



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association |

visit the website: concordiapdx.org

December 2011

Metro Decides To Squash Neighborhoods Instead Of CRC Bridge Plan

Boondoggle - a public project of questionable merit that typically involves political patronage and graft.

How many times do we have ask the question: Why are our politicians and candidates endorsing this boondoggle?

Concordia Neighborhood Association last spring joined with its parent group, the Northeast Coalition of Neighborhoods (NECN), and the Coalition for a Livable Future (CLF) to challenge our Metro government's decision to allow the CRC to bypass the usual land use procedures and to speed on to construction of the new I-5 bridge. We challenged that Metro decision to the Land Use Board of Appeals (LUBA) in

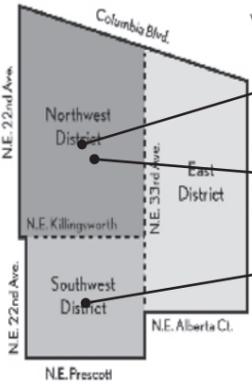
Salem, saying that state law permits only light and high speed rail to fast track.

And we lost the decision.

CRC and Metro's winning argument was that the I-5 Bridge is basically a light rail project and only incidentally a highway project. They claimed it is only the final part of a much bigger project that includes the entire light rail system from Clackamas Town Center and Beaverton to the Columbia River. We claimed it was a separate endeavor, 75% highway and ramp expansion and only 25% light rail. Although previously each of construction projects were promoted and approved of as individual entities, LUBA decision this time allowed all of them to be "lumped" together.

NECN and CFL have decided that LUBA acted in error. So we have acquired a pro bono lawyer and have filed papers for a re-hearing of our case before the Oregon Supreme Court,

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Neighborhood Holiday Party and the Wellness Affair
Don't Miss It!

probably after the first of the year.

If you would like to be part of this challenge, contact me: gbruender@comcast.net (287-4787).

This article was written by George Bruender the CNA Land Use Chair. Read a related article in the November issue of CNews.

The Neighborhood Holiday Party and Wellness Affair --December 13th

Circle Tuesday, December 13th on your calendars for our annual Holiday Wellness Affair.

Get into health through merriment with your neighbors at Concordia's annual holiday party December 13th, 6-8 p.m. Thanks to the generosity of Concordia University, the event will be held in their student activities center and is free to the public. (More information and map on pg. 2)

The folks at the Wellness committee have

been hard at work to provide an exciting lineup of stellar health and wellness practitioners, and representatives of local non-profits. For kids, **Felicia Ferruzza, LAc** of Mano Verde Herbals and Alberta Healing Arts Center will be teaching how to make gifts using herbs (manoverdeherbals.com).

Contemplating making some lifestyle changes this season? Wellness columnist **Jill Muhm** of healthymuhm.com, **Kelly Schneyer** of nutrimentalist.com, **Bob Wilson** of balancedweightmanagement.com, and **Sonya Fakelman** will be present to answer questions about health and wellness. Jill's practice specializes in custom seasonal clean eating challenges and helping expectant families enhance their fertility naturally and prepare for a healthy pregnancy. Kelly provides holistic health coaching for individuals challenged with food allergies and mental imbalance. Bob Wilson and Sonya Fakelman offer proven weight management strategies. Engaging the services of



(L-R) Wellness Committee Co-Chairs, Signe Todd and Jill Muhm-Glover with Wellness columnist Kelly Schneyer are set to bring the Wellness Affair to the CNA Holiday Party at Concordia University.

Photograph: CNews

a health coach is great way to help and guide you towards reclaiming your health.

Maintaining wellness and inner balance is especially important during the holiday season. massage therapists offering free 10 minute neck and shoulder massages to any adult at the event. **More on pg. 3, please continue to read...**

mail stamp area below

GET THE LATEST UPDATES AT WWW.CONCORDIAPDX.ORG
DECEMBER'S NEIGHBORHOOD MEETINGS

General Meeting

TUES. DEC 13 AT 6 P.M.

Topic: Election of the new Board members during the Holiday Party. **There will be no General Meeting in January.**

Board Meeting

TUES. DEC 6 AT 7 P.M.

McMenamin's Kennedy School in the Community Room.
 Next Board meeting: **Jan.10, 2012**

CNA Holiday Party

TUES. DEC. 13TH AT 6 P.M.
 Concordia University Student Event Center.

Tree Team Meeting

THURS. DEC 1 AT 6 P.M.

New Seasons dining area

Wellness

DEC. 13, MEETING AT THE WELLNESS AFFAIR.

The Wellness Committee is sponsoring the Wellness Affair at the CNA Holiday Party.

NEXT MEETING:

WED. JAN. 11, 2012, AT 7 P.M

Caffé Vita,
 3023 NE Alberta St.

Land Use, Livability and Transportation Committee

THURS. DEC 15 AT 7 P.M.

McMenmins Kennedy School, Community Room

We have two purposes: to hear about and try to solve issues affecting quality of life in Concordia that are brought to us by individuals, and to identify changes and developments related to land use and transportation that could improve life for large numbers of residents.

CONCORDIA NEWS
 Concordia News is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered residences and community locations in the Concordia Neighborhood.
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Transportation Chair Jean Keady 503 477-5575	Livability Chair Julia Baumann Sarver 503 841-6529
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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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CNA Holiday Party by Katie Ugolini

Please bring two cans of food for the Oregon Food Bank

Tuesday, December 13th, 2011

6:00 - 8:30 p.m.

Concordia University's Student Event & Activity Center, 2nd Floor

Hagen Campus Center

(Bldg #3 on map)

The annual Concordia Neighborhood Association's Holiday Party and Wellness Affair will soon be upon us! All residents and business owners of the Concordia Neighborhood are invited to the free holiday festivities. The holiday party is a fun festive end-of-the-year event and a great way to meet and mingle with neighbors, old and new, in a family atmosphere!

This year we are also holding the election of the newly nominated Board members.

In addition to free food, non-

alcoholic beverages and live music, this year's holiday party will feature a Holiday Wellness Affair focusing on community wellness activities, health services for seniors and families within the Concordia neighborhood and neighborhood resources for housing, food and nutrition. Massage therapists will be providing free, five-minute massages and there will be a free raffle with some wonderful prizes focusing on health and wellness. A body mass index machine on hand for those of you courageous enough to measure yourself after gorging on the delicious holiday food that will be provided!

A special thanks goes out to Concordia University who has generously donated their Student Event and Activity Center (SEAC) for our party, which is located on the 2nd floor of the Hagen Campus Center, Building #3.

An elevator to the 2nd floor is available.

Concordia University has made a donation to help pay for the food for this year's party, as has Sodexo, Concordia University's Dining Service, who will be catering the holiday event.

Please join me in thanking Gary Withers, Vice President of Community Engagement for CU, and Charlie Benson, Director of Dining Services, as well as our two CNA Board members and Concordia Professors, Joel Schuldheisz and Rici Hallstrand, for making this happen!

This Holiday Party marks the beginning of a new tradition with the Wellness Affair. Come share the spirit of the holidays with your friends and neighbors.

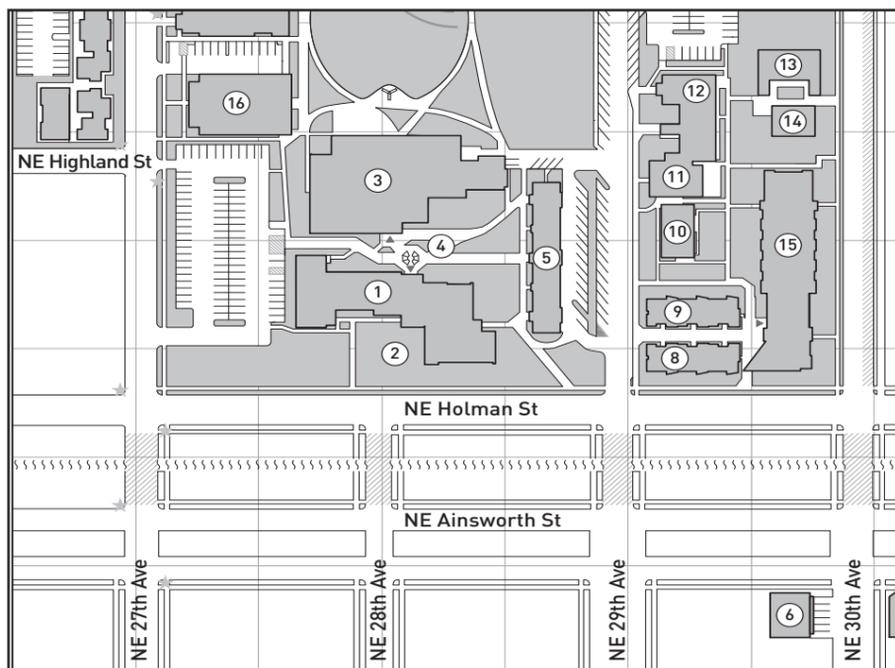
Katie Ugolini is the Chair of the Social Committee.

The Student Event and Activity Center is in Building #3.

Access from the parking lot on the NE 27th St. side of the University.

There will be signs or signs with elves to help with directions.

An elevator to the 2nd floor is available.



www.concordiapdx.org

Visit the website of the Concordia Neighborhood Association for:

- Community News
- Neighborhood Information
- Events
- Services
- Blog

www.concordiapdx.org

The Concordia Neighborhood Association has a nominating committee to fill vacancies on the Board.

Interested residents can submit names to:

contactcnaboard@yahoo.com.

Land Use

Decision on 3035 NE Jarrett.

by George Bruender, CNA Land Use Chair

In general, Oregon state law states that property owners have a right to develop their lands. If builders, developers and remodelers follow local zoning laws and restrictions, they usually get quick pro forma approval on most, if not all, of their proposals. That means that as next door neighbors to a new residential project, we have very little say about what goes in next door.

Occasionally when a builder wants to vary somewhat from what is permissible, neighbors get notified and have a chance to weigh in on that particular change, as a group or as individuals. It's important to understand that neighbors are allowed to comment only on what is to be changed, not on the project as a whole. Often the changes are very minor or the scope is very narrow.

This scenario has been the case with 2 homes planned for what is currently a corner lot with one house at 3035 N.E. Jarrett. Like many lots in Concordia, there are 2 smaller historical lots underlying what looks

like one lot. The developer asked the City to allow him to flip the narrow-side-by-side lots to face the other direction that would give him 2 wider lots and larger, wider houses. So far, so good; except that the new lots would cut through the current home which would obviously need to be razed.

But, neighbors say, the current house is in good condition, the utilities have recently been upgraded and houses just like it have been remodeled. And there is concern that large overwhelming homes would be built in a modest neighborhood of already compatible well-kept story-and-a-half homes. And they say, 2 planned garages would cut up the street curb, eliminating already crowded parking and making it more dangerous for children on a street that now has clear, unobstructed sidewalks. And CNA's land use committee says, two attempts of the neighbors to meet personally with the owner/builder have been rebuffed.

All of the neighbors' written and

phoned complaints were, of course, outside the issue of the lot flipping (they had no problem with that) and couldn't be part of the City's decision – which just ruled in favor of the applicant. But the residents' comments have become part of the public record, were brought to the attention of everyone involved, and hopefully will cause the owner/developer to build better and more thoughtfully. That has actually happened in a couple of recent cases, one with the developer voluntarily moving a 4 plex several additional feet from property lines.

CNA Land Use committee doesn't want to discourage folks from challenging what is being built next

The Wellness Affair

...continued from page one

Manifest (www.manifestpdx.org or 503-223-8822), a non-profit men's wellness organization based in Concordia that offers several men's wellness classes, activities, and monthly support groups. Their offerings range from yoga, QiGong, cooking, herbalism, nutrition, hiking, and biking. Members including **Bart Church** will have a table offering information about their classes or other support services.

Manifest's volunteer licensed massage therapists are:

Lorin Purifoy (LMT#15726) offers therapeutic massage, Traditional Thai Massage, energetic healing based on massage oils and flower essences from wild-crafted native wildflowers and healing herbs.

Chris Boothby, Licensed Massage Therapist (LMT #11642) and Licensed Psychotherapist, offers a blend of Swedish, Reiki, Shiatsu, Thai Massage, Myofascial Release and Deep Tissue techniques tailored for your individual needs and preferences.

Special thanks to Manifest for inviting **Julia Hanfling**, RD, CDE, a Licensed Dietitian and Certified Diabetes Educator with 20 years of

experience. She will offer diabetes screening and will give a short presentation about simple techniques for preventing, recognizing, and managing diabetes.

Neighborhood resident **Harriet Cooke MD, MPH**, with certification by the American Board of Holistic and Integrative Medicine, will be offering information on holistic mental health. Dr. Cooke is actively working with the grassroots movement, Rethinking Psychiatry, and will have a table with a wealth of information about holistic mental health, and local resources. Dr. Cooke has a private practice in holistic counseling and energy medicine and volunteers regularly at Outside In.

Health begins at home. Thanks to **Josiah Hill Clinic** (www.jhillclinic.org) and **Community Energy Project** (www.communityenergyproject.org) you can be screened for lead poisoning and learn about their programs for maintaining healthier, more livable homes.

Shalonda Menefee of Minority Homeowners Assistance Collaborative will provide information about their free homeownership retention program

for assisting seniors 55 and older to remain in their homes.

Signe Todd will provide information about a variety shared housing models and share tips for creating a successful house share.

Eli Spevak will share information about Cully Grove, a co-housing community being built in nearby Cully neighborhood.

Looking for the right tool to complete a home repair project? Speak with **Robert Bowles** of our neighborhood Tool lending library (www.neptl.org). The organization was recently awarded a generous grant from Murdock and Trust foundation to purchase additional tools.

There will be a raffle with fabulous prizes from New Seasons and Exhale Yoga.

Spend an evening engaging with neighbors, learning about preventive health, and being refreshed and revitalized with your community. All that we ask is that you remember to bring two cans of food for the Oregon Food bank.

Signe Todd

Co-Chair Wellness committee

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door, just to realize it's often an uphill battle. We may find out it's easier to get a billion dollar bridge moved than to get a developer to build a neighborhood compatible house.

Xmas wish

yes
olden days
getting the tree with gramps
at his farm.
and mother in Ireland:
they get an orange
in their stocking
and a stuffed animal
maybe a doll

and now they're gone
gramps, mom
and i live in the city
and eat tuna on a bagel
I quit drinking
but I am not able
to find life so sweet
as in the past
but if I try
life can be kind and simple
as in the past.

jack babcock

**A big thank you to all of the
neighborhood poets in this
issue! -Editor**

The Family-Friendly Street for Madness - Only on Alberta

by Sara Wittenberg

Tannenbaum Madness invites you to bundle up and take a stroll along Alberta Street this holiday season. Businesses up and down NE Alberta Street are creating a walking tour of whimsical, artistic and unique holiday trees that you won't want to miss!

Tannenbaum Madness begins on Friday, November 25th from 4-8 p.m. The street will be hopping with festive lights, gallery openings, restaurants serving some of the best food in town, and a little of the usual madness.

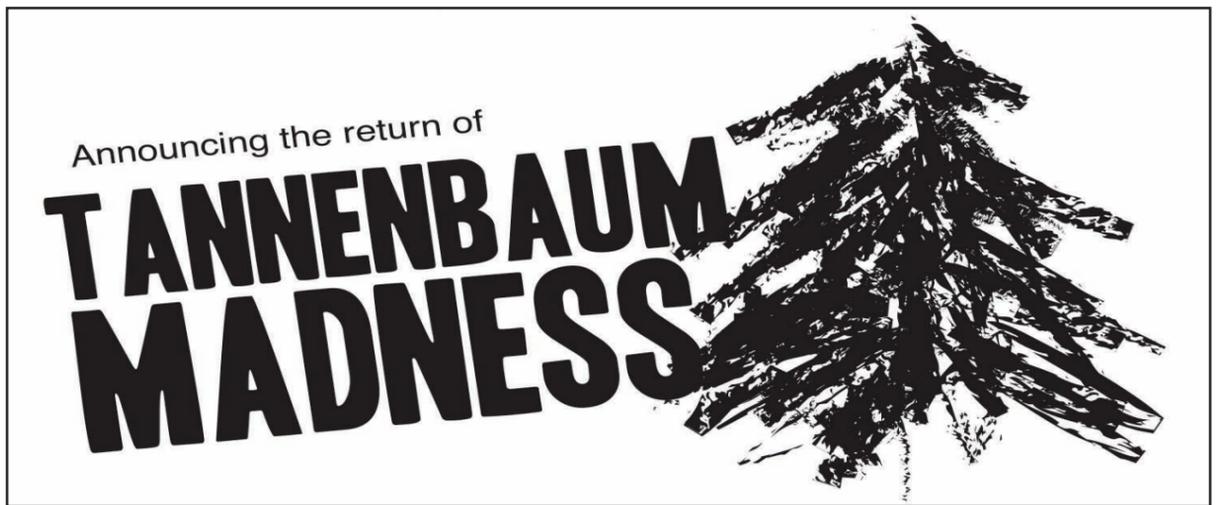
You can help make it even more festive; we are actively looking for carolers, wacky Santas, mischievous elves and more. If you would like to join the fun, email info@albertamainst.org or call 503-683-3252.

Additionally, please support your local independent businesses during the holidays and every day. Many retail locations on Alberta Street will be open until 8 p.m. on Fridays in December for the second annual Shop Local Shop Late on Alberta Street.

Alberta's DIY Holiday Tree, Alberta Main Street/ Art on Alberta, 1722 NE Alberta

Christmas Treat, Written on the Body Massage, 4934 NE 29th Ave

Cork, 2901 NE Alberta



- Creature Christmas, Red Sail, 1723 NE Alberta
- Deck the Hair!, Red Magnolia Salon, 5011 NE 13th Ave
- Gnome-A-Licious, Digs Inside & Out, 1829 NE Alberta
- Habromania, 2303 NE Alberta
- Kringles Dingles & More, Local Discoveries, 1627 NE Alberta
- Modern Domestic, 1408 NE Alberta
- My Family Tree, Guardino Gallery, 2939 NE Alberta
- NEON, Suite 6 Boutique, 2641 NE Alberta
- Paint a Pot for Peace, Mimosa Studios, 1718 NE Alberta
- Paper Doll Tidings, Garnish, 1524 NE Alberta
- Peaceful, Tumbleweed, 1812 NE Alberta
- Poet-tree, Redbird Studio, 2927 NE Alberta
- Screaming Sky Gallery, 1416 NE Alberta
- Tassel Mountain Breakdown, The Pencil Test, 2728 NE Alberta
- The 1% for the Planet Tree, it's upcycled yo!, Pie Footwear, 2916 NE Alberta
- The Lollipop Guild, Frock, 1439 NE Alberta
- The Sustainability Tree, The One Stop Sustainability Shop, 1468 NE Alberta
- Topsy Turvy Tannenbaum, Six Days Art, 2714 NE Alberta
- Umpqua Bank, 1745 NE Alberta
- Winter Wonderland, Grasshopper, 1816 NE Alberta
- Winter's Table, Dirty Dishes, 3012 Ne. Alberta
- Zoo Hoo, Green Bean Books, 1600 NE Alberta

Map of NE Alberta Street showing event locations 1-31 along the street from 13th to 30th.

- 1 Red Magnolia Salon DECK THE HAIR! 5011 NE 13th Ave
- 2 Modern Domestic HANDMADE HOLIDAY 1408 NE Alberta
- 3 Screaming Sky Gallery THE MAGICAL TREE OF GIVING 1416 NE Alberta
- 4 Living Room Realtors LIVING ROOM LIGHTS 1422 NE Alberta
- 5 Frock THE LOLLIPOP GUILD 1439 NE Alberta
- 6 The One Stop Sustainability Shop THE SUSTAINABILITY TREE 1468 NE Alberta
- 7 Garnish PAPER DOLL TIDINGS 1524 NE Alberta
- 8 Green Bean Books ZOO HOO 1600 NE Alberta
- 9 Local Discoveries KRINGLES DINGLES & MORE 1627 NE Alberta
- 10 No Limits Stickers CHRISTMAS STICKERS 1703 NE ALBERTA
- 11 Mimosa Studios PAINT A POT FOR PEACE 1718 NE Alberta
- 12 Alberta Main Street/Art on Alberta ALBERTA'S DIY HOLIDAY TREE 1722 NE Alberta
- 13 Red Sail CREATURE CHRISTMAS 1723 NE Alberta
- 14 Umpqua Bank FROSTY 1745 NE Alberta
- 15 Tumbleweed PEACEFUL 1812 NE Alberta
- 16 Grasshopper WINTER WONDERLAND 1816 NE Alberta
- 17 Digs Inside & Out GNOME-A-LICIOUS 1829 NE Alberta
- 18 Salt & Straw PINTS FULL OF HOLIDAY LOVE 2035 NE Alberta
- 19 abrahams & duffy WINTER FASHION FETE 2215 NE Alberta
- 20 Habromania TINY TINSEL 2303 NE Alberta
- 21 Suite 6 Boutique NEON 2641 NE Alberta
- 22 Six Days Art TOPSY TURVY TANNENBAUM 2714 NE Alberta
- 23 The Pencil Test TASSEL MOUNTAIN BREAKDOWN 2728 NE Alberta
- 24 cork • a bottle shop A CORK TREE LIKE NO OTHER 2901 NE Alberta
- 25 Pie Footwear THE 1% FOR THE PLANET TREE, IT'S UPCYCLED YO! 2916 NE Alberta
- 26 "I Have a Dream" Oregon TREE OF DREAMS hosted by Destination Realty 2913 NE Alberta St.
- 27 Redbird Studio POET-TREE 2927 NE Alberta
- 28 Bella faccia Pizzeria PEPPERONI PINE 2934 NE Alberta
- 29 Guardino Gallery MY FAMILY TREE 2939 NE Alberta
- 30 Written on the Body Massage & Acupuncture Studio CHRISTMAS TREAT 4934 NE 29th Ave.
- 31 Dirty Dishes WINTER'S TABLE 3012 NE Alberta

*** CHECK OUT ALBERTAMAINST.ORG FOR MORE HOLIDAY EVENTS IN THE NEIGHBORHOOD**

Livability and Transportation

Who May Park Where, If You Are Handicapped

Information from CNA's Land Use, Livability and Transportation Committees.

Whether they are located on public streets or in lots of businesses and other establishments, everyone is quite familiar with "accessible parking spaces", the official Department of Motor Vehicles name for handicapped parking. The law does require that the handicapped person who was issued the placard be present in the vehicle that is parking. In other words, you don't get prime front row parking at Fred Meyers by borrowing Mom's handicapped sticker while she is back home.

There are basically 3 types of these handicapped parking spaces as defined by Oregon law:

The standard blue sign on a 6' wide aisle.

The "van accessible" sign. The space is larger, at 8' in width, and any vehicle with a disabled permit can use the space. So, contrary to what a lot of people believe, if you have a permit, all disabled folks may park there. It does seem common courtesy to leave those spaces open for vans if other disabled parking spaces are available. (Although the law doesn't enforce courtesy, of course.)

"Wheel Chair User Only" sign, usually on a separate sign just below the handicapped sign, means exactly that. Those folks have "wheel chair user" designation on their placards that they place in the car windows.

To get a handicapped designation,

ask your personal physician to fill out a form his/her office has and take it to any DMV. You get it the same day. It's an easy process.

Getting a handicapped parking designation for in front of your home (yellow lines and a sign) is not an easy task. You may have to convince DMV that parking is so congested near your home that you do not have adequate and safe access to your home and that your driveway doesn't provide that access, but it is worth a try. Contact DMV for details (503 299-9999).

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Alberta St. Art Galleries with December Shows

Six days Gallery –

Topsy-turvy tannenbaum,
www.sixdaysart.com
2724 NE Alberta St.

Guardino Gallery –

11th Annual "Little Things",
www.guardinogallery.com
2939 NE Alberta St.

Talisman Gallery -

100 pieces of Art on the Wall,
www.talismangallery.com
1476 NE Alberta St.

Red Rover – transformed into

an enormouse ornament, www.
artonalberta.wordpress.com

Crossword

by Chris Yensan

Puzzles are produced exclusively for CNews by our neighbor Chris.

Well, "they" say the world will end next December, just before Christmas. But I bet "they" won't throw out the Christmas décor when this Holiday season ends. Just in case, though, here's a little puzzle to help us all remember the traditions of the season.

Across

1. Rigging support
5. Mary, Queen of ___
10. Just like two ___ in a pod
14. Besides
15. Tossed
16. Direction from Eden?
17. Largest town in County Kildare, Ireland
18. ___ Arledge (Father of Monday Night Football)
19. Operatic melody
20. Santa's Helpers
23. Tiny worker
24. Moves to an unfamiliar place
25. Santa's Helper
28. Those things holding up the Christmas tree
30. A bunch of partridges in a tree?
32. Insincerely shy
33. Pot or weed, say
34. Country near Turk. and Rom.
36. View
37. Cat ___ Hot Tin Roof
38. They announce the festivities
40. Acrobatics
43. ___ One (Burns/Aniston film)
47. Help!
48. Yellow fruit
51. Positively or negatively charged molecule
52. Santa's Helpers
54. For ___, With Love and Squalor
57. Put forth energy
58. Stubborn in Stigny

59. Dryer or belly button stuff
60. Christmas gift buying binge
61. That's ___!
62. Reed instrument
63. Not those
64. Old World vultures

Down

1. You'll see them at the mall
2. Lamentation
3. "Yes, Virginia, there is ___"
4. Cheek color at Christmas
5. Throat infections
6. Christmas Carol singers?
7. Maine college town
8. Muscle to bone connector
9. ___ As The Years Roll By
10. Fruit from a partridge tree?
11. Auditory organ
12. ___ Lay Dying
13. RR stop
21. Santa's Helper, to pals
22. Types of curves
25. Successfully
26. Tyronn ___ (former LA Laker)
27. Florence, Italy, airport code
29. Christmas beverage
31. Swarms with
34. Big man
35. ___ Us A Child Is Born
39. Where your toes go?
41. At an unknown time
42. Most wise
43. Traps

44. One who is stopped?
45. Compass dir.
46. Follows naturally
49. UK music marketer
50. Disagreeable Latin teacher?

52. Dole out
53. Laser tag, for short
54. Jeff Lynne's band
55. Bro or sis, say
56. Alphabet run

Is It The Very Last Christmas?

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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40					41	42			43	44	45			46
47					48		49	50					51	
				52								53		
54	55	56				57						58		
59						60						61		
62						63							64	

**BORDERLINE
FUNNY**

*Taking the edge off
of humor.*

The Red Cross just knocked on my door and asked if we could contribute towards the floods in Pakistan. I said we'd love to, but our garden hose only reaches to the driveway.

My husband has been missing a week now. The police said to prepare for the worst. So, I had to go down to Goodwill to get all of his clothes back.

She was just a whiskey maker, but he loved her still.

Mahatma Gandhi was a peculiar person. He walked everywhere, to the point that his feet became quite thick and hard. He often went on hunger strikes, and even when he wasn't on hunger strikes he did not eat much and became quite thin and frail, but always maintained his spiritualism. Because his lack of nutrition caused him to develop very bad breath, he became known as a super-closed fragile mystic hexed by halitosis

Wellness**Have Your Mug, and Drink It Too!**

As a health counselor, I see many many clients who crave warm sugary sweets like hot chocolate this time of the year. Who wouldn't? Just thinking about that warm sweet treat can take many of us down memory lane...of checking out holiday lights on a cold night, or lining up to see Santa with that carefully written wish list. For many of us today, with the hustle bustle of the season and the stress that seems to accompany it, a warm sweet treat which starts out as a great idea to de-stress, can often lead to a sugar dependency and downward spiral that can get you out of control! (I often give lectures about sugar, let me know if you'd like to schedule one with your office/organization)

But there is hope! Turns out, when it comes to chocolate, by sticking to RAW CACAO, you can have your mug, and drink it too!!!!

Chocolate when consumed in it's raw form is FULL of health benefits. All the bad things commonly attributed to non-raw chocolate bars and drinks, such as cavities, weight gain and diabetes, are actually caused by the dairy, sugar and others fillers added to the dark chocolate. Health benefits of chocolate when it is in the form of raw cacao beans, butter, nibs and/or the powder include; weight loss (because of its high chromium and



Jill enjoying another delicious mug of Mexican hot chocolate with a RAW twist.

Photograph: Jill Muhm-Glover

coumarin content), prevention of cavities (theobromine actually kills streptococci mutans one of the strains of bacteria that cause tooth decay) and regulation of blood sugar which is beneficial for diabetes (chromium can naturally regulate blood sugar). Also raw cacao benefits the heart and the entire cardiovascular system as a whole.

Cacao is the highest whole food source of magnesium, which also happens to be the most deficient mineral in the diet of modern cultures. Magnesium relaxes muscles, improves peristalsis in the bowels and relaxes the heart and cardiovascular system. The dark chocolate antioxidants have been clinically proven to literally dissolve plaque built up in the arteries, which helps in reversing heart disease and causes naturally lower blood pressure.

Celebrating Christmas at St. Michael's

St. Michael's Lutheran Church is hosting Concordia University's 61st Annual Christmas Chorale on Dec. 9 and 10 at 7:00 pm and Dec. 11 at 3:00 pm. The church is next to the university at 6700 NE 29th Ave. in Portland

More than 100 Concordia student vocalists and musicians will participate in this traditional service of lessons and carols in which the Christmas story is told through Scripture and musical selections are presented by the ensembles. The audience will be invited to sing Advent and Christmas carols accompanied by organist Dr. Walter Krueger. Concordia's choral ensembles are directed by Kurt Berentsen; the wind and brass ensembles are directed by Dr. William Kuhn; the handbell ensemble is directed by Judy Schumacher; and the string ensemble is directed by Casey Bozell.

Musical selections by the Concordia University Choir and Christi Crux Vocal Ensemble will include a variety of original compositions. A traditional

by Jill Muhm-Glover

Also, various other vitamins and minerals in raw cacao benefits the cardiovascular system.

So go ahead, and drink to your health this holiday season by trying this Delicious Raw version of Mexican Hot Chocolate, inspired my one of my clients Karla, who honored her chocolate craving, and provided her body with a nutritious treat! Please share with me what you think of the recipe!!! healthymuhm@gmail.com

Karla's Mexican Hot Chocolate with a RAW Twist

Ingredients:

8 oz Unsweetened Vanilla Hemp Milk

4 oz unsweetened coconut water

2TBS Raw Cacao Powder

1Tsp Agave Nectar or honey

½ TSP Cinnamon

¼ Tsp Cayenne Powder

1/8 Tsp nutmeg

1-2 Cinnamon Sticks (optional)

Directions: Place all ingredients into a pot and heat over medium heat. Stir with a whisk until all ingredients are mixed and mixture reaches desired heat. Pour into your favorite holiday mug and enjoy! Option to add a sprinkle of cinnamon on top. I like to serve this with the cinnamon sticks in the mug.

My Life is an Echo

My life is an echo of many treasures and imaginations that has brought exciting adventures.

Life gives back what I have given it
just like an echo.

I have lost but I have also, received.
I have been blessed and according to my GOD,
I am a blessing.

I have cried and I have tried to smooth the hurt of others.

I have listened with my heart
as I shared happiness with those around me.

I have personally given of myself
in an effort to make our world a better more humane place and
to create goodwill
and generate harmony regardless of the race.

My life is an echo inspired by my grandparents
whose wisdom and compassion are traits that I adored
and who gave me strength that makes my life soar!

I thank GOD for my grandparents
and in their departure upon this earth,
I know that they are safe and that they have found peace
due to their unshakable faith.

My life is an echo of love!

Gloria Fluker

42nd Avenue

City Assesses Fines On Owner of Defunct Portland Metals, Co.

by Bob Granger

The City of Portland (Bureau of Development Services) hearing regarding the zoning violations associated with Portland Metals (NE 42nd and Emerson) was held this morning. Here is a brief summary of the outcome:

It was determined that the current bankruptcy situation did not constrain the hearing officer from proceeding with an assessment of the zoning violations themselves. It may impact the ability of the City to assess liens or collect fines, but this can be address with the bankruptcy court in the future, if necessary.

After the presentation of the case by the City and the attorney representing Portland Metals, the hearing office made the following judgment:

- The zoning violations associated with the improper use of parking area for metal storage and processing are valid;
- Portland Metals needs to go through the appropriate land-use

process if it wants to confirm the conditional-use status for the property;

- The site needs to be cleaned up and brought into zoning compliance by December 20, 2011;
- If the site is not cleaned up by 12/20/12, the City is authorized to complete the needed clean-up and the cost of that clean-up will be assess against Portland Metals;
- Portland Metal was authorized to have up to, but not exceeding, 4 vehicle trailers on the site during the clean-up period;
- The City assessed Portland Metals \$1,600 to recover costs associated with the case;
- No additional civil penalties were assessed.

During the testimony, the owner of Portland Metals said that he has closed that business as of October 1, 2011. He has not purchased any additional scrap metal and is in the process of disposing the remaining metal inventory.

The next steps are for the site to be cleaned up; and for the City to verify that this is done by 12/20/11--and take further actions if necessary.

Thanks to all of you who attended the hearing and showed that this type of quality-of-life issue is important to our neighborhood. This is example of how the City can represent our concerns when we raise issues through the proper channels.

Bob is a member of the 42nd Ave. Main Street Collaborative and a frequent contributor from the Cully Neighborhood Association.

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*APY=annual percentage yield. Rate is accurate as of 11/1/2011 and is subject to change after account opening. Minimum opening deposit is \$20.00. Advertised APY applies to balances up to \$25,000. Balances over \$25,000 earn 0.20% APY. †Requirement cycles begin on the last business day of the month and end on the next to last business day of the following month. All Fusion requirements must be met by the close of business on the last day of the requirement cycle. ATM transactions do not count toward the 12 check card transactions. International ATM fees are not eligible for ATM fee refund. Interest and ATM refunds will be paid on the last day of the month in which it is earned. If account requirements are not met, the rate will be 0.10% APY and ATM fees will not be refunded. Federally insured by NCUA.

Eliminate Trash, Recycle Everything

The Brown Bin, Another Step Towards Less Garbage.

By Katie Transeth

There it was. The brown box that was to sit on my counter top for food scraps all in concordance with the city's new plan to reduce our contributions to landfills. Although awesome in theory, I wasn't quite sure how I felt about the whole thing. I had barely just started gardening a few years ago and made sure to utilize the green can for all yard debris. But the thought, of letting all my food commingle in a can without any lining and the stinky sludge that would eventually accumulate at the bottom, made ill.

Now don't worry I haven't recycled the compost bin, yet. I wanted to embrace the program so I decided to ask friends and residents in the neighborhood and those surrounding Concordia how the program was going for them. When talking to friends Emese Shloegl and Liz Rousseau, both with environmental studies backgrounds, I began to see the positives of the program. With the addition of all our food scraps to the green cans --this material will be processed and turned into compost for gardening, rather than being dumped in our landfills—we reduce air pollution. Liz also hoped that this would help change the minds of parents that use disposable diapers into switching to cloth diaper systems.

Despite these benefits, they also pointed out some of the negative impacts of the new program that were echoed by most of the people I talked to. For one, the can provided doesn't stay shut and according to Karen Hilts doesn't stand a chance against her cat Murphy. Then there is the smell. Of course that depends on what type of foods you are scrapping and how often you make that trip to the green can. Some other residents noticed the appearance of fruit flies buzzing in and around their kitchen. All

of these are annoyances, but are things that could be fixed with baking soda, use of compost-able bags to capture waste, and keeping waste fresh and outside.

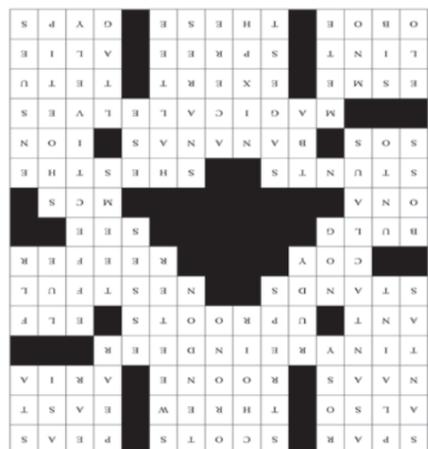
The largest complaint was that the amount of waste they composted did not equal the amount of two less trash pickups a month. Sean and Amanda Mailey have two small children and have had to change more than their extra trips to the composting can. "We have to pay for a new larger trash can to accommodate for our now every other week trash pickup," said Amanda Mailey. Others including the Fairchild Family of five and Jaime Rodriguez, who lives with 4 other roommates, echoed their sentiment. There is also the issue of price increase of trash pickup and the less service. "Prices usually go up but you normally don't get the double whammy of the less service," said Carrie O'Hanlon.

What everyone agreed on is that they like the idea but they just think it was executed poorly. Nonetheless, I like many other residents have embraced the program even with its flaws. I found BioBags at Safeway that keep all my scraps in a one-gallon compost-able bag. They are also sold in the tall kitchen bag size. I have been shopping around for a prettier composting container and found some cool ones at One Stop Sustainability Shop on Alberta Street.

Lastly --and most importantly-- I am trying to be more aware of how much I do pay for and then throw out and how much less I can throw away, in other words, the grand idea of the whole program.

Send any stories you would like to share about the new compost/garbage rules to concordianews@yahoo.com

"I am trying to be more aware of how much I do pay for and then throw out."



ДЕСЕМБЕРС КРОЗГМОЛГ

Nothing is more humbling than looking back over my bumbling teenaged angst ridden poetry.

Now my only regret is not my fraught but having no fireplace in which to burn the lot.

Suzinn Weiss

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108000

A poem I dedicated to my Omi when I was in the 4th grade:

I am crazy for family and flipped on life,
I wonder about what happens when you die.
I hear wind whisper my name.
I see unicorns playing catch.
I want people to be continually happy.
I am crazy for family and flipped on life.

I pretend that I am riding on Pegasus.
I feel chocolate running down my mouth.
I touch a leprechaun.
I worry about crazy animals. I cry about my late aunt.
I am crazy about family and flipped on life

I understand that magical creatures are real.
I say that God is real.
I dream about helping species of the sea.
I try hard with my reading and schoolwork.
I hope my parents live forever.
I am crazy for family and flipped on life.

Pharoah Fluker

To a Spider

Mistress of all you survey!
From your throne in the midst
Of your skeletal compact disk
Gleaming in the slanting sun,
How good life looks!
Flies blunder in, and you grow
Bigger, and your web gets
grander
As the days get shorter.

You have no way of knowing
When the first wet gale
Will shred it all.
Will you find shelter in the twig
That holds it,
Or will you perish in the storm?

Your final fate hangs
By a filament of silk you spin
yourself.
How very much like us you are!

Annette Wostl

(This was inspired by my walking commute on the way through the Concordia neighborhood)

Artist Spotlight

Local Band's Challenge: One Year, 52 Songs (and Videos)

Sound Semantics

<http://soundsemantics.wordpress.com>

Eran Schweitzer

Allie Silverberg

There are many ways to measure a year (and no, this article isn't about the musical *Rent*). Since January, Portland band Sound Semantics has been measuring 2011 one week at a time, one song at a time. Every week Sound Semantics duo Eran Schweitzer and Allie Silverberg write a new song, arrange and record it, and produce a video to boot. The results are posted to their YouTube channel every Sunday, along with a blog (of course) to document the process, the challenges, the lessons, and every other aspect of their experience.

Sound Semantics' 2011 Song of the Week project was conceived as a way to reinvigorate the duo after a tumultuous year of recording and promoting their second album, at the drop of a hat. "I was really eager to get back to creating music, having focused for so long on the business side," says Eran.

By establishing a regimented schedule they hoped to encourage consistent creativity and delve into new styles and approaches. Reflecting on the change of focus from performance to the studio, Allie explains, "It's been incredibly liberating, since we allow ourselves to pursue sounds and arrangements in these songs that we can't necessarily recreate in a performance"

For the first couple of months the videos were essentially live performances in front of the computer, occasionally spiced up with a costume or prop. However, with the acquisition of new recording equipment in March, the videos quickly evolved into more elaborate and creative projects. The visual element became as important as the songs and arrangements, and each week Eran and Allie began to push themselves to a new technique or challenge. A sampling of the techniques and styles touched on over the course of the year includes: flash animation, stop-motion animation, videosong (where

video of the recording process is edited in an engaging manner), kinetic typography, and time-lapse. Alongside the evolution of the videos, the studio-recorded songs began featuring new sounds—synths, flutes, drums, bass and brass to name a few. Friends and musicians from other local groups have stepped in and lent their talents to make these developments possible.

In June Sound Semantics had their biggest hit when, after reading an article on NPR.org, Allie was inspired to write a song about the giant Pacific octopus. The video for "Cephalomama" is a stick-puppet rendition of the life-cycle of the octopus. Robert Krulwich, who wrote the original article, included the song and video in his follow-up post. NPR readers and YouTube viewers praised the video as "so beautiful" and "very creative and well done," particularly commenting on the use of puppets to communicate a unique message and life story in a way that's both interesting and accessible.

As the year draws to a close, Sound Semantics is determined to finish strong, pushing their boundaries and improving until the very end. On a recent blog post, reader Marissa commented, "You guys just keep getting better and better. ... What are you going to do in 10 weeks when you don't have to put out a song every 7 days?????" Allie says they don't know yet, "Right now we are focused on each video and are firmly planted in the present." But Eran is convinced that Sound Semantics will keep creating, "We need a break. But I don't think I can keep from writing. After working so hard all year, I've gotten used to the challenge."

To see all the videos and find the latest additions to the 2011 Song of the Week project, visit and subscribe to Sound Semantics at their Wordpress blog, Youtube channel, or Facebook page.

In spite of the hard work, Allie and Eran have a lot of fun.

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Sound Semantics, a creative partnership in writing, performing and having some fun.



Allie Silverberg
Writer, vocals and percussion



Eran Schweitzer
Writer, vocals and Guitar



Eran and Allie tour small venues across the country.

Photographs: Sound Semantics

Blog: <http://soundsemantics.wordpress.com>

Youtube: <http://www.youtube.com/soundsemantics>

Facebook: <http://www.facebook.com/soundsemantics>

Birds In The Winter Garden

by Suzinn Weiss

Care and feeding of winter birds.

In November's column I mentioned how nice it is to have a Hummingbird feeder to provide food for the Anna's Hummingbirds who reside here in winter and that got me thinking of caring for birds in general...

For me creating a beautiful garden isn't just about aesthetics, but how the plants I choose can create a vibrant habitat for the many birds that also live in our neighborhood all year long. As more people opt to remove the large conifers once so prevalent in Concordia; birds are losing their sheltering and foraging places. That's why I try to plant shrubs and trees (of appropriate size for your lot) in the gardens I design.

Once the design is in place and birds start flocking to the garden, it's our responsibility to make sure that they stay happy and healthy, just like the plants in the garden.

Some plants that provide food for birds in late fall & winter and work well in small urban gardens include: Manzanita (including Kinnikinnick), dogwood (both tree & shrub forms), huckleberry, dwarf conifers, beautyberry & elderberry.

Late flowering perennials such as hardy fuchsia, asters, grasses & coneflowers can remain standing in the winter garden and provide seed & nectar until hard frost. Where safety permits, allow snags (dead trees or tall stumps) to remain standing.

Woodpeckers and others excavate the rotting wood looking for insects; the resulting holes are used by cavity-nesting birds.

Even though we have abundant rain during the winter birds have need fresh water to survive and keep warm since they need clean feathers to insulate themselves from the cold. So if you have a birdbath be sure to keep it filled with clean water and if we have a long freeze consider buying a birdbath heater to stop water from freezing over.

Birds help balance the garden's ecosystem by eating insects and their eggs. In spring, summer and fall many birds also forage for seeds and fruits that occur naturally in an active garden, but in mid to late winter when less of their natural diet is available it's important to supplement with seed, suet.

People often have several kinds of feeders to attract different kinds of birds. For instance larger birds like open or fly through stations whereas small birds like feeders with short

perches and holes. Some birds prefer to eat upside down and there are tube feeders specially made for them too.

As for seed, I've found that sunflower seed in particular seems to work well in many feeders and attracts most birds.

I prefer using hulled sunflower seed as its less messy. If you use the black oil sunflower seeds in their shell be sure to clean up the piles of shell debris that accumulate below



Robins in a winter bath warmed by a 25 watt submerged defroster that is just enough to keep the water from freezing.

Photographs: Suzinn Weiss



A healthy Robin survives the winter because of foraging and access to clean water in the garden.

the feeder, otherwise mold and mildew will breed and can sicken birds that will naturally want to forage amongst the waste.

Don't be tempted by commercial seed mixes at big box stores as these usually contain cheap filler seeds and grains such as red millet, wheat, oats and flax which most birds ignore and scatter on the ground in search of seeds they like.

Not only is this a waste of money but also you have to deal with the mess or risk attracting rats and mice to your garden. So it's best to shop for seed at a stores specializing in birds.

These seeds are often fresher and sourced within the US. Here is a guide to seeds and the birds they attract: http://web4.audubon.org/bird/at_home/bird_feeding/selecting_seeds.html

Also remember to clean the feeders often.

Suet is an alternative high-energy food source when insects are in short supply. It is made of mostly animal

fat mixed with insects, seed, fruit and nuts, depending on the variety you buy. Cage feeders are used for suet, but often larger birds such as Jays and Starlings will take over these and will eat up the suet in a day or two. Since these birds can find food easily on the ground I like to reserve suet for smaller birds that like to feed in higher places. Upside down suet feeders deter most big birds while attracting some of the most entertaining birds around, namely Bushtits, who travel in flocks and feed together and the shy Flicker who being in the woodpecker family has no problem hanging upside down to feed. You can easily make up

your own suet using recipes found online and smear it into pine cones and logs.

Use suet only in cool weather as it can go rancid or melt in warm weather and the dripping fat can damage natural waterproofing on birds feathers. For homemade suet recipes and directions check out: <http://www.birdnature.com/suet.html>

One area of the garden still attractive to birds in winter is your lawn. You can see whole flocks of Robins, Crows and Starlings pecking through the grass in search

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of insects and worms. This is why having an organic approach to lawn care and gardening in general is so important. It's also healthier for you, your children and pets as well as birds.

Other wintering birds prefer more protected spaces and tend to forage on the ground in dense underbrush. They like to mull about fallen leaves where slugs, snails, ants and beetles often hide out. This is a great reason not rake up all the leaf matter from your bushes and trees.

Leaving a leaf layer (not too thick) provides the perfect habitat for insects to over-winter, which in turn provide food for ground foraging birds such as Finches, Juncos and Sparrows. It also enriches your soil as debris breaks down and worms pull it deeper into the soil food web.

This is a big subject and since I have a limited amount of space please investigate further at The Audubon Society of Portland:

<http://audubonportland.org/> They have information on best placement of feeders and birdbaths.

Another helpful site is: http://wdfw.wa.gov/living/winter_feeding/index.html

And of course Back Yard Bird Shop: <http://www.backyardbirdshop.com/>

And we all know that cats can be a big problem and to keep feeders and birdbaths out of their reach if possible. As for deterring squirrels, that's a book in itself.

Winter is the perfect time to cozy up with some good books and here is one that might be helpful: "Feeding Winter Birds in the Pacific Northwest" by Bob Waldon.

If you are sitting near a window keep a copy of "Birds of the Willamette Valley Region" By Nehls, Aversa and Opperman to help you identify all the birds foraging in your garden and feasting at your feeders.

I'll be taking a break from writing this column but I hope you've enjoyed it and if you would like to contact me feel free to do so.

www.suzinnweiss.com/

The Editor would like to thank Suzinn for her insightful gardening articles this past year.

Restaurant Review of 2011

Neighborhood Restaurants Graciously Hosted the CNews Reviewers.

A recap of the restaurants spotlighted in 2011.

The Cruise-In Diner – Focus on the basics, “We’re clean, friendly and everyone leaves full”. Feeding the surrounding neighborhood with handmade burgers, sandwiches and more from a menu with standards, surprises and the best coffee. 7731 NE 33rd Dr., 503 335-6176.

Enzo’s – Southern Italian comfort food. From Enzo’s kitchen comes fresh pasta, bread, Quesanella sausage from a 150 year-old recipe, mozzarella, thin crust pizza, authentic Paninis and classic desserts. 2529 NE Alberta St., 503 222-1601.

Ciao Vito – More than just a restaurant, a cornerstone of neighborhood involvement. Italian inspired with French influences. Nearly every ingredient is sourced locally. “We wouldn’t be affected if the planes stopped flying.” 2203 NE Alberta St., 503 282-5522.

Aladdin’s Café – Fresh ingredients with Syrian flavor. Mediterranean food made from scratch –the desserts, too. Unique daily specials including vegetarian, vegan and family style selections with traditional beverages. 6310 NE 33rd Ave., 503 546-7686

Autentica – An artistic presentation of seasonal, traditional Mexican cuisine. Smell the freshly cut chilies, the roasted nuts and the mole made from scratch with 30 ingredients. “Everything is my recipe. I work from my inspiration and my memories.” 5507 NE 30th Ave., 503 287-7555.

Cannon’s Rib Express – 26 years of smoked treats, vegetarian fare and live summer Jazz. Hickory and Mesquite smoked ribs, chicken and catfish. “I want to thank the neighborhood for their continued support. They got me through the lean years.” The BBQ sauce is a neighborhood original. 5410 NE 33rd Ave. (next to New Seasons), 971 270-2464.

Yogio! – Gluten-free, Korean inspired cooking with a twist of Southern decadence from a cart. House made kimchi, pickled vegetables and chili sauce, with each vegetable cooked and seasoned in a unique take on traditional Korean style. Between 21st and 22nd Avenues on NE Alberta St., 503 750-1315

Know a restaurant that you have passed by, but haven’t tried? Send it in and we will review it. -Editor.

October Marks Reopening of the South Runway at PDX

The Port of Portland reopened PDX’s 11,000-foot south runway on Oct. 5, marking the third and final milestone in its three-year runway improvement program.

The Port thanks all the neighbors who were impacted by the changes at PDX for their patience while we

completed this critical project.

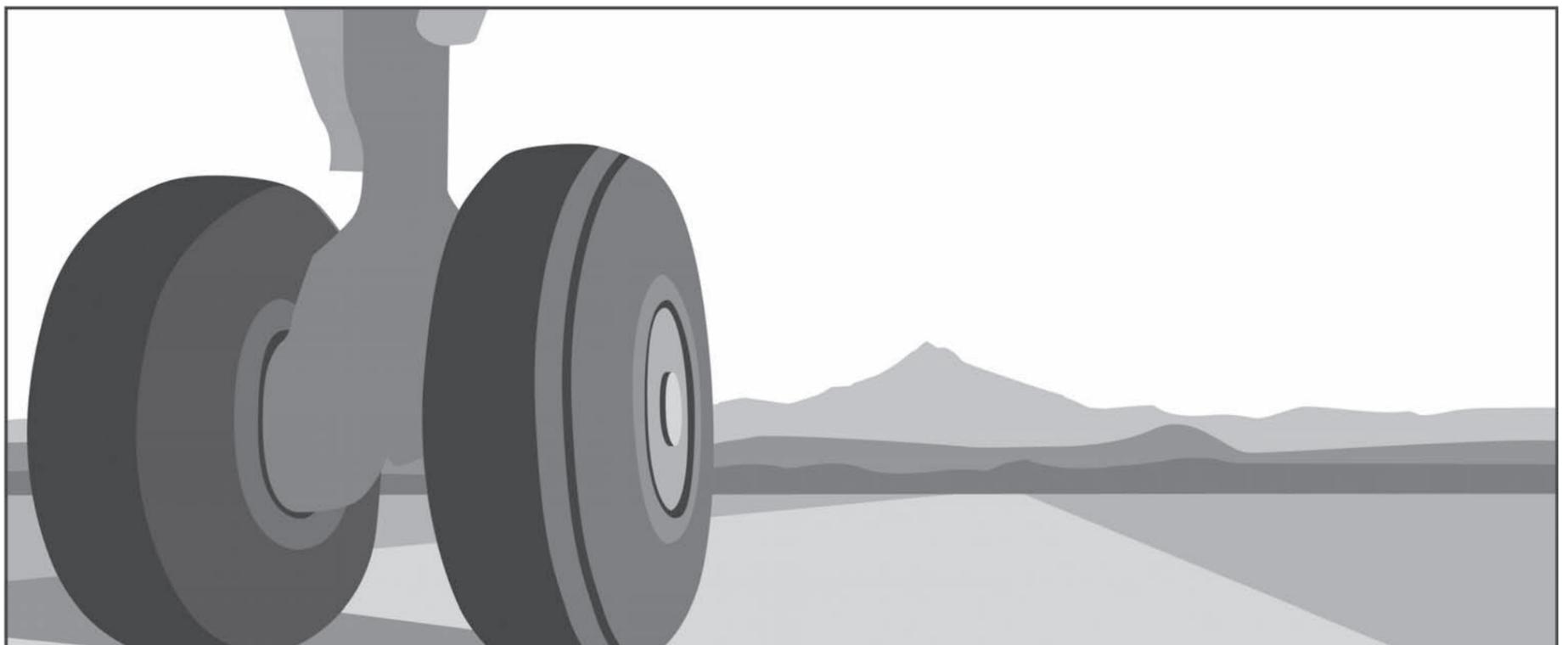
Throughout the three-year project, the Port worked with the Federal Aviation Administration to minimize aircraft impacts to surrounding neighborhoods.

The reconstruction of the south

runway removed 16 to 24 inches of surface asphalt and constructed a new 19 inch thick concrete runway surface over a four-inch asphalt base. With concrete expected to last 40 years - significantly longer than asphalt- it will reduce construction-related aircraft noise impacts on

neighborhoods in the future.

For any future inquiries about aircraft noise or overflights, please contact the Port Noise Management Department at 503.460.4100, 800.938.6647, or pdxnoise@portofportland.com



WHERE RUBBER MEETS THE RUNWAY
 Three-year Runway Rehabilitation Project Concludes at PDX

THANK YOU CONCORDIA!

For the past three years, we have rehabilitated and reconstructed our runways so that PDX can continue meeting the region’s transportation needs for decades to come. We are happy to say the project is complete. We know this has had an impact on your community and want to thank you for your patience and understanding.

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Saturday 12/3 **Jackstraw CD Release**
with Martha Scanlan

Thu, Fri, Sat 12/8, 12/9 & 12/10
Wanderlust Circus and The Nowhere Band:
A White Album Christmas

Thursday 12/15
A Celtic Christmas with Molly's Revenge & Christa Burch

Friday 12/16 **An Evening with Holcombe Waller and Friends**

Saturday 12/17
LIVE WIRE!

Sunday 12/18
Two All-Female Sax Quartets:
The Tiptons and The Quadrapphones

Wednesday 12/21
Shed Culture Live!

Thursday 12/22
Magical Strings Celtic Yuletide

Wednesday 12/28
The Bobs After Christmas Holiday Show

Thursday 12/29
Jerry Joseph & the Jackmormons
with Black Prairie

Fri. & Sat. 12/30 & 12/31
New Year's Eve with
STORM LARGE
with special guest Holcombe Waller

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The Guardino Gallery

Little Things 11 This will be the 11th year of the ever-popular Little Things Show. The concept is simple: 45 artists were given the assignment of creating "Little" artwork. No restrictions as long as it is 7" x 7" or under. This is a great opportunity to "Give the Gift of Art" at affordable prices by local artists as holiday presents or to decorate that special corner. A wide variety of mediums will be represented: paintings, clay, blown glass, resin, encaustic, metal, wood, photography and mixed media. The artwork is as varied as the participating artists. Your favorites are back as well as artist new to this show.

2939 Alberta St., 503 281-9048
www.guardinogallery.com,

SIX DAYS ARTIST COOPERATIVE GALLERY artists invite you to join us for our holiday art show. The "Topsy-Turvy Tannenbaum" is our personal spin on the Alberta Street "Tannenbaum Madness" event that is happening the same evening throughout the street. Holiday gifts, cards, and wonderful art for all seasons.

2724 NE Alberta St.,
www.sixdaysart.com

The Portland Storytellers Guild presents an evening of stories, "Unexpected Gifts" on **Saturday, December 10**, 7:00 p.m. at the Kennedy School in McMenamin's Pub. Our tellers are: Rick Huddle, Sarah Hauser, Joy Corcoran, and Barbara Frankhauser. Suggested donation: \$5.00 per person, \$10.00 per family. Do join us for an evening of exciting 'gifts'.

Northeast Portland Tool Library. We have tasks that require a variety of skill sets; no prior tool knowledge required! Volunteering is a great opportunity to learn about different types of tools, tool maintenance, and is a way to get to know other members of your community. NE Portland Tool Library 5431 NE 20th Avenue, www.neptl.org,

503 539-1756

Talisman Gallery

Hosting its annual small things – this year called "100 Pieces of Art on the Wall: \$100 or Less during the month of December. Talisman members and alumni members have come together once again for this highly anticipated show. The artists have produced works of art small in scale—perfect for gift giving. There is a huge variety of work to choose from.

1476 NE Alberta St., 503 284-8800,
www.talismangallery.com

THE STAR E ROSE CAFÉ,

Some of you may have played with us before and others may have not, regardless we're trying to get those cold night a bit warmer, with music drink and food, if anyone is interested in playing at the STAR E ROSE again please send an e mail.... if we're not getting back to you fast enough feel free to call the store 503 249-8128, 2403 NE 24th Av., If I'm not bookin', I'm not cookin'.

The Feral Cat Coalition of Oregon, a Portland-based nonprofit spay and neuter clinic for feral and stray cats, provides spay and neuter, vaccines, flea and ear mite treatment, antibiotics, and other basic medical care on a donation-basis. Since 1995, we have spayed and neutered over 50,000 cats. During the winter months, the number of cats coming into our clinics dramatically declines. We know that there are still many unaltered cats out in our community, and want to be able to reach out and let our neighbors know that our services exist! You can learn more about us on our website: www.feralcats.com.

Adopt a yard sign; help get the word out about neighborhood meetings and local events. They are easy to take care of: They don't eat, flake, mold or shed. E-mail: contactnaboard@yahoo.com



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Thursday, December 8

FRANK SOLVAN & DIRTY KITCHEN
Bluegrass

7 p.m. · Free · All ages welcome

Thursday, December 15

THE DIMES

Warm indie pop
as part of **GREAT NORTHWEST MUSIC TOUR**

7 p.m. · Free · All ages welcome

Thursday, December 22

Holiday Hooley

Family & kids' music
6 p.m. · Free · All ages welcome

Thursday, December 29

BRAD CREEL & THE REEL DEEL

Smart & funny folk
7 p.m. · Free · All ages welcome

Saturday, December 31

2012 NEW YEAR'S EVE

Make it a night to remember
with McMenamins!
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'80s covers
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Give a growler and a gift card
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GIFT CARDS

Prices valid through Dec. 31, 2011

Bottled beer prices good
with gift pack purchases only.