



FOR the LOVE *of local*

SIDE YARD BOUNTY Cully urban farm connects people through food. **PAGE 9**

GET CRAFTY
in the North Williams neighborhood, there are lots of chances for people of all ages to indulge their creative side. **PAGE 11**



WORK PARTY IS NOT AN OXYMORON Pitch in and get involved in your neighborhood. **PAGE 2**



GREEN INFRASTRUCTURE Help guide the city in planning and managing its urban forest. **PAGE 6**



A CAT'S CASTLE Enclosed outdoor catio space keeps your feline friends safe and happy. **PAGE 16**



POSITIVE MINDSET A reminder to strive to thrive wherever you are planted. **PAGE 8**

★STAR COMMUNITY CONNECTIONS



BY RITA SHELLEY

RITASHELLEY@STAR-NEWS.INFO

ENTER FASHION INSTITUTE SCHOLARSHIP CONTEST

High school juniors and seniors with aspirations of fashion industry careers are invited to submit entries for a \$20,000 scholarship to be awarded by the Portland Fashion Institute. The student with the top entry will attend the Institute's design and business classes, prepare a professional portfolio, take part in a graduate fashion show and intern with a Portland area apparel designer. Last year's winner was Grant High School senior Isak Schwartz.

The deadline to enter is May 17; the winner will be notified May 28. For details of entry requirements, see portlandfashioninstitute.com or call 503-927-5457.

GRANTS FUND MEDICALLY TAILORED MEALS ON WHEELS

Portland's Meals on Wheels program has received two three-year grants totaling \$1.7 million from Trillium Community Health



Trillium Community Health Plan has awarded Meals on Wheels a \$20,000 grant to provide medically tailored meals for patients discharged from the VA Portland Health Care System or Adventist Health Portland. (Meals on Wheels)

Plan for patients who have been discharged from Adventist Health Portland and VA Portland Health Care System.

The grants support up to two medically tailored meals a day for 400 patients and eligible family members for up to 120 days. In addition to food, the grants cover production, packaging and delivery of meals, social programs, client services, data tracking and informational materials.

"Research shows that medically tailored meals reduce emergency department visits and hospitalizations, save health care costs, and improve management of chronic disease," Connie Gilfillan, the program's director of business development, said.

Details about meal delivery eligibility or to apply to become a vetted volunteer, is available at mowp.org/ or call 503-953-8111.

WINDERMERE DONATES TO NORTHEAST NONPROFITS

Windermere Realty Trust recently wrapped up its 34th year of charitable donations, including \$275,000 to nonprofits serving low-income children and families throughout the Portland metropolitan area. Among recipients with a Northeast presence are Family Promise of Metro East, Community Traditional School, CASA for Children, Kinship House and Grace Institute Art Camps. Funds raised include those of brokers donating a portion of each Windermere commission.

LAURELHURST FRIENDS WORK PARTIES BEGIN

Friends of Laurelhurst Park invites volunteers to join its monthly work parties at the park, beginning April 10 and continuing on one Tuesday each month through October. The park is at the northwest corner of Southeast César E. Chávez Blvd. and Stark Street.

"Laurelhurst is a historic park with diverse plantings that need pruning, mulching and weeding, so there is always plenty to pitch in on," said Alice Knouff, one of the organizers who have helped sustain the Laurelhurst work parties for 20 years. "We also plan to put in new shrubs and perennials while the soil is moist."

In addition to volunteers, Portland Parks Department provides project support and guidance. A highlight, Knouff said, is meeting neighbors and getting acquainted with volunteers from around the city.

- CONTINUED ON PAGE 4

The Hollywood Star News

Published monthly in Northeast Portland.

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To submit story ideas, letters to the editor or press releases, please email
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Editorial deadline: 15th of the month
Advertising deadline: 20th of the month

Places to pick up the Hollywood Star

Libraries: Albina, Gregory Heights, Hollywood, Kenton, and North

Grocery stores: New Seasons on Interstate, Williams and Broadway/33rd

Fairleys Pharmacy and 42nd Street Station

Star News Publishing has many journalists who write for our newspaper and website. Their individual opinions and statements do not necessarily represent the views of Star News Publishing.



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★ STAR COMMUNITY CONNECTIONS

Mary DeHart, Publisher of The Star News is Retiring, and Yes, the Newspaper is for Sale

I have had a wonderful time publishing this newspaper for the past 40-plus years, but have decided to finally retire. Someone else needs to continue our neighbor connection via The Star News.

I purchased this newspaper from M.R. Publications and combined it with the East Bank Focus to create the North/Northeast circulation area of The Star News. I had been a small retailer and an advertising sales associate for The Star News, and had a passion for the business districts as well as the newspapers' readers.

Being a sales person and not a writer, and before email was in practice, I met my advertisers personally. I found out what The Star News could do to help them succeed in their business. That personal connection has carried

through to today. It is amazing how many loyal advertisers are still promoting their business through The Star News today while start-ups find it affordable to advertise locally in our print and online media.

I have been very lucky learning what our readers want to know and finding writers in our neighborhoods with professional journalism backgrounds to disseminate information. Even with minimal pay, they illuminate the events and activities of North and Northeast Portland neighborhoods.

We have made sure that The Star News' feature content is engaging, stimulating and useful so that all members of the family may enjoy reading the paper each month.

Local advertising remains very important to remind our readers

who and what is available for them, just down the street. At The Star News, we have always made certain advertising rates are very affordable for the businesses in our circulation area.

We have put together a paper that North and Northeast residents want to read. This is verified by looking at the number of people who receive The Star News: postal mail circulation is 15,000; newsstand drops are 800-plus and online readership is growing with 2,400 emails and website views.

If you have the desire and goal to be an independent business owner, producing The Star News provides many opportunities to enjoy a wonderful community and to work with local leaders to improve our connections with one another and livability in North and Northeast Portland.



Thank you to everyone who has given me many wonderful connections through the years. If you are interested in continuing The Star News' longtime production, please email, call or invite me to coffee at: marydehart@star-news.info or 503-282-9392.

Mary DeHart

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Friends of Laurelhurst Park urges volunteers to join them for monthly work parties at the park, beginning April 10 and continuing on one Tuesday each month through October. (Friends of Laurelhurst Park)

The work dates are April 10, May 8, June 12, July 10, August 14, Sept. 11 and Oct. 9. Meet at the blue-green parks building on the north side of the park. Bring work gloves and wear sturdy shoes. Tools are provided. For additional information, email laurelhurst.parkfriends@gmail.com.

“We welcome new aces to our ever-evolving group supporting this special place,” Knouff said.

QUEER SHORTS FILM FEST HEADS TO HOLLYWOOD

In its 11th year, Portland’s Tag! Queer Shorts Film Festival will bring more than 50 short films by queer and trans directors to the Hollywood Theatre on April 6-7. The festival features the work of local, national and international directors from localities as far flung as Canada, Spain, Iran, Tunisia, Slovakia and Australia.

Many of the directors will attend the festival and will be available to interact with festival-goers. Among local talent will be that

of emerging filmmakers who take part in Outside the Frame, a Portland nonprofit that serves homeless youth ages 16-26.

Films cross genres in two-hour segments comprising animation, music video, narrative fiction, dance and documentary. All films are close-captioned. Hollywood Theatre standard pricing applies but discounts and passes are also available for fans who need them.

“Tag! Is all about helping new audiences experience great queer film,” according to Juan Trujillo, the festival’s founding director.

A complete list of films is available at tagqs.org. Show times are at 3 and 7 p.m. both days. For details, email Trujillo at info@tagqs.org or call 541-250-0367.

VOTER EDUCATION TARGETS UNDERSERVED POPULATIONS

For the city of Portland’s first ranked-choice voting in November, city funds for as many as 14 grants totaling up to \$210,000

- CONTINUED ON PAGE 5

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Queer and trans directors from around the world will be represented at the 11th annual Tag! Queer Shorts Film Festival on April 6-7 at the Hollywood Theatre. (Hollywood Theatre)

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★STAR COMMUNITY CONNECTIONS

will be awarded to community organizations for nonpartisan voter education of hard-to-reach constituents. The deadline to submit a grant proposal is April 30.

"This is the first time the city is mandated to educate voters," Portland Inclusive Democracy Project Manager Sofia Alvarez-Castro said. "The introduction of Portland's council districts, the roles of mayor and council and using ranked-choice voting requires a successful education program to ensure all Portlanders are able to use their ballot to express their right to vote."

Visit portland.gov/vote/grants for information about program requirements, how to submit a grant and the evaluation process.

WALK TO RAISE FUNDS, FOOD INSECURITY AWARENESS

Portland's CROP Walk to benefit Northeast Emergency Food Program (NEFP) and Church World Service (CWS) will be April 28. Registration begins at 1:30 p.m. at First Christian Church (Disciples of Christ) at 1314 S.W. Park Ave., followed by the 2-mile walk that begins and ends at the church.

According to Beth Outterson, Westminster Presbyterian Church, participants raise donations via web pages set up on the walk's website.

"The walk is a beautiful stroll along the waterfront," Outterson said. "We walk together and some people hold signs. We get lots of smiles and thumbs-up as we go."

A fourth of funds raised benefits NEFP's distribution of three- to five-day supplies of groceries for Northeast neighbors in need. The remaining 75% is donated to CWS.

Additional information is available at crophungerwalks.org or by contacting Outterson at bethoutterson@icloud.com.

18TH ANNUAL 82ND AVENUE OF ROSES PARADE

The 18th annual 82nd Avenue of Roses Parade takes place Saturday, April 27, stepping off at 9:30 a.m. from Eastport Plaza and traveling north on 82nd Avenue, turning west onto Yamhill Street in the Montavilla neighborhood, and finishing at Southeast



Jorge Villanueva, Liz Cronin and Jed Cronin participate in last year's CROP Walk to raise money to supply groceries for neighbors in need. This year's walk is set for April 28. (First Christian Church Disciples of Christ)

78th Avenue before noon.

The parade is presented by 82 Roses Community Enrichment Coalition, a 501(c)(3) organization, and is financed through grants and sponsorships. The area around 82nd Avenue has the highest percentage of Asian, Black and Indigenous communities in Portland, where over 60 languages are spoken. After the parade, all are invited to attend the Impala Car Club's Cruise-In from noon to 4 p.m.

From a neighborhood event organized by businesses, friends and neighbors, the parade has grown to include marching bands, community groups, local office-holders, school bands, a grand marshal and more.

Financial support includes that of the Marie Lamfrom Charitable Foundation, Marvin Smith Estate/Larry Smith, the Portland Rose Festival Foundation, St. Anthony Catholic Church, Beneficial State Bank and the Portland Rose Society.

Additional information is available at 82rosesec.com, emailing 82rosesec@gmail.com or calling 503-313-1665.

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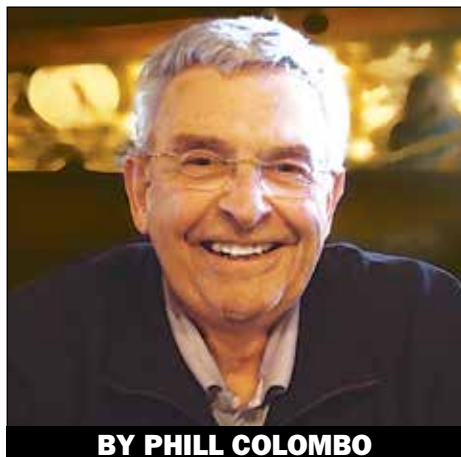
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★ STAR DEVELOPMENT NEWS



BY PHILL COLOMBO

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FEDS AWARD NEARLY \$500M FOR ALBINA RENOVATION

Efforts to revitalize a North Portland community devastated by freeway construction half a century ago got a much-needed, midwinter financial shot in the arm. That invigoration came from a U.S. Transportation Department announcement that \$450 million in federal funds would bolster the project.

The announcement came as result of cooperation between Sens. Ron Wyden and Jeff Merkley and Reps. Earl Blumenauer and Suzanne Bonamici and after Blumenauer conducted U.S. Transportation Secretary Pete Buttigieg on a tour of the site, explaining the history behind the planned renovation.

The federal money will fund construction of a highway cover over a portion of Interstate 5 to reconnect Lower Albina. In addition, the feds awarded \$38.4 million to Portland's Bureau of Transportation for the



This is what the redeveloped Albina neighborhood is projected to look like after much of Interstate 5 is covered in the Coliseum District. Close to \$500 million in federal funds will help pay for the project. (Bike Portland)

redesign of North/Northeast Broadway and Weidler streets in Lower Albina.

"These federal dollars will help build the highway cover that will provide land for community redevelopment and to create a more walkable neighborhood," said Portland Mayor Ted Wheeler. "The grant for the city's Transportation Bureau will allow us to transform Northeast Broadway into a main street that will reconnect Albina to downtown and mark a great step in creating a safer, more vibrant neighborhood."

"I'm so thankful the Biden administration chose to make a large investment in

the Lower Albina area," said Portland Transportation Bureau Commissioner Mingus Mapps. "These federal dollars set the stage for Oregon and Portland to reconnect and restore a historic Black neighborhood."

The project is expected to move forward with groundbreaking within the next year.

PARKS & REC SEEKS PUBLIC INPUT ON URBAN FOREST

Trees are vital to Portland's livability, and Portland residents are being asked to help plan for the future development of the

city's green cover. Last updated in 2004, the city's Urban Forest Plan is currently under review to set new canopy goals and provide guidance for the city, so people and wildlife can enjoy the benefits of Portland's trees for generations to come.

When complete, the plan will serve as the city's road map for protecting, preserving, restoring and expanding the urban forest equitably and sustainably.

To get involved with the plan this spring, Portlanders are urged to fill out the

- CONTINUED ON PAGE 7



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★ STAR DEVELOPMENT NEWS



Portland Parks & Rec regularly tracks changes in the city's urban canopy and evaluates efforts to increase tree cover. {City of Portland}

questionnaire at Portland Urban Forest Plan Survey 2024 (www.surveymonkey.com/r/urban-forest) to share their vision, values and priorities for trees in the community. The survey will be open through May 2. After completing the survey, enter a drawing for a Fred Meyer gift card. Multiple winners will be selected each week until the survey closes.

Parks & Rec is also encouraging attendance at an April 24 open house from 5 to 7:30 p.m. at The Commons at McDaniel High School, 2735 N.E. 82nd Ave. The bureau will host additional activities for public input throughout 2024.

Visit the Portland Urban Forest Plan online at www.portland.gov/trees/portland-urban-forest-plan for more information. To receive project updates, contact Belinda.Judelman@PortlandOregon.gov to be added to the email list. Parks & Rec began the project in fall 2023 and intends to have a draft plan ready for public review by early 2025.

BIKE RIDERSHIP UP, PUSHING FOR MORE INFRASTRUCTURE IMPROVEMENTS

After receiving a 2023 report that bike ridership is up 5% from 2022, Portland city officials are calling for continued increases in infrastructure to support bicyclists. Transportation Director Millicent Williams said the report underscores the need for continued collaboration between advocates for sustainable transportation options and the Portland Bureau of Transportation.

"PBOT is committed to making biking, walking and public transit accessible to everyone, in all parts of Portland," Williams said. "We will continue to grow our neighborhood greenways and protected bike



A man rides an e-scooter in downtown Portland. A survey found that 4.5% of trips in Portland were on e-scooters, while 2023 bike ridership was up overall by 5% over 2022. (Erin Riddle / Metro)

lanes in East Portland. We also need to make sure that as we grow our bike infrastructure, we are updating our older facilities and making sure the new infrastructure we install is substantial and long lasting."

Alexandra Holmqvist, who chairs Portland's Bicycle Advisory Committee, said the report underscores the need for continued advocacy for biking in Portland. "This report shows ... Portlanders are eager to return to biking," Holmqvist said. "We're encouraged that Transportation Bureau leadership agrees with us on the need for more and better infrastructure to make everyone feel comfortable biking to make

this possible. Our committee will continue to advocate for safer spaces for people to ride bikes, and the kinds of encouragement and inspiration programs that show families how to make biking a part of their everyday lives."

The Bike Counts report documents the results of data collected by 114 volunteers for PBOT who gathered peak-time counts of people bicycling at 272 locations citywide, mostly at the intersections of established bikeways (bike lanes or greenways).

Findings from the counts include biking increasing overall by 5%, compared with 2022, with every part of Portland showing an increase. Notably, Northwest Portland had an increase of 15%. For the first time, the report included a count of e-bike use, with an estimate that 17% of all bike trips in Portland were on e-bikes, a significant share of bike use that mirrors national trends for the rapidly growing technology. E-scooters accounted for about 4.5% of use. In East Portland, about 10% of people counted were using an e-scooter, the highest share in any sector.

PERMITS APPROVED

In Cully at 6061 N.E. Simpson St., 60 Block LLC of Southwest Portland secured permits to build eight two-story townhomes without garages.

In Sabin at 1624 N. Skidmore St., Mark & Meghan Whitaker have permission to build a single-story, detached accessory dwelling unit without a garage.

APPLICATIONS FILED

In Rose City Park at 3036 N.E. 53rd Ave., Michael & Vanessa Layoun Revocable Living Trust has filed for a permit to deconstruct a garage built in 1920.



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★ STAR FEATURE

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Michael Wright | mgw1424@gmail.com

All you need is love and the desire to thrive

I revisited Roselawn Park in the King neighborhood this month recalling a sign that had been painted on the fence between two homes near there.

It struck me that since spring was about to explode in color all across Portland, the message on the sign, "BLOOM Where You're PLANTED," was ideal to write about.

I had knocked on the door weeks before and a young woman there answered cheerfully. She told me a roommate of hers had painted the sign, but no longer lived there. I left my contact information and she promised to try and reach her friend so I could interview her about her message. As I walked down the steps I turned and asked, "Are you blooming here?" She answered, "Best that I can — yes!"

Later I saw a family playing in the park and I asked the mum, "Are you familiar with the sign down the block?"

"No" was her reply. But her 10-year-old son chimed in, "I know it." I asked him what he thought, "Bloom where you're planted" meant. He thought for a couple of minutes and said, with confidence, "I think it means if you send out love, it comes back to you."



Just wow!

The next person I came across turned out to be a longtime resident, two doors down from the sign. She knew a tenant had painted the sign a few years ago. She noticed my jacket had the word Canada printed on it. She told me that her son had moved to the wilds of British Columbia many years before to 'live off the land'.

As things turned out he later moved to Canada's east coast and settled in Nova



Mike on a Bike came upon this painted fence as he cruised the King neighborhood, around Northeast Roselawn Street and 13th Avenue. The sentiment is timely for spring, particularly with brightly colored flowers beginning to break ground around town. But the message also provides food for thought for some residents. (Mike Wright)

Scotia, where he married. He subsequently returned to Oregon and settled in Ashland. Happy to be home.

As for myself, I love the sentiment in that phrase. It may have been written by a young person, perhaps far from home who was

inspiring herself to find ways, not only to survive, but to thrive. In so doing, she sent a message through her brightly colored artwork to many others, including a young boy who may be sending out love as you read this ... and getting some back.

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Paradise Found

Side Yard Farm & Kitchen nurtures and grows community

Stacey Givens' love of local is driving force behind urban farm, catering company and venue space in Cully

By Maggie Grainger
maggiegrainger@star-news.info

Nestled deep in the heart of Cully is an urban farm on a mission to connect people through food.

Farmer, chef and owner Stacey Givens first started looking for urban land back in 2009 after paying their dues in kitchens throughout Portland.

"I heard about the Northeast Cully neighborhood and its deeply rooted history of agriculture," Givens says. "The winter before I started the farm, I walked street by street, knocking on people's doors who had empty side lots on their properties and asked them if I could farm their 'side yard' and that's how the name came about."

Now Side Yard Farm & Kitchen has grown into a community hub where people come

together for fresh produce, entertainment, good food and even grief gatherings, which are hosted monthly by the Portland Grief House.

Says Givens: "My vision was to create a safe, inclusive space for all identities to come learn about small-scale farming, eat a meal, grieve in good company, have fun at a movie night or another one of our events. I like bringing people together through food."

Side Yard also partners with several local organizations, which has widened its outreach to help provide veggies and plant starts to underserved communities.

"I love how accessible our location is to the community. We are located near several bus stops and bike routes," Givens says. "I also adore my neighbors. They have been big supporters of ours for the last 15 seasons. The community is what keeps us going. I see

- CONTINUED ON PAGE 10



Stacey Givens, left, started Side Yard Farms by going door to door in her Cully neighborhood and asking people with empty side lots if she could use them to farm. The current space is now a community hub that includes a working farm, catering business and space for events.

(Photos by Shawn Linehan)



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★ STAR FEATURE

regulars all the time that attend our events or sign up for our CSA every year.”

Givens’ love for the soil started at a young age.

“I grew up helping my mom in our home garden,” they say. “She grew everything for all of our meals, and that was a huge task because I have six siblings. My mom grew up in a small village in Greece where farming, raising meat, foraging and preserving was the way of life. She instilled those values in me,

and I remember always being by her side as I grew up.”

In fact, Side Yard’s first dinner of the year pays homage to Givens’ Greek heritage.

“Our annual Greek celebration is in May and you get an all-you-can-eat meal of mom’s recipes, plus we do some Greek dancing, drink some ouzo and eat baklava,” Givens says.

Other upcoming events include farm brunches, cooking classes, bike-in movie nights, yoga classes, Pride Month events and other fun collaborations with local partnerships.

“We have built such a badass little village of folk I call my family. We love to collaborate together on events, and we always have one another’s back during hard times,” Givens says.

“I want folk to feel connected to their food, inspired and leave feeling like family.”

Check out Side Yard’s website for updates on monthly events, volunteer opportunities, and more. CSA shares are now available for purchase. Receive up to 24 weeks of fresh produce.



Side Yard Farm events include brunches and dinners served outside at a communal table. This year’s first dinner in May will be an annual Greek celebration, honoring Stacey Givens’ family heritage. (Shawn Linehan)

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Side Yard Farm plans a variety of community events, such as bike-in movie nights cooking and yoga classes, Pride month activities and monthly grief gatherings hosted by Portland Grief House. (Stacey Givens)

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BY MAGGIE GRAINGER
MAGGIEGRAINGER@STAR-NEWS.INFO

Wonders on Williams

Vibrant, diverse district hums with creative activity, energy

With a rich cultural history and more than 150 businesses in the area, there's no place in the city quite like the Williams District. From quaint artisanal shops to can't-leave-town-without-trying restaurants and breweries, the district is the perfect blend of adult and family fun. From craft nights to craft beer, there is something for everyone on North Williams and beyond.

DIY BAR

Feeling crafty? The DIY Bar, located on North Vancouver Avenue, is a craft workshop meets bar that is perfect for date nights, work events, family outings and more. Visitors can choose from more than 20 self-led projects onsite, which range in length and difficulty levels. Artists can sip on wine, cider, kombucha and other beverages while working on their creations. Kid-focused craft kits also are available. Co-creator Adam Gorske says all their projects are designed for crafters of all levels and includes everything from string art to macrame to passport holders and drop-catch bottle openers. "Most of our projects are self-led, and from time to time we have instructor-led workshops," he says. "For our in-house projects and workshops we focus on crafts



What's more fun than spending a free afternoon or evening working on a craft project? Doing it while hanging out with other like-minded family members or friends while sipping a beverage. Head to DIY Bar on Vancouver and indulge your inner crafter. (DIY Bar)

- CONTINUED ON PAGE 12



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DIY Bar on North Vancouver even offers a happy hour special: \$10 off all craft projects and \$1 off drinks from 2-5 p.m. Tuesday-Friday. (DIY Bar)

that will be easy enough for beginners, but also leave room for folks who want to experiment creatively.

"I love being able to share that feeling of satisfaction and accomplishment that comes from making something you're proud of."

DIY Bar has been in business for seven years and Gorske says he can't imagine a more perfect location. "The community has been very receptive to our concept, and I'm super grateful to be a part of it," he says.

Upcoming events include a special Earth

Day Green Cleaners workshop and a DIY charcuterie board experience as well as painted pet portrait classes and embroidered cap classes. Be sure to check the website for specific dates and pricing.

ADDRESS: 3522 N. Vancouver Ave. **WEBSITE:** diybar.co **INSTAGRAM:** @diybar **DON'T MISS:** Get \$10 off all projects and \$1 off all drinks during happy hour, which is from 2-5 p.m. Tuesday-Friday

WILDEHAUS

A North Williams business is helping people and plants thrive together.

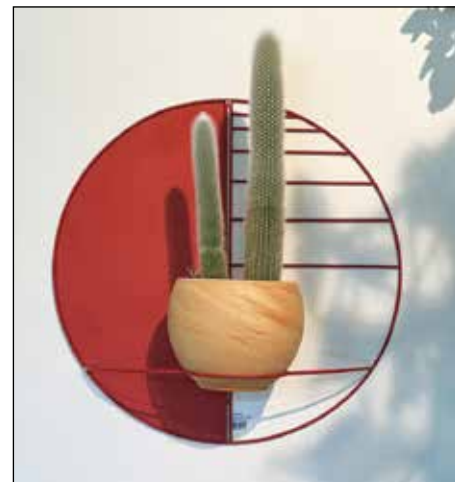
Wildehaus is a plant paradise designed to help elevate individuals' homes, offices and community spaces through greenery.

"Wildehaus means bringing the wild inside, which is what I do," says Cynthia Valenti, an interior designer and plant stylist, who started her company five years ago.

"Just being near plants all day long boosts people's moods significantly," she says. "Breathing air filtered by plants benefits our respiratory systems and working near plants not only reduces anxiety, but also cortisol."

Valenti says her intention with the storefront was to create a safe, inviting space where people can come in and ask plant-related questions, get inspired and feel the power of plants for themselves.

"I believe plants are for everyone so they should be accessible as well," she says.



Wildehaus stocks plants that are thought-provoking and relatively low maintenance, like this cactus. (Wildehaus)

"My intention is to continue building a community where people feel they are not far from others who have the same interest in indoor gardening."

When picking pieces for the shop and clients, Valenti says she takes many things into account including ease of care.

"I pick plants that are thought-provoking, but are also relatively easy to care for," she explains. "I also pick locally handmade pottery as often as I can because I want to foster handmade and locally made pottery at every opportunity."

- CONTINUED ON PAGE 13

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Wildehaus owner Cynthia Valenti started her company five years ago hoping to create an inviting space accessible to all, where customers could feel comfortable asking questions. (Wildehaus)

Valenti says she loves the vibe of the Williams district, and the community has been incredibly supportive of the shop and what she is doing.

“I love being on Williams,” she says. “I just think that it has such its own unique personality and community.”

This month, the shop is hosting a series of workshops focused on getting ready for spring. Be sure to check out the website for more upcoming events, new product launches and more.

ADDRESS: 4022 N. Williams Ave. (inside Origin Story)
WEBSITE: www.linktr.ee/wildehaus **INSTAGRAM:** @wildehauspdx **DON'T MISS:** Houseplants 101 workshop. This class is great for beginners and covers everything from soil and light to pest prevention and more. Check the website for dates and times.

- CONTINUED ON PAGE 14



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Sarah and Dave Gregory's Ora et Labora Wine Shop started as a COVID-19 pandemic hobby and has turned into a full-fledged business. They say the more you know about wine, the more you'll enjoy drinking it. (SK Photography)

ORA ET LABORA WINE SHOP

A love of learning has turned into a full-fledged business for one couple, who now educates eager students on the joys of wine tasting.

Dave and Sarah Gregory first decided to look into getting wine credentials as a fun COVID-19 pandemic distraction and never thought they would one day be leading classes from their own bottle shop. However, after seeing their dream location during a family outing, they decided to open Ora et Labora in December 2022.

The shop — which focuses on small production and natural wines — gets its name from a Latin phrase meaning “pray

and work” and pays homage to the monastic wine-tasting traditions of Benedictine and Cistercian monks.

“A large percentage of what we sell in the shop you won't find in grocery stores because they aren't made in large enough quantities,” says Dave, a former high school theology teacher.

He believes in order to truly appreciate a glass of wine, it's important to know what went into it.

“Tasting rooms have so much jargon thrown around. What do those things mean?” he says. “The more I learned about the history and region and the technical aspects of what I was drinking, the more I

- CONTINUED ON PAGE 15



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Ora et Labora Wine Shop focuses on small production and natural wines that you won't find in grocery stores. Sarah and Dave Gregory offer tastings, wine memberships, classes and other events (SK Photography)

enjoyed what I was drinking."

That's why he and Sarah decided to offer a variety of classes on all aspects of wine — from philosophy to fundamentals — to share what they've learned on their own journey.

"There are few places where people can learn about wine that's geared toward the general public," Gregory says. "Our classes are accessible to everyone — from novices to experienced wine drinkers."

And like the teacher he is, Gregory says he gets the most joy out of helping people find the wines that work best for them.

"I get a charge out of helping people learn about what they're drinking, sharing the



stories about these people and seeing the juice through the lens it's coming from," he says. "I want people to leave and feel like they've learned something and enjoyed themselves."

Check out the Ora et Labora website to learn more about their current selection, wine club memberships and to reserve your spot for upcoming classes and events.

ADDRESS: 3928 N. Williams Ave. **WEBSITE:** oraetlabora.wine **INSTAGRAM:** @oelwineshop **DON'T MISS:** The Wine for Newbies class is perfect for inspiring connoisseurs who are interested in learning the basics in a judgment-free zone.

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Simple habits that will make you feel happier this Spring

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DIGITAL DETOX

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GET COVERED

Health coverage brings peace of mind that you will be protected if something unexpected happens. If something in your life has changed and you need a new health plan, check it off your list today.

GET ENOUGH SLEEP

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TAKE TIME FOR YOU

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GET FREE LOCAL HELP

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★STAR PET CONNECTIONS

Keep cats — and birds — protected this spring

The stated goal of the Cats Safe at Home Organization is “to humanely reduce and prevent free-roaming pet, stray and feral cat populations in the Portland Metropolitan Area by integrating a range of strategies that are good for both cats and wildlife.”

The organization, in conjunction with the Feral Cat Coalition of Oregon, the Bird Alliance of Oregon and the Bird Conservation of Oregon, sponsor the annual Catio Tour in Portland each fall. Among their many efforts are public outreach and education, spay and neuter programs, management of feral cat colonies, and support of specific wildlife areas. Their website offers practical resources for creating low-cost, do-it-yourself or professionally built catios.

How our society cares for animals has changed a great deal. In Portland we used to see free-roaming dogs. Nowadays a free-roaming dog is identified as a stray and often taken to the Multnomah County Animal Shelter. However, there are many free-roaming cats still at large and, for the most part, in danger. Hazards for these felines include cars, malicious humans, as well as coyotes and other wildlife. In my neighborhood, coyotes are frequently present, and I have lost two cats to poison.

To prevent losing a beloved family pet and to protect



BY LISA LAKES

LISALAKES@STAR-NEWS.INFO

wildlife, many owners keep their cats indoors at all times. Some families build catios so their pets can enjoy a safe outdoor space, or train their cats to walk on leads so they can enjoy a family outing together.

Free-roaming cats are also a serious danger to wild birds. Karen Kraus, executive director of the Feral Cat Coalition of Oregon, says: “Spring is an especially important time of year to help migrating and native bird species. Keeping cats indoors, in a catio, or walking them on a leash will help protect birds

as they pass through or stay and raise their young. If folks have a cat that is indoor/outdoor, please consider keeping the cat inside more during the day to reduce predation on the parent birds.”

Kraus noted that the Feral Cat Coalition of Oregon keeps records on the number of catios built in the metro area — to date, there are more than 1,200. “This makes Portland the proclaimed catio capital! Having a catio is more than a great way to protect cats and birds, it is also a wonderful way to enrich your cat’s life, is a valuable addition to your property, allows for fun self-expression through its design, is a conversation-starter for guests, and can encourage others to build their own,” she concludes.

“Every catio makes a difference and spring is a great time to start planning yours!”

Check out their website for details: feralcats.com/.



Want to protect your cat from predators, disease and other dangers without keeping it indoors all the time? Consider a catio. Your pet can enjoy a safe, stimulating outdoor space, and birds and other wildlife won't be threatened.

(Cats Safe at Home)



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★ STAR COMMUNITY CALENDAR

COMMUNITY CALENDAR

TO SUBMIT CALENDAR ITEMS

To include an item in The Star Calendar, send an email to calendar@star-news.info and include the title, time, date, location and a short description (75 words or less).

Entries must be received by the 15th day of the month preceding the publication month.

Photos are welcome, but must be suitable for print: 300 dpi JPG. If sending from a smartphone, download the largest size.

Events will be included as space allows.

KIDSTEENSANDFAMILIES

TEEN COUNCIL

April 3, 4-5 p.m. A virtual space to hang out with new friends, share ideas and find things in common. multcolib.org/events. Support the library while earning volunteer hours. multcolib.org/events. 503-988-5123. Multnomah County Library via Zoom.

CHINESE STORYTIME

April 7, 10-11 a.m. Presenters will read stories and nursery rhymes and lead simple craft activities. multcolib.org/events. 503-988-5123. Multnomah County Library via Zoom. Register online.

NATIVE STORY HOUR

April 17, 10:30-11:30 a.m. Karen Kitchen (Osage Nation) leads event that features songs and books from Native cultures. multcolib.org/events. 503-988-5123. Multnomah County Library via Zoom. Register online.

CELEBRATE EARTH DAY

April 20, 9 a.m.- noon. Celebrate the Roseway Neighborhood Association's Earth Day celebration with a nature walk, crafts, games, mandala building, art, music and a plant and seed swap. roseway.neighborhood@gmail.com. RosewayNeighborhood@gmail.com. Northeast 72nd Avenue and Mason Street

ENJOYARTS

EXPLORE DOCUMENTARIES

April 1 and Fridays through April. 1 p.m. "Let's Get Real: Seeing the World Through Documentaries." Movie Madness University screens four documentaries



No special skills are needed for needle felting. Attend a workshop April 13 and learn this relaxing craft and take home a bunny or bird. (Artistic Portland Gallery)

beginning with "Nanook of the North" (1922) and concluding with "Hearts of Darkness," Eleanor Coppola's 1991 award-winning portrayal of her husband, Francis Ford's Coppola's, troubled production of "Apocalypse Now." Fee is \$90 (\$75 members). hollywoodtheatre.org. 503-234-4363. Films shown at Movie Madness Miniplex, 4320 S.E. Belmont St.

ART AND CHILL

April 4, 4-8 p.m. First Thursday features artists Mark Clifford and Ben Gilbert. Sample Falls Distilling craft gins; music by guitarist Richard Colombo. artisticportlandgallery.com. 971-339-0945. Artistic Portland Gallery, 4110 N.E. Fremont St.

ARTIST RECEPTION

April 4, 7-9 p.m. Art show featuring painter Arielle Wilkins, celebrating Black culture. irvingtonclub.com. 503-287-8749. Irvington Tennis Club, 2131 N.E. Thompson St.

FELT A CUTE BUNNY

April 13, 10 a.m.-noon. Needle Felting Workshop. Jen Cook-Chrysos will lead an art activity for ages 12 and up. All supplies provided for bunny project or bird with wire legs. artisticportlandgallery.com. 971-339-0945. Artistic Portland Gallery, 4110 N.E. Fremont St. Space is limited. Sign up and prepay \$20 by stopping by or calling the gallery.

TIME IN A BOTTLE

April 21, 10 a.m.-2 p.m. Elizabeth Gerth will create a tiny world in a bottle from a selection of miniatures she provides to choose from. She will assemble while participants shop or brunch nearby. Cost

varies. artisticportlandgallery.com. 971-339-0945. 4110 N.E. Fremont St.

NATIVE VOICES, SALMON

April 21, 3 p.m. Two documentaries about salmon and their connection to Indigenous and First Nations people of the Pacific Northwest — "Covenant of the Salmon People" and "To Heal a Forest" — will be shown as part of the Hollywood Theatre's Indigenous Voices series. Following the film, Nimiipuu/Nez Perce guests will share their perspectives on salmon. portlandecofilmfest.org/new-salmon-movies. 503-493-1128. Hollywood Theatre, 4122 N.E. Sandy Blvd.

INGENERAL

PLAY BINGO

April 1 at 7 p.m. Portland Columbia Lions donate proceeds to charities including Guide Dogs for the Blind, Blanchet House and Outside In, as well to community members with sight and hearing needs. More than \$10,000 was raised in 2023. Volunteers are needed for shifts from 6:30 to 9 p.m. with dinner included. 503-705-3581. Spare Room, 4830 N.E. 42nd Ave.

DONATE BLOOD

April 3, 10 a.m.-3 p.m. Portland Hollywood Lions semi-annual blood drive. Schedule an appointment by calling Dan Norton at 503-720-6557 or on the Red Cross website at blood.org. Rose City Park Presbyterian Church, 1907 N.E. 45th Ave. Entrance is on Northeast 44th Street.

BLUFF RESTORATION

April 7 and most Sundays. 9:30-11:30 a.m. Rose City Bluff Restoration Work Party. Volunteers weed planted areas and



Start the day like a Viking at the Norse Hall's fundraising breakfast April 14. (Norse Hall)

prune blackberries. Roseway.org. Northeast Sacramento Street and 62nd Avenue.

LINGONBERRIES, PLEASE

April 14, 8:30 a.m.-noon. Viking Pancake Breakfast. Celebrate the Grieg Lodge Scholarship Fund recipients with all-you-can-eat Viking pancakes, scrambled eggs, sausage links, au gratin potatoes, riskrem, blotkake, seasonal fruit, orange juice and coffee or tea. Adults \$15; children ages 5-12 \$6; free for kids under 5. Norse Hall, 111 N.E. 11th Ave.

BUY LOCAL FOOD, ART

April 14 and 28, 10 a.m. -2 p.m. Seasonal produce, dairy and handcrafted pottery from Oregon farmers, growers and artisans. Kids ages 2-12 will receive \$3 in POP Bucks to spend on fresh fruits and veggies from vendors. Montavilla Farmers Market, Montavillamarket.org. 7700 S.E. Stark St.

- CONTINUED ON PAGE 18



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BENSON HIGH SCHOOL REUNION

April 17, 11 a.m.-3 p.m. Class of 1964 60-year reunion. Guests welcome. For details, contact Ron Hoff at qballhoff@gmail.com or Dan Burgess at dburgess38@att.net. Milwaukie Pietro's. 10300 S.E. Main St., Milwaukie.

WALK A LABYRINTH

April 20, 4-5 p.m. Walk a contemplative labyrinth in the second-floor Great Hall. At 5 p.m., a Taize/Healing and Wholeness service begins in the sanctuary. An elevator is available from the Northeast 16th Avenue entrance, between Schuyler and Hancock streets or enter under the maroon awning on Hancock. www.westprespdx.org. 503-287-1289. Westminster Presbyterian Church, 1624 N.E. Hancock St.

RECYCLE E-WASTE

April 21, 9 a.m.-1 p.m. The Madeleine Catholic Church Care for Creation Committee, with St. Charles, St. Andrews and Holy Redeemer parishes, is holding its annual Earth Day E-Waste Recycling Event to collect electronic waste for recycling. Items accepted include computers, laptops, monitors, printers, televisions, stereo and audio components, cell phones, cameras, telephones and more. List of what's accepted is at themadeleine.edu/site/recycling/. Green Century Recycling collects and sorts items. Ridwell will collect #1 PET clear plastic clamshells. Nike recycles all brands of athletic shoes. Free, but donations encouraged. Driveway at The Madeleine Parish & School, 3123 N.E. 24th Ave.

LOCAVORE AND MORE

May 11, 10 a.m.-3 p.m. Incredible Edibles Plant Sale and Fair. Multnomah County



Celebrate Earth Day by recycling your e-waste April 21. Bring items to The Madeleine Parish & School at 3123 N.E. 24th Ave.

Master Gardeners Association hosts plant sale and community garden fair with locally grown vegetable and herb starts, workshops, chef demonstrations, local bands, vendors and workshops presented by Master Gardeners. Proceeds fund OSU and Multnomah County Master Gardener programs. multnomahmastergardeners.org. Westminster Presbyterian Church, 1624 N.E. Hancock St.

FOR SENIORS

LEARN ABOUT NE VILLAGE PDX

April 15, 11 a.m.-12:30 p.m. Learn about activities and services offered by Northeast Village PDX that support seniors opting to remain in their own homes and stay involved in their community. The member-led organization serves residents in Northeast neighborhoods as they engage with and help one another. 503-895-2750. Community for Positive Aging, 1820 N.E. 49th Ave.

LEARN IMPROV

April 10 and 24, 1-2:30 p.m. In this comedy

- CONTINUED ON PAGE 19

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★ STAR COMMUNITY CALENDAR

workshop, discover the joy of creating something from nothing, unleash creativity and learn basic improv skills in a supportive environment. Led by Jeanne, a dedicated volunteer with a background in Theatresports training, San Diego improv troupes and co-founder of Funhouse Lounge. Drop-ins welcome, registration requested. communityfpa.org. 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

TECHNOLOGY WORKSHOP

April 12, 10 a.m.-noon. Students from Portland Youth Builders will host a workshop focusing on learning about free resources to enjoy books

and other entertainment through the library. These resources are available through any device with internet access. Registration requested. communityfpa.org. 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

CHRONIC CONDITIONS SERIES

April 19, 9-10 a.m. Weekly through May 30. Learn about tools to make life healthier and more satisfying for living with one or more chronic conditions. Includes "Living a Healthy Life" reference book. Participation is free. Earn a \$25 gift card by attending at least five of the

six sessions. Caregivers are welcome. Snacks provided. Registration is required. communityfpa.org. 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

SUPPORT BIPOC VENDORS

April 27, 11-4 p.m. A shopping experience that supports small, local businesses owned and operated by individuals who identify as Black, Indigenous, or as a person of color (BIPOC). Vendors sell food, lotions, stickers, journals, clothing, artisanal hot chocolate, handmade bags and more. communityfpa.org. 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.



The Community for Positive Aging hosts small businesses like Morenita Linda, a Latina-owned business to encourage intergenerational and multicultural activities. (Community for Positive Aging)

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COLORING CONTEST WINNERS!

Thanks for all that participated! It was not an easy decision!



Ages 1-5
Joan Vickers, age 5



Ages 6-8
Amorelle, age 7



Ages 7-11
Finn Sundholm, age 11



Over 13
Suzann Lawrence, age 78

Lola Barnes-Hoyt	Emory Schmidt
Savannah Oliver	Josephine Cruz
Leavitt Lana	Gonzalez Layla
Eldridge Oscar	Cereghino Aviana
Wilson Ellie Miller	Carleton Tessa Barnes
Cru Weaver	Zoe Mears
Sheridam Roark	Carla June Vickers
Rose Rosenbaum	Jenneke de Haan
Sylvan Schmidt	Merrick Quarles
Spencer Sabolch	Hattie Richard
Nina Vittal	Eleanor Rolle
Dashiell Biggs	Max Melchior
Walt Zymkowitz	Nora O'Brien
Bryce Vargas	Bettie Hoffelt
Emma Hughes	Cris Geffen
Luna Dean	Maren Turnerstaff
Gracie Whitney	Margot Severson
	Willow Haim
	Clark Winnie
	Beeson

Ages 9-12:

Hazel Weedman
Delilah Kirby
Anna de Haan
Mabel Kindrick
Eris

13 and older:

Ana Mertiz

Sometimes, it is difficult to read the name.
We apologize if any are incorrect.

Ages 1-5:

Millie Roark
Ollie O'Connor
Ruth Morgan
Alice Sampson
Henry Huth
Grace Boe
Louie Paterno

Nohea Yasui
Jack Hein
Clarie Turic

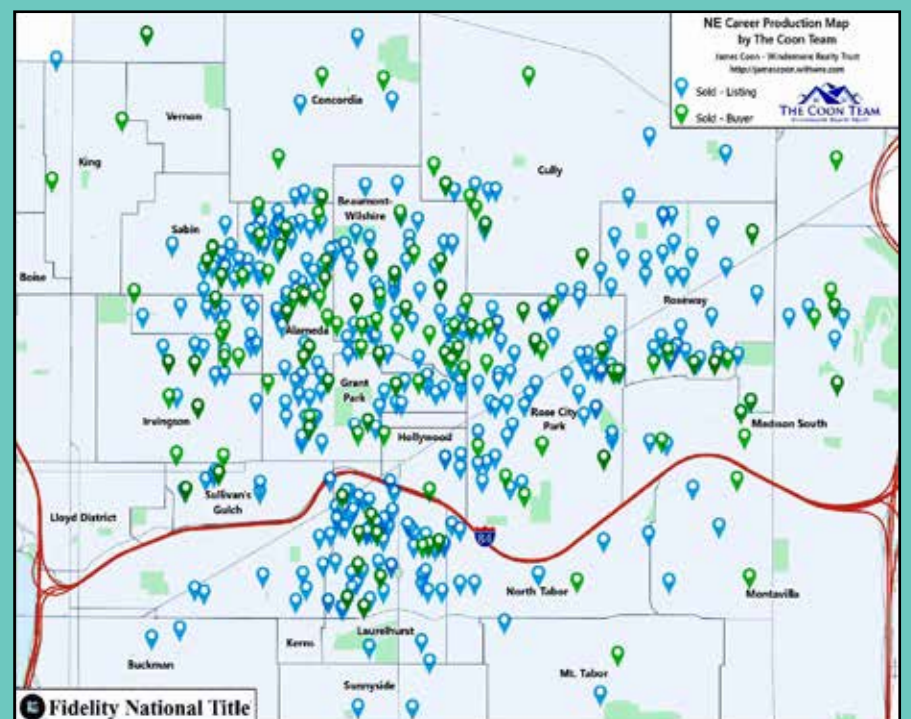
Ages 6-8:

Teagan Coon
Freya de Haan
Alicia Cruz

Gonzalez Phoenix White
Evy Kaad
Amelie Larrow
Ruby High
Emily Mears
Anela Jarvis
Felicity Falcon

The Coon Team was such a pleasure to work with and made selling my dad's house stress-free. James had extensive knowledge of the selling process which was greatly appreciated since we were going through the loss of a parent. He guided us through the options of preparing the house to sell and what would be best outcome. He connected us with reliable contractors to repair and update the house. One of James's strong attributes is his communication skills. He answered calls, texts and emails promptly and was always ready to give advice or answer a question. He was a great listener and educated us on what we didn't understand throughout the entire process. Most importantly James was professional, friendly and so fun to work with. He genuinely cared about every aspect of selling the house from the beginning through the end. **I highly recommend The Coon Team! You will experience the same wonderful service!!**

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