

Roseway RENAISSANCE

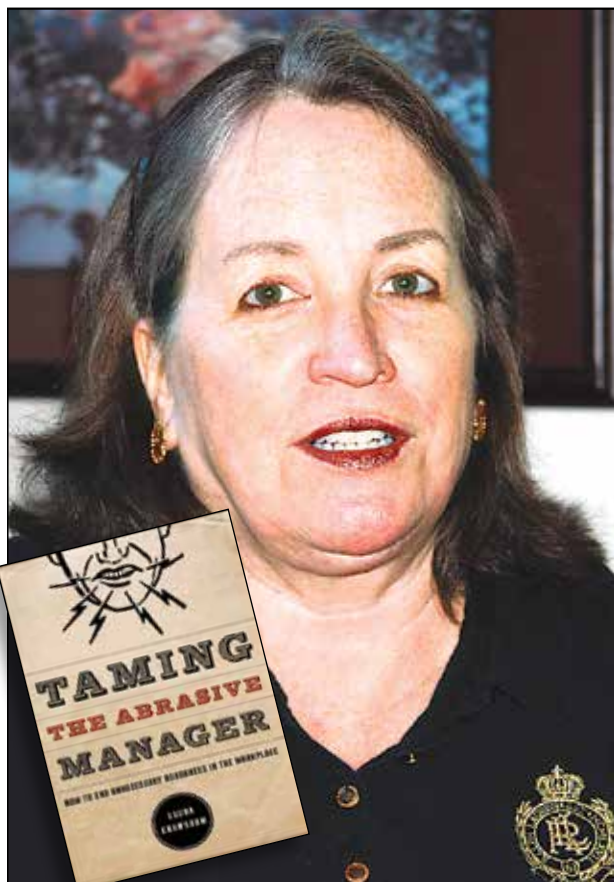
BLOCK BY BLOCK: Star Editor Dana Busch visits the Roseway neighborhood and finds Eric Moore and Sam J. Reed manning the wood-fired oven at Pizzeria Otto on Northeast Sandy Boulevard. **PAGE 20**



McGANN WITH A PLAN Retired mail carrier keeps his deliveries special with Meals on Wheels. **PAGE 18**



TURN THE PAGE Rose City Book Pub offers new spin for County Cork space in Sabin. **PAGE 24**



TIME TO TAME Hollywood neighbor Laura Crawshaw coaches business pros as 'The Boss Whisperer.' **PAGE 19**



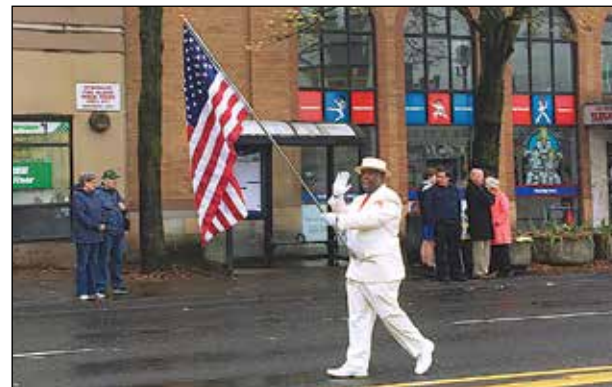
KENTON KIDS Community leaders cut the ribbon on a Kenton Park remodel that removes barriers. **PAGE 12**



DIRECTOR OF DIVOTS Vincent Johnson has teed up a new golf job with the parks department. **PAGE 25**



SMILES ON SANDY Doctors Brett and Jon Daby will show off their new offices with an open house. **PAGE 12**



HONORING OUR VETS Annual Veterans Day parade will march through Hollywood for 44th year. **PAGE 14**

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BY JANET GOETZE

JANETGOETZE@STAR-NEWS.INFO

**RETURN BALLOTS BY
 8:00 P.M. ON NOVEMBER 6**

The last day for Oregon voters to return ballots for candidates and ballot measures is Nov. 6. To be counted, they must be in approved drop boxes or at the Multnomah County elections office by 8 p.m. on election day.

Voters completing their ballots in less than a week before election day should deposit them at approved sites rather than risk having them delayed in the mail, elections officials suggest. The postmark on the envelope doesn't count. The ballot must be at an approved site by 8 p.m. Nov. 6.

In Multnomah County, most libraries have locked boxes where ballots may be deposited during business hours. The county elections office, 1040 S.E. Morrison St., will accept ballots until 8 p.m. on election day.

Library branches in North and Northeast Portland include Albina, 3605 N.E. 15th Ave.; Hollywood, 4040 N.E. Tillamook St.; Gregory Heights, 7921 N.E. Sandy Blvd.; Kenton, 8226 N. Denver Ave., and North Portland, 512 N. Killingsworth St.

In addition, official drop boxes are at a McDonald's Restaurant, 2010 N.E. Cesar E. Chavez Blvd., and a Goodwill store, 3134 N. Lombard St.

Printed voter's guides from the nonpartisan League of Women Voters have been placed at libraries and other sites. Online information for local races and measures is at www.vote411.org.

**TWO FEASTS PLANNED
 FOR LOCAL SENIORS**

Two Thanksgiving events are planned for seniors at the Hollywood Senior Center, 1820 N.E. 40th Ave., including a holiday celebration and social event from 12 noon to 2 p.m. Nov. 18.

The Wy'East Unitarian Universalist Church teams with the senior center to

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Mom always said, "If you want to sell a house put an apple pie in the oven."



The market is shifting, and the current WFG Market Action Index shows sellers with only a slight advantage over buyers. Of note are increasing numbers of homes languishing on the market, multiple price drops, and low ratios of pending and sold homes. This is typical when a market slows and interest rates rise because people have not adjusted to the new normal. That said, smartly priced homes continue to be snapped up, and it's a great time to sell—since who knows what the spring will bring...



Andrea de la Vega works on a temporary mural outside Open Signal media center on Northeast Martin Luther King Jr. Boulevard at Graham Street. She and Damien Dawahare have been selected for a program to help emerging artists work in public spaces and build their portfolios. The Day of the Dead mural will remain until March 31, 2019. Two other murals will appear in 2019. (Janet Goetze)

provide a full Thanksgiving dinner with turkey, side dishes and music. Participants may bring a favorite dish if desired, but that's not required.

Because space is limited, reservations should be made at 503-288-8303.

On Thanksgiving Day, 3:30-6:30 p.m. Nov. 22, the Neighborhood Gleaners will present the annual "Very Gleaner Thanksgiving" dinner and social with turkey, fixings and lots of vegetarian and vegan options.

Attendees may bring a dish to share or provide a grocery gift card. When making a reservation at 503-288-8303, indicate any food allergies or sensitivities.

DAY OF THE DEAD INSPIRES NEW MURAL

A temporary mural, one of three planned in the coming year, has appeared

on an exterior wall of Open Signal: Portland Community Media Center on N.E. Martin Luther King Jr. Boulevard at Graham Street.

The artwork, by Andrea de la Vega and Damien Dawahare, depicts the Mexican tradition of building an altar with an offering to remember loved ones during Dia de los Muertos, the Day of the Dead. It extends from Oct. 31 to Nov. 2 in North America this year.

The artists were selected for the project through a partnership between the Regional Arts and Culture Council (RACC), Open Signal and Fresh Paint, a professional development program. It gives emerging artists of color the opportunity to learn new ways of creating art in a public space and to build their portfolios. The mural will remain through March 2019. Another mural will appear in April 2019

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Restore Oregon has presented an award to Kenton community volunteers who helped restore the Paul Bunyan statue in Kenton. (Kenton Business Association)

followed by a third in October 2019.

The artists said in their mural proposal that in exploring their cultural traditions, “we discovered a ritual of connection that is all about telling stories and remembering and honoring the past. The imagery is lighthearted and shares a story of coming and going.”

Open Signal offers media workshops, a public equipment library, artist residencies and five cable channels with locally produced content. RACC manages a public arts program in the metropolitan area, raises funds for the arts and offers educational programs.

VOLUNTEERS GAIN AWARD FOR PAUL BUNYAN WORK

Restore Oregon has presented an award to Kenton community volunteers who helped restore the Paul Bunyan statue where North Denver Avenue meets the curve of Interstate Avenue by a Wells Fargo bank, 8334 N. Denver Ave.

The statue of the 31-foot logger was built in 1959 for the Oregon Centennial celebration and it has become the

landmark figure for the Kenton neighborhood. Built with the statue are the giant hooves of Babe, the folk figure’s invisible blue ox. They are on the sidewalk across Denver Avenue from Paul.

The volunteers came from the Kenton Business Association, the Kenton Neighborhood Association and Figure Plant, design and fabrication, 8411 N. Denver Ave. They received the DeMuro Award, given to extraordinary historic rehabilitation projects. Paul Bunyan is listed on the National Register of Historic Places and is Oregon’s only designated Roadside Attraction.

“Thanks to their tireless fundraising efforts and months of painstaking restoration, a freshly refurbished ‘Tall Paul’ stands ready to delight Kenton residents and visitors for decades to come,” according to a news release from Restore Oregon.

PROGRAM TO EXPLORE IMMIGRANT STORIES

What does it mean to be a nation of

- CONTINUED ON PAGE 8

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immigrants? A civic education program will include a panel discussion exploring the topic, according to information from the nonprofit League of Women Voters of Portland. The free program will begin at 7 p.m. Nov. 13 at the Multnomah County Building board room, 501 S.E. Hawthorne Blvd.

The panelists include Polo Catalani of the City of Portland's new Portlander Programs; Leland Baxter-Neal of ACLU of Oregon; and Chanpone Sinlapasai, an immigration attorney.

Audience members will be invited to reflect upon their own immigrant roots and stories. Panelists will give an overview of immigrants' challenges. The discussion also will include information about the scope and scale of immigration in Oregon, economic impacts of immigration, and stories from community members who have made the transition from immigrant to citizen.

TWO MAKEUP ARTISTS TO DISCUSS FILM WORK

The Hollywood Theatre will host Rick Baker and Chris Wala for a celebration highlighting "Masters of Practical Effects." They will attend screenings of three 35mm films on Nov. 10 and 11.

Before computerized effects were introduced in films, Baker and Wala created groundbreaking makeup and other effects by hand, according to a theater news release.

Wala, a special effects pioneer, created "gremlins" for the movie of the same name. He also oversaw Jeff Goldblum's transformation into "The Fly," for which Wala won an Academy Award for best makeup. He also was involved with the effects in the climactic scene in Steven Spielberg's "Raiders of the Lost Ark."

Baker's work on "An American Werewolf in London" brought him the first Academy Award for best makeup and he went on to win six more times. He also did special makeup effects in "Men in Black," "Coming to America," "Ed Wood" and Michael Jackson's "Thriller" video.

Baker will answer questions after a

showing of "Harry and the Hendersons" at 2 p.m. Nov. 10. Chris Wala will talk following "Gremlins" at 7 p.m. Nov. 10. Baker will answer questions after "An American Werewolf in London" at 7 p.m. Nov. 11. Tickets are \$12 each for each film. www.hollywoodtheatre.org. 503-493-1128. The theater is at 4122 N.E. Sandy Blvd.

LOAN FUND PROPOSED FOR LOW-COST HOMES

If developers interested in creating affordable housing had a revolving loan fund, they could provide more homes for people now priced out of the Portland market, according to Cameron Herrington, the anti-displacement coordinator for Living Cully.

Herrington outlined the work of Living Cully, a coalition of four community development and social service organizations, in an educational meeting at Westminster Presbyterian Church. The four groups are Habitat for Humanity Portland/Metro East, Hacienda Community Development Corporation, the Native American Youth and Family Center, and Verde.

Living Cully is working on ways to create the land acquisition fund, and he's already hearing from builders and real estate people interested in loan prospects, Herrington said.

In addition to prospective work, at the end of 2016, the coalition purchased the Oak Leaf mobile home park, which offers low-cost housing near 45th Avenue and Killingsworth Street. St. Vincent de Paul of Lane County was brought in to manage rehabilitation of the run-down property because of its experience in working on mobile home parks. These properties provide some of the state's lowest cost housing but also have large, open spaces that can attract developers, Herrington said.

In about six months, Herrington said, 17 households are expected to move back to new, energy efficient homes served by upgraded water and sewer systems. Community groups helped find temporary housing for the Oak Leaf

- CONTINUED ON PAGE 9



Bella Sez...

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residents during reconstruction.

By the end of December, Herrington said, Hacienda and St. Vincent de Paul of Lane County expect to complete purchase of another mobile home park at 64th Avenue and Killingsworth Street that includes about 130 families. The goal is to maintain the property in good order for residents who need low-cost housing, he said.

E-BOOK SUBMISSIONS SOUGHT BY LIBRARY

The Multnomah County Library will accept e-book submissions from local authors through Dec. 17 for the library's collection. In addition, the library is partnering with Ooligan Press for the print publication of a book selected in 2015 for the Library Writers Project of e-books.

The project began in 2015 to showcase and support local writers and to bolster the library's collection of e-book titles. The national Urban Libraries Council recognized the project for its innovative approach to enhancing the library's collection, according to a library news release.

Since the program began, the library has received 250 submissions and included 67 new e-books in its collection. These have been checked out more than 12,000 times.

The title that will go from e-book to print publication is "The Gifts We Keep," by Katie Grindeland. It is the story of a family struggling with its past. The publication date is April 2019.

"I think there are probably a number of writers who, for whatever reason, haven't been able to get their work into the world," Grindeland said, "and this program helps bridge the gap between enthusiastic writers and willing readers."

Authors who hold a Multnomah County Library card may submit original works of adult, teen or children's fiction or memoir for consideration by panels of library staff readers. The library will accept submissions through three electronic, self-publishing platforms: Smashwords - www.smashwords.com/about ; Kobo Writing Life - www.kobo.com/us ; and Draft2Digital - www.draft2digital.com/ . .

SMALL GRANTS OFFERED FOR CENTRAL NE GROUPS

The deadline for Central Northeast neighborhood and community groups to submit applications for 2019 Community & Civic Engagement Small Grants Program is 4 p.m. Nov. 13. The program goals include building diverse community participation, leadership and community connections in Central Northeast neighborhoods.



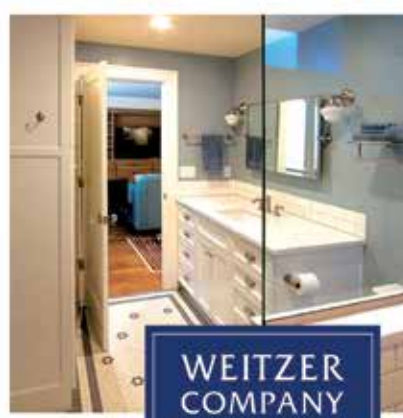
Selected programs will receive awards of \$1,000 to \$3,000 each. Interested applicants are encouraged to contact Sandra Lefrancois, CNN grant program manager, at 503-823-2780 or sandra@cnncoalition.org.


Grant proposals may include a description of the community that would be engaged in the proposed program, the potential impact the proposal will have in the community, and what current needs will be addressed.

Additional information is available at www.cnncoalition.org/small-grants/. The Central Northeast neighborhoods include Beaumont-Wilshire, Cully, Grant Park, Hollywood, Madison South, Rose City Park, Roseway, Sumner and Sunderland. ★

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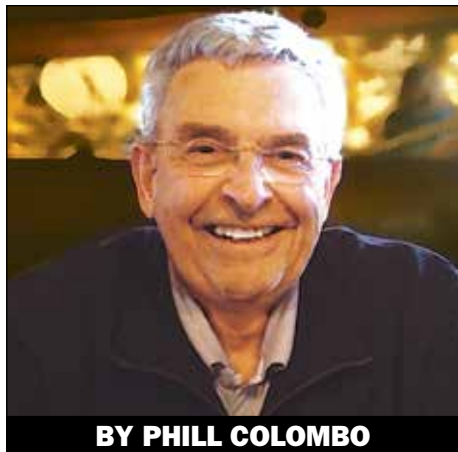
★ STAR DEVELOPMENT NEWS

CASCADIA BEHAVIORAL HEALTHCARE SECURES FEDERAL GRANT, EXPANDS SERVICES TO PRISONS, OPENS GARLINGTON CENTER CLINIC AND APARTMENTS

The office of U.S. Probation and Pretrial Services of the United States District Court has awarded Cascadia Behavioral Healthcare a grant to begin providing substance abuse and mental health treatment services to individuals currently under federal supervision in Multnomah and Clackamas counties.

The grant contract is unique, coming in the form of federal blanket purchasing agreements that will reimburse Cascadia on a person-to-person basis for those without an Oregon Health Plan for up to five years, allowing the organization to work with a group of individuals not currently receiving services through Cascadia.

Concurrently, Cascadia will begin offering services to address thinking patterns and attitudes that drive criminal behavior for individuals currently under federal supervision in those counties. Cascadia is also charged with developing an array of specialized substance abuse and mental health services and groups for



BY PHILL COLOMBO
PHILLCOLOMBO@STAR-NEWS.INFO

these clients as part of the new agreement with probation and pretrial services for the Oregon district.

"We look forward to providing new recovery opportunities for justice-involved individuals that will result in greater stability, reduced recidivism and an enhanced quality of life," said Laura Cohen, Cascadia's senior director of community support services. Mental health services will include intake assessments, case management, individual counseling, psychotropic medication with monitoring, and cognitive/behavioral groups like moral

reconciliation therapy, which seeks to increase moral reasoning.

The grant and service expansion came less than a month after more than 200 relatives, friends, patients, staff and politicians gathered to celebrate the grand opening of The Garlington Center and Apartments in mid-September. A string quartet played classical movements as mistress of ceremonies Kimberly Howard called the crowd to order under a spacious tent in the parking lot at 3036 N.E. Martin Luther King, Jr., Boulevard in the Eliot neighborhood.

Cascadia Behavioral Healthcare CEO Derald Walker chronicled the project's development from 2006 when the property was acquired, through the years as community gifts flowed in to fund the 2016 groundbreaking and ensuing construction. He highlighted how collaboration between Cascadia, the Meyer Memorial Trust and Home Forward helped create a fitting tribute to the late community leaders, Rev. and Mrs. John and Yvonne Garlington.

"All too soon we forget the founding leaders of our community," Walker said, but that would not be so in this case. Children, grandchildren and extended family were present for the ceremony to honor the Garlingtons, killed in a 1986 auto accident. Just to the north of

Cascadia's medical clinic stands Home Forward's 52 units of affordable housing. Oregon's third district U.S. Congressman Earl Blumenauer spoke of how partnership challenges often leave the committed paddling upstream because of success. "We need to be able to build on success with a role for everyone," he said.

Multnomah County Chair Deborah Kafoury lauded the new clinic and housing combination as "a place for sick people to become well and whole. The circle of care balances a healthy mind with a healthy body."

Portland Mayor Ted Wheeler dubbed the new clinic "home," and commended Cascadia for the "special way" it provides healthcare services. Wheeler said he did not know Rev. Garlington but hearing about him "...inspires me to be more like he was." The mayor gave CEO Walker credit for restoring Cascadia's solvency when it looked like the firm might go bankrupt, and urged Walker to continue on.

Michelle DePass, Meyer Memorial Trust CEO, said that more places like the Garlington Center were needed and asked everyone, "How do we create more?"

Colas Construction CEO Andrew Colas explained how Cascadia changed the construction model and how valuable

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Cascadia CEO Derald Walker, Garlington family friend Emmett Wheatfall, Colas Construction CEO Andrew Colas, Mayor Ted Wheeler, Representative Earl Blumenauer, County Chair Deborah Kafoury, Meyer Memorial Trust CEO Michelle DePass and Home Forward Executive Director Michael Buonocore coordinated the cutting of the ribbon to officially open the Garlington Center in the Eliot Neighborhood. (Phill Colombo)

this project was for his company and the community. He predicted Cascadia and others will continue to change the face of the construction industry.

Home Forward Executive Director Michael Buonocore expressed excitement at working with Cascadia and providing a home for less fortunate tenants. He characterized Home Forward's tenants as a "community family."

Grace Stratton, aide to Oregon U.S. Senator Ron Wyden, read a letter from the senator and presented a flag to Mark Garlington. Garlington expressed appreciation and called on all to act in line with his late parents' lives, eschewing the selfish to be selfless. "We have the opportunity to make a difference and touch people," Garlington said, praying that "this building is a seed planted within each of you...go out and change something! You have to decide what it is, and you have to do it!"

Following prepared remarks, all moved west toward the ribbon stretched across the rear entrance of the building. Dignitaries lined up, each wielding a pair of scissors, and cut the ribbon into smaller pieces. Tours of the clinic and apartments along with light refreshments capped the festivities.

PORTLAND'S INCLUSIONARY HOUSING ON THE RISE

Portland's Housing Bureau reported in October that the initial 18 months of the city's inclusionary housing program saw more than 360 affordable units in over 43 projects permitted or in the process of permitting. The projects accounted for an additional 2,300 total housing units added to the city's housing stock. The report resulted in a wider variety of housing options for residents of all economic levels, according to Housing Bureau Interim Director Shannon Callahan. "We're proud of the progress so far, and

we're working with our partners and the development community to ensure continued success," she said.

Current regulations call for projects of 20 or more units to provide a percentage of the new units at rents affordable to families earning between 60 and 80 percent of median family income. The city estimated that housing built in privately financed projects to date would be the equivalent of a \$32-million public subsidy.

RESIDENTIAL INFILL PROPOSAL GETTING CLOSER TO CITY COUNCIL PUBLIC HEARINGS

In work sessions during the late summer and early fall, Portland's Planning and Sustainability Commission reviewed and revised possible amendments to the eleven proposals of the residential infill project proposed draft. At its last work session in mid-September, the commission approved a set of possible amendments and directed staff in the Bureau of Planning and Sustainability to update the draft to reflect these amendments. The bureau is expected to return the reworded draft to the commission in late November with revised code and maps for its review.

The result of two years of public input and bureau revisions, the residential infill policy will determine how Portland will add multiple-unit structures to neighborhoods currently zoned for single-family residences. The public's anticipated next chance to weigh in on project proposals will be at city council public hearings in spring 2019. To view the full draft, visit <https://www.portlandoregon.gov/bps/article/678802>.

- CONTINUED ON PAGE 12



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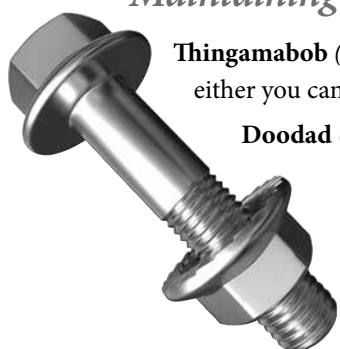
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Kenton Neighborhood children helped community leaders and Portland Parks staff snip the ribbon at Kenton Park's official opening at the end of September. Community input contributed to the design of a play space to remove a substantial number of barriers previously faced by individuals with disabilities. (Portland Parks & Recreation)



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KENTON PARK OPENING

Neighbors, friends and project partners celebrated the grand opening of Kenton Park's new playground at 8417 N. Brandon Avenue at the end of September. The new Kenton Park design was the result of community input that influenced the project's natural materials theme, including wooden play elements such as a fort and balance beams, accessible play surface, new park benches and picnic tables, new drinking fountain, paved paths and playground swings designed for a range of abilities and ages. Removing about a quarter of identified Americans with Disabilities Act barriers from Kenton Park, the project was the latest funded by Portland's Parks Replacement Bond.

Sandy offices. The celebration is scheduled for Thursday, November 15, at 6600 N.E. Sandy Blvd. Beverages and light snacks will be served to celebrate the occasion.

The newly renovated and expanded office has been a year under construction. The Dabys, third generation dentists, said they dreamed of this day for many years. "The entire staff of Smiles on Sandy and Blue Sky Dental have merged and will be practicing under the name Daby Brothers Dental - Smiles on Sandy," they announced.

Patients and neighbors are invited to stop by anytime between 4:00 P.M. and 7 P.M. to celebrate with dentists and staff and tour the new dental clinic and offices.

DABY BROTHERS DENTAL – SMILES ON SANDY OPEN HOUSE SET

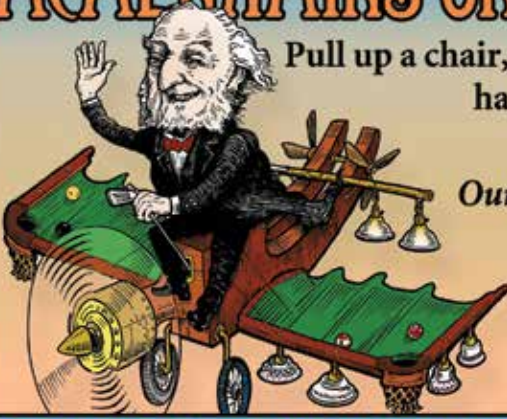
Drs. Jon and Brett Daby and a newly expanded clinic staff will host an open house to celebrate the merger of Dr. Brett Daby's Blue Sky Dental (formerly located in Hollywood) and Dr. Jon Daby's Smiles on

DEVELOPMENT ROUNDUP: APPLICATIONS, PERMITS, DEMOLITIONS AND MORE

In Alameda, David and Lesley Raphael have construction under inspection of a new single-family two-story residence at 2921 N.E. 32nd Ave. with a detached one-vehicle garage. Demolition of their 1,820-square-foot

- CONTINUED ON PAGE 13

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★ STAR DEVELOPMENT NEWS

single-family residence built in 1929 was approved in September.

In Arbor Lodge, R.H. Avery Quinn Apartments LLC of Lake Oswego has permission to demolish a 1,060-square-foot single-family residence at 7126 N. Greenwich Ave. built in 1981. Plans are under review to construct a new three-story, 12-unit apartment building on the property.

At 7033 N. Fenwick Ave., John and Mary Yantis of Highland Village, Texas, have demolition of a 480-square-foot single-family residence built in 1942 under inspection. Construction of a new two-story single-family residence with a new two-vehicle garage is under review.

In Boise, Steven Kimes is seeking early assistance with plans at 3733 N. Williams Ave. to replace a 2,950-square-foot single-family residence built in 1897 with a mixed-use commercial residential four-story structure, with 1,500 square feet of commercial space and exercise room on the ground floor and 19 residential units on the upper three floors.

In Concordia, Joshua Sher is seeking a permit to construct a new two-story single-family residence on a vacant lot at 5527 N.E. 28th Ave.

In Kenton, Portland Development Group Investments LLC of Northeast Portland has plans under review to construct three new two-story single-family residences with single-vehicle garages at 2707 N. Willis Blvd. and at 8421 and 8437 N. Burrage Ave.

In Madison South, Rarebird, Inc. of Northeast Portland has a permit to construct a new two-story single-family dwelling at 8891 N.E. Tillamook St. on a lot reconfigured in early August between existing 1960s homes. A garage from 8907 N.E. Tillamook St. with covered patio and shed were permitted to be removed from the existing property at that time.

In Rose City Park, Renaissance Custom Homes of Lake Oswego has demolished a 925-square-foot single-family residence and garage built in 1920 at 3204 N.E. 51st Ave. and has received a permit to construct a new two-story single-family residence with a two-vehicle garage.

At 2032 N.E. 48th Ave., Carolann Forney of Fairview has secured a permit to deconstruct a 2,160-square-foot duplex and detached garage. Plans are under review to replace the 1910 structures with two new single-family two-story residences and two new two-vehicle garages.

At 1745 N.E. 60th Ave., Senko Construction LLC has permission to deconstruct a 1,330-square-foot single-family residence and garage built in 1910 along with an accessory structure.

In Sunnyside, Michael Smira & Stronewell LLC of Southeast Portland have been issued a permit to construct a new three-story single-family residence at 1131 S.E. 36th Ave. with an accessory dwelling unit on the ground floor. ★

CORRECTION

A story in October's Star News stated that Fernhill Park would be closed for the winter. Please note: the park is not closing for the winter, only the playground will be closed for construction. More information on the park web page: <https://www.portlandoregon.gov/parks/76965>.



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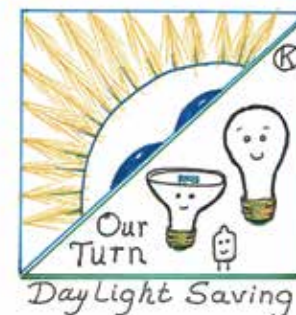
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VETERANS DAY PARADE SLATED FOR NOV. 12

By Janet Goetze
janetgoetze@star-news.info

Portland's only Veterans Day parade with marching bands and decorated vehicles will begin at 9:30 a.m. Nov. 12 at Northeast 40th Avenue and Tillamook Street.

The procession will move south along 40th Avenue, passing Hollywood District businesses and offices before turning east onto Northeast Sandy Boulevard. The parade will end at Northeast 48th Avenue and the flagpole in front of the Ross Hollywood Chapel.

A flag raising ceremony, with music by high school musicians and comments from dignitaries, will conclude the parade of military groups, high school bands, motorcycle groups, bagpipers and local elected officials.

After the parade, viewers may visit Dignity Row, a collection of tents and tables with information and resources to support veterans.

A team of volunteers helps support the parade started in 1974 by Vernon E. Ross, a World War I veteran and owner of the Ross Hollywood Funeral Chapel. During World War II, he served as a captain in the Veterans Guard & Patrol. He remained active in many veterans' organizations. On Nov. 11, 1983, as the Veterans Day parade neared the flagpole in front of the chapel, Ross collapsed and died of a heart attack later that night.

His son, Howard C. Ross, said the chapel has continued the event his father started. "It is something we must carry on in his honor as well as in honor of all veterans," he said in a news release. ★

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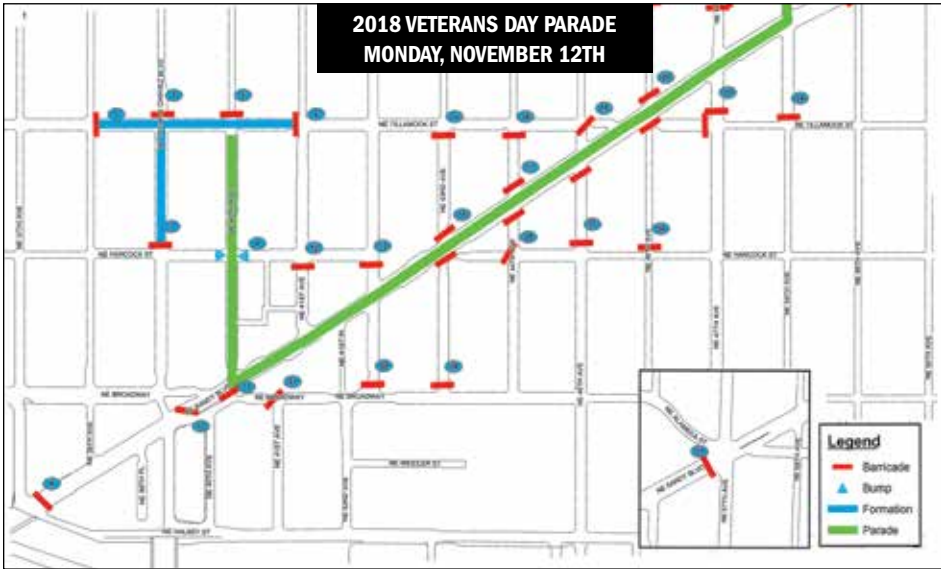
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Nov. 11. 9 a.m. to 4 p.m. The 62nd annual All Saints Holiday Bazaar includes more than 40 artisans and crafters showcasing handmade gifts. The Treasure Table includes antiques and collectibles. Children may shop in a kid-friendly room. Homemade baked goods are for sale and a café offers coffee, pastries and a full lunch menu. Raffle tickets are available for \$1. Contact the parish office for information and raffle tickets: 503-232-4305. www.allsaintsportland.org. All Saints Catholic Church, 3847 N.E. Glisan St.

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Nov. 23-24. 10 a.m. to 6 p.m. Nov. 25. 10 a.m. to 5 p.m. A large Christmas Bazaar for holiday décor and gift ideas from many vendors, including the Oregon Humane Society offering holiday garb, toys and more for furry companions. Admission \$8 adults; \$3 children 12 to 17; free under 12. Information: 503-282-0974. <http://expochristmasbazaar.com/>. Portland Expo Center, 2060 N. Marine Drive.

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★ STAR FOCUS ON PHILANTHROPY

# Dave McGann keeps making special deliveries with Meals on Wheels

By Janet Goetze  
janetgoetze@star-news.info

A friend at church asked Dave McGann what he was doing shortly after he retired from delivering mail, and he replied, "I'm just watching the grass grow."

The friend said, "You ought to join me in delivering Meals on Wheels," McGann recalled. That was nearly 14 years ago and he's still delivering meals to seniors, but not just one day a week, as most volunteers do. He drives North Portland routes five days a week. He may even drive an additional route on a day when the number of volunteer drivers is low.

"What a great bunch of people I work with there," said McGann, 77, who finds some of his food delivery routes similar to the mail delivery routes he followed for more than 40 years in neighborhoods from Kenton to St. Johns.

McGann is one of the 500 volunteers, plus the 110 full- and part-time employees, that the Meals on Wheels People need each day in Multnomah, Washington and Clark counties, said Julie Piper Finley, the marketing and communications director for the tri-county organization.

Some of the volunteers work in kitchens, others as greeters in the walk-in dining centers around the metropolitan area, or as the dishwashers that every dining organization welcomes.

Meals on Wheels People is an independent nonprofit organization started locally in 1970. There is no national organization, but virtually every city, county or state has a



Ervin Ortmann, left, receives a meal, balanced to provide about one-third of daily nutritional requirements for older people, from Dave McGann, a volunteer driver for Meals on Wheels People. The program also has dining centers where seniors can socialize over lunch. (Janet Goetze)

similar program, Finley said.

The local organization has a \$10 million operating budget, she said. Nearly 40 percent of the funding comes through the Older Americans Act, Medicaid and U.S. Department of Agriculture dollars. The organization raises a substantial amount of its funds from local donors. In addition, the people over age 60 who receive meals are asked to pay what they are able toward the \$7.39 cost.

"Some pay nothing, some can pay 50 cents and some may pay \$10," Finley said. No one is turned away for inability to pay, she said.

The organization also raises money in special events such as "Donate a Dinner." Jamba Juice is accepting donations at checkout from Nov. 5-11.

From Nov. 17-21, several grocery stores also will accept donations at checkout. Those participating include New Seasons, Market of Choice and Green Zebra at Lloyd Center and in Kenton.

In addition to homebound seniors, Meals on Wheels provides lunch and socialization at dining centers. Those in North and Northeast Portland include the Two Rivers Center, next to the Charles Jordan Community Center, 9009 N. Foss Ave. Others include the Metropolitan Community Church (MCC Center), 2400 N.E. Broadway; Martin Luther King Jr. Center, 5325 N.E. MLK Blvd.; and the Q Center, 4115 N. Mississippi Ave.

Besides nutrition, Meals on Wheels offers personal contact for homebound seniors, McGann noted. An outgoing

person, he usually stops to chat for a couple minutes as he delivers meals. He's taken out the recycling for some on his route. Once he unplugged a toilet and he's also had to call for help in an emergency.

As he knocked on one door, he said, "I heard a sound like a bird screeching. Then I heard, 'Please don't leave me. I've fallen in my bathroom.' I went to a neighbor who knew how to reach the lady's son. Later, she said, 'I knew you were the only one who would be coming.'"

McGann works out of the Two Rivers Center, checking a printed sheet for the name and correct meal for each person on his assigned route. Special meals are for those requiring diabetic, soft, low cholesterol or vegetarian diets. Then he packs the meals in a large, insulated bag before starting out for about a one-hour delivery time.

Ervin Ortmann, 86, greeted McGann late one morning, noting he appreciates the meals since his wife died more than three years ago.

For Kathleen Powell, the visit with McGann is as welcome as the dinner.

"I feel that this man should be nominated for sainthood," she said of McGann. "He's always cheerful. . . . The only thing better than the food is Dave."

McGann, protesting that Powell's remarks might make his head swell, said, "We're all here to serve one another."

Finley also praised McGann's dedication. "If we could clone Dave, we would have no problem getting those 500 volunteers each day," she said. Information about the program is at [www.mowp.org](http://www.mowp.org). ★

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★ STAR OUT AND ABOUT

# Hollywood neighbor Laura Crawshaw coaches pros as 'Boss Whisperer'

During 30 years as therapist, corporate officer and executive coach, Crawshaw has helped more than 450 professionals from Iceland to Tasmania

By Kathy Eaton  
kathyeaton@star-news.info

Known as "The Boss Whisperer," Dr. Laura Crawshaw, Hollywood neighborhood resident, has over thirty years' experience as a psychotherapist, corporate officer, and executive

## Out & ABOUT WITH KATHY EATON

coach. She trademarked "Boss Whispering" after a client coined the term. She helped

him gain insight about why he became aggressive when his team didn't meet deadlines or achieve workforce objectives. During her career, she's coached more than 450 professionals from Iceland to Tasmania to adopt less aggressive management strategies.

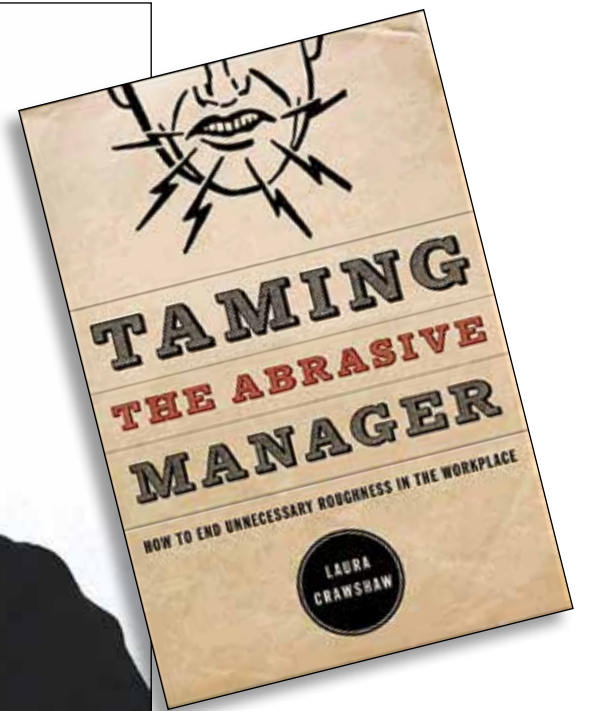
### RELIEVE WORKPLACE SUFFERING CAUSED BY ABRASIVE LEADERS

"As a child, I had hyper-developed empathy for people or animals and wanted to relieve their suffering," said Crawshaw. During her career, she encountered suffering in the workplace caused by abrasive leaders and developed a passion to address and reduce it. Crawshaw began her career working in Alaska managing employee assistance programs, where she learned the language of emotion and feeling. When she later became an insurance executive, she learned the cold hard facts of business, and became fluent in both languages. The seeds of her interest were sown: why would a boss demean employees and why would a company allow it to continue? She found answers to both.

Crawshaw doesn't use the term "bully," as it implies intent. She learned that the vast majority of abrasive bosses didn't intend to do harm, and in fact, many of them were shocked when she provided this feedback. "These bosses were my greatest teachers," she said. Crawshaw's research revealed that their aggression



Hollywood resident Dr. Laura Crawshaw, known as The Boss Whisperer, has over 30 years' experience as a psychotherapist, corporate officer and executive coach, and has trained more than 450 professionals from Iceland to Tasmania. (Harold B. Gold)



stemmed from underlying insecurity – abrasive bosses felt threatened. She developed training for these employers, who after all are responsible for providing employees both physically and psychologically safe working environments.

### TAMING THE ABRASIVE MANAGER

In 2007, Crawshaw wrote the book, "Taming the Abrasive Manager: How to End Unnecessary Roughness in the Workplace" (Jossey-Bass Management Series). She took four months to write the straightforward book that identifies and describes abrasive behavior and offers strategies on how employers, peers and subordinates can deal with an abrasive boss by learning how to elicit desired behavior through positive means. Most abrasive managers share two characteristics, says Crawshaw: they're blind to and don't see the abrasiveness they inflict, and they lack insight and empathy. "Most leaders expect employees to be just like them, and see them as threats to achieving their goals or workforce objectives." She gave the example of a brilliant CEO who couldn't understand why his management team never responded to his requests for input. When Crawshaw asked him for

reasons why he thought his team was unresponsive, he hypothesized that they were either "lazy or stupid." She posed a few questions, then upon reflection, he said, "I can be critical." She offered helpful strategies on how to solicit input without intimidating the team.

### EMPATHY LEADS TO INSIGHT

Empathy, which Crawshaw defines as the ability to read and accurately interpret another person's behavior, is a trait often lacking in the abrasive manager. "Empathy leads to insight." She also cautions employers, as well as peers and subordinates, not to get into fact battles with an abrasive manager, as it often elicits defensive behavior. She lists five common traits of abrasive managers as: overreacting, over-controlling, making threats, public humiliation and condescension. The common purpose of these abrasive bosses is to motivate people to get their job done. Abrasive leaders know no better way to achieve their objectives, and according to Crawshaw, they need help with that.

### UPTICK IN REPORTING BEHAVIORS

Crawshaw has observed an uptick in the prevalence of reporting abrasive managers in the workplace and cites

one big reason: the costs are becoming too high to ignore. "Companies are losing too many good employees; others threaten costly and time-consuming lawsuits." In her book, she outlines some strategies dealing with abrasive bosses as risky, and says not all outcomes are resolved successfully. Crawshaw notes that sexual harassment and misconduct as documented by #MeToo, fall under abrasive behavior. Employees are no longer willing to tolerate abrasive behavior and feel freer to bring complaints, said Crawshaw, who expressed concern for a future age of incivility.

"We can all be abrasive if we chronically resort to aggression in the workplace. That needs to be dealt with by employers as it's not an employee's responsibility. Early intervention is key to resolving issues, and my training helps leaders grow a management backbone."

### WORK-LIFE BALANCE

Crawshaw, who is passionate about her work, said the company of an active pug named Max and a curious cat named Hetsy, along with time spent out in nature, help her achieve work-life balance.

To learn more about the Executive Insight Development Group and The Boss Whispering Institute, dedicated to research and training in the field of coaching abrasive executives and professionals, see [www.exec-insight.com](http://www.exec-insight.com). ★

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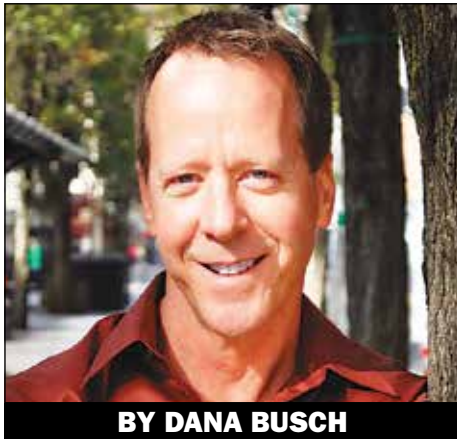
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★ STAR BLOCK BY BLOCK

# REST EASY IN ROSEWAY

DISTRICT SIDESTEPS GENTRIFICATION TO EVOLVE ON ITS OWN TIMETABLE AND IN ITS OWN FASHION



BY DANA BUSCH

DANABUSCH@STAR-NEWS.INFO

**W**hat's new in Roseway? The solidly working-class neighborhood straddling Sandy Blvd. between 62nd and 82nd Avenues has thankfully been spared the "progress" of gentrification, unlike so many other areas of the city. Rather, the Roseway business district seems to have evolved on a somewhat different timetable and in a different fashion.

A couple of new restaurants have appeared, some mid-century buildings have been remodeled, and at least two cannabis dispensaries have opened, all within the past year, on this busy stretch of one of Portland's busiest arterials.

One of those mid-century buildings was designed by a local architect who was an apprentice to Frank Lloyd Wright and oversaw Wright's only Oregon construction project, the Gordon House (currently on display at the Oregon Garden in Silverton). Burton Goodrich designed a gem of a commercial strip between 69th and 70th Avenues on Sandy Blvd. Following a 2017 restoration, the Goodrich Building's current tenants include the Roseway Veterinary Hospital and Pacific Crest Children's Urgent Care, both offices in spiffy new digs.

Just up the street, the brothers Daby DDS have remodeled a similar mid-century gem to accommodate their new joined practice. The bright, open space dispels any hint of gloom.

Jenn Plitzko is settling into her new business, Heim Bakery and Cafe, on the busy corner of 72nd Avenue and Sandy Blvd. A steady stream of regulars have already adopted her warm interior and baked delights.

Surprisingly, parking doesn't seem to



Darien Jackson and Paige Powers of Roseway Organics. (All photos by Dana Busch)

present an obstacle on this busy street at any time of day. Grab a spot (or take the Tri-Met No. 12 bus) and sample some of what the Roseway businesses have to offer:

### EAT AND DRINK

**EL BURRITO AZTECA BAR & GRILL**

This hole-in-the-wall Mexican restaurant sits in the middle of an unobtrusive multi-business commercial building on busy Northeast Sandy, so it's a little hard to find, but the search is well rewarded. A neighborhood favorite for tasty burritos, enchiladas and other authentic Mexican specialties made fresh daily with obvious attention to detail. **Address:** 6728 N.E. Sandy Blvd. **Phone:** 503-432-8073.

### HEIM BAKERY AND CAFE

Pastry chef and master baker Jenn Plitzko opened her new bakery and cafe on the busy corner of N.E. Sandy and Fremont just weeks ago, but homey touches make it seem like it's been there for years. Choose savory or sweet fillings for your sourdough waffle or protzeit (literally "bread time"), breakfast boards with a daily

- CONTINUED ON PAGE 21



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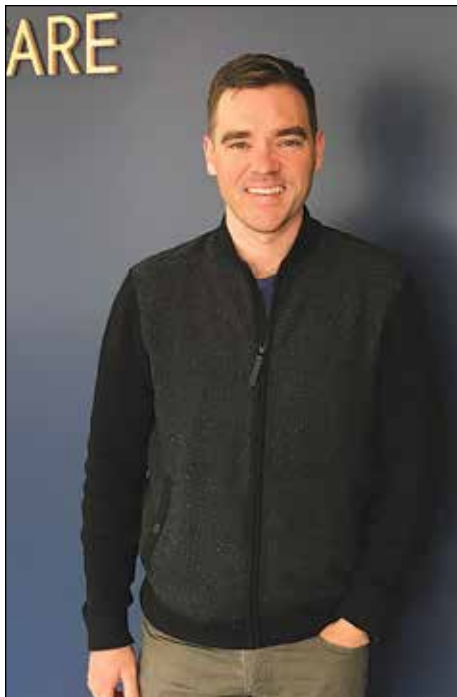
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**★ STAR BLOCK BY BLOCK**



Corey Fish of Pacific Crest Children's Urgent Care.



Brett and Jon Daby of Smiles on Sandy.



Joe Hilsenrad and Angela Homme of ReRun.



Eric Moore of Pizzeria Otto.

selection of bread, spreads and accompaniments. Personal memories of her childhood in Germany inform Plitzko's baking, with locally-sourced ingredients and an eye to sustainability. **Address:** 7137 N.E. Fremont St. **Phone:** 503-206-5537. **Web:** heimbakery.com.

**PIZZERIA OTTO**

The friendly chefs and wait staff at this exceptional pizza joint have been slinging pies and filling pints on Sandy for four years. Named in honor of the diverse Roseway neighborhood, "Otto" is Italian for the number 8 - the luckiest number in many Asian cultures. Traditional thin-crust Neapolitan pizzas come with the signature char from a gorgeous tiled woodfired oven. Fresh local salads, craft beer, and excellent wines in a welcoming, family friendly atmosphere. Open daily, with all day happy hour 11 a.m. to 5 p.m. and after 8, daily specials. **Address:** 6708 N.E. Sandy Blvd. **Phone:** 971-373-8348. **Web:** pizzeriaotto.com.

**THIEN HONG CHINESE RESTAURANT**

"All the value goes on the plate." Famous for its salt and pepper squid, this humble restaurant serves a wide selection of Chinese and Vietnamese specialties such as clay pot pork spare ribs, house special chow fun noodles, clams with black bean sauce. **Address:** 6749 N.E. Sandy Blvd. **Phone:** 503-281-1247.

**SHOP**

**RE RUN2**

This neighborhood resale and consignment store launched in 2005 at N.E. Fremont St. and 7th Avenue, so Roseway is their second location. Sell some stuff, discover a find of a lifetime! Making a positive community impact by supporting and hosting community events, free activities for kids, and offering teachers a 10% discount on teaching supplies. Furniture and housewares/home decor only at the Roseway location. **Address:** 6940 N.E. Sandy Blvd.

**Phone:** 503-683-3786. **Web:** portlandrerun.com.

**ROSEWAY ORGANICS**

"Your friendly neighborhood pot shop." A tight-knit team of cannabis enthusiasts dedicated to delivering top-shelf flower and premium concentrates, also carries paraphernalia from Mary Jane's House of Glass. **Address:** 7420 N.E. Sandy Blvd. **Phone:** 503-477-4368. **Web:** rosewayorganics.com.

**SERVICES**

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Third-generation dentists (and brothers) Jon Daby DDS and Brett Daby DDS have combined their practices in newly remodeled quarters at the corner of N.E. Sandy and 66th Avenue. Offering a wide range of dental care and services, from children's dentistry to porcelain veneers and root canals, cosmetics and restorations; financing options available. **Address:** 6600 N.E. Sandy Blvd. **Phone:** 503-284-4723. **Web:** smilesonsandy.com.

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# CALENDAR

## NOVEMBER 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](mailto: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

#### MARK DAY OF THE DEAD

**Nov. 2, 4-5 p.m.** Families mark Day of the Dead, an important holiday in Latin America, with crafts and celebration. If desired, bring a photo of a loved one who has passed away to add to the altar. Free. 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

#### HEAR NATIVE TALES

**Nov. 10, 1-2 p.m.** Hear Ed Edmo, a Shoshone-Bannock poet, playwright and traditional storyteller, introduce Dash'ka'yah, the monster woman with long hair, claws and scraggly teeth, and Coyote, who inspires stories among several tribes. Free. 503-988-5123. Gregory Heights, 7921 N.E. Sandy Blvd.

#### UNDERSTAND ANIMALS

**Nov. 10, 4-5 p.m.** Mr. Lizard brings his mobile zoo for children and adults in a hands-on experience. He shares fun and fascinating information about often misunderstood animals. Free. 503-988-5123. Kenton library, 8226 N. Denver Ave.

#### FLOAT WITH A FILM

**Nov. 20, 6:45 - 8 p.m.** In Flick & Float, ages 3 and older splash in warm water while watching "The Incredibles." Free for members; non-members: \$10 adults, \$5 youth. 503-284-3377. [www.necommunitycenter.org](http://www.necommunitycenter.org). Northeast Community Center, 1630 N.E. 38th Ave.

#### TIPS FOR COLLEGE ESSAY

**Nov. 27, 6-7 p.m.** In "The Power of Story: Composing the College Essay," high school juniors and seniors who are getting ready to apply to colleges may join a former English teacher for a workshop on brainstorming and composing an essay that tells the student's story. Free. Registration required: 503-988-5123 or [www.multcolib.org](http://www.multcolib.org) or Kenton library, 8226 N. Denver Ave.

### FOR ART LOVERS

#### CRUZ TEXTILES IN SHOW

**Nov. 1, 11 a.m. to 6 p.m.** Adriene Cruz creates textiles with vibrant colors and rich textures, sometimes with sacred symbols and embellishments offering her a way to transform and survive. Sally Squire shows porcelain sculpture, fuming smoke into some forms. Exhibit ends Nov. 18. Free

viewing. Hours: 11 a.m. to 5 p.m. Tuesday; 11 a.m. to 6 p.m. Wednesday to Saturday; 11 a.m. to 4 p.m. Sunday; closed Monday. 503-281-9048. [www.guardinogallery.com](http://www.guardinogallery.com). Guardino Gallery, 2939 N.E. Alberta St.

#### ARTIST SHOWS WORK

**Nov. 3.** Center hours. Local artist Walter Piepke displays his watercolors, oil paintings and etchings in the lobby through November. Free. 503-284-3377. [www.necommunitycenter.org](http://www.necommunitycenter.org). Northeast Community Center, 1630 N.E. 38th Ave.

#### UNCOVERING TRUTH

**Nov. 10, 2-4 p.m.** Reception for artist Sam Marroquin whose show is "Consciousness and Control." Her work features the images and ideas around us that are avoided by popular culture and media.

She explores the authenticity of cultural

information, uncovering truth as a way of documenting current history while looking to the past and the future. Exhibit scheduled Nov. 5-30. Free. 503-988-5123. North Portland library, 512 N. Killingsworth St.

### FOR BOOK LOVERS

#### EAT SQUARE PIE

**Nov. 2, 4-5 p.m.** Join Cathy Barrow, author of "Pie Squared: Irresistibly Easy Sweet & Savory Slab Pies," which are like regular pies but bigger and baked on sheet pans. The book includes recipes for traditional pie dough plus cracker, cheese, cornbread and cookie dough. Free talk. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

#### TIPS FOR TRAVELING

**Nov. 7, 7 p.m.** Alexandra and David Brown read from their new book, "A Year Off: A Story about Traveling the World - and How to Make It Happen for You." It's one part travel guide, one part travel essays and photos, and one part memoir from visiting 20 countries in one year. Free talk. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

#### HEAR TWO POETS

**Nov. 8, 7 p.m.** Poets Barbara Drake and Andrea Hollander read from their work. Readings also include selections from the posthumous collection, "So Far, So Good," by Ursula K. LeGuin. Free reading. 503-284-1726. [www.broadwaybooks.net](http://www.broadwaybooks.net). Broadway Books, 1714 N.E. Broadway.

### DISCUSS ISHIGURO BOOK

**Nov. 13, 7-8 p.m.** Discuss "The Buried Giant" by Kazuo Ishiguro in a Pageturners book group sponsored by Friends of the Library. Free. 503-988-5123. Studio 1, Mt. Bachelor Conference Room at Whole Foods Market next to Albina library, 3605 N.E. 15th Ave.

### PAGETURNERS TO MEET

**Nov. 19, 6:30-7:30 p.m.** Discuss "Before the Fall" by Noah Hawley in a Pageturners book group sponsored by Friends of the Library. 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

### READ DANTICAT BOOK

**Nov. 20, 6:15-7:45 p.m.** Discuss "Brother, I'm Dying" by Edwidge Danticat in a Pageturners book group, sponsored by Friends of the Library. Free. 503-988-5123. North Portland library, 512 N. Killingsworth St.

### REFLECTION ON RACE

**Nov. 20, 6:30-7:30 p.m.** Discuss "Black Man in a White Coat: A Doctor's Reflections on Race and Medicine," by Damon Tweedy, M.D. Friends of the Library sponsor the Pageturners book group. Free. 503-988-5123. Kenton library, 8226 N. Denver Ave.

### SEE A FILM

#### VIEW NATIVES' FILMS

**Nov. 1, 7 p.m.** The PDX Native Film Night, in honor of National Native American Heritage Month, includes films by Native filmmakers. Also includes a documentary, "Nature to Nations," from "Native America" by PBS. Audiences may drop in as schedules allow. Free. [www.hollywoodtheatre.org](http://www.hollywoodtheatre.org). 503-281-1142. Hollywood Theatre, 4122 N.E. Sandy Blvd.

#### SEE SHORT MOVIES

**Nov. 4, 7 p.m.** Portland premiere of "Filmmakers Unite (Fu)," with local filmmaker Chel White in attendance. The compilation of one- to nine-minute shorts presents a collective response to the current threats to our democracy. Documentary, narrative and experimental films cut across race, ethnicity, class, gender, sexuality and religion. Tickets \$7-\$9. [www.hollywoodtheatre.org](http://www.hollywoodtheatre.org). Hollywood Theatre, 4122 N.E. Sandy Blvd.

#### OREGON IN FILMS

**Nov. 19, 7:30 p.m.** View "Breaking In" as part of the #OregonMade film series. Stars Burt Reynolds in a film about a professional thief who takes on an apprentice. Watch for Portland locations from 1988. Tickets \$7-\$9. [www.hollywoodtheatre.org](http://www.hollywoodtheatre.org). Hollywood Theatre, 4122 N.E. Sandy Blvd.

### NOSFERATU SCREENING DEBUTS NEW ORGAN FOR THE HOLLYWOOD THEATRE

**Nov. 24, 2 p.m.** For the first time in 88 years, audiences at the Hollywood Theatre are about to have a true theater organ experience. Organist Dean Lemire will perform his original score for Nosferatu on the Hollywood's newly refurbished pipe organ. While previous events at the Hollywood Theatre have featured live organ accompaniment, the organ sound itself was digital, powered by large speakers in the organ loft. Now, the sound will once again come from the theater's newly refurbished pipes, powered by a massive blower in the basement. The Columbia River Theatre Organ Society has spent years meticulously refurbishing the organ, tracking down vintage organ parts and pipes. Tickets \$7-\$9. [www.hollywoodtheatre.org](http://www.hollywoodtheatre.org). Hollywood Theatre, 4122 N.E. Sandy Blvd.

### HEAR MUSIC

#### HEAR PORTLAND SOUL

**Nov. 16, 7:30 p.m.** Albina Soul Revue, featuring the Unsung Heroes of Portland Soul. Hear Shirley Nanette, Gregg Smith and The Legendary Beyonds. Tickets \$25. [www.albertarosetheatre.com/](http://www.albertarosetheatre.com/). 503-764-4131. Alberta Rose Theatre, 3000 N.E. Alberta St.

#### BACH IN CONCERT

**Nov. 18, 2 p.m.** The Bach Cantata Choir of Portland presents a concert featuring Henry Purcell's "Ode to St. Cecilia," J.S. Bach's Cantata No. 116 and Heinrich Schutz's "Jauchzet Dem Herre." Free-will offering. After the concert, the annual Harvest and Holiday Market fundraiser with baked goods, handmade holiday objects, CDs and concert tickets will be in the fellowship hall. Information: [www.bachcantatachoir.org/](http://www.bachcantatachoir.org/) Rose City Park Presbyterian Church, 1907 N.E. 45th Ave.

### TECH ASSISTANCE

#### GET ELECTRONIC AID

**Nov. 1 and 15, 3-5 p.m.** each day. Meet one-on-one for 30 minutes with a tech helper who will answer questions about mobile devices, websites, downloading, e-readers and more. If questions are about a smartphone, tablet or laptop, bring it along with any usernames and passwords. Free. Appointment needed: 503-988-5123 or [www.multcolib.org](http://www.multcolib.org) or in Albina library, 3605 N.E. 15th Ave.

#### GAIN COMPUTER SKILLS

**Nov. 2, 1-4 p.m.; Nov. 3 from 3:30-5:30 p.m.; Nov. 5 from 1-3 p.m.; Nov. 6 from 3-5 p.m.** Lab assistants help library patrons practice computer skills. 503-988-5123. North Portland library, 512 N. Killingsworth St.

#### LEARN ANDROID BASICS

**Nov. 17, 3-5 p.m.** Learn the basics of using an Android smartphone or tablet. Bring questions and a fully-charged device. Oregon Lifeline participants are welcome. Free. Registration required: 503-988-5123 or [www.multcolib.org](http://www.multcolib.org) or in Kenton library, 8226 N. Denver Ave.

#### PRACTICE CANVA

**Nov. 27, 9:15-11:15 a.m.** Learn Canva, an online design studio, for cards, posters, invitations, flyers or social media posts. Also as an alternative to PowerPoint for presentations. Free. Registration required: 503-988-5123 or [www.multcolib.org](http://www.multcolib.org) or in Albina library, 3605 N.E. 15th Ave.

### FOR SENIORS

#### OPERA BRINGS 'BARBER'

**Nov. 3, 2-3:30 p.m.** Portland Opera to Go! presents "The Barber of Seville." The bilingual production of Rossini's classic work is set in Alta, California in the 1830s when Rosina arrives from Mexico and falls in love with the handsome man she sees in the plaza. He likes her, too. However, she speaks only Spanish; he speaks only English. \$5 donation suggested. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### LEARN ABOUT 'VILLAGE'

**Nov. 5, 9:30-11 a.m.** Learn about Northeast Village PDX, which can help seniors age at home with a network of volunteers and reputable service providers. Free. Information: 503-895-2750 or [nevilleagepdx.org](http://nevilleagepdx.org). Hollywood Senior Center, 1820 N.E. 40th Ave.

#### AID FOR GRANDPARENTS

**Nov. 5, 10-11 a.m.** Grandparents and other relatives raising children at this time in their lives gain support in dealing with stress, happiness and finding proper ways to deal with emotional and physical health for themselves and the children. Free. Information: 503-288-8303. Bridge Meadows, library, 8502 N. Wayland Ave.

#### MOVE WITH TAI CHI

**Nov. 5 and 7, 10-11 a.m.** Continues Monday and Wednesday. "Tai Chi: Moving for Better Balance" progresses from easy to difficult to improve muscle strength, flexibility and mobility and reduce fear of falling. Free but \$1 donation appreciated. Information: 503-288-8303. Bridge Meadows, 8502 N. Wayland Ave.

#### EXPLORE E-DEVICES

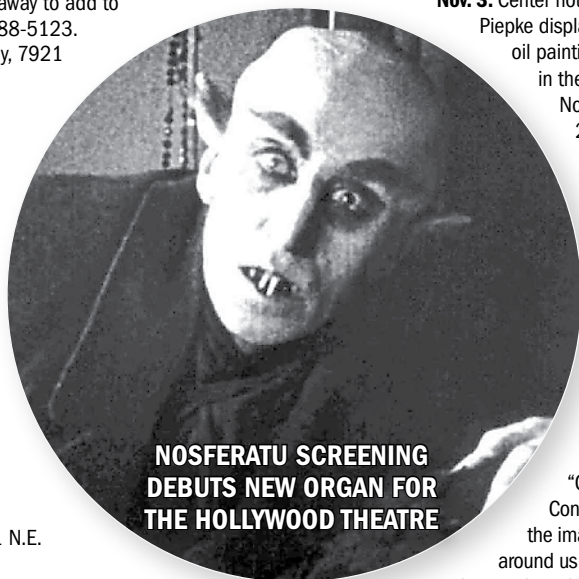
**Nov. 6 and 20, 9:45 a.m., 10:30 a.m. or 11:45 a.m.** Computer tutor John Lucas offers 45-minute, one-on-one sessions for guidance on using an electronic device. Bring the device and a charging cord. Free but donations appreciated to the center. Appointment required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

#### GET JOINT FLEXIBILITY

**Nov. 6 and 8, 11 a.m. to 12 noon.** Continues Tuesday and Thursday. An arthritis exercise program is designed to promote joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. Free but \$1 donation appreciated. Registration: 503-288-8303. Leaven Community Center of Salt & Light Lutheran Church, 5431 N.E. 20th Ave.

#### LEARN ABOUT CBD

**Nov. 6, 1-2:30 p.m.** An educational presentation outlines benefits of CBD, a nonpsychoactive compound in cannabis that doesn't produce the "high" associated with THC in the plant. The presentation offers information about what to look for in products for medical use, how to take them and how to assess effectiveness. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.



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**FOCUS ON HOLIDAY JOYS**

**Nov. 8. 9:30-11 a.m.** The Views program plans a conversation on aging, focusing on holiday wellness. Holiday experiences may change as lives change. The discussion helps identify what is important to each individual about the holidays and explore ways to bring those things into the celebrations this year. Reduce stress and focus on the things that bring meaning and joy. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**WRITE YOUR HISTORY**

**Nov. 8, 15 and 29. 10-11 a.m.** "Your Personal History" is a three-part writing workshop with Leora Troper from Artisan Memoirs. Class 1: Starting Out is a session to get started. Class 2: Moving Forward looks at ways to tell the story and look at different organizing formats. Class 3: Branching Out: Consider other kinds of personal writing, such as ethical wills. \$5 per class to instructor. Registration: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**AID FOR CAREGIVERS**

**Nov. 14. 2-3:30 p.m.** Second Wednesdays. Nov. 25. 2-3:30 p.m. Fourth Sundays. Alzheimer's support groups for caregivers and family members to share ideas for coping and caring. Drop-ins welcome. Free. Information: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**TIPS FOR STORYTELLING**

**Nov. 19. 9:30-10:30 a.m.** "Tell Me A Story: An Introduction to Storytelling" offers simple instruction on how to play to an audience and get comfortable in front of a group. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**VIEW JAPANESE ART**

**Nov. 20. 8:30 a.m. sharp.** Riders Club visits the Portland Art Museum for a talk on "Poetic Imagination in Japanese Art." Meet the RideWise Ambassador for a free bus pass and free admission to the museum. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**DON'T SIT!**

**Nov. 27. 10-11 a.m.** "The Problem with Sitting and Some Easy Fixes" with retired educator Jim Freda. Learn about new research on the "sitting disease," the postural and tissue effects of prolonged sitting, a safe exercise and gentle stretch to reverse sitting posture, and easy self-massage techniques. Free. Registration required: 503-288-8303. Hollywood Senior Center, 1820 N.E. 40th Ave.

**BOOK CLUB TO MEET**

**Nov. 27. 1:30-3 p.m.** Continues last Tuesdays. Book club, with large print books provided by Multnomah County library. Free but donation appreciated. Bridge Meadows, 8502 N. Wayland Ave.

**INGENERAL**

**SHIELD FINANCES**

**Nov. 4. 10-11 a.m.** Share tips on how to develop a strategy for financial protection and prepare for the unexpected. Strategies include having an emergency fund, establishing a line of credit and reviewing insurance/liability protection. Free. Call to reserve space: 503-477-8474. Edward Jones Hollywood branch, 1745 N.E. 42nd Ave.

**MAKE MARZIPAN FRUIT**

**Nov. 4. 2:30-4 p.m.** Learn to create Vietnamese marzipan fruits by making almond paste and forming "fruits" for eating or decorating. Instructions in Vietnamese. Free, but tickets available 15 minutes in advance. 503-988-5123. Gregory Heights library, 7921 N.E. Sandy Blvd.

**TUTOR OFFERS HELP**

**Nov. 5. 5-7 p.m.** Continues Mondays. Drop in to work one-on-one with a tutor. Get help with reading, writing, math, English and the GED. Free. 503-988-5123. North Portland library, 512 N. Killingsworth St.

**A STAR FOR ENERGY**

**Nov. 5. 7 p.m.** In Science on Tap, Tammy Ma and Arturo Dominguez discuss "Fusion: Creating a Star on Earth for Clean and Limitless Energy." Tickets \$15 general, \$8 student with I.D. www.albertarosetheatre.com/ 503-764-4131. Alberta Rose Theatre, 3000 N.E. Alberta St.

**WRITING TO HEAL**

**Nov. 6 and 13. 5:30-7:30 p.m.** "Writing to Heal" is a trauma-informed writing workshop for African American women, led by mental health professional Javelin Hardy, who uses her book, "The Girl Inside Me." The sessions aim at healing, empowerment, self-care and self-love. Free. Registration required: 503-988-1234 or www.multcolib.org and Kenton library, 8226 N. Denver Ave.

**LEARN PRINTMAKING**

**Nov. 6. 6-7:30 p.m.** Learn printmaking to add personal touches to holiday cards, wrapping papers, decorations and more. Design, carve and print, with safe techniques, lino block stamps to take home and continue using. Free. Reservations required: 503-988-5123 or www.multcolib.org or in Albina library, 3605 N.E. 15th Ave.

**HEAR JOINT TREATMENTS**

**Nov. 6. 6:30-8 p.m.** Providence Orthopedic Institute hosts a seminar with Dr. Carlos Williams to learn what causes hip and knee pain and treatments to help move again, free from pain. These range from non-operative methods to total joint replacement. Free. Registration: ProvidenceOregon.org/joint-seminars. Cancer Center auditorium, Providence Portland Medical Center, 4805 N.E. Glisan St.

**TRAIN FOR STRENGTH**

**Nov. 7. 4:30-5:30 p.m.** Continues Wednesdays. Mindful strength training, with Christopher Pike, focuses on resistance training for people who aren't comfortable in a gym environment. Class includes a mix of isometric, mobility, weight lifting, body weight exercises and somatic movement. Blocks, stools, mats, resistance bands provided. \$15 drop-in. (971) 258-1885. www.somaspace.us/classes. SomaSpace Movement Arts and Healing Center, 4050 N.E. Broadway.

**MOVE WITH TAO QIGONG**

**Nov. 7. 6-7 p.m.** Tao Qigong, with Ben Rosen, with movements designed for optimal energetic cultivation. \$15 drop-in. (971) 258-1885. www.somaspace.us/classes. SomaSpace Movement Arts and Healing Center, 4050 N.E. Broadway.

**'LIVE WIRE' WITH WRITERS**

**Nov. 10. 7:30 p.m.** Live Wire with Luke Burbank -- the Portland Book Festival Edition. The public radio show of music, comedy and conversation is expecting guests Abbi Jacobson, Eileen Myles and Nicole Chung. Tickets \$20 advance, \$35 for first five rows of theater. www.albertarosetheatre.com/ 503-764-4131. Alberta Rose Theatre, 3000 N.E. Alberta St.

**LEARN TO MAKE CHEESE**

**Nov. 12. 6-7:30 p.m.** Learn to make Mozzarella and string cheese in one hour with Claudia Lucero, who turns milk into curd and curd into cheese. Free. Registration required: 503-988-5123 or www.multcolib.org or Gregory Heights library, 7921 N.E. Sandy Blvd.

**CLOTHING FOR SALE**

**Nov. 16. 12 noon to 7 p.m.** Dress for Success, which empowers women to achieve economic independence by providing a support network and professional attire, is clearing out its closet with a sale of clothing, shoes and accessories. All items \$5 and up. Sale continues 10 a.m. to 4 p.m. Nov. 17; 11 a.m. to 1:30 p.m. Nov. 18. "Blow out" sale, \$3 items, 2-4 p.m. Nov. 18. Parking on street or across the street in the Banfield Motel parking lot. Information: 503-249-7300; oregon.dressforsuccess.org. Dress for Success Oregon, 1532 N.E. 37th Ave.

**SWAP WOMEN'S CLOTHES**

**Nov. 16. 7-8:30 p.m.** Women's clothing and accessories swap. Cull fall and winter clothing from the closet then find something new. Clothing left over goes to nonprofit Dress for Success. \$10 cash at door. (971) 258-1885. SomaSpace: Movement Arts and Healing Center, 4050 N.E. Broadway.

**LEARN NATIVES' FOODS**

**Nov. 19. 5:30-7:30 p.m.** Learn about edible Native American food plants such as huckleberry, cedar, sweetgrass and others for basketry and medicine. Stephanie Craig, a Santiam and Yoncalla Kalapuya tribal member, leads the session. Free. 503-988-5123. Kenton library, 8226 N. Denver Ave. - Janet Goetze


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Thursday, November 8  
**BRIDGE OVER TROUBLED WATER: A SIMON AND GARFUNKEL TRIBUTE**  
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Tuesday, November 13  
**RACE TALKS:**  
An Opportunity for Dialogue  
**Overturing Marijuana Convictions: Equitizing Opportunities for the Poor & People of Color**  
Gym • 6 pm doors; 7 pm event

Thursday, November 15  
**GREAT NORTHWEST MUSIC TOUR**  
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Thursday, November 15  
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Friday, November 16  
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**ROSE CITY BOOK PUB TURNS PAGE ON COUNTY CORK SPACE IN SABIN**

On November 3, Elise Schumock will host a grand opening celebration for her new Rose City Book Pub at 1329 N.E. Fremont in the Sabin neighborhood. The party at the former home of the County Cork restaurant and bar will be from 11:00 a.m. until 2:00 a.m. with live music, beer tastings, free massages and a piñata for kids at 2:00 p.m.

"It's taken about a month to get the space ready," said Schumock. "We didn't make any structural changes since there was already a restaurant here. The biggest change was adding the bookcases and we took the opportunity to do a deep clean. I have no experience in bars or restaurants, but I've hired people who are much more experienced than I am."

Schumock grew up in the neighborhood and wanted to locate her business in Northeast, close to the center of the city.

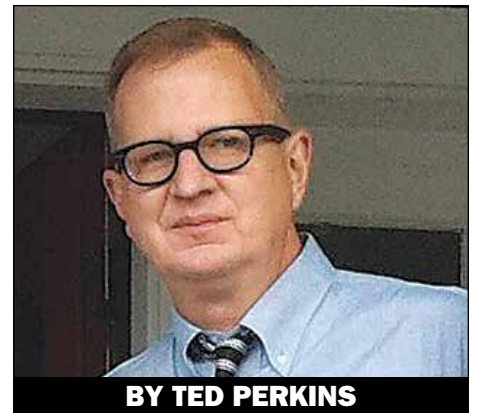
"In high school, I worked at CeCe's Card Castle in 42nd Street Station," said Schumock. "My mentors are all restaurant owners in Hollywood. They include Don Meagher from Aunt Tillie's Deli, Mike Marshall from Moon and Sixpence and Alex Bond from Clyde's Prime Rib. For the past 17 years I've been living in Los Angeles, working as a Latin teacher and tutor. When this idea emerged, I saw it as my opportunity to return to Portland. I started planning the book pub about three years ago and started shopping for locations last spring."

The book pub will sell mostly used books, with some new books from local authors and publishers.

"The only new books we won't sell are children's books, because we are half a block away from A Children's Place," said Schumock. "Our collection is mostly literature with some interesting non-fiction. We plan to do lots of author readings and book launches as well as poetry readings and writing workshops. I'm hoping to do some cookbook launches with each author as a guest chef."

The pub's menu will be bistro style, with a small fixed offering and a rotating selection of seasonal soups, sandwiches, pastas and salads.

"We will be mostly a beer bar with 18 taps and a small wine list," said Schumock. "We're going to have five signature cocktails at a time, with local spirits and ingredients. Otherwise, patrons can order highballs – one spirit, one mixer



**BY TED PERKINS**

TEDPERKINS@STAR-NEWS.INFO

– of anything we have available."

Schumock plans for the pub to be family friendly.

"We have a large section of children's books and are hosting an after school homework club Monday through Thursday," said Schumock. "We have a menu of small portions of snacks children like and are attempting to make a quieter space on Tuesdays and Thursdays from 11:00 a.m. until 5:00 p.m. We hope that will make it a more welcoming space for people with sensitivity or autism – and for people who want to use the space to work from home. This is not to say that we're planning a quiet atmosphere all the time – it is a bar, after all."

Schumock is thrilled to be back in the neighborhood she knows so well.

"I love the architecture of the building and I like how this stretch hasn't been modernized and is still a walkable neighborhood," said Schumock. "I grew up in Hollywood and went to Sabin, Beaumont and Grant. I'm really pleased that I was able to secure a location where I have deep roots. I expect the book pub to have a local draw as well as a citywide draw."

Trivia night at the pub will be Wednesdays at 7:00 p.m. and a Bone Tax Poetry Reading will be every third Thursday of the month at 8:00 p.m.

For more information, call 503-287-4801 or visit [www.rosecitybookpub.com](http://www.rosecitybookpub.com).

**WHO DAT DINING AT TAPALAYA IN KERNS?**

Tapalaya in the Kerns neighborhood is now the city's home for New Orleans Saints fans.

Known for its southern cuisine, created by the restaurant's bayou-born chef and owner Anh Luu, Tapalaya's guests can now join New Orleans ex-pats and NFL fans to watch the Saints during football

– CONTINUED ON PAGE 25

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Elise Schumock will host a grand opening celebration for her new Rose City Book Pub in the Sabin neighborhood. The party at the former home of the County Cork restaurant and bar will be on November 3. (Jane Perkins)



**★ STAR BUSINESS BUZZ**

season on the restaurant's brand new 55-inch screen.

With most of the Saints games airing on a Sunday or Monday night, guests can enjoy brunch, happy hour or dinner while watching the games. Additionally, Tapalaya will air Monday Night Football even when the Saints aren't playing.

"I love the Saints and I spent many weekends with family and friends in New Orleans watching them play before moving to Portland," said Luu. "Supporting the black and gold, the city of New Orleans and the #whodatnation here at Tapalaya means so much to me. It's a perfect fit."

Located on Northeast 28th's restaurant row, Tapalaya, which is a combination of the words tapas and Jambalaya, offers contemporary Cajun/Creole tapas and a Vietnamese-inspired menu for both dinner and brunch.

Born to Vietnam War refugees in New Orleans, Luu and her family evacuated after Hurricane Katrina in 2005. Luu was hired as executive chef at Tapalaya in May 2013 and purchased the restaurant from previous owner, Chantal Angot in March 2017.

For more information, call 503-232-6652 or visit [www.tapalaya.com](http://www.tapalaya.com).

**VINCENT JOHNSON TEES UP NEW GOLF JOB WITH PARKS**

In October, Portland Parks and Recreation promoted Vincent Johnson to director of golf. Johnson takes the helm from longtime director John Zoller, who led the program from 1987 until his recent retirement. Johnson is a Portland native and former professional who joined the parks department in 2016 as assistant director of golf.

During his time with the department, Johnson has worked to champion the "country club" game through his outreach with women, youth and people of color.

"Portland Parks Golf just celebrated its 100th anniversary," said Parks Commissioner Nick Fish. "We are fortunate to have a professional like Vincent to lead our recreational golf program and provide the vision for the next 100 years."

"Vincent is the ideal person to continue a proud tradition of leadership in providing all the benefits that Portland Parks Golf has to offer," said Interim Parks Director Kia Selley. "He excels at promoting positive engagement for youth and underrepresented communities. With Vincent's leadership we will continue to ensure that the benefits of golf are available to all."

Johnson began playing golf at age six and attended David Douglas High School before earning a finance degree with his golf scholarship to Oregon State University. He has competed in tournaments on the PGA Tour and won the 2010 Long Beach Open.

"Serving as new director is humbling," said Johnson. "I'm thrilled to be able to inspire and encourage the next generation of golfers. We will keep working to better serve all players as well as people that are just discovering the game. That includes communities of color, women and anyone who might not have previously thought the lifelong game of golf was for them."

During the summer of 2018, Johnson led department's centennial celebration, including a commemoration of the first Portland Parks Golf Course at Eastmoreland and The Next 100 event at Colwood Golf Center in the Cully neighborhood. He has shared his

passion for the game at events like the McMenemy's Kennedy School Race Talks in the Concordia neighborhood.

"Our program has been successful thanks to our hardworking maintenance staff and committed golf course operators," said Johnson, "They are why our team will continue to provide high quality golf and meaningful recreation opportunities for all Portlanders."

Portland Public Golf offers affordable golf to Portland residents and visitors, with six golf courses around the metro area, including Heron Lakes in North Portland, and Rose City and the newly acquired Colwood in Northeast Portland. Every year, more than 330,000 rounds are played on Portland public courses, with lessons by trained golf professionals, meeting and hospitality facilities for public and private events, and several annual tournaments.

For more information, call 503-823-7529 or visit [www.portlandparks.org](http://www.portlandparks.org).

**NEW SEASONS PUTS NEW WRAPPER ON SUSTAINABILITY INITIATIVES**

In October, New Seasons, the world's first B-Corp grocery store with locations in the Arbor Lodge, Concordia, Eliot and Grant Park neighborhoods, announced updates to its sustainability initiatives, including changes to packaging and the expansion of its "Bag It Forward" program, which rewards customers and community partners for using reusable containers.

New Seasons has a long commitment to sustainable business practices, with annual waste audits, environmental nonprofit community partnerships and operational initiatives for water, energy and transportation conservation. In April, the company eliminated plastic straws from all of its stores, saving an estimated 180,000 straws in just five months.

"As a neighborhood grocer and local business leader, our customers, partners and community members look to us for guidance on how to reduce their own environmental impact," said Athena Petty, the market's sustainability program manager. "Taking a closer look at our waste and revamping our packaging strategy is the next natural step in being transparent about our waste challenges, and gives customers and staff an opportunity to help us in our mission."

The company recently invested in software to examine the impacts associated with its packaging. The technology informed new sustainability initiatives, including a new partnership to track how many customers are adopting reusable containers and how they're being used.

The market will now reward customers with a five-cent refund for every reusable container they bring in. They can keep the reward toward their purchase or donate it to a local nonprofit organization. Over the last two years, New Seasons customers have saved over seven million paper bags and donated more than \$300,000 to nonprofits in their communities.

"By expanding the Bag It Forward program to include all reusable containers, we hope to reward our customers who bring in reusable jars, storage containers, drink tumblers and produce bags for their shopping, while giving back even more to our local communities," said Petty.

The grocer also looked at its own



*In October, the parks department promoted Vincent Johnson to director of golf. Johnson takes the helm from longtime director John Zoller. Johnson is a Portland native and former professional who joined the parks department in 2016 as assistant director of golf. (Portland Parks and Recreation)*



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pre-packaged items, weighing food preservation needs against environmental costs. As a result, the grocer will roll out new packaging for bulk items, including nuts, trail mixes and dried fruit, in thinner, food-safe zipper bags rather than tubs.

"This data enables us to make sustainability decisions based on the true impact to people and the planet, rather than industry trends or simply whether a container is recyclable at the end of its use," said Petty. "Looking back over the last year since the collapse of the global recycling markets, we're confident about the measurable steps we're taking to reduce waste in our communities, and are excited to track our results to continue to evolve our sustainability programs in the future."

For more information, visit [www.newseasonsmarket.com/sustainability](http://www.newseasonsmarket.com/sustainability).

### LLOYD CENTER INITIATIVE LOOKS TO LOCAL VENDORS FOR HOLIDAY CHEER

Some of the city's favorite boutiques and small businesses will be setting up shop in the Lloyd District for the holidays as part of Lloyd Center's new Lloyd Local initiative. The Lloyd Local space will include many quirky, local shops, offering signature products for a limited time.

From Bobbie Stewart's Palette 42 boutique in Cully to Stubborn Stiles, a modern jewelry company in Irvington, to Bricks and Minifigs novelty shop, the city's largest Lego collector with a popular retail and party space just up the street in Kerns – there will be something for the entire family.

"As we near the holidays, more shoppers come in to enjoy all that Lloyd has to offer

– not only shopping, but skating, Santa and snow," said Cori Jacobs, specialty-leasing manager. "We wanted to create a unique experience, showcase products from some of the city's most creative businesses and take advantage of the high-traffic holiday season."

Stewart, founder of Palette 42 will be partnering with Travel Portland and Prosper Portland to create the My People's Market retail store in the mall. Stewart is taking her passion for empowering and teaching multicultural business owners and aligning it with her existing store's mission to create an inspired shopping experience.

"Palette works to make the invisible visible by bringing multicultural brands to the world," explains Stewart. "Lloyd Center's culture and history of partnering with local artists, designers and craftsmen and women provides shoppers with the opportunity to purchase one-of-a-kind products in a convenient, central location. While these products will only be available for a limited time during the holiday season, Lloyd Local will regularly be filled with similar businesses throughout the year."

The iconic, 1.2 million square-foot Lloyd Center is still undergoing a \$120 million renovation that has now seen the completion of a new food court area, the overhaul of its historic ice-skating rink and the remodel of its signature three-story spiral staircase. Planned additions down the road include a new 14-theater cinema, live music venue and expanded local restaurant options. Renovations are planned to highlight a broad renaissance for the surrounding neighborhood, which is growing to include new housing, restaurants, office and retail space.

Visit [www.lloydcenter.com](http://www.lloydcenter.com) for more information.

### LITTLE BOXES RETURNS FOR BLACK FRIDAY, SMALL BUSINESS SATURDAY

Over Thanksgiving weekend, the eighth annual Little Boxes event returns with three days of shopping and excitement for the holiday season to promote the city's unique, locally-owned retail shops and neighborhoods.

The citywide shopping event kicks off on Black Friday, November 23 and continues on Small Business Saturday, November 24 through Sunday, November 25.

"As a support organization for our city's 50 neighborhood business districts, Venture Portland is proud to partner again with Little Boxes to ensure the season is merry and bright for our local retailers," said executive director Heather Hoell. "In Portland, where 98 percent of neighborhood businesses have five or fewer employees, shopping small is really big. Portlanders can feel good knowing their money stays home for the holidays when they shop local. For every dollar spent at a local business, 70 percent stays in the local economy."

Scott Vernon of the Buckman neighborhood has shopped Little Boxes every year since it began.

"I pretty much do all my holiday shopping for family at Little Boxes," said Vernon. "My family all live in California and they are regular mall shoppers. They enjoy that I'm able to give them items that are unique to Portland."

Some of our participating neighborhood businesses include

Grasshopper Boutique, Green Bean Books and pedX Shoes on Alberta; Amenity Shoes, The Arrangement and Paperjam Press in Beaumont Village; Trade Roots on Broadway; Poppina's in Hollywood; Paxton Gate and Queen Bee Creations on Mississippi; and Beanstalk Children's Resale in Montavilla.

A new Little Boxes app is available for download now on both iPhone and Android. The app serves as a digital passport to the promotion and helps to find stores by category, proximity or neighborhood. Each visit and purchase from a participating store earns a raffle entry and each purchase unlocks additional entries. The more entries received, the more opportunities shoppers will have to win a prize.

Little Boxes is owned and operated by Built Oregon, a nonprofit that supports entrepreneurs throughout the state by championing their economic impact on the local economy.

"Built Oregon is thrilled to produce Little Boxes to connect shoppers with local retailers in our community," said Terry St. Marie, cofounder of Built Oregon. "This annual event has become the city's Black Friday and Small Business Saturday weekend tradition and a fun alternative to the frenzy at the big box retailers. We recognize that the vibrancy of the local economy depends on all of us to support our local neighborhood retailers during Little Boxes – and all year long."

For a complete list of merchants or more information, visit [www.pdx.shoplittleboxes.com](http://www.pdx.shoplittleboxes.com).

– CONTINUED ON PAGE 27



## ★ STAR PET CONNECTIONS

SPONSORED BY SALTY'S PET SUPPLY ON MISSISSIPPI AND FANG & FEATHER IN KENTON



Dr. Lindsay Thurwachter, left, met Dr. Nikki Graf at Washington State University's College of Veterinary Medicine and opened Kenton Animal Hospital in 2016. They focus on integrative practices, incorporating both eastern and western medicine. (John Butenschoen)

### INTEGRATIVE VETERINARIAN PRACTICES

After graduating from Washington State University's College of Veterinary Medicine in 2010, classmates Dr. Nikki Graf and Dr. Lindsay Thurwachter opened Kenton Animal Hospital six years later. Located at 2117 N. Willis Blvd., their integrative veterinary practice combines both eastern and western medicine.

After college, while both Dr. Graf and Dr. Thurwachter were working in the Portland metro area at emergency and general practices, they concurrently embarked on a one-year intensive course in acupuncture, practicing on horses and greyhounds. Both are certified by the International Veterinary Acupuncture Society and have recently partnered with the Oregon Zoo to perform acupuncture and cold laser therapy for zoo animals, including a Humboldt penguin and a goat.

These vets have observed healing benefits of acupuncture while treating both cats and dogs in their practice. After Dr. Thurwachter treated Mr. Wiggles, a 13-year-old Chihuahua/terrier mix with degenerative myopathy (a paralyzed rear end), he can walk again and with bi-weekly treatments lives a more comfortable senior life.

"Prevention is key to promote a long, healthy life," said Dr. Graf, who recommends annual visits for healthy animals and twice yearly visits for geriatric animals. Small dogs age 10+; large dogs age 7 or 8; and cats age 10 or 11, are all considered seniors.

Dr. Thurwachter is also certified in traditional Chinese food therapy. "Feed the best you can afford and have time for," she said. "Keep it balanced—consider canned, kibble, formulated raw (commercial) or home-cooking. It doesn't have to be an all or nothing approach."

Nutrition, exercise and constitution of pets all contribute to their quality of life, according to these vets. For more information: [www.kentonanimalhospital.com](http://www.kentonanimalhospital.com) or call (503) 951-6256. – Kathy Eaton



Dr. Thurwachter treats 13-year-old beagle Tallulah Belle with acupuncture for back issues. (John Butenschoen)

**★ STAR BUSINESS BUZZ**

**SPIRIT MOUNTAIN ROLLS DICE ON SHADOW PROJECT**

The Shadow Project, a 15-year-old nonprofit headquartered in Sullivan's Gulch, has received a one-year, \$35,000 grant from the Spirit Mountain Community Fund to help its teachers to close the achievement gap for students in special education. The nonprofit's stated mission is to help children with disabilities like dyslexia and autism thrive and achieve their true potential.

"The strength of our local partnerships is something we take pride in," said Mychal Cherry, Spirit Mountain Community Fund's executive director. "It's an honor and a privilege to support an organization like The Shadow Project that makes it possible for children with



*The Shadow Project has received a one-year, \$35,000 grant from the Spirit Mountain Community Fund to help its teachers to close the achievement gap for students in special education. (The Shadow Project)*

learning disabilities to meet and exceed their full academic potential."

The majority of the children in The

Shadow Project are from low-income homes and communities of color. The Spirit Mountain grant gives them personalized

learning experiences such as reading mentors who use a specialized audio-visual library to make books come alive, sensory spaces where children can find calm and focus, and a goal-setting program that motivates discouraged learners.

"Because of Spirit Mountain's generosity, our children have tools tailored to the way they learn, teachers equipped to support them, and a sense of belonging in school that sets them on a path of pride and accomplishment," said Shadow Founder and Executive Director Christy Scattarella. "Many of the students we serve have been ready to give up – on school and on themselves – and their perseverance and determination inspire me daily."

For more information, call 971-373-3457 or visit [www.shadow-project.org](http://www.shadow-project.org). ★

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