

THE HOLLYWOOD **Star** NEWS



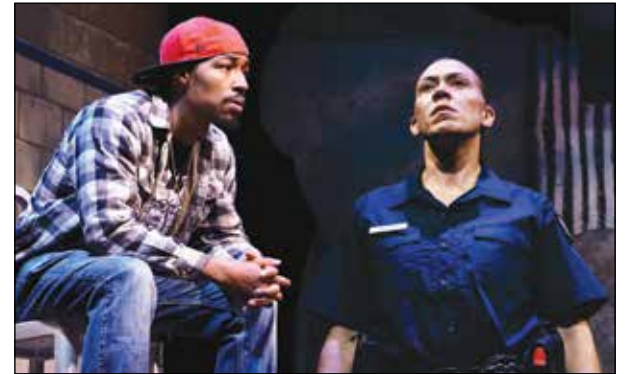
SPARKING JOY
While pedaling around town, Mike on a Bike finds children's handiwork packs a powerful message. **PAGE 7**

★ SERVING NORTHEAST AND NORTH METROPOLITAN PORTLAND NEIGHBORHOODS ★ JANUARY 2024 ★ VOLUME 41, NUMBER 7 ★



This year, **BE YOUR BEST SELF**

RESOLUTIONS THAT STICK As 2024 dawns, make some healthy, sustainable changes to keep your body and mind active and thriving. **PAGE 8**



THE EVOLVE EXPERIENCE Storytelling programs offer lessons in how to overcome differences. **PAGE 10**



ECONOMIC DEVELOPMENT NAYA opens office, retail, business support space in Cully. **PAGE 6**



IT TAKES A VILLAGE Two sites earmarked for tiny-home complexes for houseless people. **PAGE 4**



PRESERVE PAST, PREP FOR FUTURE Benson High School's complex revamp coming along. **PAGE 15**

ON THE MOVE IN MONTAVILLA

Take a stroll in this vibrant neighborhood to find out what's new, what's evolving. With so many choices, we think you'll find yourself returning often. **PAGE 11**



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2000 N.E. 42ND AVENUE PMB 142
PORTLAND, OREGON 97213

★ STAR COMMUNITY CONNECTIONS



BY JANET GOETZE

JANETGOETZE@STAR-NEWS.INFO

FRIENDS OF LIBRARY OPEN USED BOOKSTORE

Friends of the Multnomah County Library have opened Rose City Reads, a permanent bookstore that sells inventory left from the Friends' annual book sale. The store has more than 15,000 used books and media.

The store is open from 11 a.m. to 5 p.m. Tuesday through Saturday at 221 N.E. 122nd Ave., Suite A. The store can't take book donations yet but it may be able to do so in the future, according to a news release.

Members of the Friends organization receive a 10% discount on all purchases. Member information is at https://www.friends-library.org/join-us. Volunteers interested in working at the store can find information at the Friends' website: www.friends-library.org.

INFORMATION AVAILABLE ON CHANGES FOR CITY



Voters have approved city government changes that will come in 2025. The changes include how to cast votes and how many city councilors will be elected. The city is offering transition services for residents and community groups interested in learning about the changes. Information is available at transition@portlandoregon.gov.

Residents interested in running for city of-

ices are invited to attend a meeting from 6 to 8 p.m. Monday, Jan. 8, at the Community Music Center, 3350 S.E. Francis St.

Information also is offered virtually from 6-8 p.m. Wednesday, Jan. 10. Registration to receive a link is at bit.ly/CandidateLearning. For relay service and TTY, contact 711.

Planning for the city budget also has started. Community Listening Sessions are

Friends of the Library has opened Rose City Reads, a permanent store selling used books and media. (Friends of the Library)

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- CONTINUED ON PAGE 4

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Advertisement for The Community News, featuring a collage of photos from the newspaper and contact information: advertise@star-news.info or Call: 503-282-9392

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★ STAR COMMUNITY CONNECTIONS



District 3 Candidate Forum
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For details: roseway.org

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Learn more about the District 3 candidates before casting your vote. The 10 hopefuls will participate in a forum in-person and online on Jan. 23. (roseway.org)

available on the city's YouTube Channel, eGov PDX, www.PortlandOregon.gov/video and Channel 30.

DISTRICT 3 CANDIDATES TO SPEAK AT MEETING

The Roseway Neighborhood Association will host a Q&A with City Council candidates for District 3 from 7 to 9 p.m. Tuesday, Jan. 23, at Recovery Cafe Roseway, 3516 N.E. 71st Ave. and on Zoom, said Chris Hansen, the association chair.

The meeting also will consider the question "What does it mean to be in District 3?" In addition, information will be provided on how residents can connect with the new city government, expected to be seated in 2025. Additional information is at roseway.org.

STYROFOAM ROUND-UP PLANNED BY HOSPITAL

Providence Portland Medical Center will host a Styrofoam Round-Up Event from 9 a.m. to 1 p.m. Jan. 6 in partnership with Agilyx.

Only Styrofoam that can break when it is bent will be accepted, the hospital said in a news release. Examples are egg cartons or food containers. Do not bring foam products that can be squished or rolled. Please remove all tape, excess food and labels.

The hospital, at Northeast 47th Avenue north of Glisan Street, designated the collection site at a surface parking lot on 47th Avenue, near the cancer department tower and Providence Child Center.



Bring your Styrofoam for recycling to Providence Portland Medical Center on Jan. 6. (Jasmine/Flickr)

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A village of tiny houses is on property owned by a Parkrose church. Similar villages for houseless people are planned for North and Southeast sites. (WeShine PDX)

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Two sites chosen for micro-villages

By Janet Goetze
janetgoetze@star-news.info

A new micro-village for houseless people is planned on land owned by a North Portland church and another on Southeast Portland property owned by the Portland Bureau of Transportation, according to WeShine PDX, a nonprofit corporation.

One village expected to open later this year will be at North Hereford Avenue and Lombard Street on the property of St. Andrew's Episcopal Church, said Jan McManus, executive director of WeShine. The other will be at Southeast 19th Avenue and Division Street on an unused right-of-way, she said.

The Joint Office of Homeless Services has awarded \$550,000 for each new site, McManus said. Other grants and donations help support the construction and services offered at the sites. The expectation is that residents be able to move to stable housing within two years.

WeShine, a grass-roots group formed by residents of Kerns, Laurelhurst and Sullivan's Gulch neighborhoods, currently manages a village with 11 residents at the Parkrose Community United Church of Christ. The village opened in September 2022 and since then, five residents have moved to permanent housing, McManus said.

Paid staff will be at each new site and each resident will have assistance to achieve personal goals, which might include a job, recovery treatment and moving to stable housing. The nonprofit works with other agencies and volunteers to assist residents, she said.

WeShine holds a series of meetings with neighborhood organizations and nearby



Artwork is painted on a fence at a micro-village operated on church property by WeShine PDX. (WeShine PDX)

property or business owners to develop "good neighbor" agreements before developing villages, McManus said.

"We want to give neighborhoods a reason to support micro-villages rather than oppose them," she said. Some fears about the new sites were relieved after nearby residents talked with Parkrose villagers, she said.

WeShine seeks residents who often are marginalized people, McManus said. These include members of the BIPOC+ community and older adults or those with physical disabilities.

WeShine stands for Welcoming, Empowering, Safe Habitation Initiative with Neighborhood Engagement. The website is www.weshinepdx.org.

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★ STAR DEVELOPMENT NEWS



BY PHILL COLOMBO

PHILLCOLOMBO@STAR-NEWS.INFO

MOCKTAIL SHOP OPENS IN HOSFORD-ABERNETHY

Just in time for Dry January, Portland Syrups announced the opening of the city's first Mocktail Shop at 2025 S.E. 11th Ave. in the Hosford-Abernethy neighborhood. Dedicated exclusively to nonalcoholic beverages, the Mocktail Shop brands itself as "more than just a bottle shop — it's a haven for those seeking a diverse array of non-alcoholic beverages and drink kits."

Entering the shop, customers will sense inviting aromas of lavender, chai, citrus and ginger, serving as the backdrop for customers shopping and tasting every mixer flavor Portland Syrups produces, alongside premier West Coast brands' spirits, local goods and top-tier barware. Reviewers have dubbed it the go-to destination for building an impressive home mocktail bar.

To kick off the grand opening, the Mocktail Shop is hosting Alcohol-Free Fridays throughout January from 4-6 p.m., featuring

various nonalcoholic producers. Customers will enjoy a 10% discount on purchases and receive a special gift for visiting through the end of January. Dry January Hours will be from 10 a.m. to 3 p.m. Mondays-Thursdays and 10 a.m. to 6 p.m. Fridays. The shop will be closed Saturdays and Sundays. Convenient customer parking is located directly in front of the shop.

PARKS BUREAU BOOSTS AQUATIC CENTER FUNDING

Nearly fully funding the highly anticipated swimming site, Portland's Vibrant Communities Commissioner Dan Ryan, who oversees Portland Parks & Recreation (PP&R), allocated \$59.8 million in additional system development charges to accelerate the center's construction, securing \$91.5 million of the \$102 million estimated cost.

One of Portland Parks & Recreation's largest investments in the past 30 years, the new aquatic center will be accessible and transformative for the neighborhood and North Portland. Approximately 70,000 people — including roughly 18,000 people of color and around 11,000 people earning low incomes — will have a place to learn to swim, do water aerobics or lap swim. The significant funding allocation moves the design process forward and the opening of the facility for recreational swimming activities, competitive swimming and a community centerpiece for current and future generations.

The Parks & Rec Bureau anticipates having a new design team on board in spring. The updated project schedule is expected after the project team is secured. For more information on the North Portland Aquatic Center project, visit: <https://www.portland.gov/parks/construction/north-portland-aquatic-center-project>.

- CONTINUED ON PAGE 6



Interior of Portland's first Mocktail Shop in Hosford-Abernethy dedicated to nonalcoholic beverages. The shop is operated by Portland Syrups. (Portland Syrups)



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Rendering of the new North Portland Aquatic Center planned for Northgate Park. All but \$10 million of the center's estimated cost has been secured. (Portland Parks & Rec Bureau)

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NAYA Family Center Interim CEO Oscar Arana and supporters of NAYA's Cully Economic Development Office display the facility's Native American name. The center's grand opening was held in mid-December. (Phill Colombo)

NAYA OPENS ECONOMIC DEVELOPMENT OFFICE

The grand opening of the Native American Youth Association's new Economic Development Office, named munk-yelan saxali in the Chinuk Wawa language, at 4636 N.E. 42nd Ave. in Cully drew a mid-December crowd that left little elbow room in the spacious office. NAYA Family Center Interim CEO Oscar Arana served as emcee, introducing Grand Ronde Confederated Tribes Cultural Adviser Bobby Mercier to bless the facility. Business and benefactor principals followed Mercier with comments, and Mercier returned to the podium to explain the

derivation of the facility's name.

Pronounced "Monk-YEH, -lun-SAH-hah-lee," the name means "to help up, to boost." The Chinuk Wawa language was one of the only Native American languages extant as late as 1868 to survive after the removal of Native Americans from their lands. Keeping the names for the new facility is "a way to honor all those who have gone before us," Mercier said.

Addressing a lack of personal economic development opportunities for Portland's Native American community, NAYA's Cully economic development office offers affordable retail space and business development support seen as a natural expansion of NAYA's over-a-decade-old micro-enterprise and business technical assistance programs, including engaging in culturally specific, place-based economic development through NAYA's 42nd Avenue Neighborhood Prosperity Network funded by Prosper Portland.

BETTER 82ND UPDATE

Construction activities began in December, including underground and sewer work on Northeast/Southeast 82nd Avenue at Northeast Klickitat, Schuyler and Beech streets and Southeast Clinton Street. In the next two years, construction activity will also take place on 82nd Avenue at Southeast Ash and Schiller streets.

The new crossings are being fashioned together with street lighting improvements on 82nd Avenue from Northeast Lombard to Southeast Clatsop streets and on Northeast Halsey Street between 112th and 162nd

avenues. Street lighting improvements will begin in 2024 and will bring street light brightness up to current safety standards by adding lighting infill along the corridor.

PERMIT ISSUED

In Madison South at 8523 N.E. Milton St., Stefan Coldea of West Linn has permission to construct a four-unit, two-story townhouse with no garage on vacant property.

APPLICATIONS

In Beaumont-Wilshire at 3700 N.E. 42nd Ave., BTS Homes Inc., of Vancouver, Washington, wants to deconstruct an 856-square-foot, single-family residence built in 1925 and replace it with a four-unit, two story townhouse without garages.

In Piedmont at 6374 N. Commercial Ave., Chelsea Spangler and Rebecca Feathers filed to build a two-story, detached accessory structure with a storage room on the ground floor and office, bathroom and storage on the second floor. The new structure would replace a detached garage built in 1907 that would be deconstructed under a separate application.

In Woodlawn at 1609 N.E. Liberty St., J. Dean Holdings LLC of North Portland has applied to deconstruct a 1,099-square-foot, single-family residence with an attached garage built in 1951 and replace it with five two-story, single-family residences without garages in a cottage cluster on a shared lot.

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★ STAR FEATURE

MIKE on a BIKE



Michael Wright

Finding joy, through a child's eyes

Have you ever noticed how you can drive through your neighborhood, down the same streets, hundreds of times, yet if you walk or cycle the same route, you observe so much more that you had missed through the windows of your car?

While cycling you see more. However, with a passing glance, you only get a momentary visual picture. Unless you stop, look, observe in some detail and perhaps take a photograph you are still merely scratching the surface.

That's the whole premise of these Mike On A Bike features — to pause, look, ask why, get curious and then try to get the story behind the visual.

As I travel our Northeast neighborhoods, I see lots — from murals, flag displays, mini free libraries, a free seed depot to poetry posts. Last month, cycling through Irvington, I saw a display that stopped me in my tracks.

A colorfully painted, creatively designed corner display that I subsequently learned is called a Joy Kiosk. It featured a take-a-book/leave-a-book section, a miniature character play — even a sign pointing to the ground where a water bowl is placed for thirsty dogs.

As it turns out, this display was one of four designed and built at a summer camp for first to fifth graders. Wes & Weez Camp was created by Eloise Grout Koehler and her sister, Wesley Grout, who drew inspiration from Design For Change, a global organization dedicated to teach children how to think, not what to think.

The sisters have a penchant for encouraging a sense of community along with a shared desire to help kids grow and prosper in the rapidly changing world in which they live. The overarching idea is to spark curiosity and inspire self-reliance so children can discover for themselves how to make a positive difference in our society.

The kids in the camp were encouraged to



A Joy Kiosk at Northeast 16th Avenue and Brazeo Street in Irvington stops passersby in their tracks. It offers books, a diorama of miniature characters and even a bowl of water for thirsty dogs. This Joy Kiosk was designed by the children attending Wes & Weez Summer Camp, organized and run by Eloise Grout Koehler and Wesley Grout. It includes a note encouraging positivity.

(Michael Wright)



research the best locations, design the kiosks' look and feel and then build and install them. In doing so, the children developed self-confidence, a sense of control over their destiny and the satisfaction of their accomplishment.

One of the Joy Kiosks includes a handwritten note that reads, "You win when you are positive."

You sure do, kids. You sure do.



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Cultivate healthy habits in 2024

To make positive changes that continue all year, find activities that fit your interests, lifestyle

By Rita Shelley

ritashelley@star-news.info

A new year brings rich possibility for a fresh insight on one's health and well-being. Ideally, those insights bring lasting behavior changes that are sustainable through winter, spring, summer and fall for years to come.

Might you be looking for one-on-one coaching? For the focused contemplation and brain health of a sewing project for any skill level? Maybe even to become an activist to make your neighborhood safer (and healthier) for walking? Even for the towel-soaking, endorphin rushing, bag pounding, calorie burn of a friendly boxing gym?

The Beaumont Wilshire, Hollywood, Alberta and Cully neighborhoods are among those in Northeast Portland that offer unique opportunities for attending to a thriving and active body and mind.

Lori Vance, owner of Body Image Fitness at Northeast 50th Avenue and Fremont Street, teaches functional strength and fitness for all ages. According to Vance, meaningful behavior change must be both realistic and holistic.

"Think in terms of small, sustainable changes. Find something you can see yourself doing long-term but also set short-term milestones for visible progress along the way," she said. Vance's one-on-one appointments also provide another key component of behavior change — social interaction.

The journey to happiness and health needn't be solitary and will work better for the long-term if it isn't. Recently retired mental health therapist Sarah Schrott also has found this to be true. For Schrott, accountability works side-by-side with community.

"Following through on good intentions is a common human struggle," Schrott said. "Life gets in the way. We lose touch with what we really want and commitments drop off." For what she calls "social motivation," Schrott counters this tendency by being part of a group that regularly works out together.

"Social connection feeds me. It feeds most people," Schrott said.

At Alberta Street's Modern Domestic sewing classes, health of both mind and



Regulars at Swing State Boxing show up for intense exercise but stay for the camaraderie. Back row: Lindsey Burrows, Janell Downing, April Ramos, John Mansfield, Reba Boyle, Matthew Wall and Boyd Smith. Front row: Cary Taylor, Olivia Nicholas, Sarah Griswold, Dierdra Cates, Megan Snyder and Stella Rask. (Molly Sparkman)

body can literally be stitched together in what Colleen Connolly, sales associate and education coordinator, calls a "community of creation." In its studio and classroom, Modern Domestic offers classes in a supportive environment in which to master a "grammar" of sewing in a space alongside others with shared purpose. Wellness is nurtured from within.

For Zachary Lauritzen, who lives in the Cully neighborhood within blocks of

members of his extended family and is interim executive director of Oregon Walks, wellness is both personal and political. Lauritzen encourages the like-minded to seek deeper, broader social connection. Instead of walking alone, organize a walking group. Chances are that others are seeking ways to avoid isolation as well. For those seeking an "all-in" community impact, consider becoming what Lauritzen calls a "policy nerd" by advocating for more far-

reaching civic policies and funding that, for instance, make your neighborhood safer for pedestrians.

While chipping away at entrenched public policy requires trust in the long view, an hour at Hollywood's Swing State Boxing brings immediate gratification. Along with the obvious benefits to mood, endurance and strength, it's the overall feeling of

— CONTINUED ON PAGE 9

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★ STAR FEATURE

On a mid-December walk in the Cully neighborhood, Oregon Walks Interim Executive Director Zachary Lauritzen (left) tells neighborhood newcomer Wil Perry about opportunities for personal growth through community involvement that are championed by organizations such as Oregon Walks. (Rita Shelley)



At Modern Domestic, Jacob Greenberg learned how to use a sewing machine and made a drawstring bag. Greenberg's longer-term goal is to be able to repair clothing he's attached to so that it stays wearable. (Modern Domestic)

belongness and group support that keep regulars like Stacie Rask, a dental hygienist, coming back.

She also recruited her daughter, her niece and her daughter's friend. For MaryBeth Cruz, a health care executive recruiter, the synergy of core strength and community — working out alongside people she otherwise

would not have met — has kept her showing up for more than a year.

Swing State owner Molly Sparkman understands that meeting new people, much less putting on gloves for the first time, can be intimidating. There's also the matter of wrapping the hands before putting on gloves, something that most people will have

never done before. But Sparkman helps with the wrapping and makes sure your form is safe. These rituals can be likened to baby steps — one step at a time.

But even if pounding a bag isn't your jam, Sparkman wants you to keep this in mind: Find a community and hold it close. If you

feel good about yourself, whether it be from one-on-ones with Vance, the meditation of a sewing studio, advocating for social change, or trying something like boxing that you never imagined trying before, you're also going to feel more like sticking with a plan for a happy, healthy you.

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★ STAR FEATURE

The POWER of STORIES

Red Door Project's Evolve Experience uses a framework of potentially divisive conversations to promote empathy and trust and to build strategies for systemic change

By Janet Goetze

janetgoetze@star-news.info

If we could listen and talk with those who seem to be unlike us, we might better understand the people around us and develop a more harmonious community — or, at least, one that isn't torn by divisiveness.

That's the idea behind the Red Door Project developed in 2011 by two North Portland residents, actor/director Kevin Jones and Lesli Mones. Storytelling, or relating experiences, they say, "lays the foundation for empathy and compassion, which opens a willingness to adjust thinking and behavior, creating the possibility for transformation at the individual, institutional and community levels."

The project presents storytelling programs for audiences and most recently developed segments called The Evolve Experience. These include true stories from police officers, judges and Black community members "about their experiences at the intersection of race and the justice system," according to the project organizers.

The Red Door in the nonprofit organization's name is a symbol from August Wilson plays, which Jones has directed. Walking through the red door can lead to a place of redemption and transformation, said playwright/director Bonnie Ratner, who has worked with the project.

In the presentations, community members relate their own stories about encounters with police. The police officers' stories are told to playwrights, who develop them into scripts for actors to perform. The officers' anonymity is intended to encourage them to speak honestly, without fear of repercussions, said Patrick Walsh, executive director of the Red Door Project. The stories may be shown on film or performed in live presentations with audiences.

Six to eight stories of lived experiences have been shown in theaters with live audiences in the Portland area and other West Coast cities. Audience members are asked for their reactions to the stories, how the stories made them feel, whether they learned something they had not considered before and what questions were raised from the stories.

Portland police officers and Multnomah County sheriff's deputies have viewed the



The Red Door Project uses storytelling to increase understanding among people who seem to have differences. The current programs, called Evolve, include stories from police, judges and Black community members to relate experiences at the intersection of race and the justice system. (Red Door Project)

programs. "Evolve is a powerful training tool that not only encourages the dismantling of gaps in communication between perspectives — it creates a bridge," says an endorsement from Ryan Keck of the Oregon Department for Public Safety & Standards Training.

"I didn't know what to expect from the Evolve experience but was impressed and moved by the candor and honesty of all involved," community member Shannon Keithaid said.

In one monologue, a police officer is irritated by a Black driver stopped for a traffic infraction. He says the driver calls him names as the officer goes through the routine of asking to see a driver's license and explaining the infraction.

"I'm not responsible for 400 years of mistreatment," says the officer/actor. He continues talking and seems to have a

revelation of what a Black driver may have encountered from other officers and he's trying to see another perspective. "I'm open. I'm learning," he says.

In another storytelling, a young Black man says, "I'm tired of walking around on eggshells just to make white people more comfortable around me."

He's been instructed to keep a smile on his face so he'll be less threatening around white people who, he says, want to believe that racism isn't happening. "Things are very lopsided in this country," he says. "I'm sick of it."

One monologue features the story of an off-duty, Black woman officer, driving to a nephew's basketball game. She takes the wrong freeway exit. She circles a round-about and tries to get phone directions for how to reach her destination.

She is stopped by a white officer who keeps his hand on his gun as he questions her aggressively. Realizing she knows police procedures, he nevertheless questions her about her training and badge number in an effort to discredit her story. Finally, he realizes she's telling the truth and lets her drive off. But her body retains the sweat of fear, she says, even as she tries to enjoy the gathering with her family.

Red Door presents facilitated programs for training purposes for a variety of organizations, Walsh said, and has gained the endorsement of the California District Attorney's Association and police agencies.

The next audience performances will be at 7:30 p.m. Feb. 23 and 24 at the Reser Center for Performing Arts in Beaverton.

Ticket information is at www.reddoorproject.org.

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★ STAR BLOCK X BLOCK

MONTAVILLA is getting (even more) *Marvelous!* *With lots of new and seasoned businesses to explore, this lively neighborhood is a magnet for residents and visitors alike*



BY MAGGIE GRAINGER

MAGGIEGRAINGER@STAR-NEWS.INFO

Happy 2024!
From dog training and yoga to adding some more unique pieces to your wardrobe or learning a new board game, the shops of Montavilla will inspire you to try something new — New Year’s resolution or not.

NOBLE WOOF

Dogs and their humans can’t stop howling about Noble Woof, a positive reinforcement and canine education center on Stark Street. The facility, which opened its doors in April, offers group and private training as well as puppy camps and other programs for dogs of all ages, backgrounds and breeds. There are also plans to build out a retail space with Trailblazing Tails, a dog leash and pet product company. “Our most popular group classes are split between our relaxation and focus class — which is good for dogs who have a hard time settling down around distractions

- CONTINUED ON PAGE 12



Noble Woof owner and trainer Brie Blakeman opened her canine education center in April after working with dogs for over seven years and has expanded her offerings to group and private dog training, puppy play time and programs for older dogs. (Noble Woof photos)



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★ STAR BLOCK X BLOCK

and can be more excited about everything in the world except you — and our Puppy 101 class,” says owner and trainer Brie Blakeman.

Blakeman has been training dogs for more than seven years and is excited to make a home in the Montavilla neighborhood.

She first realized she had a knack for training about eight years ago when she was going through a career change.

“I got a Siberian husky and mine was a textbook Siberian husky,” Blakeman says. “Huskies are hard, but I did my research and was up for a challenge. I had to learn a lot quickly on how to train the dog using positive reinforcement.”

Her hard work and dedication paid off. Friends and family were soon asking Blakeman if she had considered training other dogs.

She started volunteering at the Oregon Humane Society which led to a job in their training and behavior department and things took off from there.

“I started in 2018 as in-home training only, which led to classes at pet stores, and I now have nine trainers at this beautiful location,” she says.

The Noble Woof team still conducts in-home sessions, but Blakeman has been able to widen her offerings in the new space, which includes puppy playtime and a unique drop-off program for dogs that have



If you're a vintage fashion fan, Copper Moon is a must-stop in Montavilla. The store specializes in vintage clothing, artisan homewares and handmade goods. Many of the unique items have a western, cozy, cabin-y feel. (Copper Moon Vintage Mercantile)



COPPER MOON

The mountains are calling and you must go ... to Copper Moon Vintage Mercantile for cozy cabin and western vibes right here in Portland.

“I want people to feel like they've stepped into a timeless space,” says owner Meg O'Brien.

Inspired by her time in Montana and the Pacific Northwest, she wants customers to leave Copper Moon with the realization that anyone can fit vintage fashion into their everyday lives as well as an appreciation for the historical styles of the West.

“I think now, more than ever, people are having true fun with their clothes, which is so exciting to see and be a part of,” she says. “Whatever trends the next year brings, we'll be happy to see how we can adapt and put our own spin on what's popular.”

When picking pieces for the floor, O'Brien says she focuses on workwear and practical basics that are vintage and unique, but also wearable and translatable to a modern wardrobe.

“We are always interested in pre-1970s workwear like flannels, jackets, denim and tees,” she says. “If it has been lived and worked in, we're for it.”

Copper Moon will celebrate its first anniversary at the Montavilla location this month after popping up at markets and fairs for the past four years.

“The support from our neighboring business owners and the business association make it really feel like a tight-knit community of creative folks,” O'Brien says. “It's the coolest experience to be a part of it.”

She says it was the encouragement and love of her husband, Jeremy, that propelled her to turn her dream into a reality.

“He's been my No. 1 cheerleader through all the ups and downs,” O'Brien says.

“I hope our love of this little mercantile shines through when you walk through the door.”

ADDRESS: 7910 S.E. Stark St. **WEBSITE:** coppermoonvintage.com **INSTAGRAM:** @coppermoonvtg **DON'T MISS:** Copper Moon's first anniversary festivities this month. Check their Instagram for more information.

aged out of doggy day care.

“It's not like a doggy day care with 30 dogs in a room,” Blakeman says. “This program is great for dogs that have aged out of day care or for those who know their dog needs more structure and wants their training to be enhanced and not thrown out the window when they drop them off somewhere.”

However, Blakeman's newest offering is a puppy play school, designed to give little furballs all the essential skills they need.

“It's a four-hour drop-off program with two trainers,” she says. “It's like a puppy social on steroids. They learn about

separation, crate training and potty training while also getting the opportunity to play with one another.

“We teach basic life skills to live happily in a modern home.”

For more information on all of Noble Woof's classes, visit www.noblewoof.com

ADDRESS: 8502 S.E. Stark St. **WEBSITE:** noblewoof.com **INSTAGRAM:** @noblewoof **DON'T MISS:** Puppy play school. This drop-off program and day training program offers structured playtime that was designed to enhance your dog's training and skills while still socializing with other dogs.

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★ STAR BLOCK X BLOCK



At Board Bard, an entire wall is dedicated to "Star Wars." Pull up a chair and join other gamers for a lively session or two of your favorite pastime. Or buy a game for the family to play at home. Board Bard also has a lending library that starts in February with over 200 titles. (Board Bard Instagram)

BOARD BARD GAMES

Start your own family game night tradition with a little help from Board Bard Games, a new game shop on Stark Street.

From classics like Monopoly and Settlers of Catan to more complex role playing games (RPGs) like Magic: The Gathering and Dungeons and Dragons, customers are encouraged to explore, hang out, meet other gamers, and, most importantly, have fun.

"It's a big deal to us that families feel comfortable to come here and let their kids come here and play and not feel like they are wandering into a cave," says General Manager Curtis Andersen.

He, along with owners Liz and Scott,

Sanford, are on a mission to introduce more families to the magic of board games.

In addition to selling popular and more obscure titles, the shop is also host to a variety of camps and social events designed to foster community and educate people of all ages and skill levels.

"It can be intimidating to start some of these games, like Dungeons and Dragons, if you've never had any experience,"

Liz says. "We want to welcome people into the fold."

Interested in learning an RPG? January is your month.

"We have a junior D&D intro session that begins in late January," Andersen says. "We also have an Intro to D&D for people who are a bit older and interested in learning."

He recommends beginners check out a new



RPG game called Magical Kitties Save the Day, which is designed for ages 6 and up.

"It's a great way for families to learn together," he says. "It's also super popular with adult role players because it's so simple, streamlined and clean. You play a magical kitten with a superpower that protects your person from the monster under the bed."

"It's been pretty great."

In fact, the game is so popular they are planning on holding a camp for it this month.

For those interested in hitting the boards with new friends, check out their Wednesday Night Socials starting this month. Every week players of all skill levels can come together and play games like Ticket to Ride; no previous experience is necessary.

"You'll be able to meet new people and play

a new game and just all around have a good time," Andersen says. "We'll have people who are good at those games to help people settle in and learn how to play so everyone feels welcome."

Liz says: "I have very fond memories of playing board games with my dad. It's a big part of my childhood."

"This store is a living tribute to him."

ADDRESS: 7960 S.E. Stark St. **WEBSITE:** theboardbard.com **INSTAGRAM:** @boardbardgamestore **DON'T MISS:** The Board Bard lending library, which starts in February, boasts more than 200 titles. Groups can rent games for \$5 a day and play in the store, at home or at one of the welcoming coffee shops or restaurants in the area. It's a great way to test a game out and try new editions.

- CONTINUED ON PAGE 13

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★ STAR BLOCK X BLOCK



Yoga Refuge is a comfortable, welcoming, plant-filled space that caters to yoga neophytes or those who have been practicing for years. (Yoga Refuge)



Yoga Refuge has classes for all experience levels and also offers monthly sound baths and movement and philosophy workshops. (Yoga Refuge)

YOGA REFUGE

Find your own personal sanctuary every time you visit Yoga Refuge. Owner and director Danielle Clothier has made it her mission over the past 10 years to create a space that is welcoming and accessible to all, whether you're a seasoned yogi or just starting on your yoga journey.

"We absolutely love having beginners and happily welcome you to our studio," she says. "We have a great series designed just for beginners called 'Yoga 101' that is offered every quarter, coming up in January. "If you've been on the fence, just give it a try."

She recommends trying one of the gentle or Hatha flow classes to start.

Aside from a range of class offerings, the space also plays host to monthly sound baths and movement and philosophy workshops to help you relax, reflect and

deepen your practice.

Not only is the Yoga Refuge community opening and accepting, Clothier says the Montavilla community at large is amazing.

"It is the wonderful people of Montavilla that really make the neighborhood such a special place to be," she says.

ADDRESS: 7831 S.E. Stark St. WEBSITE: yogarefugepdx.com INSTAGRAM: @yogarefuge DON'T MISS: Their new student special includes 30 days of unlimited classes for only \$49. It's a great way to explore the class schedule and see what they have to offer.



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★ STAR FEATURE

BUILDING A BETTER BENSON

Complex, challenging revamp chugs forward at 106-year-old high school

By Janet Goetze
janetgoetze@star-news.info

Benson High School, 546 N.E. 12th Ave., is undergoing the Portland Public Schools' latest modernization and it is one of the most complex projects, according to Andersen Construction, the general contractor.

Work on the 106-year-old school began in 2021 when staff and students moved to the Marshall High School building, 3905 S.E. 91st Ave. They are scheduled to return to the modernized, 7.6-acre campus in late summer when the 2024-25 school year begins.

Benson focuses on career-technical education. The school, according to the website, "offers the academic rigor and the practical training that prepares students for college and the highly skilled, highly paid 21st century work force." It has just over 1,000 students but the completed school is designed for an enrollment of 1,700, according to the school district.

Existing buildings will be rehabilitated and seismic retrofits are planned for buildings constructed before the 1960s. The building interiors will include new wiring and plumbing plus redesigned rooms and stairways.

Original brick exteriors will be preserved but with steel support. The 1960s gym is preserved but with a facelift. "The steel structural improvements will be wrapped with a new brick finish and energy-efficient insulation will be installed between the layers," according to the district.

New construction will include state-of-the-art workshops and laboratories. A new wing for construction, manufacturing and engineering instruction has a new brick and metal facade.

The historic foundry building and the site of the electric program have steel reinforcement installed for a new concrete shear wall, with rigid insulation for energy efficiency. The 1929 auditorium and stage and the 1925 gymnasium and running track will be retained.

A building for health occupations, the library and counseling has a view of a new commons and interior courtyard, the district



These photos show the work that is continuing at Benson High School where a modernization project is scheduled to be completed in the summer. Several weeks ago, terracotta details on the main building's exterior were cleaned and repaired, and the original windows were rehabilitated and reinstalled. (Portland Public Schools)



said. A new turf lawn and landscaping will be planted around a concrete patio and walkways in the courtyard.

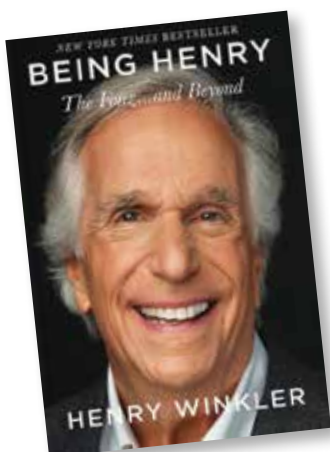
The front of the original building, facing 12th Avenue, has clean and repaired terracotta details. The original facade windows have been rehabilitated and reinstalled, the district said.

Voters approved bonds for Benson and other high school modernization. Already upgraded are Roosevelt, Grant, McDaniel, Franklin and Lincoln high schools. Planning is starting for work at Cleveland and Ida B. Wells-Barnett high schools.

Construction was expected to start at Jefferson High School in summer 2024, but

some area residents don't want students to travel for classes to the Marshall campus. The district was unsuccessful in finding a nearby site for students during construction. School board member Herman Greene has said next steps for Jefferson should be determined before moving on to Cleveland or Wells-Barnett.

Celebrity sighting in Hollywood



Henry Winkler was at Revolution Hall on Dec. 12 and gave a reading from his new book, "Being Henry, The Fonzie ... and Beyond."

Winkler enjoys antiquing and was directed to Antique Alley in Hollywood, where he posed for a photo with Antique Alley employees Corey Strite, left, and Noah Humphrey.



★ STAR PET CONNECTIONS

Reach out for help in coping with loss of a beloved pet



BY LISA LAKES

LISALAKES@STAR-NEWS.INFO

The death of a beloved family pet can be a serious blow. Today's veterinary social workers and psychologists acknowledge this fact, and now there are a number of resources available to help families process grief resulting from the loss of a pet.

Kelly Bremken is the embedded veterinary social worker at Oregon Humane Society's Community Veterinary Hospital. She says: "No matter the circumstances, I like to remind clients going through loss and grief that grief looks different for each of us. Our relationship with our pets can be less complicated than our human companions."

Perhaps the most commonly used local resource is the in-person pet loss support group hosted by Deborah Lee, a licensed clinical social worker at Dove Lewis Emergency & Specialty Hospital. In addition to the in-person group, Dove Lewis offers memorial art workshops and remembrance services. I have participated in all of these and found them to be extremely helpful.

There are also a variety of online resources and therapists for coping with pet loss. A few samples are offered from the American Veterinary Association and Oregon Veterinary Medical Association (*see links above*).

Bremken is called in when clients at the Community Veterinary Hospital need help making end-of-life decisions for their pets. She is available to answer questions about the euthanasia process.

Bremken can provide reading materials for adults and materials on how to speak



Resources

- **Dove Lewis:** www.dovelewis.org/pet-owners/pet-loss-support
- **Northwest Neighborhood Veterinary Hospital:** <https://nwneighborhoodvet.com/pet-loss/grief-support/>
- **At Home Veterinary Services:** www.pdxhomevet.com/pet-loss-grief-resources-portland
- **Oregon Veterinary Medical Association:** www.oregonvma.org/care-health/companion-animals/pet-loss/dealing-with-the-loss-of-your-pet
- **American Veterinary Medical Association:** www.avma.org/resources-tools/pet-owners/petcare/coping-loss-pet

The death of a pet is always difficult, but there are a lot of resources available to help deal with the loss, including support groups, trained therapists, online discussion boards and suggested reading materials.

(Dove Lewis photos)

with children about pet loss and grief. She also has compiled resources that allow families to celebrate the life of the pet. These include age-appropriate activities for children. Sometimes other local veterinary clinics and shelters will refer their clients to her. There is no charge for her services through these referrals.

Bremken said: "I feel honored to hold space for people around the loss of their

pet. Sometimes it is hearing their favorite memory or talking through a loss that is traumatic or sudden. They bring us such joy, and they also bring us structure and schedule. Losing pets changes our lives, our days. I encourage clients to acknowledge the grief. It is real and can be painful. I also believe that community is how we do best. There are many ways to experience grief and loss. It can look different for each of

us, and if it is art and reading or support groups or individual grief therapy — you get to experience it in a way that is unique to you. There is no right way or one size fits all."

It's not possible to avoid grief and loss, it must be processed. From my own experience, being able to extend patience, compassion and kindness to self and others is healing.



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READ TO A DOG

Jan. 4. 3:30-4:30 p.m. Young readers improve skills, and make a new friend, by reading aloud to a therapy dog. Free. Call 503-988-5123 to register. Multcolib.org. Hollywood library, 4040 N.E. Tillamook St.

JOIN RED YARN FUN

Jan. 6. 2:30-3:30 p.m. Family program performer Red Yarn presents "The Get Together" with lively music and a puppet show of silly skits. All are welcome. Free. Information: 503-988-5123. Multcolib.org. Hollywood library, 4040 N.E. Tillamook St.

ENJOY BOOKS, SONGS

Jan. 11. 9:30-10 a.m. An online storytime for newborns to age 6, with a favorite adult, includes fun books, songs and rhymes. Free. Register: 503-988-5123. Multcolib.org.

ENJOYARTS

ARTISTS SHARE TIPS

Jan. 4. 4-8 p.m. Sip and shop at a First Thursday reception for featured artists: David Leonard, a wildlife photographer; Ammi Brooks, a fabric artist; Jen Cook-Chrysos, a needle felting artist, and Elizabeth Gerth, who works in miniature. Gerth will give an artist talk from 7-7:30 p.m. explaining her techniques and the path she traveled to creating tiny worlds. Regular hours: 10 a.m.-6 p.m. Tuesday-Sunday. Information: 971-339-0945 and <https://artisticportlandgallery.com>. Artistic Portland Gallery, 4110 N.E. Fremont St.

TWO EXHIBITS OPEN

Jan. 6. 5-8 p.m. First Saturday Open House. Also, view Nat Turner Project's



Red Yarn brings his wacky brand of family-friendly fun to the Hollywood library for a free show Jan. 6. (Multnomah County Library)

"Drinking Gourd Fellowship 2" in Gallery 2 until Jan. 7. Marcus Fischer's "What Was Lost and What Remains" is on view in Gallery 1 until Feb. 11. Hours: Noon-5 p.m. Friday-Sunday or by appointment. Information: 503-286-9449. www.oregoncontemporary.org. Oregon Contemporary, 8371N. Interstate Ave.

BOWIE IN 'LABYRINTH'

Jan. 8. 7:30 p.m. View "Labyrinth," (1986) a fantasy film written by Terry Jones and directed by Jim Henson. In the story, Sarah (Jennifer Connelly) must venture deep into the Goblin Kingdom to save her baby brother (Toby Froud). She meets a range of characters and then the Goblin King Jareth, played by David Bowie, which some reviewers call a "magical performance." Tickets: \$12 general, \$10 seniors, student, child. Hollywoodtheatre.org. Hollywood Theatre, 4035 N.E. Sandy Blvd.

VIEW CRONENBERG FILMS

Jan. 9. 6:30 p.m. Continues Tuesdays to Jan. 30. Study the literary films of David Cronenberg, who adapts the work of



David Bowie as the Goblin King in "Labyrinth." (Wikipedia)

writers, from Stephen King to true crime. A program of Movie Madness University, an educational arm of the Hollywood Theatre. Tuition \$75. Information: education@moviemadness.org. 503-234-4363. www.hollywoodtheatre.org. Films shown at Movie Madness Miniplex, 4320 S.E. Belmont St.

STUDY FILMS OF OZU

Jan. 11. 6:30 p.m. Continues Thursdays to Feb. 1. Study films of Japanese director Yasujiro Ozu with his portraits of everyday life. Reviewers say with his iconic visual style, the tensions of multigenerational families are tenderly portrayed with depth and beauty. A program of Movie Madness University, an educational arm of the Hollywood Theatre. Tuition \$75. Information: education@moviemadness.org.



org. 503-234-4363. www.hollywoodtheatre.org. Films shown at Movie Madness Miniplex, 4320 S.E. Belmont St.

BIRDS FILL GALLERY

Jan. 14. 10:30 a.m.-noon. Celebrate National Bird Day with two artists' talks. At 10:30 a.m. David Leonard, a wildlife biologist and photographer, will discuss: "What I'm Looking for When I Photograph Birds." At 11 a.m., glass artist Carlyne Lynch will demonstrate "How to Build Bird Houses That Birds Will Actually Use." Also view other bird art and enjoy a "Draw a Bird" activity.

- CONTINUED ON PAGE 18



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Join us for a school tour, a Q&A session and meet our teachers on
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at 5pm. RSVP to info@strosepx.org.



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thru
January 15, 2024

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October 15, 2023 thru
December 7, 2023

Call or text Tina Kennedy at 503-686-8863
Email: tina@healthwiseins.com

★ STAR BLOCK X BLOCK

COMMUNITY CALENDAR

Regular hours: 10 a.m.-6 p.m. Tuesday-Sunday. Information: 971-339-0945. <https://artisticportlandgallery.com>. Artistic Portland Gallery, 4110 N.E. Fremont St.

'SISTERS' SHOWS SHIFT

Jan. 15. 5:30 p.m. Study "The Cinematic Voyeurism of 'Sisters,'" made when Brian De Palma left Hollywood to return to New York without studio interference. With the suspense in "Sisters," De Palma expanded his stylistic vision and filmmaking techniques to encompass elements of voyeurism and psychological horror. \$12. A program of Movie Madness University, the educational arm of the Hollywood Theatre. Information: education@moviemadness.org. 503-234-4363. www.hollywoodtheatre.org. Film shown at Movie Madness Miniplex, 4320 S.E. Belmont St.



Gigantic, Solovox and more. Tickets \$35-\$55. Albertarosetheatre.com, Alberta Rose Theatre, 3000 N.E. Alberta St.



Far left: Artist Elizabeth Gerth will talk about how she creates miniature scenes in a First Thursday event at Artistic Portland Gallery on Jan. 4. (Artistic Portland)

Left: Wildlife photographer David Leonard will reveal what he looks for in photographing birds at Artistic Portland Gallery on Jan. 14. (Artistic Portland)

TRIBUTE PROGRAM SET

Jan. 25 & 26. 8 p.m. A Crosby, Stills, Nash & Young Tribute features guitarist Jeff Pevar plus Nowhere Band, Saloon Ensemble, Love

Wishing You a Safe & Joyous New Year!
Happy 2024!



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FOR SENIORS

CAREGIVERS GAIN CARE

Jan. 8. 1-2 p.m. A monthly peer support group offers an opportunity for those serving as caregivers to meet with others. Share helpful resources and practices that also help the caregiver. Sara Robb is the volunteer facilitator. Free. Information: communityfpa.org. 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

SEE FILM ON DEMENTIA

Jan. 18. 12:30-3 p.m. View the film "Keys Bags Name Words," then stay for a discussion. The film offers quirky and inspiring stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia. It also follows a cohort of young scientists and artists as they harness every aspect of creativity, humor and compassion to lead the way toward hope and resilience. Information: 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

CLINIC OFFERS VACCINES

Jan. 19. 1-3 p.m. A vaccine clinic offers the latest COVID monovalent vaccine against

the XBB variant, flu and other shots available for ages 12 and older. Call 503-288-8303 for more information or to register. Community for Positive Aging, 1820 N.E. 40th Ave.

LEARN OF NE VILLAGE

Jan. 22. 11 a.m. Learn about activities and services offered by Northeast Village PDX that support seniors opting to remain in their own homes and stay engaged in their community. The member-led organization serves residents in Northeast neighborhoods as they interact with and help one another. Information: 503-895-2750. Hollywood library, 4040 N.E. Tillamook St.

INVEST FOR WEALTH

Jan. 24. Noon-2 p.m. Join volunteers from the nonprofit organization, Financial Beginnings, to learn about investing as an effective way to put money to work and potentially build wealth. Smart investing may allow money to outpace inflation and increase in value. Information: 503-288-8303. Community for Positive Aging, 1820 N.E. 40th Ave.

- CONTINUED ON PAGE 19

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★ STAR COMMUNITY CALENDAR

INGENERAL

SCOUTS RECYCLE TREES

Jan. 6. 9 a.m.-2 p.m. Boy Scout Troop 100 recycles holiday trees at Northeast 27th Avenue and Fremont Street, next to Alameda Elementary School, and at Northeast 54th Avenue and Alameda, behind St. Rose Catholic Church. Please remove tinsel, metal wire and nails. Suggested donation of \$10 to \$50, depending on the tree size. No wreaths or flocked trees can be accepted. Funds help equip the troop's outdoor activities.

GAIN JOB HELP

Jan. 10. 2-4 p.m. Get help with a job

search with a library staff person. Create a resume or cover letter, research career paths and offer references to helpful community organizations. Free. First come, first served. Sessions are usually about 30 minutes. Information: multcolib.org. 503-988-5123. Hollywood library, 4040 N.E. Tillamook St.

EAT VIKING PANCAKES

Jan. 14. 8:30 a.m.-noon. Enjoy all-you-can-eat Viking pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, lingonberries, juice, coffee or tea. \$10 adults, \$6 children ages 3-12, free for children under 3. Free parking. Bergen Dining Room at Norse Hall, 111 N.E. 11th Ave.



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

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