Holiday Johnson will begin offering in-person yoga classes at her new location in Beaumont Village. PAGE 8

🖈 SERVING NORTHEAST AND NORTH METROPOLITAN PORTLAND NEIGHBORHOODS 🛨 OCTOBER 2021 🖈 VOLUME 39, NUMBER 04 🛨



STREETWISE This month, Barb Hughes visits bustling business districts in the Kerns and Laurelhurst neighborhoods, where she finds Eric Schmidgall and Rob Adamoski at the Mountainshop on Sandy, getting ready for ski season. PAGE 10





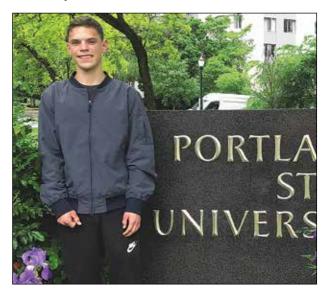
JAM SESSION Paperjam Press in Beaumont Village marks 30 years of business under several names. PAGE 8



DREAM ON African youth organization plans grand opening for new Dream Center in Montavilla. PAGE 2



KNIGHT MOVES De La Salle North Catholic High School begins school year in new Cully home. PAGE 6



CAREER & COMMUNITY PSU program offers an inclusive experience for all students. PAGE 9

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

STAR STORY DRAWS MORE NEIGHBORS TO KELLEY PLAZA FOR ADOPT ONE BLOCK PROJECT

For several months, Heidi Newmark has been cleaning the trash from a block off Northeast 42nd Avenue and Sandy Boulevard, as a volunteer through the nonprofit Adopt One Block. But after a story about her efforts appeared in the Star-News in September, she started getting help at the mini park called Harold Kelley Plaza.

One morning, seven people showed up to join in her weekly chore, removing garbage from the area and its benches and tables. The houseless man who often helps her, Walter, had already filled one large trash bag by the time she arrived, Newmark said.

"It was so fun to meet so many people who are willing to help with this heavily trafficked area," Newmark said in an email. "I don't know how they all feel, but I had a lot of fun, and felt so satisfied to see it completely clean for the first time."

When she left that day, Newmark wrote, two women were collecting dry vegetation from the bioswale at the edge of the plaza that could become a fire hazard.

More recently, Newmark said she has acquired a regular helper, and when they arrived on the autumn equinox, the plaza was already remarkably clean. Walter had recruited a helper himself. In addition, one of the owners of Rio's Ribs, at the south edge of the plaza, told her he planned to power wash the plaza weekly once the restaurant reopens.

"I am feeling better about our city," Newmark wrote in an email. "It does feel like we are turning a corner."

For more information about the all-volunteer, self-paced clean-up program, visit www.adoptoneblock.org.



JANETGOETZE@STAR-NEWS.INFO

CONSTRUCTION SLATED FOR GRANT SOFTBALL FIELD

Construction is scheduled to start in November on the girls' softball field at Grant High School, with completion expected by the spring 2022 season, according to David Mayne, a Portland Public Schools spokesman.

Signs have appeared recently by the school and Grant Park, near Northeast 36th Avenue and U.S. Grant Place, asking "Where is the softball field?"

The design phase is finished and the district is awaiting city construction permits, said Mayne. A land-use hearings officer approved the project in June, on property straddling school district and city park property.

For many years, the softball players have traveled to fields away from the school, but boys' baseball teams have had a field on campus. A softball field was originally planned as part of Grant's modernization but was scrapped for financial and other

reasons, the district has said.

Three students and the softball coach have filed a federal suit against the school district, alleging sex discrimination because of the disparity in sports facilities. The litigation has continued without resolution of issues, said Sean J. Riddell, the lawyer for the students and coach. Title IX of 1972 education amendments protects people from discrimination based on sex in education programs or activities that receive federal financial assistance.

The coach and students are asking for a judgment that the school district violated their rights under federal law. They also are asking that they receive treatment and benefits equivalent to those provided boys' athletic teams at Grant High School.

AFRICAN YOUTH CENTER PLANS 'DREAM' OPENING

The African Youth and Community Organization (AYCO) has scheduled a grand opening from 3-8 p.m. on Oct. 14 at its new Dream Center, 432 N.E. 74th Ave., to provide youth services, civic engagement and health and disability services for East African immigrants and refugees in the city.

However, the building at Northeast 74th Avenue and Glisan Street isn't the end of the dream envisioned by AYCO. The building, once used by a broadcasting company, is expected to be demolished and replaced with a new structure – with AYCO offices on the first floor and 250 affordable housing units on upper floors.

State Sen. Michael Dembrow and state Rep. Khanh Pham helped secure some funding for a new center by allocating American Rescue Plan Act dollars for the project. The non-profit organization is

- CONTINUED ON PAGE 3











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Oregon legislators show their support for AYCO's new Dream Center. From left, Dan Valliere, CEO of REACH Community Development; Sen. Michael Dembrow, D-Portland; Rep. Barbara Smith Warner, D-Portland; Jamal Dar, AYCO founder and executive director; and Rep. Khanh Pham, D-Portland. (Danny Peterson).

seeking another \$2.5 million to construct the new 8000-square-foot community center.

at 6 N. Tillamook St., which recently was added to the National Register o

The decade-old AYCO, formerly on 122nd Avenue, sees more than 18,000 Somali immigrants and refugees each year through programs assisting individuals and families, including many who have escaped civil war and refugee camps.

"We are dreaming big," said Jamal Dar, founder and executive director of AYCO. "We come from war torn countries, we come from a civil war, we come from refugee camp. We are calling home this place."

BILLY WEBB ELKS LODGE NEEDS FUNDS FOR RECOVERY

A Go Fund Me page is set up to help the historic Billy Webb Elks Lodge in the Eliot neighborhood recover from a September fire and rebuild a structure that has been important in the African American community for a century.

A blaze started on a back deck, spread to two adjacent walls, the roof and rafters. Smoke damaged the interior, and water damaged the walls, ballroom floor and basement.

The lodge has insurance for the building

at 6 N. Tillamook St., which recently was added to the National Register of Historic Places. Lodge officials have been conferring with the insurance company about coverage.

In addition, it costs about \$100,000 a year to keep the building open and maintained, said Louis McLemore, the lodge's exalted ruler. The fire damage means the lodge can't rent the ballroom and other areas of the building to raise money for rehabilitation for about a year, he said. In addition, activities have been curtailed for most of the past year because of the pandemic.

The non-profit Restore Oregon, which works to preserve historic places that reflect the state's diverse cultural heritage, has set up the GoFundMe site. It is intended to cover costs not covered by insurance, to help the lodge make up for lost revenue, to secure operating expenses while the lodge is unusable and to consult with historic preservation experts about restoration of the lodge. Donations may be made at www.gofundme.com-historic-billy-webb-elks-lodge.

- CONTINUED ON PAGE 4









Wild Hearts Wellness will be the new location for Holiday's Health & Fitness Yoga Classes & Workshops.

> www.holidaysyogacenter.com https://wildheartswellness.net/

Registration is happening NOW for October 3rd Wisdom of Yoga Workshop, as well as weekly classes. Contact Holiday at holiday@holidaysyogacenter.com to register today!





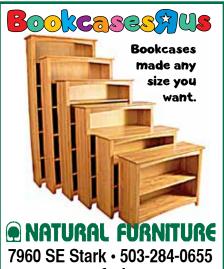
A ground breaking ceremony was held in August for the three year modernization project of Benson Polytechnic High School, at 546 N.E. 12th Ave. in the Kerns neighborhood City permits have been approved for demolition of attached buildings and sections of the main building where additions are planned. (Portland Public Schools)

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Living Cully is seeking donations through October for a Neighborhood Renter Relief fund to assist residents who are struggling with rent, food and other bills because of the pandemic. The goal is to raise at least \$150,000.

LIVING CULLY SEEKS

The non-profit raised more than \$100,000 in 2020 that was distributed to more than 200 renters in the Cully community.

"We will pass along every dollar that is donated, minus credit card fees, directly to neighbors in Cully," according to information from the organization.

Online donations may be made at www. livingcully.org/renter-relief-fund/.

PERMITS APPROVED FOR WORK AT BENSON

The three-year modernization of Benson Polytechnic High School, at 546 N.E. 12th Ave. in the Kerns neighborhood, has begun in earnest with city permits approved for demolition of attached buildings and sections of the main building where additions are planned.

Benson students are attending classes at the Marshall High campus while construction continues to upgrade building operating systems and reconfigure spaces

for 21st century education.

Space will be provided at the Benson campus for a Multiple Pathways to Graduation building, which will include programs such as Teen Parent Childcare, Portland International Scholars, Pioneer High School for special education students, Portland Evening and Summer Scholars and Portland Virtual Scholars.

Benson is one of several buildings that Portland Public Schools is modernizing with voter-approved bonds. Work is finished at Franklin, Roosevelt, Grant and McDaniel high schools; Faubion PK-8 and Kellogg Middle School. Work also has started at Lincoln High School.

FOOD BANK CEO URGES ACTION TO END HUNGER

"The need for anti-hunger action has never been greater," said Susannah Morgan, CEO of the Oregon Food Bank. More than 1.7 million people sought food assistance through the Oregon Food Bank Network over the past year. That's nearly double the pre-pandemic count, Morgan said in an annual report.

Hunger was a crisis before the pandemic, she said, but as people lost jobs or faced other hardships, many who had never needed help in the past found

- CONTINUED ON PAGE 5



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themselves among those called "food insecure." To help them find help, the food bank placed information on its website about 1400 food assistance sites. They can be accessed at www.oregonfoodfinder.org.

However, Morgan said, food is only a band aid on the problems of low wages, educational barriers, unequal health care and other factors that lead to hunger in the United States. For that reason, she said, voters need to urge elected officials to support the federal Build Back Better legislation that would aid families and children.

She urged people to tell elected officials: "Hunger stinks, and we want it gone."

ARTISTS OPEN STUDIOS TO WELCOME VISITORS

Artists working in glass, jewelry, painting, sculpture and other media will open their North and Northeast Portland studios on two October weekends to show how they work and what tools and materials they use.

The artists have been juried into Portland Open Studios and are among more than 100 artists in the region participating in the 22-year-old educational event. The studios are open 10 a.m. to 5 p.m. Oct. 9-10 and Oct. 16-17.

An online tour guide permits visitors to see where they might wish to visit. The guide lists studios by section of the city, art subject or artist name. The guide, which has been printed and sold to support the activities of the non-profit organization in previous years, has a donate button this year. Information and the guide are at www.portlandopenstudios.com.

In addition to the tour, Portland Open Studios also provides scholarships for emerging and historically marginalized artists. It organizes professional development workshops to help artists navigate a new market.

Masks are required in all studios and hand-washing or sanitizing stations will be available at entrances. Artists will limit the number of visitors allowed in studios to allow for safe distancing.

FILM CLASS FOCUSES ON 1970S HORROR

Cinema students with an interest in cult horror films of the 1970s have an opportunity to learn about international films produced during that period. Movie Madness University has scheduled virtual or in-person sessions during October.

Instructor Kia Anne Geraths will facilitate the four-week, discussion-based classes, focusing on a different film each week. The films are "Hatchet for the Honeymoon" from Italy, "Dracula A.D. 1972" from Great Britain, "Hausu" from Japan and "Patrick" from Australia.

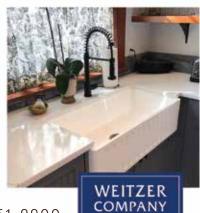
Virtual classes, limited to 15 participants, will begin at 7 p.m. Tuesdays on Zoom. Participants must watch the movies on their own. Tuition is \$40 for the four-week session or \$32 for Hollywood Theatre and Movie Madness members.

In-person classes, limited to 18, will begin at 7 p.m. Thursdays at the Movie Madness Miniplex, 4320 S.E. Belmont St. Masks and proof of vaccination are required for students and instructors. Films will be shown in the miniplex, followed by discussion. Tuition is \$75 for the four classes or \$60 for members. Tickets and information are available at www.hollywoodtheatre.org/events/mmuinternational-horror. ★

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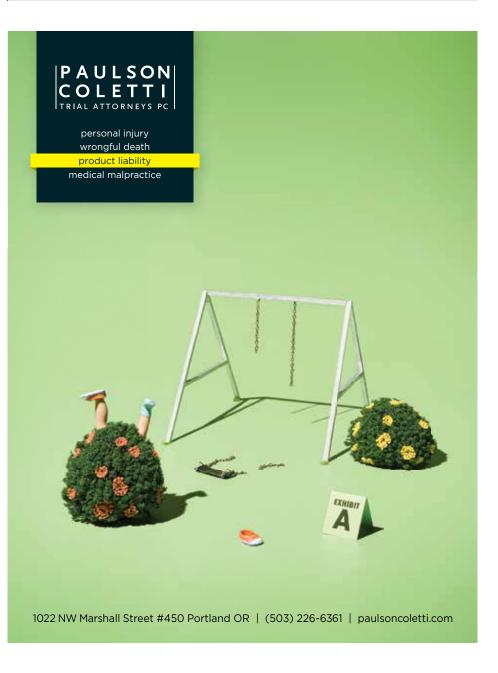
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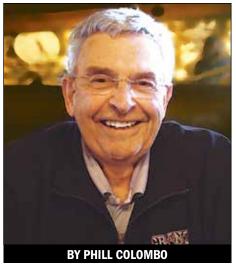
De La Salle North Catholic High School's twentieth year has officially started at its new campus. In addition to the new location at 4300 N.E. Killingsworth St., the school begins the 2021-22 academic year with a new principal, Erin Reid. After trekking cross country from Illinois, Reid spent her first few weeks at De La Salle North getting settled and learning her way around Portland, getting to know the staff, asking questions and gaining knowledge about what sets the school apart from other Catholic schools in the area.

De La Salle North is unique in its low annual tuition of under \$3000, the lowest in town for a private high school. All students work five days each month at "real-world" jobs, with the money earned off-setting nearly 50 percent of the cost of education. De La Salle North offers a student-to-teacher ratio of 11 to one, an average classroom size of 19, and an average 98 percent of graduates are accepted to colleges and universities.

Construction of the new campus was divided into two phases. Phase One was the renovation of the existing building formerly St. Charles Grade School - and was completed in mid-August, when occupancy permits were granted. In late August, staff and faculty arrived to begin unpacking boxes and setting up classrooms. On September 9, students arrived at the new home of Knight Nation for their first day of school.

Phase Two will include the building of a new commons, parking lot and gymnasium and is still underway with several more weeks until completion That delay did not dampen excitement for the school's historic moment as students, staff and faculty patiently wait until the entire project will be complete.

Until project completion, the school's temporary front door will be next to the St. Charles Parish front entrance facing Northeast 42nd Avenue. The new address is 4300 N.E. Killingsworth St.



PHILLCOLOMBO@STAR-NEWS.INFO

DEADLINE APPROACHES FOR COUNTY'S CULTURAL **GRANT APPLICATIONS**

The Multnomah County Cultural Coalition is set to begin reviewing grant applications after October 7, when its online portal at www. multcoculturalcoalition.org will close. Because of lingering impacts of the pandemic, the coalition is offering an expanded range of funding types to help organizations adapt to current challenges by inviting applications for general operating support with events and programs and capital and capacitybuilding investments. Grants will range between \$1000 and \$2000.

Nonprofit organizations, registered neighborhood associations, artist collectives and ensembles and two or more individuals with a declared public purpose are urged to apply for grants to fund projects, programs and events, capacity building and capital projects and general operating expenses.

Applicants can expect application outcomes before December 13. Funds and grant agreements will be disbursed in January. All funded activities must take place between January 1 and December 31, 2022.

- CONTINUED ON PAGE 7

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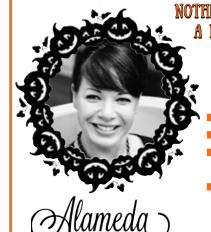
STAR DEVELOPMENT NEWS

APPLICATIONS, PERMITS, DEMOLITIONS AND MORE

- In Boise at 4047 N. Williams Ave., Williams 41 of Northwest Portland has permission to deconstruct a 1405-square-foot, single-family residence built in 1903. Plans are being reviewed to construct two, four-story buildings, a 13-residential unit, mixed-use structure with ground floor lobby and retail space and a 17-unit residential building.
- In Buckman at 2580 S.E. Ankeny St., UDG 26th & Ankeny of Beaverton has permission to construct a new, 15-unit apartment building.
- In Concordia at 6348 N.E. 33rd Ave., Oregon Homeworks of Southwest Portland has a permit to demolish an 840-squarefoot, single-family residence built in 1950. Applications are under review to build two, new, two-story, single-family residences and a new, two-story accessory dwelling unit, all without garages.
- In Grant Park at 2734 N.E. 36th Ave., John and Juliette DeSoto were issued a permit to deconstruct a detached garage built in 1926. Plans are being studied to build a new, single-story, detached accessory dwelling with no garage.
- In Kenton at 8430 N. Seward Ave.,
 Etruscan Ventures of Southwest
 Portland has a permit to deconstruct
 a 1260-square-foot, single-family
 residence built in 1922. Plans are being
 reviewed to build two, new, two-story,
 single-family houses with attached
 single-vehicle garages.
- At 8733 N. Burrage Ave., Kimco Properties of Sandy secured permits to deconstruct a 1027-square-foot, singlefamily home and detached garage built in 1930. Plans are being reviewed

to build three, new, two-story, single-family homes with no garages.

- At 8001 N. Emerald Ave., Christopher and Lisa Siems secured a permit to construct a new, detached, one-story accessory dwelling without a garage.
- At 7559 N. Drummond Ave. and 7558 N. Emerald Ave., Modern Homes of Northeast Portland has permission to build a 33-unit, two-lot development consisting of seven, two- and three-story, six- and five-unit town home buildings.
- In Kerns at 2047 N.E. Davis St., Jasmine Investments of Southwest Portland secured a permit to construct a new, three-story, six-unit apartment building on a vacant back lot.
- In Madison South at 3106 N.E. 83rd
 Ave., Stewart and Lisa Hulick of North
 Portland have permission to build a
 new, detached, one-story accessory
 dwelling without a garage.
- In Montavilla at 524 N.E. 74th Ave., Barbra Le Trace and Jack Lieuallen of Northwest Portland have permission to deconstruct a 1432-square-foot, single-family residence and detached garage built in 1910.
- In Rose City Park at 1925 N.E. 57th Ave., the Edgar Joint Trust secured a permit to build a new, two-story, detached accessory dwelling unit with an attached, single-vehicle garage.
- In Sabin at 1414 N.E. Going St., Firenze
 Development of Wilsonville is permitted to
 construct a new, two-story, single-family
 residence with an attached accessory
 dwelling and single-vehicle garage.
- At 3932 N.E. 10th Ave., Sean Lawson and Sandra Loewe of Trenton, Mich., have a permit to construct a new, two-story, detached accessory dwelling without a garage. ★



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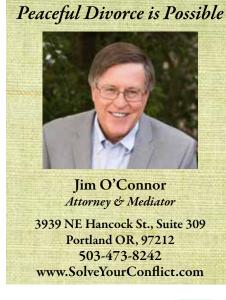
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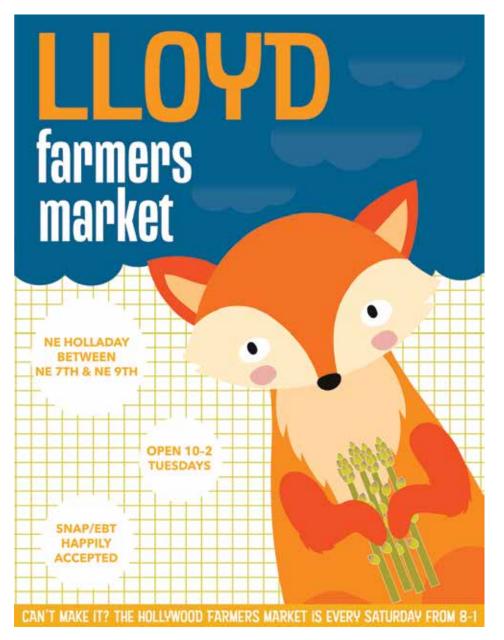
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STAR BUSINESS BUZZ

MIMOSA CELEBRATES 20 YEARS ON ALBERTA

Mimosa Studios, the "paint your own pottery" ceramic studio, will celebrate 20 years of business on Alberta Street this October. Mimosa opened in the Vernon neighborhood in 2001, welcoming everyone to experience the fun of pottery painting in the Alberta Arts District.

"We have dedicated our efforts to creating a sense of community here, where everyone is welcomed and appreciated and all artistic endeavors, no matter what level, are encouraged and celebrated," said Mimosa owner Austin Raglione. "I am so grateful for our loyal customers and the welcoming space we have created together."

Mimosa started building community partnerships in 2001, inviting neighborhood children to paint free tiles, which now hang in two large panels outside the shop's doors. In addition to her own studio, Raglione has helped install tile murals in front of Grasshopper Children's Store, to honor owner Kara Larson, and at the VOA Men's Residential Center in the Eliot neighborhood.

Over the years, Mimosa has donated hundreds of items and projects to the community and has now selected three local charities to receive proceeds from painted pottery sold in the store. The three organizations are Rose Haven Day Shelter for Women and Children, New Avenues for Youth and the Al Forthan Scholarship Fund. Team Mimosa has been busy making pottery to sell and $100\,$ percent of proceeds will be donated to a charity of choice. For the third year in a row, Mimosa Studios will host "Paint a Tree, Give a Gift", donating a portion of holiday proceeds from each Christmas tree or menorah to the Raphael House to help purchase holiday gifts for children.

"Raphael House provides essential services, helping survivors of domestic violence find safety, hope and independence," said Raglione. "We are honored to partner with them again this year. People love to paint our vintage Christmas trees and beautiful menorahs



In September,
Paperjam Press in
Beaumont Village
celebrated 30 years
of business under
various names.
(Paperjam Press)

during the holidays, and we will be donating \$10 for each tree and menorah painted to help provide holiday cheer for children served by Raphael House."

Raglione is grateful that her business has survived the pandemic. As it was closed to in-studio painters, it survived by bringing the studio directly to customers. Mimosa was able to quickly install an online store, offering a wide variety of things for people to paint, as well as the ability to select paint colors from the website. Staff then put together "Take-Home Kits," complete with brushes, pallets and instructions, and delivered them free of charge directly to people's homes.

"Surviving the pandemic would not have been possible without the patronage and support of the uniquely caring community we are a part of," said Raglione. "Thank you to our customers – we quite literally could not have done this without you."

To ensure social distancing, Mimosa Studios only allowed one group painting at a time for over 13 months, opening up to three groups at a time in July. Currently, Mimosa takes reservations, as well as dropin for in-studio painting while continuing to offer kits to people who enjoy the experience of painting in their own home.

"People love to paint pottery and we want to make sure that they have the opportunity to do so if they prefer being at home or if reservations are full," said

Raglione. "The pandemic helped energize us to get our online store up and running so people can now just order online or in store what they want to paint, and we will have their kits all ready to go when they stop by to pick up. Now people have both options for hosting parties in-studio or at home."

Being an active community member is the core of Mimosa Studios' mission and something Raglione is deeply committed to.

"Giving back is what feeds my soul" said Raglione. "Now more than ever we need to come together and help care for each other. We all have a part to help our community stay strong. I am honored that our customers have supported us for 20 years so that we can continue to provide a creative space while supporting community efforts."

Mimosa Studios is open seven days a week, from 10:00 a.m. to 5:00 p.m. Customers can paint and pick up To-Go Kits in the studio or order kits online to create unique works of art anywhere. For more information, call 503-288-0770 or visit www.mimosastudios.com.

HOLIDAY JOHNSON OFFERS IN-PERSON YOGA

Alameda neighbor Holiday Johnson, who has taught yoga classes and workshops in the neighborhood for more than 40 years, is moving to a new space at Wild Hearts Wellness, 4230 N.E. Fremont St. in Beaumont Village, to begin limited capacity, in-person classes.

Johnson has been offering classes during the pandemic on YouTube, Facebook and Instagram, but is now moving to in-person classes and private sessions for vaccinated students. She also has scheduled meditation classes and a "Wisdom of Yoga" workshop in November. Her 25th annual yoga retreat in Hawaii is planned for December. An Oregon Coast retreat is scheduled for July.

"I am very pleased to have found Wild Hearts Wellness, a perfect location near my home," said Johnson. "The owner, Maura Dawgert, and the other health practitioners there have the high standards needed during these challenging times. I believe that yoga is an opportunity for us to come together to meet and develop the finest qualities of who we are."

Johnson's broad range of experience encompasses local, national and international exposure. Tailored to her student's needs, she supplies knowledge, support and enthusiasm for all ages and skill-levels. She is the founder of Standing On Your Own Two Feet, a nonprofit teen yoga program, that will resume in January 2022.

For more information, call 503-539-1074 or visit www.holidaysyogacenter.com.

PAPERJAM PRESS MARKS 30 YEARS

In September, Paperjam Press in Beaumont Village celebrated 30 years of business.

"Time flies when you are having fun," said Paperjam co-owner Deb Field. "It all started in 1990 with the birth of our son Myles, when we designed a birth announcement for him."

With encouragement from family and friends, Deb and husband John launched BabyFace Birth Announcements.

"In 1998, we went a different direction and expanded our offerings under the name of Take Notice Card Company," said Deb Fields. "At the peak, we were in over 500 stores across the nation."

For 12 years, the Fields were recognized as leaders in the custom card business, including cards for Diane Keaton, Christian Slater and Howie Mandel.

"In 2009, the recession arrived and our business was deeply affected," said Deb Fields. "With resilience and determination, we shifted and became Paperjam Press. Now our baby is 31 years old and works at Paperjam as our main printer. We are happy to say that we are celebrating 12 years in our latest business and 30 years altogether. Our biggest thanks goes out to our customers."

The Fields believe in shopping local.

"We are consistently hearing from new customers that they want to support local which also aligns with our values," said Deb Fields. "Supporting the local economy makes for a more stable financial environment - keeping our money circulating locally. We do our very best to 'walk our talk.' We dine at our local restaurants, bank at a local community bank, shop for clothes and other items in our local retail stores. Our neighborhood business district, Beaumont Village, feels like a small town offering many goods and services that we need and all within a walk or short drive. It makes life so much simpler to shop local."

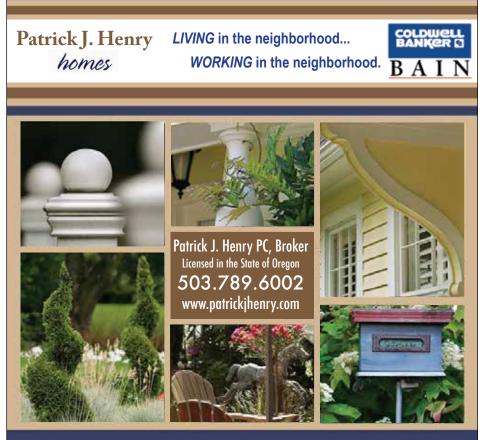
For more information, call 503-238-5777 or visit www.paperjampdx.com.

STAR WRITER HONORED WITH LIFETIME ACHIEVEMENT

Star Reporter Barb Hughes, who contributes our monthly Streetwise column, has been awarded the Lifetime Achievement Award from Marquis Who's Who, the world's premier publisher of biographical profiles.

With the award, Hughes celebrates many years of experience in the fields of journalism and broadcasting. Beginning as a Star contributor in 2020, Hughes has been active as a founder and voice talent for the Hughes/Taylor Company since 1990, working with clients to provide services ranging from radio and television commercials to narrations, to messages-on-hold and voice mail.

Born in Washington, Hughes studied at Western Baptist College and recently obtained a positive psychology certification in 2015. She has been a member of Women in Communications, the Northwest Area Music Association, the Publishers Marketing Association, the Portland Music Association and Willamette Writers. Lending support to her community, Hughes is the founder, executive director and coordinator of Swap Positive, a business that supports community free-swap events of various types of second-hand clothing, accessories and household items. **



STAR FEATURE

PSU Career & Community Studies program offers inclusive experience

By Janet Goetze

janetgoetze@star-news.info

After four years at Grant High School, Grace Kowitch went on to take a series of music, dance and art classes at Portland State University. An outgoing person, she also participated in several interest groups, from the student union to the Arabic Club.

While taking classes in tango, salsa and ballet, as well as a course in improvisational acting, she worked with Little Vikings, PSU's childcare program for student and faculty parents.

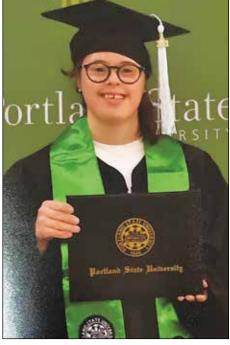
None of that is unusual for the average college student. But Grace isn't average. She's unique unto herself, as are other students in the Career and Community Studies program started in 2015 by faculty members in the PSU College of Education.

The program offers an inclusive, fouryear college experience for students with intellectual and developmental disabilities. Typically, the 15 to 20 students in the program have earned a modified high school diploma, and they receive a pre-baccalaureate, non-degree certificate after four years at PSU.

Grace, who received her certificate earlier this year, has Down syndrome and, after three years of working with children in Little Vikings, is now preparing for job interviews.

Owen Grossman, a McDaniel High School graduate who is on the autism spectrum, is starting his junior year in the program. An artist since elementary school, Owen is taking classes to prepare for a career in graphic design.

Students accepted into the program have academic counselors and get guidance in selecting career paths, said Susan Bert, co-director of the Career and Community Studies program with Mary Morningstar. Students also have a "peer navigator" who helps them learn about





Grace Kowitch, left, has completed four years in the Career and Community Studies program at Portland State University. The program offers classes and campus experience for students with intellectual and developmental disabilities. Owen Grossman, right, is preparing for a career in graphic design. He's also learning a variety of digital programs at the school and, as an artist since grade school, is looking forward to learning new techniques in a life drawing class. (Grace Kowitch and Shelly Grossman)

campus activities that may interest them.

The counselors working with students in the program are usually teacher interns who are gaining experience in working with young people who are intellectually or developmentally delayed, Bert said. The Career and Community Studies experience helps them prepare to work in inclusive ways with a range of students they may see in their future classrooms, Bert said.

Portland State is the only institution in Oregon that has the Career and Community Studies program, but many colleges and community colleges on the East Coast and Midwest have embraced it, Bert said. PSU has used grants to support the program, but Bert and her colleagues hope the

state legislature will fund the program for expansion to other Oregon institutions.

According to national figures, Bert said, graduates of these programs have a greater rate of employment and independent living than those without them. The college experiences enhance their self-determination, provide experience in making decisions and offer a sense of independence, she said. That's a long way from the old days when students with intellectual disabilities were often shielded at home or sent to institutions.

Career and Community Studies and similar programs have grown out of "Think College" at the University of Massachusetts, Boston. Its website

describes it as "dedicated to developing, expanding and improving research and practice in inclusive higher education for students with intellectual disability."

A gratifying support for the program, Bert said, has come from PSU instructors who modify teaching methods to help the students grasp concepts in their courses.

"If writing is a difficulty for some students," she said, "they can present what they know in another way to demonstrate they have met the course objective."

Students usually take two or three classes each term and pay regular fees. An Individual Development Account is available for students earning wages, who can then use savings to tap into matching funds for school expenses. The program comes through Community Vision, started in 2010, to assist people with developmental and physical disabilities in financing education while learning about money management.

Asked how her academic counselor guided her in class selection, Grace replied "I'm a very independent person. I selected my classes.'

Bert agreed, adding, "She's very selfmotivated. It's a positive experience to

While Grace was preparing for a new job, Owen said he was happy to start the fall term in regular classes with other students instead of a virtual setting. His own artwork often includes intricate details, but he's looking forward to new techniques he might acquire in a life drawing class.

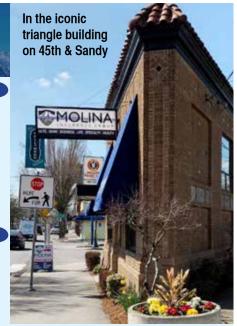
His other courses have included graphic design. He's also learning many digital platforms, including Adobe Illustrator, which will give him the background for a variety of future assignments.

'It's powerful, over four years, to see students use their voice and their choice to succeed," Bert said. ★



www.retreat4108.com









STAR STREETWISE

KICKING IT IN KERNS

he Kerns and Laurelhurst neighborhoods are full of interesting and useful businesses. Townhouse Dog and Cat can give your pets the services and care they deserve. Take Pride Barber Shop will have you looking and feeling sharp with haircuts, styling, beard and coloring services. You'll find both sweet and savory pies at Pie Spot, communal table eating at Nomad, a new fall dinner menu of house made sausages with seasonal accompaniments at Laurelhurst Market and a great beer patio at Migration Brewing's flagship store. Music Millennium is a neighborhood staple where music and people still matter, providing new, used, and classic releases



BARBHUGHES@STAR-NEWS INFO

on CD and vinyl, with action figures, retro and classic toys, socks, movies, posters, magnets and ghoulish items and music for your seasonal parties.

DAVA BEAD AND TRADE

Dava Bead and Trade is a fun store full of beads, jewelry & metal-smithing supplies. Established in 1991 by Anita Bermont, the store recently moved from the Broadway area to Kerns and is under negotiation for sale to long-time employee Amber Traeden. Amber has worked for Dava Bead for more than 20 years and loves beads, people and animals.

Amber's focus is creating community and supplying customers with the quality goods and knowledgeable advice they need to create their dreams. Amber helped me find the materials to create a beautiful fall gemstone necklace. Inventory consists of a curated selection of beads, charms, semi-precious stones, metal components, crafting cord in silk and cotton, crafting tools and bulk chain sold at wholesale prices with larger quantities.

Check out the beautiful selection of Czech and Japanese seed beads that can be used to make woven pieces such as micro-macrame, bracelets, earrings, necklaces and more. With personal assistance, quality repairs and a well-rounded selection of beautiful materials to choose from, enjoy in-store and online shopping. Hours are 12-5 p.m. Wednesday through Saturday and 12-4 p.m. on Sundays.

ADDRESS: 2470 N.E. Sandy Blvd. **PHONE:** 503-288-3991. **WEBSITE:** www.davabead.com. **DON'T MISS:** A new selection of semi-precious stones arrives every two months. Wednesday and Sunday from 12 to 4 p.m., bring your own containers and Null Refillery can fill them with bulk lotions, soaps and more in the back of Dava's shop.

MISSIONARY CHOCOLATES

Missionary Chocolates began in 2008 when Melissa Berry, a naturopathic physician, was in her last year of medical school. What started out as handmade, dairy-free, gluten-free, vegan gifts for her allergic mother quickly became a mission-driven company. A few months later, her dairy-free truffles won first place at the Northwest Chocolate Festival. This unexpected success changed what was a home-based kitchen experiment in chocolate into a thriving company dedicated to dairy-free, gluten-free, nut-free and vegan chocolates.

Missionary Chocolates uses only the purest, full-fat, coconut cream, creating a full cream taste without the dairy. Try free samples of hand-crafted vegan truffles in flavors like Local Lavender, Sweet Raspberry, Peppermint Perfection, Simple Expresso, Vanilla Salted Caramel, Spicy Cinnamon Chipotle, Meyer Lemon Explosion and Dark Chocolate Delight and you'll be blown away with the quality and taste. You'll also find CBD Truffles that can treat your chocolate fix as well as your pain. Jacobsen Salt Truffles can be found in Smoked Cherrywood, Pinot Noir, and Ghost Chili. And don't miss seasonal truffle flavors like Mexico Mocha, Blood Orange Cardamom and Pumpkin Pie. Along with Truffles, at Missionary Chocolates you'll find assorted bars and



Owner Melissa Berry and McKenna Marvin stir chocolate at Missionary Chocolates. (Barb Hughes)

confections conveniently packed, including chocolate-covered sandwich cookies, cinnamon bears, figs, cherries, gluten-free pretzels and more. They've got sugar-free chocolate bars in six delightful flavors.

You'll also find local art and handmade products for sale, including work by McKenna Marvin. Missionary Chocolates donates to community organizations such as Friends of Seasonal Farm Workers, Body Vox dance company, Cat Shelter of Dreams and Rose Haven Women's Shelter.

Owner Melissa Berry's favorite thing is to create new flavor combinations, and Missionary Chocolates loves collaborating with others. Check out the Gin and Bourbon chocolates made in collaboration with Freeland Spirits.

Chocolate makes a great gift and gift cards are available. Open Monday and Friday 11 a.m. to 4 p.m., Tuesday through Thursday 11 a.m. to 7 p.m., and Sunday from noon to 5 p.m., take a chocolate adventure at Missionary Chocolates.

ADDRESS: 2712 N.E. Glisan Street. PHONE: 503-206-8439. WEBSITE: www.missionarychocolates.com. DON'T MISS: Complementary samples in store. Dairy-free, gluten-free, nut-free, certified GMO, vegan, allergy-free truffles are rich, delicious and just what the doctor ordered. Missionary Chocolates is hiring seasonal help – training provided, and high schoolers are encouraged to apply.

FLYING FISH MARKET, RESTAURANT AND OYSTER BAR

Flying Fish Market, Restaurant and Oyster Bar moved to their current location in February 2020. As a second-generation family fish business, owner Lyf Gildersleeve sources oysters and fish directly from family producers in the Northwest, the East Coast

- CONTINUED ON PAGE 11



Owner Lyf Gildersleeve and Oyster Bar Chef Trever Gilbert at Flying Fish Market, Restaurant and Oyster Bar. (Barb Hughes)

STAR STREETWISE

and Baja, Mexico. The catch is flash frozen at sea and shipped by refrigerated air the same day. Lyf picks it up in his bio-diesel, re-claimed fryer oil, duel-fuel Jetta Wagon and brings it straight to the restaurant.

At the Flying Fish Oyster Bar, you'll find a rotating line of Shucked Oysters on the Half Shell. I'd never tried an oyster before, so Chef Trever Gilbert made his signature fancy sauced and herbed oysters for me to taste. What a party in the mouth, and totally delicious!

At the Flying Fish Restaurant, you'll find house made smoked salmon platters, soups and amazing fish dishes – like their best-selling fish tacos, their popular fish and chips made with high quality Alaska Cod and the grilled steelhead sandwich on a ciabatta bun with herb aioli and fresh kale slaw. The Flying Fish Market has all the sauces, salts, rubs and spices you could want, plus plenty of fresh and frozen fish to cook at home. You'll always find local beer and cider and a wide selection of red, white and sparkling wines, as well as sake.

Food is served at cute outdoor covered tables on Karmic Seed compostable plates. You'll find hand sanitizer on every table. Lyf provides a happy and wellpaid environment for his employees and they provide great service to customers.

Some of the more unusual offerings include the spring, summer and early fall fishing and farm tours – which are open to the public – as well as team-building activities like rafting and Alaska and Astoria fishing trips. Lyf believes work should be balanced with fun. It shows in the low employee turn-over. Enjoy the great food and friendly relaxed atmosphere. The restaurant is open 11 a.m. to 8 p.m. and the market is open 10 a.m. to 8 p.m. Wednesday through Monday.

ADDRESS: 3004 East Burnside Street. PHONE: 971-806-6747. WEBSITE: www.flyingfishpdx.com. DON'T MISS: Fresh seasonal fish selections and fall seasonal comfort foods, including house-made bone broth, Korean noodle soup and beet-cured gravlax. Experience the popular Oyster Bar, with delicious creations by Chef Trever Gilbert.

MATTRESS LOT AND STUMPTOWN MATTRESS

Mattress Lot is a Pacific Northwest owned mattress store that sells local and regionally made mattresses. Rest easy on a new mattress, with 90 percent of the sustainable product made within 200 miles of the store and no long waits for product to be shipped.

Co-owners Michael and Mary Ruth Hanna stock their large showroom with mattresses from crib- to king-size, in pocket coil, organic, memory foam and latex at all price points – from Value Line to Luxury – as well as their exclusive, eco-friendly Stumptown Mattress brand.

Gorgeous, wood bed frames are sold in a variety of styles, including smooth wood, slatted or padded. Some frames are adjustable or include under-bed drawers.

Don't forget snuggly bedding. Sheet sets are available in French linen, Telcel, flannel or Supima cotton. Down comforters are also in stock, with wool comforters, weighted blankets, wrap-around pillows, washable wool pillow covers, waterproof pillow and mattress protectors and organic cotton duvet covers. Vegan and hypoallergenic options are available. The experienced staff at Mattress Lot can help you select the right firmness, function, fabric and toppers that best fit you and your family's needs.

Along with their retail store, Mattress Lot has an online shop that exclusively sells Stumptown Mattresses – made and manufactured in the Pacific Northwest. They are the only mattress company awarded a Gold Level Sustainability Certification from the city of Portland.

Mattress Lot gives back to the community with their popular college scholarship program that benefits top students from Portland Public Schools on the Eastside. Over the past six years, Mattress Lot and Stumptown Mattress have awarded \$50,000 in scholarships. They also donate mattresses to needy families and partner with Community Warehouse and local schools.

You'll get five-star service at Mattress Lot's showroom on Northeast Sandy, from 11 a.m. to 6 p.m. Monday through Sunday.

ADDRESS: 2406 N.E. Sandy Blvd. **PHONE:** 503-896-1072. **WEBSITE:** www.mattresslot.com and www.stumptownmattress.com. **DON'T MISS:** Free delivery if you bike or use transit to visit the Mattress Lot store. New online store features eco-friendly and affordable Stumptown Mattresses, made in Sumner, Washington, and delivered free to your door.

THE MOUNTAIN SHOP

Locally owned since 1937, the Mountain Shop offers retail, demo and rental equipment, as well as services like cleaning, waxing, tuning, mounts, repairs and custom boot fitting.

The Mountain Shop has long-term relationships with vendors that locals want and 100 percent of business is done in store, to help you find just what you need. Marcus Stephens is the new owner. He took over the business in June 2021.

Store Manager Eric Schmidgall and staff appreciate the loyal neighbors who've supported the company with their return business. More than ten full time employees live in the community and passionately love sharing their outdoor adventures. Customers trust the Mountain Shop to provide care and knowledge, along with affordable prices for everyone from extreme athletes to weekend warriors, beginners and families.

The Mountain Shop offers camping, climbing, hiking, and skiing equipment. They offer full rental packages, high-end demos, quality equipment repair and will custom fit you to the right equipment the first time. Schedule your free appointment online, then arrive to get your detailed new boot and equipment fitting. Serving our community for over 80 years, the Mountain Shop is the oldest, most specialized, locally-owned outdoor shop in the country.

The Mountain Shop provides generous donations to area school raffles and fundraisers, as well as discounts for groups including Mazama members, nonprofits and scout troops - just ask.

Join the Mountain Shop and Wy'east, October 21 at 6 p.m. for a 5 to 8 mile community run on the trails of Forest Park – every third Thursday of the month. The run meets at the Eco Trust building, 721 N.W. Ninth Ave., at 6 p.m. and heads out at 6:15 p.m. All paces and faces are welcome and encouraged to join. Visit www. wyeastwolfpack.com/group-runs for more information.

Store hours are Thursday through Monday 11 a.m. to 6 p.m. Closed Tuesday and Wednesday.

ADDRESS: 2975 N.E. Sandy Blvd. Phone 503-288-6768. **WEBSITE:** www. mountainshop.net. **DON'T MISS:** Lock in a short term or season lease on your favorite winter equipment – like skis, snowshoes, Nordic equipment and more for the whole family, plus free custom fittings.

MAKE AND MARY

Make and Mary creates organic, vegan and full spectrum products for beauty, wellness and lifestyle. Owner Yvonne Perez Emerson has been making herbal remedies for her family for years. In 2017, she began her own line of CBD infused products. Last year she opened her flagship store on Sandy Boulevard and her daughter Carlee Emerson has joined the team.

Make and Mary has been featured in Forbes, Pop Sugar, Conde Nast, Saks Fifth Avenue and more. Now their handmade products are available right here in the Kerns and Laurelhurst neighborhoods!

So much detail goes into every product. Made onsite, they source their ingredients from local and regional vendors and even letterpress their tea packaging on the shop floor. Some of the other offerings they make include a face and body serum, moisturizing wands, hydrosols, massage oils, bath bombs, candles, aromatherapies and hemp tea.

Make and Mary is more than a product line. Yvonne has created an experience. With a focus on self-care, Make and Mary hosts monthly workshops and events. With natural dying classes and sound baths, they even have Tarot readings on Tuesday.

Their flagship store also carries about 90 percent BIPOC brands. Along with their own CBD skin-care and wellness goods, you'll find CBD chocolate, books on self-care, hand-made ceramics, plants, silk kimonos and so much more. In fact, the store feels like a spa retreat, with local dreamy art on the walls and beautiful potted plants everywhere.

Check online for upcoming Make and Mary events and shop from home, or stop by the store to pamper and renew from 10 to 6 p.m. Tuesdays through Fridays, or 10 to 4 p.m. on Saturdays.

ADDRESS: 2506 N.E. Sandy Blvd. PHONE: 503-444-7608. WEBSITE: www.makeandmary.com. DON'T MISS: Extremely comfortable, locally made, cotton facemasks that don't touch your mouth. Sign up for newsletter to get special discounts, learn about upcoming events and save 15 percent on your next order. ★



Owner Michael Hanna at Mattress Lot and Stumptown Mattress. (Barb Hughes)



Jeremy at The Mountain Shop. (Barb Hughes)



Owner Yvonne Perez Emerson at Make and Mary. (Barb Hughes)

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COMMUNITY CALENDAR

KIDSTEENSANDFAMILIES

TUTORING OFFERED

Oct. 5. 4-6 p.m. Additional times available. The Multnomah County Library offers a limited number of virtual tutoring spots for students in grades K-12 who need support in language arts, math, science and social studies. Four sessions a year run for eight weeks. A weekly appointment is for 30 minutes. Free. Registration details are at multcolib. org, click on Events & Classes, go to Oct. 5 listings.

HEAR SPANISH STORIES

Oct. 6. 5-5:30 p.m. Spanish Live story time, including songs and rhymes in Spanish, for infants through age 3 and families. Free through the Multnomah County Library. Registration for Zoom at multcolib.org, click on Events & Classes, scroll to Oct. 6 to sign up.

READ WITH FRIENDS

Oct. 7. 3-4 p.m. "Stories with Friends" is a virtual, after-school program for students in kindergarten, first and second grades from the Multnomah County Library. It features one or two longer books read aloud to the group, time to talk about the books and ask questions. Get book recommendations for emerging readers. Hear occasional guests. Free. Register for Zoom meeting at multcolib.org, click on Events & Classes, scroll to Oct. 7 to sign up.

ENJOYARTS

ARTIST TO SPEAK

Oct. 2. 5-8 p.m. A reception and talk with artist Sarah Rara whose notes, recordings and poetry resulted in "Lavender House," a video essay exploring housing justice within the cultural landscape of Los Angeles. A female tenant has an evolving relationship with the empty house next door, a rent-controlled building left uninhabited for six years, held from the market by real estate investors. Curator is Asha Bukojemsky, producer is Marathon Screenings. Free. Exhibit continues to Oct. 17. Hours: 12 Noon to 5 p.m. Fridays, Saturdays and Sundays and by appointment. Oregoncontemporary. org; info@oregoncontemporary.org. Oregon Center for Contemporary Art, 8371 N. Interstate Ave.

TECHASSISTANCE

GAIN TECH HELP

Oct. 4 at 1p.m. Oct. 5 at 3 p.m. Oct. 7 at 3 p.m. More times available for a 50-minute, one-on-one telephone call or online session with a Multnomah County tech helper. Free. Multcolib.org. Click on Events & Classes.

Under Types of Events, click on Computer Help.

LEARN GOOGLE DRIVE

Oct. 14. 6-7:30 p.m. The Multnomah County Library offers a session in learning the basics of Google Drive. Discover how it keeps files safe and how to keep the Drive organized. Free. Registration required at multcolib. org, click on Classes & Events, scroll to Oct. 14 to register for Zoom session.

FORSENIORS

TAKE A WALK

Oct. 5 and 7. 10:30-11:45 a.m. Continues Tuesdays and Thursdays. An informal, in-person walking group with a guide through the neighborhood. Free. Masks are encouraged. Meet at the corner of Northeast 36th Avenue and Brazee Street.

HEAR ABOUT MONK

Oct. 11. 12:30-1:30 p.m. Gordon Neal Herman presents a program on Thelonious Monk, an influential American jazz pianist and composer who had a unique, improvisational style. Free. To participate live from the Community for Positive Aging, 1820 N.E. 40th Ave., call program director Michael Murphy at 971-341-2130 or contact him at michael.murphy@communityfpa.org. Online: hollywoodseniorcenter.org, go to virtual calendar and click on Oct. 11 to click on registration.

'VILLAGE' OFFERS FUN

Oct. 12. 2-3:30 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." A Zoom link will arrive by email. Additional information: 503-895-2750.

EQUAL HEALTH CARE NEEDED FOR BLACKS

Oct. 20. 1-3 p.m. Dr. Kalisha Bonds Johnson of the Emory University nursing school discusses "In Search of Health Equity: Caregiving in Black Communities," especially in providing health equity for older adults living with dementia. This is part of the PreSERVE Coalition's Talk n'Taste series reflecting traditional African American values of coming together around food, family and friends. After the presentation, Ebony Plamondon will

- CONTINUED ON PAGE 13





Holiday Johnson offers in-person Wisdom of Yoga' classes for beginning and continuing students who are fully vaccinated. (See our story on page 14.)Class limited. (Holiday Johnson)

provide a cooking demonstration. Free. Registration required: go to hollywoodseniorcenter.org, click on Virtual Calendar and go to Oct. 20 to click on registration.

GARDEN TO CUT STRESS

Oct. 26. 10-11 a.m. A class on therapeutic horticulture, or gardening for pleasure and to reduce stress, is offered by the Center for Positive Aging, formerly the Hollywood Senior Center. Free. To participate live from the center, 1820 N.E. 40th Ave., call program director Michael Murphy at 971-34102130 or contact him at michael.murphy@communityfpa.org. . Online: hollywoodseniorcenter.org, go to virtual calendar, click on Oct. 26 to click on registration.

INGENERAL

BENEFITS OF YOGA

Oct. 5. 10-11:30 a.m. Continues Tuesdays. Holiday Johnson's in-person "Wisdom of Yoga" classes for beginning and continuing students who are fully vaccinated. Class enrollment limited. Focus is on alignment, improving strength and stamina, and increasing flexibility. Fee: \$20 drop-in; eight classes for \$120; discounts for teens, teachers of teens and U.S. veterans. Information: holidaysyogacenter.com; 503-539-1074. holiday@holidaysyogacenter.com. Wild Hearts Wellness, 4230 N.E. Fremont St.

VISIT ROSEWAY TREES

Oct. 9. 9-11 a.m. A Roseway Parkway tree walk provides information about the new tree species planted in the parkway on Northeast 72nd Avenue, between Sandy Boulevard and Prescott Street. New species, including some selected for drought resistance and other climate change considerations, are replacing fruit trees that are reaching the natural end of life. Meet at 72nd Avenue and Sandy Boulevard. Register at www. trackitforward.com/site/452812/event/606343.

IMPROVE PRESENTATIONS

Oct. 11. 6-7 p.m. The Multnomah County Library offers an online event for improving presentation skills virtually and in-person. Explore slideshow design, facilitation tips, and how to show outstanding slides. Free.

Registration required: multcolib.org, click on Events & Classes, and scroll to Oct. 11 to click for registration.

SEE DIGITAL MARKETING

Oct. 20. 6 p.m. The Multnomah County Library offers an online small business workshop, "Digital Marketing Strategy for Business." Malia Tippets, founder of Bridgetown Marketing, helps pinpoint where to capture the right audience. Take business goals and make them into an actionable marketing plan. Free. Registration required: multcolib.org, click on Events & Classes, and scroll to Oct. 20 for registration.

STUDY HATE. HOUSING

Oct. 21. 6-7:30 p.m. Samuel Goldberg of the Fair Housing Council of Oregon connects the history of racial exclusion, discrimination and harassment toward specific communities in a presentation, "Health, Hate and Housing: Lessons at the Intersection of Our Two Pandemics." Made possible by The National Endowment for the Humanities Fund of The Library Foundation. Free. Registration required: multcolib.org, click on Classes & Events, and scroll to Oct. 21 to find the Zoom registration.



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STAR SUSTAINABILITY MADE SIMPLE

By Kate Gaertner and Amy Hall

For the Hollywood Star News

Homes, especially those of the "large" variety, demand lots of materials to build them and lots of stuff to fill them. Most of those materials used in new construction and those in renovations are brand-new, virgin-sourced and hot off the manufacturing floor. But they don't have to be. Big homes require a large land footprint in square footage and acres, land that once held trees, grass, and topsoil. They also require more energy to heat and cool, and by necessity, things to fill them up and make them homey, cozy, comfortable, and well, yours.

Millennials have embraced a smart way of living large: occupying and buying smaller homes with tighter footprints that are efficient, require less energy and material inputs, and maximally serve their lifestyle needs. Whether you are a Millennial, part of Generation X or a Baby Boomer, smaller homes can provide comfort and affordability, efficiency and safety and accommodate a life to be lived and less to be maintained.

THREE HOME SUSTAINABILITY TIPS

1. Tackle a remodel using existing materials: Remodeling is the updating of or adding to an existing structure, often a process requiring







new materials. Instead, consider a remodel using reclaimed, reused, and refurbished materials to give your home a distinctive feel. At the ReBuilding Center they passionately extol the value of reuse, provide access to affordable building materials and teach home repair and building skills to new and current homeowners. The upside? Less building materials to the landfill.

2. Downsize and recycle what you no longer need: Smaller homes fundamentally have a reduced carbon footprint. With the typical U.S. household equaling 2.53 occupants, small is just right. When downsizing you can recycle much of your surplus at Environmentally Conscious Recycling. ECR is a full-service material recovery facility delivering cost-efficient, environmentally conscious dry waste

recycling products and services to commercial, industrial and residential customers. It offers practical recycling solutions to make it easy for individuals to reduce waste and protect the environment while saving money through smart recycling.

3. Donate your unwanted furniture while browsing for a new nifty keeper: The Community Warehouse in Northeast Portland takes a known concept in food delivery and applies it to furniture and household goods. It calls itself the "furniture bank" of Oregon, spreading comfort and dignity across the state. How does a furniture bank work? In short, Community Warehouse collects donated furniture, mattresses and kitchenware and works with social service agencies to get those goods into the hands of those who need

them most. The organization's tagline makes you feel good just saying it: "The stuff you no longer need becomes the solution for a family in need." The extra bonus? You can further support the organization's mission by picking up something old and of value to you at the company's estate store.

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

STAR PET CONNECTIONS

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Estate planning for pets makes final wishes clear



LISALAKES@STAR-NEWS.INFO

The bond between pets and their owners is real and lasting. An important, although potentially uncomfortable, task is to provide for your pets in your estate plans. Making clear your final wishes regarding your pets prevents potential legal challenges and stress for family and friends. This brief summary does not replace professional legal advice.

In all instances it is important to provide detailed instructions about the pet's needs including health issues, daily feeding requirements, medication, habits, preferences, handling issues, favorite activities and bite history. In addition, the pet's behavior toward humans other than the owner - especially children - and other animals is appropriate.

If you adopted the pet from a rescue or shelter, check the adoption paperwork. In many instances shelters and rescue

agencies require that the pet be returned to them should the owner die. If you have alternate wishes, your attorney can advise you on the best course of action.

You may choose to name a pet guardian in your will. Make sure to discuss your wishes with the individual and gain that person's agreement. Provide detailed instructions about the pet's care. It is wise to name an alternate individual, shelter or rescue agency, in case the first guardian becomes unwilling or unable to accept the pet.

In 1990 the first Pet Trust Statute was detailed in section 2-907 of the Uniform Probate Code. A Pet Trust, stand alone or statutory, is helpful if there are multiple pets, long-lived pets - such as parrots, significant ongoing medical or boarding fees - or if other family members are expected to be resistant to the provisions of the will.

The named pet guardian should be aware of and accept their responsibility. A written plan, including identifying the individual who will take immediate custody of the animal, what would happen should the named individual or shelter refuse the animal, which pets are to be covered, including future pets, what funds are designated for the animal's care, what happens upon the death of the animal, and what happens if funds are left after all surviving animals have died. The document should identify the pet, including age and gender as well

as detailed instructions for day-today care. The plan should be kept up to date as changes occur and copies of the document should be given to effected parties.

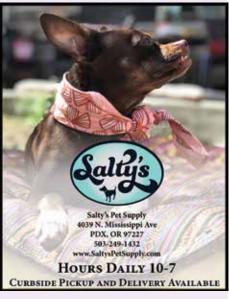
If the pet owner does not want the complexity of a Pet Trust or the burden of changing a will each time updates are required, the Oregon Humane Society's Friends Forever program is available and cost effective.

Families enroll in the program by completing two simple forms. One form names the surviving spouse, family member, or OHS as guardians of the pet – if this language is included in a will OHS's tax ID number should be included. The other form is a comprehensive pet profile detailing all the information required to place the pet in a loving home. No minimum contribution is required. Contributions may be designated to a specific use and donors may remain anonymous.

Oregonians view companion animals as valuable family members. Many families are interested in ensuring that surviving pets continue to receive the best possible care after the owner's death. Pet owners who create a detailed plan, keep it updated, and notify all effected parties, will be most likely to succeed in ensuring their wishes are met after death.

To learn more about the humane society's Friends Forever program, visit https://legacy.oregonhumane.org/ friends-forever. *





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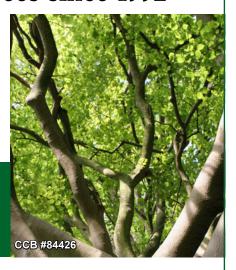
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We wanted to make sure to thank you for all of the time and effort that it took you to sell our home. Your experience, thoughtfulness, and incredible insight in the local market helped to calm our nerves, when they were raw from all of the ins and outs of selling an older home.

You checked in with us, advised us, heck - JJ watered our lawn for us during the monster heat wave in May... that's full service.

When the buyer came in with no agent, JJ took the responsibility of guiding and representing the new owner. His knowledge and history of experience with the house and it's various "quirks", helped to reassure the new buyer and his family that the house was secure, and truly a gem, ready to be polished and shine again.

Thank you for being "our" real estate team; it has been a privilege to work with you three times in the last 28+ years! Your professionalism and positive attitude is a testament to hard work, knowledge, and truly having an interest in helping people's to find just the right space for them to call home.

OUTZ-BEST TO YOU,
JEFF AND SUZANNE WOMACK

MARKET ACTION PER RMLS

Comparing the first 8 months of 2021 to the same period in 2020, new listings increased 7.4%, pending sales increased 11.2% and closed sales increased by 17.6%. Average sale price has increased 18.5% from \$481,000 to \$570,100 in Portland Metro.

Values in Northeast are up 15.1% over last year.

We currently have only ONE month of inventory.

