



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

March 2010



Be a part of what's happening
in the neighborhood.

Meetings held in the
Community Room
at McMenamins
Kennedy School

General Membership

March 2 at Concordia University
1st Tuesday of each month at 7 P.M.

Land Use & Livability Meeting

March 4
1st Thursday of each month at 7 P.M.

Board Meeting

March 9
2nd Tuesday of each month at 7 P.M.

Green Team

March 23
4th Tuesday of each month at 7 P.M.

Media Committee

March 10 at New Seasons
2nd Wednesday of each month
at 6:30 P.M.

Concordia Neighborhood Assn's March General Meeting: Last Thursday on Alberta

Tuesday, March 3, 7:00 p.m. McMenamins
Kennedy School community room

Please plan to attend and learn about the history of Last Thursday, and participate in a discussion of its future. We'd like to provide information, dispel some rumors, and see what it takes to organize an event of this size.

On hand will be Magnus Johannesson, coordinator of Last Thursday PDX to discuss the draft plan for the upcoming season, and recruit volunteers. We will also have Paige Coleman, Executive Director of Northeast Coalition of Neighborhoods (NECN) to discuss the role of the neighborhood coalition, and how it works with our neighborhood associations.

Mayor Adams and Commissioner Fritz take Testimony on Last Thursday on Alberta

by Bob Pallesen

Mayor Sam Adams and Commissioner Amanda Fritz addressed issues facing Last Thursday on Alberta, the thirteen year-old art walk turned festival.

The mayor and commissioner took testimony from a standing room only crowd at the Acadian Ballroom on February 4. The meeting, organized by the city, was organized to address three issues: continue the event as is, continue the event with significant changes or end Last Thursday on Alberta.

The mayor and commissioner heard testimony from community leaders, neighbors, business owners, artists,

and vendors concerning what changes need to be made to make the event better for everyone involved. Each had the opportunity to speak for two minutes each. The well-behaved crowd used "jazz hands" as a method of applauding which the Mayor encouraged.

Neighbors complained of noise, trash and underage drunkenness, yet most did not want to see the event end. Many said that they moved to the Alberta Street area because of Last Thursday and the burgeoning scene. Business owners expressed the same thoughts and added that their businesses could be adversely

Continued on page 3

WANT TO WRITE FOR
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ANNUAL SPRING EGG HUNT

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Chair's Corner

By Anne Rothert, Chair

Ah, spring. The cleaning, the new beginnings, new growth, a clearing out of the old and stale. After all the cold, drab, gray days of winter, to see crocus or daffodils brings such a brighter state of mind. It feels so good to get out in the garden and clean out the weeds and old dead plants, a fresh start, a chance to improve in all my gardening attempts from last year. This year, as always, I swear I'm going to get everything accomplished on time! I *will* get my peas started and I *will* get a frame built for the raspberries. This is also a favorite time for hiking, to get out in the woods and breath in nature as it breaks out into new growth. Sun-warmed air with some crispness still to it. In the neighborhood, folks start appearing out on their porches and in their yards as if coming out of hibernation. What a perfect time to reconnect with old neighbors or make a connection with some you've not yet met.

Concordia Neighborhood Association is getting ready for the new season and eventual warm weather, too. Our annual Spring Egg Hunt is just around the corner, getting bigger and better every year. Even in a spring rain, the crowds of kids get out and have a great time. Hiding eggs in the rain is an adventure and even after an hour or so in the rain, to watch the kids take off and have so much fun is worth it. Thanks to volunteer Ken Forcier stepping up, we will once again have a Concordia Neighborhood Clean Up on May 1. Watch for more details and volunteer opportunities.

The committee has met and work has begun on our Summer Concert Series in Fernhill Park. The fundraising will be even more challenging this year. We hope to be able to bring a full series again this year. If you would like to help out in this drive, contact myself or Katie Ugolini (see contact list). If you help fundraise, you also get to help choose the bands!!

Enjoy the change in season and think about volunteering!! Let me just end with a reminder that, post-holidays and with the attention of the crisis in Haiti, think of our local food bank.

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VACANT			
Green Team Chair			
VACANT			

CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 5,693 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

The deadline for articles and advertisements is the 15th of the month prior to the next issue.

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Submit articles, letters to the editor and calendar events to:
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If you would like to participate in the Concordia News, please contact:
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MISSION STATEMENT

To connect Concordia residents and businesses — inform, educate, and report on activities, issues, and opportunities of the neighborhood.

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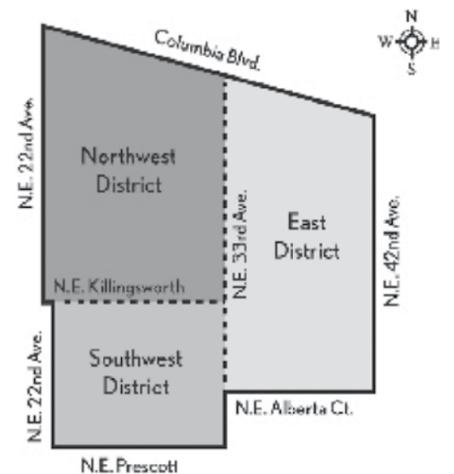
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The Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.



In Memoriam

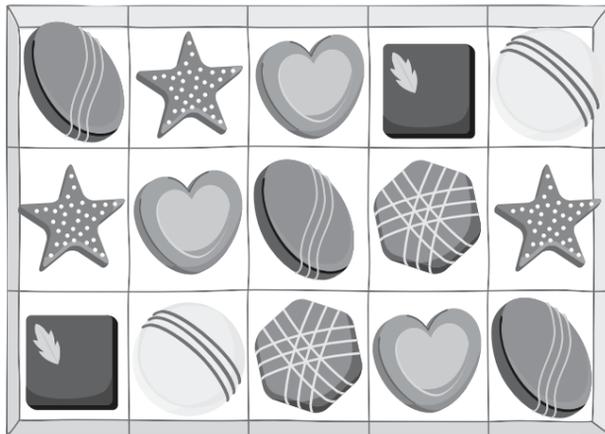
In late January, Bob Sasser, a CNA board member and lifelong Concordia resident passed away. The Concordia board will miss him, and offer condolences to Bob's friends and family on their loss.

Sugar Shock

by Julia Baumann Sarver

As we head into March, we can breathe a sigh of relief that we've completed the gauntlet of holidays filled with sugary treats: Halloween, Thanksgiving, Christmas, New Year's, and then Valentine's Day. How much sugar shock are you experiencing? Sugar has only recently become an everyday treat in the standard American diet. When sugar was first introduced to the country in the late 1600s, it was expensive and hard to process, and because of that, most people ate it very rarely. Today, it's estimated that the average American consumes between 130-150 pounds of sugar each year! In its natural state on the cane, sugar is pretty good for us – full of living enzymes, minerals, and even a little bit of fiber that help the body function at its best. Processed sugar, on the other hand, actually creates a deficiency in the body: because processed sugar has been stripped of all its nutrients, the body has to siphon vitamins and minerals from the bones to move sugar through the body. This is what makes sugar so addictive – the body needs more minerals and vitamins to handle processed sugar, and we respond to our cravings by eating more sugar.

Sugar cravings are a natural sign from our body that something is awry. Here are a few tips to help you figure out how to get a handle on your sweet tooth:



1. For many people, a sugar craving can actually indicate dehydration! Our body's cells need adequate water to help us process food into energy, and a dehydrated body will send a message that can be misinterpreted as a sugar craving. The next time you find yourself in desperate need of a cookie or candy bar, try drinking a tall glass of water first.
2. Sugar cravings can also be a sign that you aren't getting enough sleep. The body has a few basic needs: food, water, shelter and sleep. When you aren't getting enough zzzz's, your body will let you know it needs more energy! For many of us, getting some extra shut-eye is a better solution than reaching for a chocolate bar.
3. Try to satisfy your sweet tooth by using natural sugars as often as possible. A few dates or some brown rice cakes with rice syrup can really take the edge off your sweets craving.

Julia Baumann Sarver is a holistic health counselor in the Concordia Neighborhood. Have a holistic health question? Send it to julia@healthyjulia.com or message her at www.healthyjulia.com.

Last Thursday cont. from pg 1

affected if the city put an end to the event.

Mayor Adams addressed budget issues saying the event costs taxpayers \$14,000.00 per event but also stressed the significance of Last Thursday as a unique cultural event. Adams challenged the audience to come up with creative ways to help fund and address neighborhood concerns.

Some ideas that were addressed during testimony:

- Art auction to raise money to help support clean up efforts
- Issue permits for street vendors
- More patrols on the residential streets adjoining Alberta Street
- Establish a juried system for street art displays
- Change the event to weekend afternoons
- Eliminate amplified or loud music
- Close bars on Last Thursday at 10:30pm
- Use the ratables the city has made on the increasing tax base and spend more on improving the event

At the end of the meeting a large showing of hands went up when the Mayor asked how many would volunteer to help with trash pick up and keeping the event orderly.

Let's hope this meeting gave the city an idea of how important this event is for the community and brought awareness to all stakeholders in the concerns of the community and neighbors.

What do you think? Does Last Thursday add positively or negatively to our neighborhood? What suggestions for real solutions do you have to offer? Mayor Adams and Commissioner Fritz want to hear from all stakeholders, and are still collecting information, suggestions, testimonials and opinions. Please contact them with your opinion and solutions for the Last Thursday street festival on NE Alberta Street.

Mayor Sam Adams
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The Vernon Community in Service and in Action

By Jennifer Kerns-Robison and Elizabeth Bilyeu

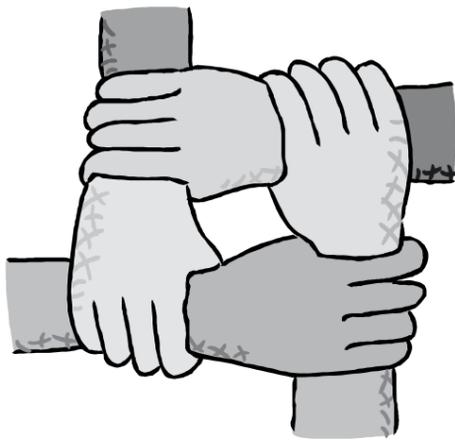
The principles from the International Baccalaureate Curriculum are taking root at Vernon K-8 school! Vernon faculty, staff and administration are working right now to become an accredited International Baccalaureate school, implementing a curriculum that "aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect." There are many examples of these principles in action that we would like to share with you.

Soon after the disaster in Haiti, many of our sixth and seventh grade students at Vernon wanted to do something to help their fellow citizens of the world who are in a time of crisis. This horrible event in Haiti gave our students an opportunity to draw from some of the principles that they are learning in the classroom and put them in to action. We were very proud of their efforts; the students researched the impact of the earthquake, made posters about the country, and initiated a school-wide fund-raising effort, garnering (as of Feb. 15) over \$1,200 that will be donated to the International Red Cross. This student-led effort created an educational opportunity, where students learned about another country; it also exposed them further to the IB principles of service, action, and being members of a global community.

Parents and members of the Vernon PTA are also working with students to promote intercultural understanding and respect "not as an alternative to a sense of cultural and national identity, but as an

essential part of life in the 21st century." To that end, the PTA is very proud to sponsor our third annual Multicultural Night this coming April 23, from 6-8 p.m. at our school.

Vernon's annual PTA-sponsored Multicultural Night promoting fun, active engagement with international education has proven to be quite a success with students, parents, and younger and older siblings alike. Students contribute to the event by creating informative poster displays about countries around the world. Families get involved by bringing cultural artifacts and resources to share with the community and staff booths that represent different countries. Students visit each country, explore the cultures, and record their responses in journals. Then, parents stamp students' passports in recognition of this learning.



The evening is magical, with families dressed in their favorite cultural costumes engaging in craft making and food tasting. Multicultural Night culminates each year with a performance. In 2009, Portland performers "Nii Ardey Allotey and Ekome" wowed a packed house with traditional drumming, dancing, storytelling, and costumes from Ghana, West Africa. Supporting the International Baccalaureate program at Vernon, this evening truly enhances intercultural understanding and respect. We invite you to come and see these efforts in action.

Dude, Where's Our Dahlia?

by Justin and Katherine Transeth, NE 24th Avenue

My wife and I moved to Concordia in 2007 and have loved our time exploring and getting to know our new 'hood. Almost every day it seems there is a new restaurant on Alberta and we have loved the changes on the corner of Killingsworth and NE 30th Avenues. We feel a



Have you seen me?

sense of pride with the improvements to many of the neighborhood homes and the growth happening at Concordia University. It is all very exciting. Additionally, we have become good friends with many of our neighbors, enjoying dinner parties and backyard BBQs.

One day last spring my wife and I were walking and we came across an older gentleman selling dahlia tubers from his front yard. He was selling them for \$5 each or six for \$20. We eagerly took advantage of the discount after he showed us some mature dahlias in his backyard. They were beautiful and we were especially impressed with the wide variety of colors and shapes. After we purchased our six dahlia tubers we ran home and walked the perimeter of our home to find the perfect spot to plant our new dahlias. After about two hours and much debate, we had our new dahlias planted.

After several months, four of the six dahlias sprouted to become amazing flowers. Each one

was incredible, all with different colors, shapes, and sizes. There was one dahlia in particular that we planted right in our front yard which thrived. Every time we pulled into the driveway it made us smile.

One day I was in my office and my wife came in and said, "Honey, what did you do with the dahlia in the front yard?" I looked at her puzzled, trying to figure out what she was talking about. What did I do with the dahlia? It was planted in the front yard, what could I have possibly done with it? To our astonishment we realized someone had stolen our dahlia. They actually dug it up and stole it. We couldn't believe it. Who would dig up someone's prized plant right out of their front yard and actually steal it? All I could do was to stare blankly at my wife and ask, "Dude, where's our dahlia?"

We still love our 'hood but can't help feel somewhat violated. If anyone has any valued plants around their house, be on the lookout.

Protecting our Children from Lead Poisoning

By Emily VanVleet RN

It is important that parents in the Concordia Neighborhood are aware that their children may have an increased risk for developing lead poisoning. The effects of this illness may not be recognizable at first, and if the condition remains untreated the health problems can be life threatening. On the bright side, lead poisoning may be entirely preventable.

Those living in the Concordia Neighborhood are at an increased risk because most of the homes in this community are older. Lead-based paint was not banned until 1978 and most of the residential housing here was built before 1940. According to a lead study done by Multnomah County in 2001, lead dust levels exceeded federal standards in 71% of the older homes tested in Northeast, North and Southeast Portland.

The population most affected by lead poisoning is children under the age of 6. The reason why these children are most affected is because their brains and bodies are still growing. They encounter lead more than adults because they are constantly crawling around the floor putting toys, their hands, and random house objects in their mouths.

Children who have lead poisoning may not act or look sick; they might even look perfectly healthy. Lead exposure and poisoning can cause learning and behavioral problems, slowed growth,

language and speech impairment and brain and organ damage.

Lead poisoning happens because lead can be swallowed or breathed in from dust. Lead is found in peeling paint, dust particles, outdoor soil and in water from lead in older piping. Children are mostly likely to be exposed during home remodeling and renovation.

Lead poisoning may be completely preventable if parents decrease the environmental exposure, take an online risk assessment, and have the child take a blood test. Lead testing may need to be done more than once especially if the child lives in a higher risk environment because blood

levels may rise due to ongoing exposure.

If the test reveals an elevated blood level, then here is what you can do: you can help decrease the lead in body through proper diet and nutrition. Remove the child from any exposure to the lead source. Monitor blood lead levels periodically to make sure they are decreasing.

Blood lead level testing may be done through your family doctor or free through the Multnomah County Health Department. If you have questions call the county lead line at 503-988-4000. For more information and for tips on preventing exposure check out the county website www.mchealth.org/lead/

For More Information

Center for Disease Control and Prevention, Childhood lead poisoning prevention program: www.cdc.gov/nceh/lead/about/program.htm

Multnomah County lead poisoning prevention: www.mchealth.org/lead

State of Oregon, lead poisoning prevention program: www.oregon.gov/DHS/ph/lead/about_us.shtml

Free testing available through:

Josiah Hill III Clinic: www.jhillclinic.org and

Multnomah County immunizations and lead screening www.mchealth.org/immunizations

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Progress Reported in Land Use and Livability Issues

by George Bruender

In a recent issue of the Concordia News, the Land Use and Livability committees reported that little progress was being made on a variety of issues of concern to local residents. This month we can report that there have been a number of steps forward.

☆☆☆

The corner of NE 30th Avenue and Killingsworth Street, historically known as Foxchase, has a number of restaurants and family-oriented stores, but it has been difficult for pedestrians to cross the street safely given the number and speed of cars. Operating out of a \$75,000 special item in the Portland City budget, we have been able to get painted crosswalks in and, most recently, a pedestrian activated crossing light. Give thanks to Concordian T.J. Milbrooke who spearheaded the project with representatives from Vernon and Cully neighborhoods.

☆☆☆

Recently the Portland City Council approved a huge bicycle budget. Its very first project of any size will be a bike boulevard going down Going Street from NE 72nd Avenue to Williams Avenue. The boulevard will discourage through car traffic (residents will still have access) and make it safer for bikers who won't have to mix with speeding cars. Work will start this spring, so watch for this model project for the city.



☆☆☆

Concordia University has finally gotten both approval and money to go ahead on expanded parking on its campus, taking some of the pressure off nearby residents who frequently can't park near their homes. The parking area of almost 200 spaces will be behind the new library on both sides of Liberty Street and the west side

of NE 29th Avenue. Work should start in April with early summer completion. Underground utilities will go in for those streets and for the new soccer field at the same time.

At the college, yellow striping that prevents college cars from parking too close to driveways has also gone in. And on the site for the new soccer fields, you may have noticed that some houses have been removed and others are ready to be moved to a new site in SE Portland where they will be remodeled. Many of the houses will be unroofed so that they can be more easily moved under utility wiring on the long trek to that site. College neighbors have removed many of the plantings and cut the trees for firewood as part of CU's recycling program.

☆☆☆

Our February meeting was focused on two housing project proposals in the neighborhood with residents near both in attendance.

The easier proposal was at the corner of NE 27th Avenue and Sumner Street which has an empty lot and a house marked for demolition. In their place will go two attached houses, which is allowed by City regulations on corner lots. The main concern is the developer's request to remove the heavily used TriMet covered bus stop from the NE 27th Avenue side of the property. The committee notified the city that this was not acceptable. We also asked that trees in the parking strip either stay or be replaced by other substantial trees.

The committee and those in attendance unanimously opposed a second project, a 3-story, 9-unit set of condos, to be developed by longtime Northeast residents at 5012-5014 NE 26th Ave., just off Alberta Street. Residents felt that the building was too big for the 4000sf lot. They felt that it would also block any natural light reaching the home just north of it. They felt that condos weren't selling and were afraid that the 9 units would become rentals. They stated that the current duplex on the site has a history of not being kept up and a new rental complex could also easily become an eyesore.

This project also has to go before City Council since the owner wants a zoning change from R2.5 (small lots less than 5000sf) to CS which allows commercial and/or multi-family residential buildings. Residents objected to re-zoning a single lot that intruded into a residential area of small homes. They asked: What would keep other property owners from doing the same thing? Obviously the City needs to take a holistic approach to zoning and re-zoning the whole Alberta corridor which historically has erratic

boundaries.

In defense of the owners, the City says that the Urban Growth Boundaries wants more in-fill housing so it likes the idea of 2 units becoming 9 units. Concordia's own Neighborhood Plan as well encourages multi-family building for Alberta. The owner has been good about talking to neighbors and coming to CNA for advice and to report progress for quite some time, which is commendable. And he does have by state law his right to build to the maximum allowable by regulation. On the re-zoning setting a precedent, he has no responsibility for what other landowners may or may not do.

☆☆☆

The committee notes that, after three years of petitioning and going to the U.S. Congress twice, two of our long time local postmen have finally gotten the Piedmont Station Post Office renamed for the Rev. Martin Luther King. Jamie Partridge, Concordia resident, and Ike (Isham) Harris, CNA Board member and one time chairman, persuaded our Oregon delegation to push the legislation through.

The men believe that since the postal station is in the King neighborhood, and just down the street from MLK Boulevard, and that the Piedmont area is not close, the new name is logical. Very few Concordia residents are even aware that the post office has been called Piedmont and usually refer to it as the Killingsworth Street Station. Historically no one is sure where the name came from and its significance to our area – a piedmont is a flat area below a mountain. Harris says that names for places and streets should reflect the community they are in, and that ours is a multi-ethnic, multi-racial neighborhood. Names should mean something and then the places will mean something.

It took the men a fair amount of time and effort, but their tenacity has been rewarded. As Harris concluded in an Oregonian article: "If you have patience, there is victory in anything you do." Our committee agrees since that's what we try to do. Join us the first Thursday of each month at 7 p.m. in the community room of Kennedy School.

☆☆☆

Note: The Portland Airport will close down one of its runways again this summer which will lead to changes in the air traffic above us. Plans are for them to send information to each household this spring, so watch for it – and watch community announcements in the press for community meetings on what they plan. Be sure to go or call.

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The Little Red School House: Happy New Year to All—Better Late Than Never

By Don Gire, Faubian PTA President



Being on vacation last issue of the Concordia News, I had good New Year's intentions, and have now found a way to tell our readers about them, albeit only after the daffodils started to show.

Ring out the old year wasn't too much of a problem with the economic and political chaos that permeated 2009. Getting used to things, from tighter airline security to a gallon of ice cream actually being 1.75 quarts, well, that's a whole "nother" thing.

So what's over is done and we have the opportunity to build on the top-side of what we are doing and going to do. Not a bad way to look at things.

What's on my mind for Faubion and PPS in 2010?

- A whole new way of looking at how high schools should operate. Stay tuned on this one. There needs to be a middle school difference too.
- A tax measure that had to pass January 26 and actually did continue school funding. Da!

- An un-funded declaration that the 1930's and 1950's school buildings must be rebuilt/replaced in the near future lest they just start to fall down. That means Faubion! Sounds "shovel-ready" to me!
- Our PTA that operates quite well due to a few stalwart members and the very dedicated Board. Our normal PTA General Meeting attendance holds at 40 members for over 400 students. We can do better than that.
- That the strong partnership between Faubion preK-8 and our next door neighbor, Concordia University, continues to flourish.
- Knowing from the data as well as from "seeing is believing" that our kids' futures lie squarely

in our parental support and participation in the Faubion experience. These great kids can't go it alone.

- And, now this one may occupy my gray matter for most of the remaining school year, just how many hamburger patties should be ordered for the May PTA BBQ?

And that's just my short list. What's on your mind? It's all good, I'm sure. Stop smoking, lose some weight, get some exercise-maybe even using the bike for short trips, get the crabgrass out of the lawn once and for all this year, be nice to that crabby neighbor? Let's rush back to the school items again. Being really involved with your child's homework and academics, going to all those movie nights, sports events and spring dance, attending the PTA meetings and the teachers' conferences and just showing your kids, by your involvement, how proud you are of their accomplishments at Faubion.

Yeah. That ought to work. Spring is coming. Have a great 2010.

Concordia Neighborhood Clean-up 2010!



Mark down Saturday, May 1 on your calendar for the annual Concordia Neighborhood Clean-up. We thank the PCC Workforce Training Center at 5600 NE 42nd Ave. for letting us use their parking lot for our dumpster collection area again this year. We will be collecting between the hours of 8:00 AM and 12:30 PM. Cost will be \$5/car, \$10/truck, \$15/large truck, and \$20+/oversized load.

All proceeds help your Concordia Neighborhood Association. We cannot accept hazardous waste, batteries, tires, yard debris, sod, rocks, concrete, paint or oil. We are looking for volunteers and also someone with a truck to help some of our elderly neighbors with their disposal needs on that day.

Contact Ken Forcier at 503-522-7660 or ken@gracewooddesign.com. A more detailed description of the event will be published in the April edition of the Concordia News.

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The Pressing Struggle of the Barista—Java Craft in the Concordia Neighborhood

by Michael John Westerman

Having been first exposed to Portland relatively recently, one thing is abundantly clear; Portland thinks it's cool. This fact having been recognized, the question naturally follows, from where does this coolness flow? What activities could bring a Portlander to such a subjective assumption? One in particular percolates to mind. Taking a glance at just about any active street-corner in the Concordia Neighborhood, one is sure to find access to a number of substances, intoxicants and stimulants, all entirely legal, with the latter of the two being considered for the purposes of this article. Yes. Caffeine. On the East Coast, "America Runs on Dunkin"; however in the Concordia Neighborhood it is the local coffee house, the neighborhood café, to which the people turn for their beans or leaves transmuted to their liking. The struggle to provide for such an abundant need this reporter estimates to be seemingly insurmountable, or perhaps entirely manageable and quite enjoyable. The words of Mikki, a barista at the Star E Rose Café, and those of Jason Maxfield, a barista and co-owner of Concordia Coffee, will shed light upon this otherwise hardly shady topic.

To begin a peaceful and rather amicable inquisition, the question would be presented, "Of the myriad choices on this job market of ours, why a barista?"

Jason would present an industry parallel of sorts, illustrating his appreciation of the job by providing a contrast.

"Compared to restaurant work, being a barista is great... the art in making coffee is much more satisfying than being a line-cook, and the tips are about the same as waiting tables."

From a compensatory standpoint being a barista seems not at all bad, tips being equitable to waiting less the hustle and bustle, with the on-the-job satisfaction surpassing the less interactive more back-room occupation of line-cook. Mikki's feelings on the job are similar in that she finds the position to likewise be a positive endeavor.

"There are three reasons why I love to work in rad coffee shops: I can drink coffee all day and therefore save myself from coffee debt, I can be free to be who I want to be and not be forced to wear a uniform or dress in a certain way, and... I can listen to Bongzilla while working..." and taking a moment to think, looking down upon the counter, noticing a jar filled nearly to the brim with currency, "I guess getting tips doesn't hurt either."

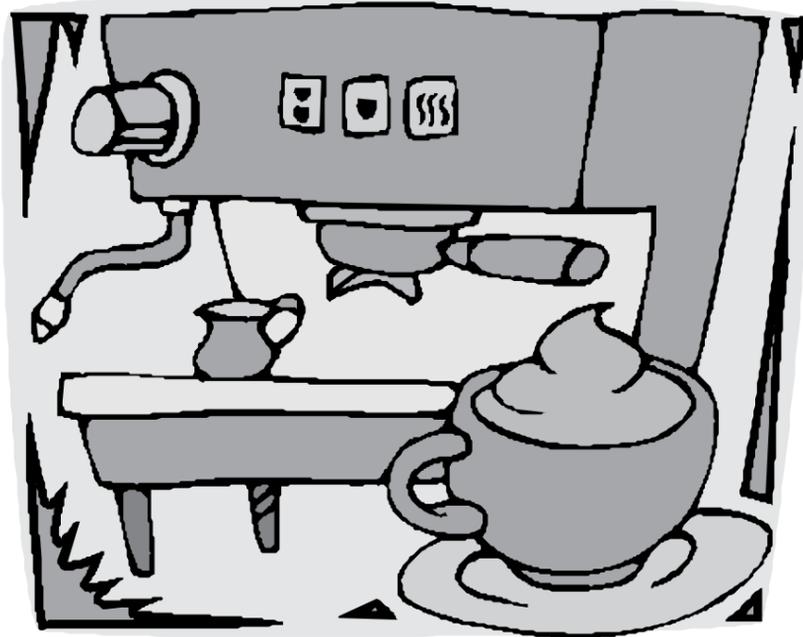
The social aspect of serving coffee is something that is likewise a pleasure to both baristas conversed with, as having a chat on the job with interesting folks hardly makes one feel as though they're on the clock.

"I really enjoy my regulars. I'm fascinated by all the different walks of life that come in to my work. I most enjoy listening to people rant about their lives and giving them hot coffee and pie and (to) see how happy people get having someone

who is willing to just listen." Mikki's perception would echo that of Lucy, a comic character really, and while Mikki doesn't demand 5 cents as Charlie Brown's psychiatrist does, she is happy to have what is paid forward.

"Connecting to the community is the best part of being a barista. I've made friends and gotten to know my neighbors over the past 5 years." Jason would relate with a grin.

To the next subject of discussion with the baristas, and one of substantial economic implications, with an effective policy veering one towards a positive budget and conversely through lackluster rhetoric may institute a recession. This very significant component of the barista free market is that of the tip-cup slogan. Having resided upon the four diagonal points of the domestic compass, a wide variety of such slogans have been glimpsed; "Tip-ping Isn't A City in China", "401K Plan", "College Fund", "Good Tip=Good Karma", "Tipping is Hot"; such sayings are useful in motivating what is apparently the most



beneficial aspect of being a barista beyond social equity, that of the magical three letter word that translates into liquidity; the tip. What does it say on your tip cup there folks?

"Tip Jar." Mikki's would be a bit to the point, but to be blunt is better than to be myriad other things.

"Tipping is Sexy." That of Jason would be a variation of one mentioned above, echoing a recognized reality within the industry. Are you an 8? Tip, as according to the theory presented herein, perhaps the barista will think you a 9 and be all about it.

Beyond tips the interaction with customers is cited as being the next in line for top job perks. Given the mass amount of people these baristas come into contact with, pressing questions would be asked, seeking to find out the most dynamic of those diverse individuals, with Jason having none in particular coming to mind, perhaps indicating the necessity of an increase in proximate eccentricity to Concordia Coffee to rectify this deplorable reality; however Mikki would present a character, quirks and all.

"I have one regular who comes in, who you might recognize by the boom-box strapped to his bike blasting Tupac, who likes to tell me all kinds of crazy stories about old Baltimore from fighting Nazis to crazy gang fights." Blasting Tupac, fighting Nazis; doubtlessly an upstanding gentleman, with a fine taste in classic music at that.

The struggle of the barista is a social one, with the construction of coffee- and tea-related products residing at its core. A double-shot mocha-latte frappuccino with skim milk, light foam, and a dust of cinnamon anyone? Such almost excessively complex drinks are the norm within a certain corporate coffee titan, although within the community coffee houses, are such verbose orders common? What is the most difficult beverage you've been tasked with making lady and gent?

"Making coffee is pretty basic unless you work at Starbucks..." Oh no, names have been named- "... but I have had someone ask for a cappuccino-ed latte and they also wanted it caramelized which makes no sense. I have people ask for weird things all the time and I blame Starbucks but I just smile and attempt to make what I think they are trying to translate." This component of caramelization mentioned by Mikki is a technique presented by Jason in his answer to the same question, with the mere existence of such products exhibitivive of the need-generating genius of Starbucks CEO Howard Schultz and his enclave of java alchemists.

"The hardest thing to learn is making good foam for a cappuccino—since learning I've come to realize that most shops burn the milk—which causes caramelization of sugars and changes the flavor." As any committed fan of Guinness will decree, a well poured head is essential to the enjoyment of one's tasty beverage, with the foam upon a cappuccino being no different. The craftsmanship and community considered, the following closing statements were offered by the baristas questioned.

"Support your local weirdo coffee house." a la Mikki.

"We love being part of the community. Thanks." So says Jason.

Having considered the reality of the barista, their struggle is perhaps not so pressing as once thought, with the actual act of pressing having been eliminated from their job-duties altogether through the institution of automatic espresso machines. However, this is not to detract from the significance of their contribution, as the barista provides for essential needs of the cool Portlander; the crafty presentation of commoditized beans and leaves, alongside a sociable spot to lounge and cavort. When on the hunt for that better buzz, look no further than your favorite friendly Concordia Neighborhood café or coffeehouse.

concordia CULTURE

March 4

What: March Fourth Marching Band 7th birthday party

TWO SHOWS

1.) 7th Anniversary kids show (all ages)

When: Doors: 6:00 p.m./Show starts at 7:00 p.m.

Kids 4 and under: FREE; Kids 5-12: \$5; Teens/Adults: \$10

2.) 7th Anniversary Evening Show (21+)

When: Doors at 9:00 p.m./Saqi opens at 9:30 p.m. / M4 plays at 10:15 p.m.

General: \$12 advance/\$15 day of show

Where: Crystal Ballroom, 1332 W. Burnside

February 12 – March 6

What: Entre Villa Y Una Mujer Desnuda (Between Pancho Villa and a Naked Woman) A very sexy comedy written by Sabina Berman, directed by guest artist Juan Carlos Vives. Sponsored by the Consulate of Mexico in Portland

When: Thursdays at 7:30 p.m., \$20 (\$16 for students/seniors); Fridays and Saturdays at 8:00 p.m., \$22 (\$16 for students/seniors); Sundays at 2 p.m., \$20 (\$16 for students/seniors)

Where: Milagro Theatre, 525 SE Stark St.

March 18 – 21

What: A Suicide Note from a Cockroach...

A circus theatre spectacle exploring the themes of exile and the birth of a new subculture in America, putting a comic twist to the existential dilemma of being an immigrant in the U.S.

When: March 18-21 and 25-28 Thursdays, Fridays and Saturdays @ 8 p.m.; Sundays @ 2 p.m. and 8 p.m. Admission: \$10

Where: Imago Theatre, 17 SE 8th Ave.

Tickets can be purchased in advance online at pelutheatre.com, in advance at the PDX Ticket Network box office at the Hollywood Theatre daily 1-9 p.m., or at the door the day of the event.

Concordia University Events

All events are free, and will take place on the Concordia University campus, 2811 NE Holman St., unless otherwise noted. For more information, visit the Concordia University website at www.cu-portland.edu.

March 1 – 13: Free Tax Preparation Support. Accounting students, in partnership with CASH and AARP, will help prepare tax returns. Open to the public. George R. White Library & Learning Center, Room 120, 9 a.m. to 1 p.m.

March 4: "Peregrines Overhead: World's Fastest Bird Returns." Bob Sallinger, Audubon biologist and Peregrine specialist will discuss the return of Peregrine Falcons to Portland's urban landscape as part of Concordia's Lyceum Series. Luther Hall, Room 121, 7 p.m.

March 6: Concordia University Master of Education and Master of Arts in Teaching Information Session, Luther Hall, 6 p.m.

March 9: "History of Race in the Census" lecture, part of Concordia's Lyceum Series and CU Diversity Week. Luther Hall, Room 121, 7 p.m.

March 13: Junior Preview Day, for high school juniors interested in Concordia University. 10 a.m. to 4 p.m.

March 14: Lenten Concert, a service of meditation and song. St Michael's Lutheran Church adjacent to the Concordia Campus (6700 NE 29th Ave.), 3:30 p.m.

March 15: BS Business Small Group Information Session, George R. White Library & Learning Center, Room 108, 6 p.m.

March 18: Concordia University Master of Education and Master of Arts in Teaching Information Session, Luther Hall, 6 p.m.

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Thursday, March 4
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6 p.m. · Free · All ages welcome

Sunday, March 7
CRAIG CAROTHERS
SONGWRITERS IN THE ROUND
7:30 p.m. · \$10 · All ages welcome

Thursday, March 11
TOY TRAINS & FACTORY GIRL
Rock for kids
6 p.m. · Free · All ages welcome

Wednesday, March 17
St. Patrick's Day Celebration

CASEY NEILL & COLLEEN RANEY
Traditional Irish duo · 4:30 p.m.
IRISH DANCERS
5:30 p.m.

FREAK MOUNTAIN RAMBLERS
Legendary hilltop rock · 7 p.m.
Free · All ages welcome

Thursday, March 18
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Monday, March 22
History Pub Monday
To be announced
7 p.m. · Free · All ages welcome

Thursday, March 25
SONNY HESS
WOMEN IN BLUES
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7 p.m. · Free · All ages welcome

Sunday, April 4
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