



THINGS TO SEE, DO
Find activities for all interests in the Star calendar. **PAGE 20**



SECRET IS OUT

CHOW DOWN Parkrose and Madison South are becoming a magnet for food, drink lovers. **PAGE 11**

in East Portland

OREGON TEACHER OF THE YEAR
Beaumont Middle School's Bryan Butcher comes full circle. **PAGE 6**



WE SALUTE YOU Show your appreciation for U.S. armed forces at annual Veterans Day Parade. **PAGE 8**



RISING FROM ASHES Bulldozers make way for 20 housing units at site of former church. **PAGE 4**



MEDICARE MAVERICK Sen. Ron Wyden leads efforts to reform federal health insurance. **PAGE 5**



EVERY DROP COUNTS
Learn about the history of Northeast Portland's water supply. **PAGE 10**

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NORTH AND NORTHEAST METRO NEIGHBORHOODS
2000 N.E. 42ND AVENUE PMB 142
PORTLAND, OREGON 97213

★ STAR COMMUNITY CONNECTIONS



BY TONY GREINER

TONYGREINER@STAR-NEWS.INFO

RHYTHM TRADERS ADDS TWO BUSINESSES UNDER ITS ROOF

This fall, two of Portland's music shops, Eastside Guitar Repair and Hank's Music Exchange relocated to join Rhythm Traders at 3904 N.E. Martin Luther King Jr. Blvd., creating a broader music business alliance. This partnership offers customers the ability to bounce between three music businesses under one roof, with free on-site parking.

The new space includes two isolated practice rooms dedicated to in-store gear testing. For more information, visit https://tinyurl.com/vkrx3ha8

HEARING RESOURCES RELOCATES TO 44TH AVENUE



Evonne Serpa

Hearing Resources will move Nov. 9 from its location at 4311 N.E. Tillamook St. to around the corner at 2030 N.E. 44th Ave. Evonne Serpa has been a practicing audiologist for over 20 years. She opened Hearing Resources

in Hollywood in 2016. For more information, contact 503-774-3668; www.hearingresources.com



Better safe than sorry — trim or remove trees that could become a hazard in winter storms. (Portland Parks & Recreation)

PREPARE YOUR TREES FOR WINTER WEATHER

Portland Parks and Recreation's Urban Forestry folks want you to know that if you have a big tree that needs some TLC, Portland has rules.

They have a list of approved companies with certified arborists, which can be found at https://tinyurl.com/pdxtreecos. If serious trimming or removal is called for, a permit can be obtained at www.portland.gov/trees/treepermits. Folks with questions can contact the Urban Forestry division at 503-823-TREE (8733) or Trees@PortlandOregon.gov.

GRANT HIGH CONSTITUTION TEAM FEATURED ON PBS

A new PBS documentary series is shining a spotlight on Grant High School's award-winning Constitution Team.

The 2023-24 ConTeam, which took home first-place honors at the We the People National Finals in Washington, D.C., this past April, is featured in the "Citizen Nation" docuseries, which is currently streaming on PBS, YouTube and Amazon Prime.

According to the PBS website, the four-part program, which premiered Oct. 8, is "an inspiring coming-of-age story that follows teenagers from across America as they face off in the nation's premier civics competition."

This is the ninth year in a row Grant High's team has made it to the Capitol, having secured Oregon's wildcard spot in the state finals this February. During the national competition they faced off against 47 other

schools from around the country, including fellow Portland rival, Lincoln High School.

ConTeam is part of the nationally recognized We the People curriculum, and competition is designed to foster a deeper understanding of the U.S. Constitution, Bill of Rights, government institutions and to create a more engaged citizenry essential to protecting and furthering democracy.

At Grant High, ConTeam is a class available to seniors and comprises six units focused on a different area of constitutional history and law.

To learn more about the docuseries, visit pbs.org

JUSTICE GINSBURG MURAL GETS A FACE-LIFT

The Ruth Bader Ginsburg mural at the intersection of Northeast 27th Avenue and Bryce Street was recently refreshed and repainted by a group of neighborhood volunteers.

The mural, actually a painting on the street, was originally created in 2020 to honor the Supreme Court justice and continues to be a popular visitor destination.

BEAUMONT-WILSHIRE SEEKS GARDEN TOUR HOSTS

The tour organizers of the Beaumont-Wilshire Neighborhood Association are looking for gardeners interested in being hosts for the July 2025 Art & Garden Tour. It's a fundraiser for the association and they promise "it's fun — not "stuffy!"

If you or someone you know in the

- CONTINUED ON PAGE 3

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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

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neighborhood might be interested, or have questions, contact Patti Koehler at patricekoehler@gmail.com.

HELP OTHERS STAY WARM: DONATE COATS, MORE

Windermere Real Estate offices throughout Oregon and Southwest Washington will be collecting coats, blankets and other warm winter necessities from 8:30 a.m. to 4:30 p.m. Monday through Friday, through Dec. 20.

Help share the warmth this winter by bringing new or gently used coats, twin-size blankets, gloves, knit caps or other items to 2045 N.E. Martin Luther King Jr Blvd. Details at <https://helpsharethewarmth.com/>

HERITAGE TREE LIST SPROUTS MORE LIMBS

Portland recently added five additions to its Heritage Tree list, and Montavilla can boast of having two of them.

One of the trees, #393, is a copper beech (*Fagus sylvatica*) next to Clark Elementary. It is 75 feet tall with a 36-inch-wide trunk. It greets the students when they walk to school by providing shade, beauty and good health.

The other, # 394, is a western redcedar (*Thuja plicata*). It's in a backyard. Redcedars are native to this part of Oregon, and this one stands 89 feet tall and provides habitat for native wildlife.

LOCAL PODCAST EXPLORES GREEK TOPICS

The Hellenic-American Cultural Center and Museum (HACCM) has launched a monthly podcast, "All Things Greek," which is available on Spotify.

Last month art history professor Lisa Gadinis shared her knowledge of the Erechtheion, a temple on the Acropolis of Athens.

The podcast is a project of Laurelhurst residents Joan and Georgia Liapes, who partnered with their great-nieces to launch it.

Topics range from Greek cultural traditions, history, travel and music. They often interview local community members



Hey, early birds, head to Grant Park and join others for 45 minutes of free interval training three days a week.

who specialize in the given topic.

INTERVAL TRAINING AT GRANT PARK

At 7:15 a.m. every Monday, Wednesday and Friday, rain or shine, women of all fitness levels are invited to gather at Grant Park for interval training, which alternates a few minutes of fairly serious exertion with a more relaxed, stretching and resting session.

Meet at the covered area (corner of Northeast 36th Avenue and Brazee Street). The class is adaptable to a wide variety of fitness levels, provides 45 minutes of fun and friendly exercise and there is no cost. Their slogan: "Just show up with your yoga mat and your smile."

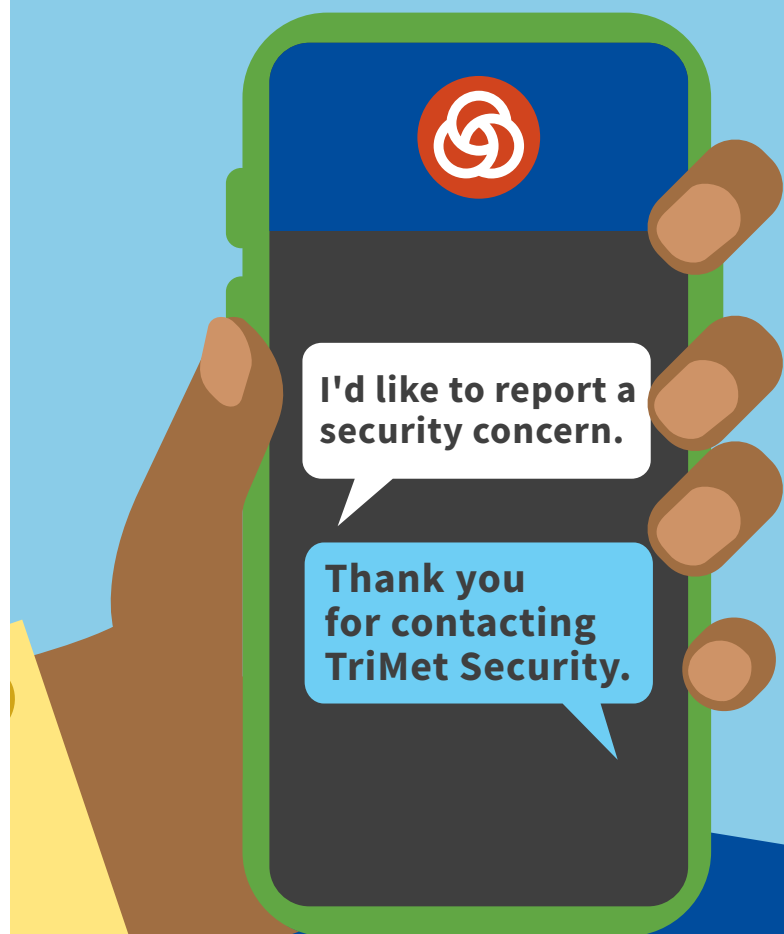
PARKS & REC CUES UP FUN FALL ACTIVITIES

Portland Parks and Recreation has released its fall calendar, and there is much to choose from. There are tennis sessions for women, or just practicing with a ball server. There's Pilates and hiking, including along the beautiful Old Salmon River.

Got kids? Sign them up for fitness classes or soccer with sessions for kids over 4 and kids under 4. Schedules, locations and fees at <https://tinyurl.com/28azmu7f>

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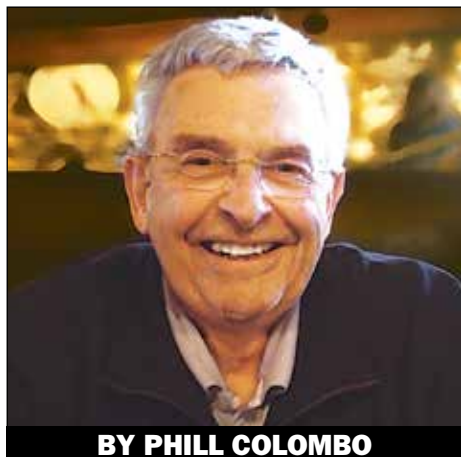


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★ STAR DEVELOPMENT NEWS



BY PHILL COLOMBO

PHILLCOLOMBO@STAR-NEWS.INFO

20 HOUSING UNITS TO RISE ON SITE OF FORMER CHURCH

Following a January fire at Word and Spirit Church that took the lives of twin-sister pastors, Kimberly and Stephanie Hjelt, Anamic Construction of Clackamas began deconstructing the 1949 structure in mid-October.

According to Anamic President Gene Pavlenko, site clearing should take six to eight weeks to complete, and "we ... are looking to have four units on each of the 5,000-square-foot lots for a total of 20 new dwelling units,



The Word and Spirit Church in Rose City Park was damaged in a January fire and is being deconstructed to make way for 20 new living units. (Phill Colombo)

consisting of a mix of attached and detached products." The project is in preliminary design, and construction is expected to begin next summer.

ELIOT PARKING RULES IN EFFECT THROUGH MAY

Beginning last month and continuing through May, visitors parking in the Eliot

neighborhood will be restricted to no more than two hours between 5 and 10 p.m. Residents and businesses will be permitted to park longer during those hours.

The restrictions resulted after the Eliot Neighborhood Association requested Portland's Bureau of Transportation to review parking issues in the neighborhood again after the bureau imposed similar restrictions in the Lloyd District during major events. Following collaboration with a task force composed of area residents and businesses, the Portland City Council unanimously approved Eliot's new parking permit area in June.

GROUNDWATER ADDED TO BULL RUN SUPPLY

On Oct. 10, the Portland Water Bureau began blending groundwater from the



Map shows where residents and businesses are eligible for permits to park longer than two hours in on-street spaces while visitors' time is limited. Eliot residents have sought a solution to parking congestion problems here since at least 1992. (PBOT)

Columbia South Shore Well Field into the distribution system.

The move was caused by predominantly dry weather, warm temperatures and long-term weather forecasts. The groundwater is augmenting water from the Bull Run Watershed, Portland's primary water source.

Interim Bureau Director Edward Campbell said, "Portland's two high-quality drinking water sources help create a resilient water system, and careful planning and maintenance ensure that groundwater is here to fully meet our regional water needs."

Customers can expect to receive a blend

- CONTINUED ON PAGE 5



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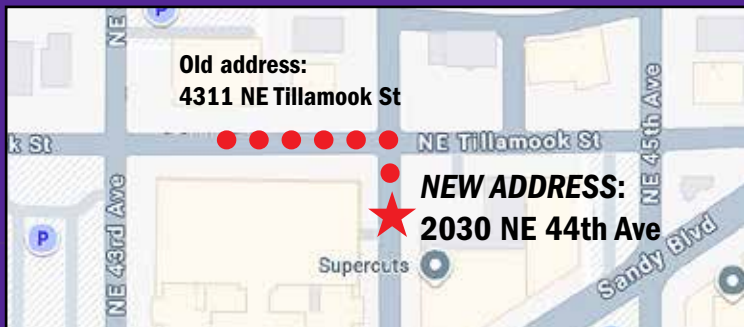


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- CONTINUED FROM PAGE 4

of Bull Run water and Columbia South Shore Well Field water in the two weeks — depending on location — it takes for blended water to make its way through the distribution system to homes and businesses.

Water from field wells is supplied by deep aquifers that store Portland Basin rain, producing a high-quality water supply, meeting or surpassing all federal and state drinking water regulations.

The bureau informs the media and sensitive water users when groundwater is activated or other significant operational changes are made. Another notification will be issued when the distribution system returns to 100% Bull Run water.

Customers with questions may call the Water Quality Line at 503-823-7525 and can learn more about groundwater at <https://tinyurl.com/27x6xe4d>.

PERMITS

In Buckman at 550 S.E. Martin Luther King Jr. Blvd., Burns Brothers Inc. has a permit to construct a seven-story, mixed use, 132-unit apartment building with basement and parking.

In Concordia at 5090 N.E. 27th Ave., Todd Mylet has been permitted to build a two-story, single-family residence with an attached accessory dwelling unit and no garage.

In Cully at 4604 N.E. Sumner St., Sara Reinhardt has secured a permit to construct a two-story, single-family residence with a single-vehicle garage on the south end of property occupied by a 1,554-square-foot single-family residence built in 1924.

In Humboldt at 540 N. Blandena St., Lotus Development LLC of Southeast Portland has a permit to construct a four-unit, two-story townhouse with no garage on vacant property.

APPLICATIONS

In Arbor Lodge at 7379 N. Mobile Ave., Elijah Primachenko, of Vancouver, Washington, would like to build a four-unit, two-story townhouse on a shared lot with no garages.

In Concordia at 5705 N.E. Cesar E. Chavez Blvd., Ondrej Cech had filed for permission to build two detached, two-story accessory dwelling units without garages at the rear of an existing single-family residence that has occupied the property since 1949.

In Kenton at 1268 N. Farragut St., Blackbird Investments LLC of Vancouver, Washington, is seeking a site development permit to replace an 880-square-foot, single-family residence built in 1928 with a six-unit, two-story townhouse built on a shared lot without garages.

At 3205 N. Terry St., Brady and Leslie Pearson are seeking a permit to build a free-standing pergola on a concrete slab in a concrete and rain garden.

In North Tabor at 405 N.E. 67th Ave., Donald and Donna Hartel want to deconstruct a 264-square-foot shed built in 1911 and replace it with a modular, detached, single-story accessory dwelling unit in the rear of the property.

In Rose City Park at 1513 N.E. 58th Ave., Mai Hong Nguyen wants to deconstruct a 2,211-square-foot, single-family residence and detached garage built in 1940.



Members of the Community for Positive Aging team with Sen. Ron Wyden at the center on Oct. 15.

(Community for Positive Aging)

Wyden advocates for Oregon seniors during Medicare open enrollment

As the annual open enrollment period for Medicare opened, Sen. Ron Wyden spoke at the Community for Positive Aging on Oct. 15, outlining efforts to reform the federal health insurance program, which covers about 923,000 Oregonians.

As chair of the Senate Finance Committee, Wyden has pushed for a crackdown on aggressive marketing by Medicare Advantage plans. The plans have elicited complaints about red tape that prevents seniors from getting care and deceptive advertising that ramps up during enrollment season.

The senator also said he is working on addressing “ghost networks,” insurer directories padded with inaccurate phone numbers or contacts for unavailable providers.

In addition, Wyden said he has asked

federal regulators to ban Medicare Advantage insurers from paying brokers more money for enrolling seniors in certain plans.

Wyden pointed toward Oregon’s Senior Health Insurance Benefits Assistance Program, or SHIBA, that helps people navigate enrollment in Medicare plans and thwart potential abuses.

Carisa Dickson, head of the SHIBA program for Multnomah County, said seniors can schedule an appointment by calling 503-988-3646 and selecting option 3. There also is a series of events (visit www.multco.us/services/shiba) at libraries and community centers during open enrollment, which continues through Dec. 7. Learn more at <https://shiba.oregon.gov/Pages/index.aspx>.

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After 40 years, Mary DeHart, owner and publisher of The Star News is selling the paper.

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★ STAR FEATURE

Bryan Butcher, Oregon Teacher of the Year, starts by asking:

‘WHY?’

MIKE
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BIKE

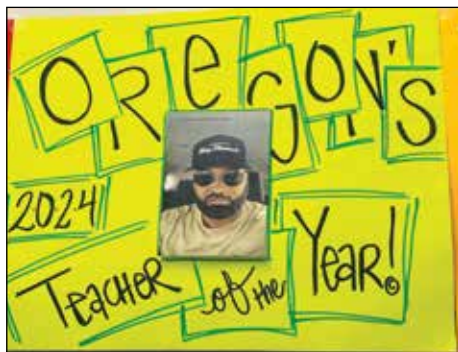


Michael Wright | mgw1424@gmail.com

I've cycled past Beaumont Middle School hundreds of times. I have enjoyed reading the engraving above the main doors and smiled at the sounds of youngsters playing excitedly on the grounds. Today, as I approached the school I was on a mission — to meet and talk with Bryan Butcher, Oregon's newly minted Teacher of the Year.

As I approached the school, this quote caught my eye:
"The riches of scholarship, the benignities of literature, defy fortune and outlive calamity. They are beyond the reach of thieves or moths or rust. As they cannot be inherited, so they cannot be alienated." — James Russell Lowell

As the 2024-25 Oregon Teacher of the Year, Butcher will serve as a spokesperson and representative for all Oregon teachers. He also will receive yearlong professional development and networking with other state Teachers of the Year through the Council of Chief State School Officers'



The students' artwork speaks for itself — Greatest Of All Time. (Mike Wright)

National Teacher of the Year program.

Gov. Tina Kotek had this to say: "Bryan exemplifies the impact committed teachers can have on students' lives, from helping each of his students learn math in the way that works for them, to creating the Black Student Union at his school. Teachers like



Bryan Butcher, the 2024-25 Oregon Teacher of the Year, grew up in Portland. He left for college in Georgia and spent time in New York City before returning to the Rose City to teach at Beaumont Middle School. (Oregon Department of Education)

Bryan go above and beyond to make Oregon schools a place where students not only learn, but feel a sense of safety, belonging and pride. I'm thrilled to see his hard work being honored."

Butcher traveled a long way to get

his start in teaching — from Northeast Portland, where he attended Fernwood (now Beverly Cleary School) and Boise-Eliot Elementary School, then Grant High School,

- CONTINUED ON PAGE 7

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★ STAR FEATURE



Bryan Butcher, newly proclaimed Oregon Teacher of the Year, has no shortage of fans. (Oregon Department of Education)

where he played baseball and football for the Generals. From there he was off to Morehouse University in Georgia and then on to New York City with Teach for America, and back to the Rose City.

"Full circle," Butcher says as he prepares to welcome his next class at Beaumont.

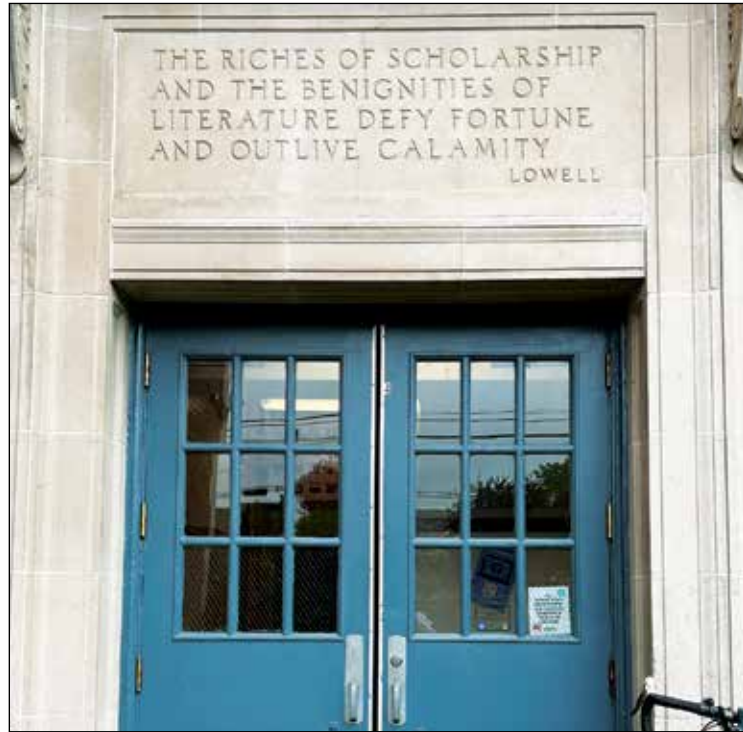
When we spoke Butcher was humble about his newfound fame and surprised at the overwhelming attention he received from friends and family, past classmates and teachers of his own. Social media magnifies everything these days he soon learned. The good news is that the feedback was overwhelmingly positive.

He invited me to sit in on his next class and gave me a heads-up on how he would

choreograph the lessons. I was intrigued by his style — inclusive — and very unlike any I had experienced before.

At the end of the day, here is my take on two elements of Butcher's teaching that make him stand out from the crowd.

Butcher currently specializes in teaching math. He starts with "why." Imagine how to creatively inspire children to learn multiplication skills. The kids all know "who" is expected to learn. Of course, you can teach them "where" they are — in class — and even "when" they are in class. Ultimately, you must teach them "how" multiplication works. However, the magic begins when the students understand "why" multiplication is worth learning. Butcher teaches that in



If you are like me, you had to look up the meaning of "benignities." It means "kindness," and is a central element of Bryan Butcher's teaching.

(Mike Wright)

spades.

Butcher also has discovered that the best learning takes place when he gets to know each of his students as individuals, not as one group.

Then he can get to what he believes is crucial — building confidence. Confidence inspires students to want to try, even when they think they may fail. In fact, Butcher considers it a win, when each student tries, fails, tries again and ultimately gets to the correct answer. They win by being willing to put themselves out there and they develop a powerful tool.

It reminds me of "The Little Engine That Could" story. They think they can ... and they can.



Confidence. If you remember a teacher who changed your life by instilling confidence, look them up and tell them so. You can start with "why."



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★ STAR FEATURE



Saluting those who served

Veterans Day Parade kicks off Nov. 11 with four grand marshals

By Maggie Grainger
maggiegrainger@star-news.info

Join the community in celebrating our armed forces during the 50th annual Veterans Day Parade on Monday, Nov. 11.

For the first time, this year's parade will have four grand marshals with close ties to the Portland community. As reported in the Portland Tribune, they are:

■ **George Carrillo**, a former Marine and disabled veteran. He is a leader and advocate for equity and public safety, serving as president of Progreso Latino PAC and founder of the National Construction Coalition for Hispanics.

■ **James Posey**, an Air Force veteran who

served in Vietnam. He has dedicated his life to community service and is the president of the Portland branch of the NAACP.

■ **Crystal Chanel**, an Army veteran and business owner. She provides marketing services aimed at empowering nonprofits and community organizations.

■ **Ken and Malinda Buckles**, the founders of Remembering America's Heroes. They have spent nearly three decades honoring veterans through educational programs and tributes.

The Tribune also reports dozens of schools, organizations and special guests will march in the parade. They include two Portland Public Schools bands that could not participate last year because of the teachers strike — the McDaniel High School Drumline and the Robert Gray Middle School Band. Also scheduled are: Scouting America Troop 117 and 5117; Cub Scout Pack 351; Easterseals Oregon; Daimler Truck North America; Portland Fire & Rescue;

- CONTINUED ON PAGE 9



(Photos courtesy of Veterans Day Portland Inc.)

THANK YOU, VETERANS

In honor of **VETERANS DAY**, all Veterans and Active Military Personnel will receive a **FREE 16oz DRINK** on **MONDAY NOVEMBER 11th**

Portland Veterans Day Parade

Come honor and celebrate Military Veterans on **November 11, 2024** The parade starts at 10am @MLK & Beech & ends at MLK & Emerson

The Closing Ceremony, Vendor and Resources Fair immediately after parade at

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Portland, OR 97211

www.veteransdayportland.org

the HUMAN BEAN 4835 NE Sandy Blvd.
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★ STAR FEATURE



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Multnomah County Veteran Services; the Salvation Army Cascade Division; the Military Vehicle Collectors Club of Oregon; TriMet and others.

Starting at 10 a.m., this year's parade will proceed along Northeast Martin Luther King Jr. at Beech Street, moving north toward Alberta Street. A closing ceremony will be held in the Walnut Park complex parking lot at 5305 N.E. Martin Luther King Jr. Blvd immediately following the procession. Vendors will be at the site along with a number of distinguished speakers.

Past parades have featured marching bands, floats, military units, veterans' organizations, and community groups from all walks of life and provides an opportunity for the community to come together and express gratitude for their service.



About the parade

Portland's only Veterans Day parade was established in 1974 by Vernon E. Ross, proprietor of Ross Hollywood Funeral Chapel. He founded the parade to honor all veterans, past and present, living and deceased. Today, the tradition is carried on by Veterans Day Portland Inc. The Portland Veterans Day Parade is an inclusive, nonpartisan, family-friendly event officially permitted by the City of Portland.

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Libraries (inside and exterior book drop)
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Gregory Heights: 7921 N.E. Sandy Blvd.
Kenton: 8226 N. Denver St.

24-hour drop boxes
PCC: 705 N. Killingsworth St.; drop box located at the corner of North Killingsworth and Kerby
Matt Dishman Community Center: 77

N.E. Knott St.
Rose Quarter: Drop box located on the south side of the Rose Quarter by the fountain and Rip City sign. Walk-up only.
McDonald's: 2010 N.E. Cesar E. Chavez Blvd.; drop Box located on west side of Northeast 40th Avenue between Tillamook and Hancock streets.
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★ STAR FEATURE



A pre-1906 photograph shows the water tower standing at Northeast Schuyler Street and 13th Avenue. It held 350,000 gallons of water. (Photos courtesy Oregon Historical Society)

TANKS FOR THE MEMORIES

Glimpse into the history of local hydrology is a moving tale of our precious resource

By Tony Greiner

tonygreiner@star-news.info

Portland is blessed with plentiful water, good-tasting stuff as well, thanks to the development of the Bull Run Watershed in the 1890s. That water now travels to various storage tanks around the city, including the two huge tanks atop Alameda Ridge.

But before the tanks on Alameda were built, there was a water tank (called a standpipe, because it was essentially a very large vertical pipe) in Irvington, at the northwest corner of 13th Avenue and Schuyler Street, where two apartment buildings now stand. It held 350,000 gallons of water.

A 1905 photo from the Oregon Historical Society library shows the standpipe in Irvington. The description with the photo says it was taken from 15th and Multnomah, roughly where the old Sears building in the Lloyd Center stands. The Irvington location didn't work well, as the standpipe wasn't high enough to generate the needed water pressure. So in 1906, the pipe was removed and rebuilt on top of Alameda Ridge at Northeast 19th Avenue and Prescott Street, where the two big water towers now stand. A much better photograph from 1920 shows the rebuilt pipe in its new location.

City government, which owned the two lots



The standpipe today in St. Johns.

where the standpipe originally stood on 13th, didn't do anything with them for many years, and the lots became a dumping ground. Pressure from the neighbors led to the lots being finally being sold, and two apartment buildings were erected on the site in 1925.

Up on Alameda Ridge, the tower, renamed



The Vernon Standpipe on Alameda Ridge, c. 1920.

the Vernon Standpipe may have had better water pressure, but it wasn't big enough to meet demand, nor did it have a service pipe to the Mount Tabor reservoirs to refill it efficiently.

The solution was to dig, by hand, a nearly 3-mile-long trench underneath today's Skidmore Street, which allowed a 30-inch service pipe to reach a new, million-gallon tower. That tower is the smaller of the two on the ridge today.

But the Vernon Standpipe wasn't done yet. After the new tower began operation, the Le Doux construction company was paid to

dismantle the standpipe and rebuild it in St. Johns, at the corner of North Princeton Street and Oswego Avenue, where it continues to do its duty — 120 years old and still holding water. How many other public works have functioned for so long?

This article owes a big thanks to Doug Decker and his "Alameda Old House History" blog, and photos from it and the Oregon Historical Society. To get more details on the pipe and water service on Alameda Ridge, visit alamedahistory.org and search "Standpipe."

ELIZABETH E. WELCH




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★ STAR BLOCK X BLOCK

FOOD FINDS

The secret is out: Madison South and Parkrose are full of go-to foodie destinations that are serving up delicious, innovative dishes and cocktails that are full of heart



BY MAGGIE GRAINGER

MAGGIEGRAINGER@STAR-NEWS.INFO

KI'IKIBAA

Nestled on an unassuming corner of Northeast 82nd Avenue and NE Klickitat Street, you'll find one of Portland's most buzzed-about restaurants: Ki'ikibaa.

Named 2023 Restaurant of the Year by The Oregonian and recently featured in The New York Times, it's one of the most talked-about spots in town. Husband-and-wife owners Manny Lopez and Suny Parra Castillo couldn't be more excited, surprised and happy.

"It's been a little bit busy," Castillo says. "The community has helped us a lot and supported us."

The duo opened Ki'ikibaa — which is Mayan for "delicious food" — in late 2022, and their small staff of mainly family members has been riding the wave ever since.

Castillo says customers can't go wrong ordering their signature panuchos, which are crisp handmade tortillas stuffed with refried black beans, lettuce, pickled cabbage, onions and a meat of your choice. Castillo recommends the panuchos de pollo to start



Panuchos are a signature dish at Ki'ikibaa — handmade tortillas stuffed with refried beans, lettuce, pickled cabbage, onions and your choice of meat. (Maggie Grainger)

- CONTINUED ON PAGE 12

Ki'ikibaa was The Oregonian's Restaurant of the Year in 2023, and co-owners Manny Lopez and Suny Parra Castillo couldn't be prouder. It also made a recent New York Times list of best places to eat in Portland. (Maggie Grainger)

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★ STAR BLOCK X BLOCK

Ki'ikibaa brings the fresh flavors of the Yucatan with dishes like pozole. (Maggie Grainger)



Fork and Spoon made a successful transition from a food truck to a brick-and-mortar restaurant in 2018. (Fork and Spoon)

but admits it's tough to pick just one.

They also serve salbutes, which are similar to panuchos but served on a puffy, fried tortilla as well as burritos, tamales and Cochinita Pibil, slowly-braised pork that has been wrapped and baked in banana leaves.

Castillo's favorite is the Relleno Negro, a Yucatan delicacy that features blackened chili turkey stew full of flavor and topped with a boiled egg.

What's the secret to this tasty dish?

"It's the spices," she says. "A lot goes into it."

ADDRESS: 3244 N.E. 82nd Ave. **INSTAGRAM:** @kiikibaapdx **DON'T MISS:** Their Pozole Rojo, which is pork and chicken simmered in a red house broth with hominy and served with cabbage, cilantro, radish, avocado, queso fresco and house-fried chips.



and migrated to the U.S. in 2009 through marriage," she says. "I started my culinary journey when I was 14 learning from my Aunt Lourdes, who passed away years ago. She was my mentor and my teacher before I entered culinary school.

"She lived in the Philippines, and when I was growing up, she owned a catering business. She made me her assistant and I patiently watched her while working in the kitchen to learn some of the techniques on how to make the food delicious."



FORK AND SPOON

A serious bout of homesickness inspired a Portland-based chef to take matters into her own hands and open a Filipino restaurant.

Erwina Barney first gained a following with her authentic Filipino food truck — Erwina's Inasal — before opening Fork and Spoon in the Parkrose neighborhood in 2018.

"Looking back more than a decade ago when I arrived here in Portland from the Philippines, I was craving the food I grew up with, and it's so disappointing when you cannot find them around," she says. "That's what made me decide to open a food truck to serve Filipino food."

Barney has always had a passion for cooking. She attended Oregon Culinary School in downtown Portland in 2009 and worked at restaurants in Southeast and downtown Portland before branching out on her own.

"I was born and raised in the Philippines

Barney says her aunt taught her how to cook some of her signature dishes including adobo — meat cooked in soy sauce and vinegar with garlic and onions — and kare-kare, a stew with a thick peanut sauce..

"These two have unique flavors that bring back memories from childhood," she says.

The menu is full of traditional Filipino comfort food that Barney hopes will remind people of their grandma's cooking or bring back their own childhood memories — or turn first-timers into repeat customers.

"I am not trying to be creative or fancy — just using as many flavors from my early cooking years as possible to create a fun dining experience," she says.

Barney says the Parkrose neighborhood has been the perfect place to grow her business.

"What I love about being in the historic Parkrose area is the sense of community," she says. "The business is progressive, and the freeway makes it accessible to commuters coming from different areas.

"The people are warm and friendly and the community is growing now with great diversity."

ADDRESS: 10634 N.E. Sandy Blvd. **WEBSITE:** forkandspoonpdx.us **INSTAGRAM:** @fork_and_spoon_pdx **DON'T MISS:** For Thanksgiving, enjoy roasted pork belly along with other favorites like biko — sweet rice cake — and sapin-sapin — a rice and coconut dessert. Also, check out their popular winter dish called "mami soup," which consists of egg noodles, chicken, boiled eggs, toasted garlic and green onions on top.

O'DEAR BAR

Looking for a killer cocktail and a solid meal? Look no farther than O'Dear Bar on Sandy Boulevard.



Fork and Spoon owner and Portland Culinary School alum Erwina Barney missed the food she grew up with in the Philippines, so she started serving it herself. (Fork and Spoon)



Comfort food is on the menu at Fork and Spoon with traditional, authentic Filipino dishes. (Fork and Spoon)

- CONTINUED ON PAGE 14

HAVE YOU OPENED A New Business?

The Star News wants to help promote your new business! Send us a press release under 50 words telling us about your new business, don't forget to include address, phone, and website. If you have a photo, please make sure it is at least 300 dpi.

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★ STAR BLOCK X BLOCK



O'Dear Bar offers happy hour from 2:30-5:30 p.m. daily with food and drink specials. Cheers!

The bar has become a neighborhood go-to with something for everyone, whether you want to watch a game, dance or just meet up with friends. (O'Dear Bar)



The Parkrose restaurant and lounge opened in September 2022 and has since evolved into a neighborhood favorite with daily happy hour specials, monthly events and more.

Owner Vincent Culp notes the spot's nostalgic vibes and elevated menu make it the perfect place for casual date nights, watching the game or getting your dance on.

And for those looking for a quality cocktail,

Culp says you can't go wrong with a new spin on an old standby: the Old Fashioned.

"The O'Dear Old Fashioned is our most popular cocktail," Culp says. "It's a perfectly balanced Old Fashioned made with a great pairing of bourbons, house blend of bitters and rich cane sugar syrup." Bartenders also serve up a Cold Brew Old Fashioned, which adds cold brew liqueur and chocolate bitters to the mix.

But there's more than bourbon on the drink menu. For those looking to forget that it's raining outside, transport yourself to Key West with a Hemingways Keys, which combines vanilla vodka, key lime, coconut and lime zest, or try the Flaming Pain Killer, a yummy tropical mixer of dark rum, pineapple, fresh squeezed orange and coconut.

Spirit flights and draft beers are available as well as non-alcoholic options.

The menu is full of shareable plates and an extensive burger selection. Pair your drink with tasty bites like the Crispy Honey Balsamic Brussel Sprouts, Bourbon Ranch Dates or the O'Dear Fondue. Sink your teeth into a satisfying prime rib dip or the bacon-habanero jam burger, which is topped not only with bacon-habanero jam but goat cheese, spring greens, tomatoes and pickled jalapeno peppers.

There's also a kids menu and minors are allowed inside until 8 p.m.

"I love that Parkrose is a very tight-knit community. There is a genuine sense of pride and strong support for its businesses, schools and programs," Culp says.

Starting this month, the bar will host karaoke on Wednesdays and have a DJ and dancing every Friday and Saturday night, further cementing it as the go-to neighborhood hangout.

Check their website or Instagram for more information on upcoming events.

ADDRESS: 10810 N.E. Sandy Blvd. **WEBSITE:** odearbar.com **INSTAGRAM:** @odear.bar **DON'T MISS:** Happy hour is from 2:30-5:30 p.m. daily. Enjoy \$2 off draft beers and house cocktails and food specials. Stay tuned for more information on their Black Friday party going down on Friday, Nov. 29.



Sandy-O's specializes in sandwiches with lots of hot and cold options to choose from. (Sandy-O's)

SANDY-O'S SANDWICHES, SUBS AND BURGERS

A sandwich shop on Sandy Boulevard is making people shout, "Ohh man, that's good!"

Sandy-O's opened in 2023 and has been building a following ever since. Located next to the historic Parkrose Hardware, the restaurant offers up a wide variety of smash burgers and hot and cold sandwiches.

Sandy-O's is part of Your Neighborhood Restaurant Group, which is behind such popular spots as Laurelhurst Market, Ate-Oh-Ate Hawaiian Restaurant and Big's Chicken. According to their website, they make most everything in house, including their sauces, and smoke and process their own meats.

Customers can take a bite out of their signature Holy Smokes Smash Burger, which

combines a beef patty and smoked brisket with fries, pimento cheese, American cheese and BBQ sauce.

Those craving a sandwich have a variety of hot and cold options to choose from. The cold "Beauty and the Beast" sando combines smoked roast beef with slaw, cheddar, pickled red onions, horseradish mayo and crispy onions on a hoagie for one big, satisfying bite, while their Tender Loving hot sandwich is a combination of fried chicken tenders, pimento cheese, lettuce, giardiniera and ranch on a soft bun.

Needless to say, you won't leave hungry.

ADDRESS: 10505 N.E. Sandy Blvd. **WEBSITE:** sandyospdx.com **INSTAGRAM:** @sandyospdx **DON'T MISS:** Hosting a game day or office party? You're in luck! Sandy-O's is here for your catering needs. Email for more information.



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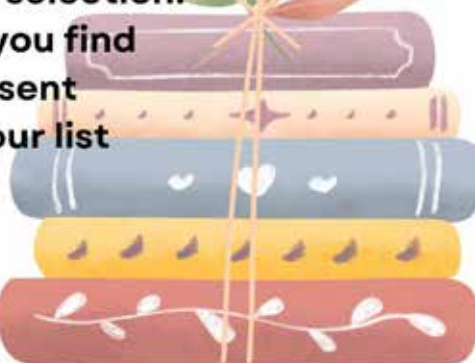
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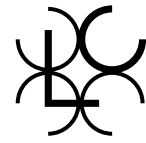
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★ STAR PET CONNECTIONS

Navigating the nuances of pet insurance

From Star News archives

Many people consider their pets as family members and strive to provide a high quality of life for them.

However, owning a pet can be expensive, sometimes shockingly so. Accidents or serious illnesses such as cancer or diabetes can be devastating to a budget. And as pets age, costs can mount, especially if they develop long-term health issues. Veterinary science has developed to a point where specialists can treat conditions that formerly would have required euthanasia.

These treatments can be costly. By way of example, one pet owner had a small dog that developed a very aggressive form of cancer. The owner chose to give her one chemotherapy treatment. The dog had a reaction to the medication and was in intensive care for five days. The charges added up to thousands of dollars. The owner did not have insurance. Needless to say, she has carried pet insurance on all her subsequent pets.

Each state sets regulations for insurance, including pet insurance. In Oregon, the Department of Consumer and Business Services sets rules and guidelines pet insurers must follow to do business in the state.

This brief article is not intended to be a comprehensive review of pet insurance, nor is it advocating the purchase of insurance or the selection of a particular brand. The aim is just to give an overview of some of the key points and provide some links for you to research further.

Basically, there are three types of pet insurance: comprehensive (accident and illness), accident and wellness/preventative care, which is

There are several considerations pet owners should ponder when deciding on insurance. They include:

- The role your pet plays in your family – the value you place on its life and quality of life.

- Your budget.

- Type of dog or cat — do you own a pedigreed breed that is prone to specific issues like hip dysplasia?

- Age of dog or cat — premiums for older dogs will be higher. Premiums for a younger dog will be less, but should the pet develop a chronic illness, it may be covered because it was not considered a preexisting condition.

- Your ZIP code — veterinarians may charge higher fees in densely populated cities vs. rural areas.

- Does your pet already have a preexisting condition?

- Does the plan have an annual or lifetime cap on claims?

- The policy's waiting period.

There are many online resources that provide comparisons between companies. Be aware that these sites may receive commissions if you purchase through one of their links. You may get a free quote directly from companies by putting in a few details about your pet, such as type of pet, age, breed, gender and preexisting



Choosing the right insurance plan can help owners avoid making difficult decisions about their pets' fate when their furry friends need medical attention. Vet bills can quickly ramp up and insurance will help minimize out-of-pocket costs.

(All photos: Nick Youngson CC BY-SA 3.0 Pix4free)



Resources

- **Costs of pet ownership:** www.marketwatch.com/guides/insurance-services/cost-of-owning-a-dog/

- **Cost of owning a cat:** <https://pettable.com/blog/cost-of-owning-a-cat>

- **Considerations when selecting a policy:** www.thebalance.com/top-questions-to-ask-when-buying-pet-insurance-2645828

- **Pet Insurance costs:** www.marketwatch.com/guides/insurance-services/pet-insurance-cost/#:~:text=Pet%20insurance%20is%20a%20good,anywhere%20from%20%2414.58%20to%20%2424.41

conditions.

Be advised these sites usually ask for an email address, so you may get advertisements later.

Similar to human health insurance, each policy will have a premium, a deductible amount, an annual amount of coverage, as well as a description of what is covered and not covered. In most cases, you will pay veterinary costs upfront and the insurance will reimburse you for the

covered amount. After purchase, you will receive detailed information about the policy, including a summary.

Here is an example of a policy summary:

- Unlimited Annual Coverage
- \$500 Deductible
- 80% Reimbursement
- Core Benefits: Accidents, Illnesses, Cancer, Hereditary Conditions, Surgeries, Emergency Care, Take-Home Prescriptions, Accident & Illness Exam

Fees, Rehabilitation, Acupuncture & Chiropractic

- For a full list of what's covered and what's not covered, download your pet's policy.

When you file a claim, you will be asked to provide prior veterinary records for your pet. The insurer will be looking for preexisting conditions. Most veterinarians are willing to submit this information directly to the insurer. There is often a brief waiting period before coverage begins, often three months.

Pet insurance can be a benefit depending on your situation, providing peace of mind in the event of unforeseen illness or accident.

Consulting trusted sources such as friends or family who have had experiences (positive or negative) with a particular insurer can be helpful.

Make sure the website you use discloses their relationships with and bias toward advertisers or recommended brands.

★ STAR FEATURE

Star sighting



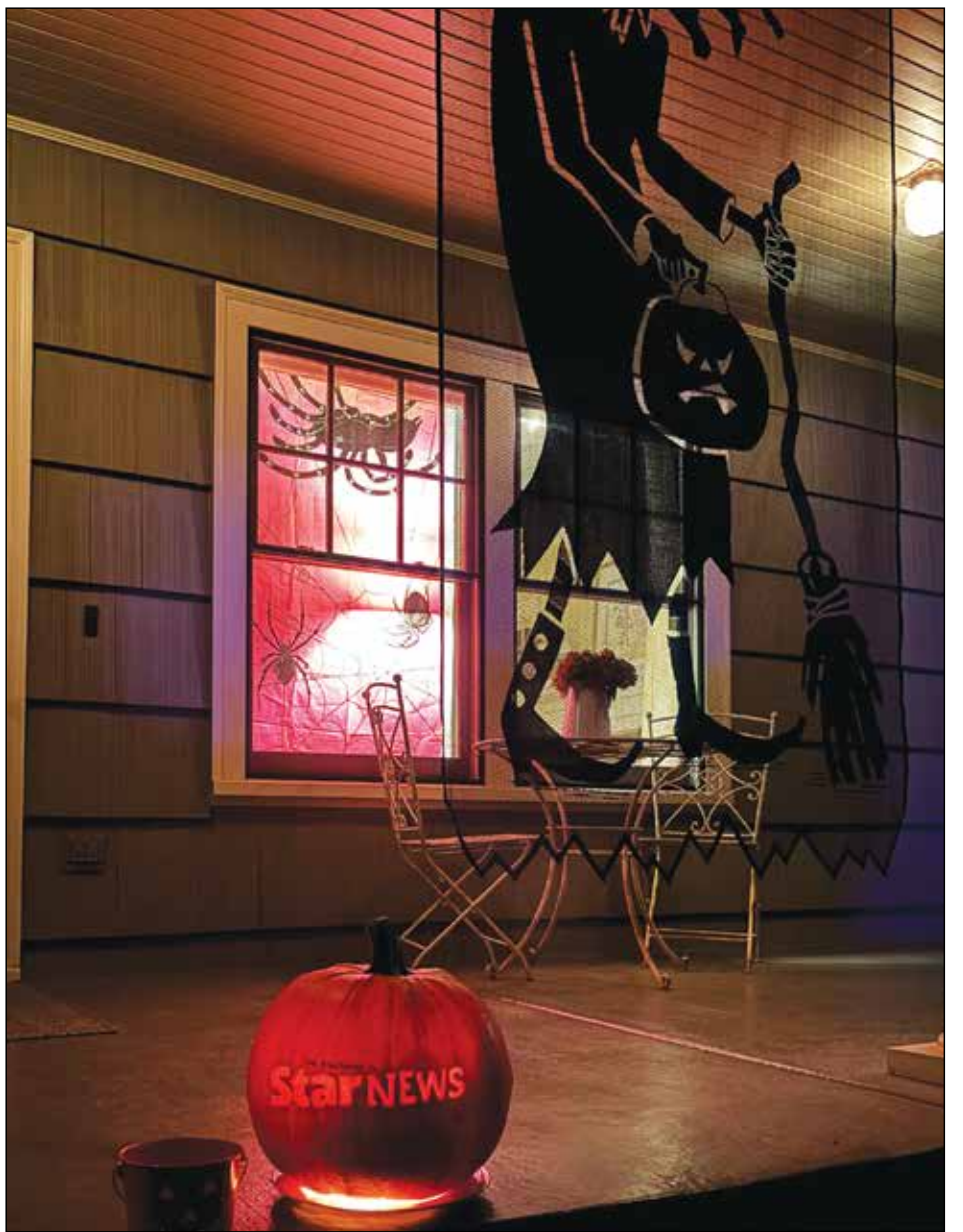
With its circus-style outdoor tent, rotating tap list and delicious square pan pizzas, it's no wonder Oakshire Beer Hall in Cully is a neighborhood favorite.

The bar is kid-friendly and hosts several weekly events including live jamfests, trivia, a running club (all paces welcome) and "Oakshire Inspires" nights with some of the proceeds going to a local charity. Cheers to that!

Where did you spot the Star? Send a photo with a short blurb (3-5 sentences), your name and the neighborhood to maggiegrainger@star-news.info and it might be featured in an upcoming issue.

GREAT GOURDS!

Star-News columnist Mike Wright is a man of many talents. When he's not tooling around town on his bike unearthing cool people and things, he indulges one of his pastimes. When October comes around, he turns to carving pumpkins, and this year's projects had a familiar theme. (Photos courtesy Mike Wright)



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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 (50 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.

MUSICNOTES

TOM PAXTON FAREWELL TOUR

Nov. 17. 7:30 p.m. Folksinger and songwriter Tom Paxton is taking one last loop around the country before calling it quits. He broke into the New York folk scene in 1962 and was awarded a lifetime achievement Grammy in 2009. Among his songs are “Rambling Boy,” “Bottle of Wine,” “The Last Thing on My Mind,” and the favorites of kids and parents, “Going to the Zoo” and “My Dog’s Bigger Than Your Dog.” Everybody from Dolly Parton to Bob Dylan has sung his songs. He is accompanied on this farewell tour by the Don Juans. \$30-\$50. Alberta Rose Theatre; 3000 N.E. Alberta Ave. <https://albertarose theatre.com>

TRIBUTE TO THE BAND

Nov. 22-24. 8 p.m. Friday Saturday, 5 p.m.



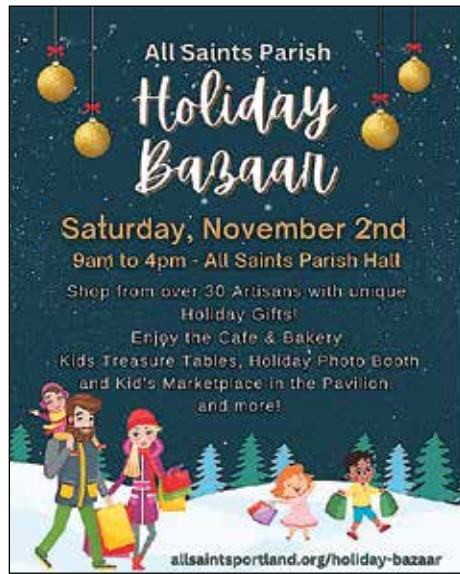
See Tom Paxton one more time as he makes a stop in Portland Nov. 17 on his farewell tour. (Alberta Rose Theatre)

Sunday. “The Next Waltz,” an annual show featuring local musicians, is a tribute to the final concert of “The Band,” a Canadian group (originally known as the Hawks) that also served as Bob Dylan’s backup band. Among their hits were “The Night They Drove Old Dixie Down.” This performance will include locals LaRhonda Steele and Norman Sylvester. Some of the proceeds will go to the Jeremy Wilson Foundation for musician health care, and items for the Oregon Food Bank will also be collected. Alberta Rose Theatre, 3000 N.E. Alberta St. \$35-100. Tickets and information at <https://albertarose theatre.com/>

INGENERAL

HOLIDAY BAZAAR

Nov 2. 9 a.m.-4 p.m. Thirty artisans plus food, music, holiday treats and Kids Marketplace in the Pavilion, with treasures



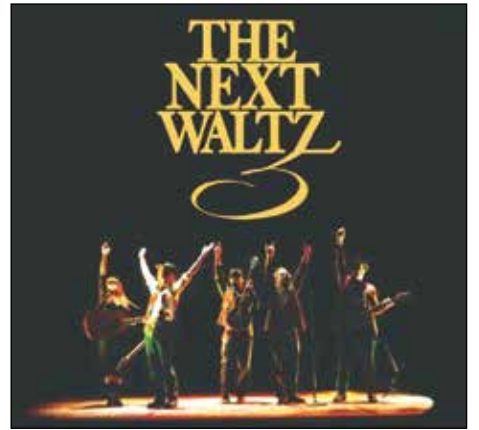
made by children, and Christmas photo booth. All Saints Parish, 503-232-4305, 3847 N.E. Glisan St.

POST-ELECTION DISCUSSION

Nov. 10. 7-8:30 p.m. Oregon Humanities will present an onstage post-Election Day conversation about preserving democracy for future generations with Manu Meel, CEO of Bridge USA. He was named one of “30 under 30” people worth listening to by Forbes magazine. Meel will talk with Adam Davis about how we can create a political culture that values problem-solving over partisanship and ensures the long-term health of democracy. Tickets, \$15, with free tickets upon request at oregonhumanities.org. Alberta Rose Theatre, 3000 N.E. Alberta St. <https://albertarose theatre.com/calendar/?view=month>

GIVE A VETERAN A HAIRCUT

Nov. 11. The Great Clips hair salon chain



“The Next Waltz” pays tribute to The Band in its annual show Nov. 22-24. (Alberta Rose Theatre)

is featuring a Veterans Day offer. Anyone who gets a haircut that day will be given a card to give to a veteran, and all veterans and active duty personnel can come in for a free haircut, or one of the cards for a free haircut as well. For locations, visit <https://salons.greatclips.com/us/or/portland>

PREPARE FOR WINTER

Nov. 16, 11 a.m.-2 p.m. Find nonprofit resources, health care signup, family activities, free lunch, winter coats (infant to size 12 youth; limit two per family), food boxes, home weatherization kits, energy education, bill discount opportunities, vaccinations and more. Parkrose High School. 12003 N.E. Shaver St.

NATURE PATCH STEWARDSHIP

Nov. 21. 9 a.m.-noon. Become a friend of the Irving Nature Patch. Pitch in to help keep up the natural garden at Irving Park. Work parties — planting, weeding, mulching, etc. — are held every third Thursday of the month. To register, call 503-341-0855. Northeast Seventh Avenue and Fremont Street.

OMSI DISCOUNT DAY

Dec. 1. On the first Sunday of every month, the Oregon Museum of Science and Industry has a reduced entrance fee — \$5 gets you in, and the extra fee to tour the submarine or the planetarium and theater shows are also only \$5. On their website, go to Museum Admission and select the first Sunday of the month. You will see the discount applied in your order summary. 1945 S.E. Water St. tickets.oms.edu/events

IN YOUR NEIGHBORHOOD



BRAINS AND THE VISUAL WORLD

Nov. 19. 7-9 p.m. When we open our eyes, how are we perceiving reality? Why did we fail to agree on the color of the famous dress in 2015? Neuroscience research suggests that is because the brain evolved to make

- CONTINUED ON PAGE 21

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Help tend the natural garden at Irving Park every third Thursday. (City of Portland)



Learn how to weave a simple basket using paper twists on Nov. 10. (Gregory Heights Library)

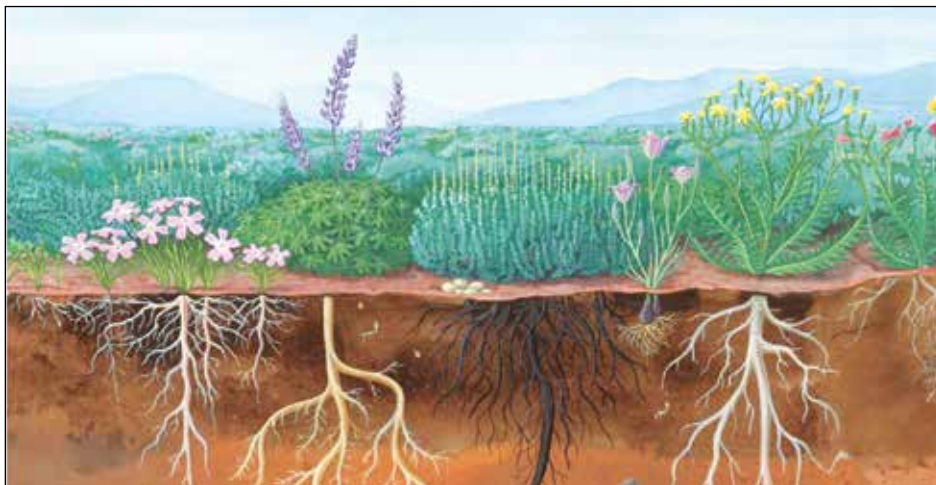
rapid, best guesses about the objects in our environment.

Dr. Mark Pitzer will discuss how our visual system highlights some objects, ignores others and alters our conscious awareness in an attempt to help navigate our visual world. McMenamens Kennedy School Theater. 5736 N.E. 33rd Ave. Tickets (\$5 suggested); <https://tinyurl.com/scipubseeing>

INDIGENOUS SCIENCE: SEEDS

Nov. 20. 7 p.m. Most ecological restoration projects follow a pattern: kill the weeds, then plant native seeds. But across the West, native plants have unexpectedly reestablished themselves via wind, water or underground seeds in restored land without human action.

Native seeds can regeminate after decades of dormancy once soil and water conditions allow. This program will discuss a handful of tribally led restoration projects where native plants have returned on their own. Presenters are Josephine Woolington, author of "Where We Call Home," which won the 2024 Oregon Book Award for nonfiction, and David Lewis of the Confederated Tribes of Grand Ronde, author of "Tribal Histories of the Willamette Valley." Alberta Rose Theatre, 3000 N.E. Alberta St. \$15-45. albertarosetheater.com



Head to Alberta Rose Theatre on Nov. 20 to learn about native seed restoration projects from Native American presenters and authors. (Alberta Rose Theatre)

FAMILIES AND KIDS

'THE TEACHER SHOW'

Nov. 23. The Grant High School Royal Blues choir will perform at "The Teacher Show," a National Public Radio program that features classroom teachers from Oregon and Washington doing stand-up comedy about the classroom. Everyone is welcome, but the venue has issued a "strong content warning." Doors open at 7 p.m., the show starts at 8; \$25. Revolution Hall; 1300 S.E. Stark St.; www.revolutionhall.com/

NECC WINTER BREAK CAMP

Dec. 3. Registration opens for Winter Break Camp. Activities, including sports, arts

- CONTINUED ON PAGE 22

NOV

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MOVIES BY HOMELESS YOUTH

Nov. 7. 7-8:30 p.m. "Outside the Frame" presents movies created by homeless and marginalized youth. Films will include "American Teenager," a slice-of-life drama about a girl living in a motel, and "The Spot," a comedy about young people crammed into their first apartment. Also screening is "My Shoes," a music video by Talilo Marfil, a Filipino-American rapper and storyteller from Portland. Hollywood Theatre, 4122 N.E.



Get some exercise without the fear of falling on Monday mornings at the Community for Positive Aging. (CIPA)

Sandy Blvd. Contact: Nili Yosha, 503-200-7388; nili@otfpdx.org; outsidetheframe.org

WEAVING WITH PAPER TWISTS

Nov. 10. 1-5 p.m. Did you know that you can weave with English ivy, pine needles or cedar? Learn basic basket weaving with Celeste Whitewolf, a renowned fiber artist and Karuk basket weaver. Whitewolf brings knowledge, warmth, patience and fun to this all-ages workshop. Paper twists are a perfect technique for new, young and very beginner-level weavers. Registration required. Gregory Heights Library, 503-988-5123, 7921 N.E. Sandy Blvd. Hollywood Library and Gregory Heights events: <https://multcolib.org/events-classes>

ART SALE

Nov. 11-22. 11 a.m.-3 p.m. Tuesday- Friday or by appointment. As the current exhibit, "Opening the Doors: An Exhibition of Community Artists," comes to a close, the museum will be selling selected artwork from the show. Free. Hellenic-American Cultural Center and Museum; Fr. Elias Stephanopoulos Center, second floor; 3131 N.E. Glisan St. 503-858-8567.

NATIVE AMERICAN STORY HOUR

Nov. 20. 11:15 a.m.-12:15 p.m. Karen Kitchen of the Osage Nation will lead a story hour featuring songs and books from Native cultures. Young and old, all are welcome.



Guardino Gallery will feature new works by abstract painter Consu Tolosa and ceramics artist Kim Murton through Nov. 24. (Guardino Gallery)



Tuesday, November 5
PORTLAND FILM FESTIVAL MONTHLY INDIE FILM NIGHT: INDIGENOUS STORIES
 FOR WALTER AND JOSIAH - AGAINST THE CURRENT
 7pm · \$8 · Q&A to follow

Thursday, November 7
LEFT COAST COMEDY'S TABLE READ & MOVIE PARTY!
 5:30pm doors and meet & greet - 7pm show
 \$20, portion of ticket sales benefit future LEFT COAST Comedy productions

Saturday, November 9
109TH BIRTHDAY BASH
 Live music 2-9pm · Facepainting 3-6pm
 Cupcakes · Food & drink specials

Monday, November 11
VETERANS DAY
 Discounts to all retired and active-duty service members all day long! *Must show proof of service for discounts & Passport stamp*

Sunday, November 17
LOOSEWIG JAZZ SERIES
 hosted by BRENT FOLLIS
 7pm · Suggested donations:
 \$20 adults, \$10 students

Monday, November 25
HISTORY PUB THE PAST, PRESENT AND FUTURE OF INDIGENOUS FIRE KNOWLEDGE
 7pm · \$5 adv, \$6 at the door*

Thursday, November 28
THANKSGIVING BUFFET
 Noon-5pm · Adults \$55, Kids 5-12 \$33, Kids 4 and under free
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- The smoke chamber is required to be sealed smooth with refractory mortar to protect exterior combustibles from igniting.
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Fire investigators estimate that 40% of house fires that start from the chimney, start in the smoke chamber.

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INDUSTRY GUIDELINES
 Chimney Safety Institute of America (csia.org) According to the CSIA (csia.org) problems such as gaps, cracks, and spalling in your chimney's flue can present serious risks to your home and family, because your chimney can no longer performs its intended function - to safely contain and vent the products of combustion to the outside.
 National Fire Protection Association (NFPA) "If the flue liner in a chimney has softened, cracked or otherwise deteriorated so that it no longer has ability to contain the products of a combustion (i.e., heat, moisture, creosote, and flue gases), it shall be removed and replaced, repaired or relined. . . ." NFPA 211-Standard for Chimney, Fireplaces, Vents, and Solid Fuel-Burning Appliances (2006)

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ANNUAL GALLERY GIFT SHOW

Nov. 29-late December. 11 a.m.-7 p.m. daily. Find a unique artist-made gift for your family and friends. Alberta Street Gallery, 1829 N.E. Alberta St., 503-954-3314, www.albertastreetgallery.com/

FOR SENIORS

LEARN ABOUT NE VILLAGE PDX

Nov. 18. 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. Hollywood Library, 4040 N.E. Tillamook St. 503-895-2750.

CHAIR YOGA

Nov. 4, 18, 25. 9-10 a.m. Mondays. (No class on Veterans Day, Nov. 11.) Try chair yoga for pain relief, flexibility, relaxation and strength. Stretches and poses are done while sitting down, allowing seniors to get the benefit of exercise without fear of falling. Registration required.

Email staff@communityfpa.org or call 503-288-8303 with questions. Center for Positive Aging, 4040 N.E. Tillamook St. 503-895-2750.

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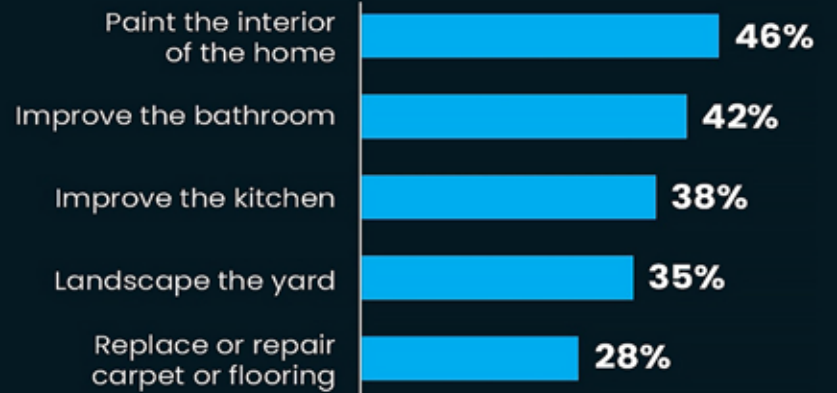
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Source: Zillow

King City ~ 55+ Community ~ 1 Level Living

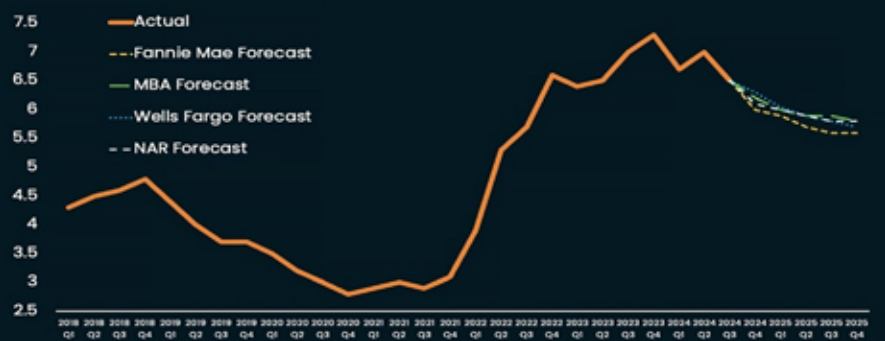


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