-4:30 p.m. Make tortillas, sope and gordita using fresh corn masa. The hands-on class includes shaping and cooking the foods and finishing them with locally available Mexican ingredients. Three Sisters Nixtamal also talk about the history of corn in indigenous cultures throughout the Americas and its health benefits. Free. Registration required: www.multicolib.org or 503-988-5123 or in Gregory Heights library, 7921 N.E. Sandy Blvd. Class also offered 6:15-7:45p.m. Oct. 9 at North Portland library, 512 N. Killingsworth St.

LEARN FOOD CART FACTS

Oct. 9. 5:30-7:30. Learn the steps required to open a food cart in Portland and Multnomah County. Start with a business plan, a food cart plan and continue with certifications and costs for building a business. Free. www.multicolib.org. 503-988-5123. Kenton library, 8226 N. Denver Ave.

DONATE TO LIONS

Oct. 13. 9 a.m. to 1 p.m. Hollywood Lions "White Cane Day." All donations support the Oral Hull Foundation for the Blind. QFC, Northeast 33rd Avenue & Broadway, and at 55th Avenue & E. Burnside Street.

DOGGIE LIMBO, ANYONE?

Oct. 14. 12 noon to 3 p.m. Chihuahuas and other small breed dogs can socialize off leash in an indoor play area for the annual "Island of Chi'waii," a tropical themed event for dogs and humans, 5 years and older. Features a photo booth, raffles, and contests starting at 1:30 p.m. including doggie limbo, best costume and island hop. Tickets: \$10 advance, \$15 same day. www.oregonhumane.org. Oregon Humane Society, Manners Hall, 1067 N.E. Columbia Blvd.

SEE HALLOWEEN CIRCUS

Oct. 19, 20, 26 and 27. 8 p.m. Oct. 28 at 7 p.m. Night Flight's eighth annual Fright Night, a Halloween circus, will feature music by "Fever." Children okay if accompanied by an adult. Tickets: \$38 advance, \$45 at door. www.albertarose theatre.com/tickets. Alberta Rose Theatre, 3000 N.E. Alberta St.

NEW DIET AT VEGFEST

Oct. 20. 10 a.m. to 6 p.m. Oct. 21 from 10 a.m. to 5 p.m. Portland VegFest includes speakers and authors discussing health and nutrition, environmentalism and animal welfare. Includes food exhibitors, product sampling, classes for a plant-based diet, cooking demonstrations, family and teen activities areas. One and two-day tickets: \$7 to \$17. <https://nwveg.org/vegfest-event-info>. Oregon Convention Center, 777 N.E. Martin Luther King Jr. Blvd.

DINE LIKE A VIKING

Oct. 21. 8:30 a.m. to 12:30 p.m. A Viking pancake breakfast includes scrambled eggs, sausage, fresh fruit, strawberry compote, lingonberries, juice, coffee and tea. \$8 adults, \$4 children 5-12, free for children under age 5. Bergen dining room at Norse Hall, 111 N.E. 11th Ave.

PREPARE FOR BIG QUAKE

Oct. 23. 6-7:30 p.m. Learn what to expect and how to prepare physically and psychologically for the big earthquake expected in the Cascadia Subduction Zone. Learn to prioritize and customize planning and how to involve neighbors in this important work. Learn how local government and schools are preparing and what the local Neighborhood Emergency Team is doing to prepare. Free. Registration required: www.multicolib.org or 503-988-5123 or North Portland library, 512 N. Killingsworth St.

HOSPITAL SETS MEETING

Oct. 24. 7-8 p.m. Providence Portland Medical Center hosts the annual meeting for the Laurelhurst and North Tabor neighborhoods. The agenda includes an overview of hospital services and programs. 503-215-6433. Providence Cancer Institute amphitheater, 4805 N.E. Glisan St.

LIONS WANT GLASSES

Oct. 27. 9 a.m. to 1 p.m. The Hollywood Lions accept donations of eyeglasses, hearing aids, cell phones and iPads to redistribute to those in need around the world. Donations also may go to Rose City Vision, 4526 N.E. Sandy Blvd.; Umpqua Bank, 4150 N.E. Hancock St.; 42nd Street Station, 2000 N.E. 42nd Ave. Grocery Outlet, 4420 N.E. Hancock St.

VANPORT TALK SLATED

Oct. 28. 2-3:15 p.m. Author Zita Podany outlines "Vanport: A City That Was." The World War II housing project disappeared in a flood after a railway berm failed on the Columbia River on May 30, 1948. www.multicolib.org or 503-988-5123. Hollywood library, 4040 N.E. Tillamook St.

NEIGHBORHOOD TO MEET

Oct. 28. 7-8:30 p.m. The Hollywood Neighborhood Association will outline upcoming plans and elect officers. All residents and business people are welcome. Psysyn1@gmail.com. Hollywood Senior Center, 1820 N.E. 40th Ave. - JANET GOETZ

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Tuesday, October 9

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Thursday, October 11

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Saturday, October 13

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MAURICE AND THE STIFF SISTERS

5 p.m. 'til 7 p.m.

MELVILLE

7:30 p.m. 'til 10 p.m.

Thursday, October 18

**GREAT NORTHWEST MUSIC TOUR
CASCADE CRESCENDO**Jam grass
Gym • 7 p.m.

Thursday, October 18

**LIMITED-EDITION
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Thursday, October 25

*Opera on Tap*Live opera singers in the Gym.
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Saturday, October 27

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Saturday, October 27

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SING-ALONG**

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Monday, October 29

HISTORY PUB

Theater • 6 p.m. doors; 7 p.m. event

Wednesday, October 31

HALLOWEEN

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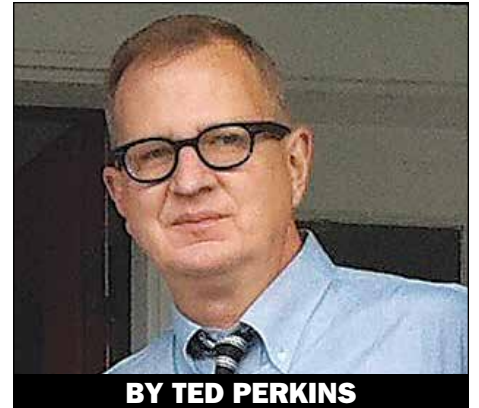
**ALBERTA 'AMBASSADOR'
LEAVES LASTING LEGACY**

Near the end of August, Alberta Main Street Executive Director Sara Wittenberg passed peacefully in her sleep after losing a second courageous battle to cancer. Since Alberta Main Street's founding in 2010, Wittenberg served as director of the nonprofit and played a key role in raising the \$30,000 required to launch the community-focused economic development program. Wittenberg's legacy and success in promoting and sustaining the Alberta community will leave an enduring mark on Northeast Portland neighborhoods for generations to come. She leaves behind scores of friends and admirers, and her joyous presence on the street will be deeply missed.

Wittenberg was born and raised in Wisconsin. She earned a bachelor's degree in international business management from Hamline University in Minnesota and a master's degree in public administration and communication from Portland State University. She joined the Peace Corps and worked as an education coordinator in Belize and Guatemala before joining the Corporation for National and Community Service, where she worked for 12 years and eventually became the program's director for the state of Oregon. Her mother Audrey, her brother Mark and her nephew David survive her. Friends have adopted her beloved dogs, Jackson and Macey.

"I got to see Sara in action everyday, working to make Alberta a fun, vibrant, diverse and thriving community," said Austin Raglione, owner of Mimosa Studios. "I owe a great deal of gratitude to Sara. Her unrelenting efforts made the street and my business more appealing. She was a trusted colleague who always had time to listen and advise and I will sorely miss her counsel. Most of all, I will miss her friendship, her humor and her kindness. We are all better because of what Sara gave to us and she will always have a special place in my heart."

"Sara was a great ambassador for Alberta because she loved her community," said Damian Crowder, Alberta's district liaison with Prosper Portland. "Sara greeted everyone with a smile and genuinely cared about residents, business owners, and visitors. Sara felt the Alberta community was a special place and she wanted to share her love of Alberta with everyone. I will miss working with Sara because her passion reverberated through her work and she



BY TED PERKINS

TEDPERKINS@STAR-NEWS.INFO

was a joy to be around."

"Sara navigated a challenging environment of constant change to include the people who are too often left behind," said Michael DeMarco, executive director of the Our 42nd Avenue Neighborhood Prosperity Initiative. "She would never claim the credit she deserves, but her humility, integrity and good humor in the service of others will reverberate through the fabric of Northeast Portland. I'm deeply saddened by the loss of a friend – and I'm thankful for all she's given."

"Sara was dedicated to and believed in the power of community," said Larry Holmes, an Alberta Main Street founding board member. "Running a Main Street program is no easy task. Sara did it with aplomb. She embraced Alberta and understood its rhythm and its rhyme. She was able to rise to the challenge of the work and she offered a seat at the table to all. Her dedication to our organization's mission was real, tangible and lasting."

Shortly before Wittenberg's passing, the National Main Street Center announced Alberta Main Street as one of ten semifinalists for a 2019 Great American Award. The winners will be announced in March at the national Main Street Now conference in Seattle, and Holmes plans to attend the ceremony with Wittenberg's mother.

"We are thankful to share that Sara was all smiles when she learned of the news earlier this month," said Holmes. "That is how we will choose to remember her – as passionate about the community she served. All of us are better off for her time, her efforts and her dedication to a lifetime of noble service."

In lieu of flowers, Wittenberg's family and friends suggest commemorations in her honor can be made to Alberta Main Street. For more information, visit www.albertamainstreet.org.

- CONTINUED ON PAGE 21

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Alberta Main Street Executive Director Sara Wittenberg passed in her sleep toward the end of August. (Judy Nelson)

★ STAR BUSINESS BUZZ



John Paulk has taken over food and beverage operations at the newly renovated White House bed and breakfast in the Irvington neighborhood. (The Portland White House)

IRVINGTON WHITE HOUSE PLAYS 'HAIL TO THE CHEF'

Frank Groff and David Krause have hired chef John Paulk to take over food and beverage operations at the newly renovated White House bed and breakfast event venue at 1914 N.E. 22nd Ave. in the Irvington neighborhood.

In addition to serving the inn's guests, the award-winning chef's Mezzaluna Fine Catering team will oversee booking events, ranging from intimate dinners in the private dining room to larger-scale events in the 85-seat ballroom.

"We are delighted to welcome John and Mezzaluna Fine Catering as our exclusive food and beverage operator," said Groff. "John's reputation is unparalleled and we have full confidence in him and his staff to take Portland's White House to the next level. We couldn't be more thrilled to have him at the helm."

Groff and Krause purchased the property last December and have invested nearly \$1 million in its renovation. The serial entrepreneurs count many historic landmarks among the properties

they have owned and renovated. The pair tapped local interior design firm Christopher-David to assist in the selection of furnishings that highlight the home's architectural details.

Paulk has played a role in the city's culinary scene since 2004. He received his formal training at Le Cordon Bleu and has been featured on the Food Network's "Cutthroat Kitchen." Mezzaluna Fine Catering has a client list that includes Nike founder Phil Knight, Microsoft CEO Steve Ballmer, anthropologist Jane Goodall, U.S. Senator Ron Wyden, and Pink Martini founder Thomas Lauderdale.

"I'm proud and happy to be joining Frank and David as they breathe new life into Portland's White House, one of the city's most beloved and treasured historical properties," said Paulk. "I have dedicated my career preparing delicious cuisine in classic style. With Portland's White House as our new home, we have an extraordinary and spectacular backdrop for our events."

For more information, call 503-287-7131 or visit www.portlandwhitehouse.com.

- CONTINUED ON PAGE 22



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★ STAR BUSINESS BUZZ

WIGGLE ROOM TURNS ONE

In October, Hollywood neighbors, Chris and Jessica Wade will celebrate the one-year anniversary of The Wiggle Room, a 2000-square-foot indoor play space and cafe at 1925 N.E. 42nd Ave. in the Hollywood Mall. "One year ago, The Wiggle Room opened its doors and welcomed kids and parents alike to come play," said Chris Wade. "Split about evenly between a play area and a cafe, we have a 16 x 20-foot play structure, a fine motor play room – with a rotating array of toys and puzzles – and a separated area for infants with padded climbing blocks and age appropriate toys." Normally the Wiggle Room hosts birthday parties on weekend afternoons, but on October 20 from 9:00 a.m. to 6:00 p.m. the Wiggle Room will thank their customers and welcome all families to help celebrate their first year anniversary. "The parking lot in the back behind Velo Cult will be cordoned off and will host a bouncy house and tent," said Chris Wade. "All families are welcome. There will be prizes and giveaways, and free play for all current 10x pass holders." For more information, call 503-877-9233 or visit www.thewiggleroom.com.

B-CORP BAKERY IS CERTIFIED AS SOCIALLY RESPONSIBLE

Grand Central Bakery will begin its 30th year in business by becoming the first local bakery to earn B Corp Certification. There are more than 80 Certified B



The employees at Broadway Physical Therapy made a commitment to reduce the clinic's carbon footprint by commuting to work by bike. (Broadway Physical Therapy.)

Corporations in Portland and about a dozen in Seattle, as well as 2,600 worldwide. Certified B Corporations meet standards of social and environmental performance, public transparency and legal accountability that balance profit and purpose. "Our B Corp certification validates the way we've been doing business for years," said CEO Claire Randall. "It also tells us where we can improve. We have so much room to grow and with B Corp certification we're held accountable for that work." To earn certification, the bakery completed a comprehensive assessment of its business practices and company culture. There were several areas of performance where the bakery excelled, including 59 percent of ingredients and supplies purchased from independently owned and local vendors; 50 percent of management

positions held by women; all 384 employees receive eight hours of paid community service time; grants and partnerships with six local nonprofits that focus on environment, immigrant rights and workplace equality; and recognition as an industry leader in food waste reduction. Randall emphasized that earning B Corp certification is only a starting point for the company. Certified B Corporations must renew certification every three years by showing how they've improved their social and environmental impact. "What's great is that it provides a road map," said Randall. "We're already thinking about how we can evolve. It's about making you a better business." For more information, visit www.grandcentralbakery.com.

PHYSICAL THERAPISTS REDUCE CARBON FOOTPRINT

This summer, the employees at Broadway Physical Therapy made a commitment to reduce the clinic's carbon footprint by commuting to work on foot, by bike or by public transportation. After a successful season of alternative transportation, they have not only benefited the environment, but have improved their overall health. Their commitment inspired owner Ellen Grover to purchase her first bike in years. "Riding to work helps me feel more energized and I am happy to be a part of Portland's biking community," said Grover, who plans to continue her commuting routine. The employees have had their bikes professionally fit by Matt Flood, a physical therapist at the clinic who adjusts bikes for a wide range of cyclists. Using his knowledge of biomechanics to examine leg length, limb alignment, overall mobility and flexibility, Flood checks points of contact on the saddle, handlebars and pedals to mitigate excessive pressure and prevent injury. "Proper fitting of the rider to the bicycle can both prevent injury and accommodate existing injuries," said Flood. "Our goal is to make bikes more comfortable and help people to ride longer and faster. If they already have an issue, we can adjust for that during the fitting."

- CONTINUED ON PAGE 23



★ STAR PET CONNECTIONS



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CANNABIS FOR CANINES

We asked Christine Mallar, co-owner of Green Dog Pet Supply at 4327 N.E. Fremont, to share what she knows about using cannabis for canines and felines: "We are huge fans of using the cannabinoid CBD (cannabidiol) for pets, and are amazed at how effective it is for many common ailments, including joint pain, anxiety and seizures. It also helps fight inflammation, settles nausea, and helps animals sleep more soundly. "One customer whose dog experienced daily seizures was prescribed a phenobarbital, which turned her into a zombie. Once the couple switched their dog onto Cannapet biscuits, she's been seizure-free for over a year and her vibrant personality returned. My 17-year-old cat Otis began limping after getting up from naps and had trouble jumping up onto the couch. I put him on Select Pet (a Portland company) because they made a tincture that was completely tasteless, which is important for finicky felines. Taken with his food, Otis regained his mobility and became more comfortable. "CBDs for pets have no psychogenic effects, because they're derived from hemp. When we're considering a brand, we research how the plants are grown, that extraction is done with CO2 (not ethanol or butane), and that the company provides lab results showing testing for contaminants. "At Green Dog, we carry a variety of CBD products for pets in treat, capsule and tincture forms. We also sell one for people that's in raw honey form, or flavored with ginger, tangerine or lemon." For more information: www.greendogpetsupply.com or call (503) 528-1800. Congratulations on a successful 14 years in business!



Green Dog Pet Supply owners Christine and Mike Mallar.

Editor's note: On October 7, at 10:15 a.m., Blessing of the Animals at Central Lutheran Church, 1820 N.E. 21st Ave. Pastor Amanda Zentz-Alo invites all to celebrate God's creatures, great and small to receive blessings. Children are welcome to bring their stuffed animals or pictures of their pets to avoid the stress of travel, or other animals and strangers. Pets are welcome to remain throughout the entire service. Coffee hour follows at 11:30. See www.centralportland.org or call (503) 284-2331.

14th Anniversary Sale!

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★ STAR BUSINESS BUZZ

Broadway Physical Therapy has been serving the neighborhood since 2002, providing postoperative care, sports rehabilitation and a variety of services.

For more information, call 503-287-6636 or visit www.broadwaypt.net.

BEAUMONT ALUMNI GIVE BACK TO SCHOOL

In July, 40 alumni from the 119-member 1968 graduating class of Beaumont grade school gathered for their 50-year reunion at Noho's Hawaiian Cafe on Fremont.

"Classmates shared memories of mischief and accomplishments, favorite teachers, and how the old neighborhood has changed," said class member Jeanine Bassett. "In addition to sharing

amazement that 50 years have gone by, the class of 1968 wanted to give back to the school that helped launch them into the world."

On September 12, the class gave over \$1,000 worth of gift cards to Harriette Vimignon, the current Beaumont principal. Vimignon will make sure the cards are given to Beaumont families in need. Donations came from classmates far and wide, and not just those who attended the reunion.

As one 1968 classmate said, "I sure could've used one of those gift cards when I was in school."

"Giving back and paying it forward made the reunion not just a time to catch up with old friends, but to make a difference," said Bassett. ★



Alumni from the 1968 graduating class of Beaumont School donated over \$1,000 worth of gift cards for use by current students of the school. (Jeanine Bassett)

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A Note from Sue Coon

Our market is moving past “summer slow-down” with many properties showing one or more price adjustments. Inventory is the most we’ve had in the last three years yet it is still NOT a buyer’s market with only about 2.5 months worth of inventory. **NOW IS A GREAT TIME TO BUY** with lower prices & new inventory coming on for our fall market. Don’t let this opportunity to get a good buy before the demand & asking prices typically rise after the new year.

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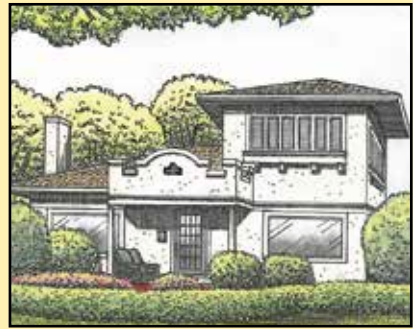
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