PCRI SUPPORTS NATURAL HAIR ACT!

Formerly, in Oregon, it was illegal to provide natural hair styling (i.e. braiding, twisting, combing, brushing) without a cosmetology (Hair Design) license. “Many stylists in our community have been practicing natural care most of their lives as it is a cultural tradition amongst African and African-Americans.” says PCRI staff member Amber Starks.

It often requires simple tools such as combs, brushes, rubber bands and not dyes, straighteners, thermal tools or scissors which are often the focus of tradition schools.

Conscious Coils, a small business run by Starks, led the way in Oregon by seeking an exemption to the current cosmetology rules by requesting a separate license (a natural styling license) which would allow braiders, locers, twisters and other natural stylists to perform their craft/trade after upon the completion and passing a test that covers safety and sanitation.

Thanks to Oregon State Representative Alissa Keny-Guyer and Senator Jackie Dingfelder, the Natural Hair Act passed in the House and the Senate and was signed by the Governor June 25, 2013.

Oregon has now join other states such as California and Washington in acknowledging natural stylists without requiring cosmetology school.

Congratulations Amber and thanks for all your hard work!
Spotlight on Maya Angelou Community Center

Mad Science is Back at Maya!!!

The youth program at Maya Angelou Community Center has partnered again with Mad Science!

The great people at Mad Science of Portland and Vancouver are back the last Thursday of every month from 5:30-6:30pm to present a fun and exciting hands-on presentation geared for kids. In January, they learned about gravity and got to make their own parachute. In February, they will get to learn how to build super structures.

These programs are great for ages K-6, so if you have a child that age and haven’t taken advantage of our youth programming, now would be a great time to visit.

Contact Jessie Blanchard, Resident Services Coordinator: 503-287-4009 or jessie@pcrihome.org

Maya Angelou Community Center
4012 North Borthwick Avenue
Portland, OR 97227

Can you believe that it is already the new year? Just like you, we have resolutions for things we would like to accomplish. We are working hard to plan fun and educational youth program activities at Maya Angelou Community Center.

We had a ton of fun in 2013 with the Art and Healthy Eating, Active Living summer camps, where we painted a mural at the center, learned to grow healthy food in the community garden, and took martial arts classes with the Ninja School.

We also created our own newspaper, made loads of crafts, had movie nights, karaoke parties, and even starred in our own music video.

2014 will be packed with lots of amazing art, dance, and theater programs. We look forward to expanding our homework club and taking field trips to OMSI and the Children’s Museum.

Thank you all for your support and we hope to see you at the center!
Spicy Roasted Sweet Potatoes

Adapted from *Soul Food Junkies*  
A Documentary Film  
by Byron Hurt

**Instructions**

1. Preheat oven to 425°F. Lightly oil a large foil-lined baking sheet.

2. In a large bowl, combine olive oil, agave nectar, lime juice, garlic, fresh ginger and spices. Then add sweet potatoes; toss and coat well.

3. Place seasoned sweet potatoes onto a baking pan and spread them out into a single layer, so they can roast evenly.

4. Roast sweet potatoes in oven, stirring occasionally, for about 40 - 45 minutes or until they are golden brown, tender, and caramelized. Remove from oven and season with a little salt and pepper to taste, if desired. Then place in serving dish, garnish with fresh scallions.

**Ingredients**

- 2 ½ pounds sweet potatoes, peeled and cut into chunks
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons agave nectar (may substitute maple syrup)
- 1 tablespoon of fresh-squeezed lime juice
  - 4 cloves garlic (minced)
- 1 tablespoon fresh grated ginger
  - 1 teaspoon cinnamon
  - 1 teaspoon chili powder
  - 1 teaspoon nutmeg
  - ½ teaspoon allspice
- ½ cup fresh scallions (chopped for garnish)

This sort of recipe is traditionally made with butter and sugar. A touch of agave or maple syrup and olive oil and you’ll never know the difference — but your body will! And of course, sweet potatoes are very good for you.

They’re loaded with Vitamin C, folate, potassium, and beta-carotene. Sweet potatoes also have a low glycemic index, and are even purported to be good for your skin! Speaking of skin, for an extra-healthy bonus, leave the skins on the potatoes.

Serve the leftovers with scrambled eggs for a quick and tasty breakfast.
WIN FREE GROCERIES!

Have a favorite family recipe you would like to share with the PCRI community?

Enter our Healthy Food, Healthy Life Winter 2014 Raffle!

The winning entry - which will be chosen at random - will receive a $25 Fred Meyer gift card and be featured in our Spring newsletter.

To play, send your name, contact information, and detailed recipe to Resident Services Coordinator Nuhamin Eiden nuhamin@pcrihome.org 503-288-2923, ext. 132 6329 NE MLK, Jr. Blvd. Portland, OR 97211

The deadline is February 28, 2013.

Home Maintenance Reminders

Maintenance Reminder

As residents of the damp Pacific Northwest, we have the responsibility of managing a unique environmental issue - mold.

The main causes of mold are humidity, moisture, and cold surfaces but with a few simple actions we can minimize the potential for mold growth in the home.

Keep the house clean - wipe and dry visible moisture accumulation on all surfaces

Don’t block any ventilation sources and maintain a temperature of 50 to 75 degrees in the home

Open windows and use the bathroom and kitchen fans when cooking and showering

Do not overfill closets or storage areas and allow airflow to these spaces by opening the doors periodically

Open curtains and blinds for a half hour every morning and evening

Keep all furniture at least one inch away from the wall

Don’t hang wet clothes inside and leave wet shoes outside to dry

Report any leaks or malfunctions in heating and ventilations systems to the PCRI Maintenance Department. Call: 503-288-2923
Community Partners

Partnership Targets Utility Savings for Low-Income Portland Families

Portland Community Reinvestment Initiatives (PCRI) believes that low-income families should not be forced to choose between keeping their homes warm and putting healthy food on their table. To help low-income families stay warm and have money left for other essentials, a partnership of Portland businesses will soon begin a pilot weatherization program at ten single-family homes in North and Northeast Portland.

The pilot, a collaboration between Portland non-profits PCRI and Verde, will be funded by NW Natural. It will provide energy-saving weatherization improvements like air sealing and insulation to low-income households without the challenges of waiting lists and up-front costs that accompany many existing weatherization programs.

“This pilot is a great opportunity to more efficiently provide utility cost savings to families who need it most,” said Travis Phillips, Housing Development Manager at PCRI. “We’re eager to see and expand on the pilot’s success so these and other families can spend their hard-earned salaries on school books and healthy food instead of keeping their home warm.”

PCRI and Verde are also using the pilot to provide economic opportunity to low-income families and communities of color.

The two non-profits engaged Home Energy Life Performance (HELP), a minority- and woman-owned business, to perform the weatherization improvements. The project is expected to create 340 work hours in its pilot phase, with additional opportunity in future phases.

In addition to measures like air sealing and insulation, the pilot will include an education program, helping residents understand the work being performed as well as how household habits affect their energy bills, comfort and healthy indoor environments.

Following a successful pilot, PCRI and Verde aim to replicate the program elsewhere in PCRI’s affordable housing portfolio, for seniors in PCRI’s Homeownership Retention program, and with other organizations serving low-income Oregon residents.

For more information:
www.pcrihome.org
www.verdenw.org
Staff News and Updates

PCRI welcomes Executive Assistant, Whitney Shaw!

Whitney Shaw joined PCRI in January 2014. She is a native of Oregon and was born and raised in Beaverton, where she attended SouthRidge H.S. Whitney left for college and spent two years at Arizona State University. She transferred to Portland State University and finished up with her Bachelor’s degree in Communications.

Whitney has worked in property management for 2 ½ years. She has also worked for other non-profit organizations, such as the Police Activities League, which is geared towards working with at-risk youth.

Whitney enjoys anything outdoors (hiking at Washington Park, jet skiing, swimming.) When she is not working she loves spending time with her family and friends and traveling.

As the Executive Assistant to Maxine Fitzpatrick here at PCRI, Whitney will be helping Maxine with various projects in the community and at board meetings.

If you ever need any information about PCRI or have any questions, feel free to reach out to Whitney at 503-288-2923, ext. 105 or whitney@pcrihome.org

PCRI welcomes Financial Education Specialist, Amy Dang!

Amy Dang joined PCRI in January 2014. She is a recent transplant to the wonderful state of Oregon. She attended the University of California, Davis and graduated with honors. She is trained by the U.S. Department of Education to provide student financial aid coaching.

Prior to moving to Oregon, Amy was the Student Services Manager at Bay Area Medical Academy where she provided in-depth counseling to over 200 low-income individuals from different ethnic and cultural backgrounds looking to start a new career and earn a family-supporting wage. She successfully advocated for many individuals to receive vocational training at no cost to the student.

Recognizing that tuition assistance alone is not enough to ensure student success, she has worked to remove other financial barriers. She developed partnerships with many community organizations, non-profit groups and government agencies to secure funding for childcare and transportation expenses.

Dedicated to assisting individuals become financially secure, Amy provided continual support and resources to graduates so they can attain gainful employment. Amy looks forward to bringing the same dedication to PCRI.

For more information about our Financial Education Program, contact Amy: 503-288-2923, ext. 131 or amy@pcrihome.org
PCRI welcomes Fiscal Manager, David Wilcox!

David Wilcox joined PCRI in January 2014. He is a happily married with two children and currently resides in Portland, Oregon where he has pondered monetary theory and other less pressing but infinitely more entertaining matters since 2006. He has travelled extensively in the United States and has resided in Nebraska, Colorado, Spain, and Bolivia.

David holds a Bachelors degree in Business Administration from Colorado State University and an MBA from the Universitat de Barcelona, Spain. Professionally, he has over 18 years of experience in Accounting, Finance, Treasury, and Information Systems Consulting positions both in the United States and Spain. Mr. Wilcox holds the designation of Certified Treasury Professional and is an active member of the Association for Financial Professionals.

He has an extensive background in real estate, having served in accounting, due diligence, and operational roles for American Residential Communities (formerly Affordable Residential Communities), which would become the largest real estate investment trust of its kind in the early part of this century. More recently, Mr. Wilcox has served as Assistant Controller for Central City Concern, a non-profit organization that provides health and human services to Portland’s Old Town/Chinatown.

As Fiscal Manager, David is excited for the opportunity to use his unique combination of skills and passion for community development to help PCRI further its mission and to preserve, expand, and manage affordable housing in the City of Portland and provide access to, and advocacy for, services for its residents.

PCRI welcomes Homeownership Specialist, Jordan Davis!

Jordan Davis joined PCRI in October 2014. She is the Homeownership Specialist in the Programs and Resident Services Department. Hailing from a military family she was born in Okinawa, Japan and has since travelled to 10 different countries throughout her life.

After graduating from the University of Florida in 2010, she moved to Oregon to attend Portland State University’s Community Development program. Her focus in urban housing and economic development led her to pursue a career in affordable housing.

Besides travelling she enjoys spending time with her friends and exploring the Pacific Northwest. She hopes to one day obtain her Ph.D. and get involved with law making.

For more information about our Homeownership Programs, contact Jordan:
503-288-2923, ext. 126 or jdavis@pcrihome.org