



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

visit the website: concordiapdx.org

June 2012

WHY ENDING HUNGER IN OUR NEIGHBORHOOD IS IMPORTANT

PIONEERING NEIGHBORHOOD FOOD SUSTAINABILITY & SECURITY

Tuesday June 5th
7:00-9:00 p.m.
Kennedy School
Community Room
5736 N.E. 33rd Avenue,



by Bart Church

Unfortunately hunger is a very real thing for too many people in Concordia.

This January we saw a record number of Oregonians applying for food stamps and we have the largest number of Oregonians on food stamps in the state's history: 22% of our neighbors are on food stamps. When we have enough to eat, it is easy to forget the struggle of those who don't have enough, and it is easy to get worked up about starvation in Africa (which is very real and horrible), and forget about hunger right here in our neighborhood.

Let us come together on Tuesday, 6/5/12, 7-9 p.m., to talk about what we are doing and can do right here in Concordia to stop hunger. Let us celebrate all the incredible organizations, businesses, and neighbors who work every day to grow &

distribute food, and to empower neighbors to find and grow the food they need.

It is widely acknowledged that Northeast Portland is pioneering some of the most innovative food security & sustainability experiments in the state, including the Portland Fruit Tree Project, Urban Farm Collective, a strong network of churches that distribute food, education, & skills, as well as progressive businesses like New Seasons & Alberta Co-op that give enormous amounts of food to the hungry every day.

There is much to celebrate, much that needs our strong support, and much new that we need to invent to end hunger in our neighborhood. Thank you for all you have done, are doing, and will do to help move this important campaign forward.

Learn about the many neighborhood organizations & churches that are pioneering food security & sustainability in & near the Concordia neighborhood

Participate in a panel discussion & forum on what we as individuals & a neighborhood can do to lead the region in food security & sustainability

Learn where to find free & low-cost food, how to garden better, & simple things you can do to sustainably end hunger in our neighborhood & establish real food security for all

Event is FREE – Please consider contributing two cans of food for the Oregon Food Bank

Portland Fire's "Operation Lower the Boom" in its Fifth Year

Portland Fire & Rescue and Portland Police will be working together again to confiscate and write citations for the possession or use of illegal fireworks. The objective of the operation is to educate the public regarding fireworks laws in Oregon.

Fire inspectors will be partnered with police officers and will be "on patrol" in Portland looking for violators. The dates of the operation are July 2,3, and 4. The exact areas of the city they will be

patrolling and number of teams is not being released.

If you, or your children, use illegal fireworks and cause damage to the property of someone else, you can be held liable for the damage, the injuries, and the cost of putting the fire out. These costs can easily run into the tens or hundreds of thousands of dollars.

Steps to safer use of fireworks include:

*Be prepared before lighting fireworks: keep water available by using a garden hose or bucket of water.

*Use only legal fireworks purchased at a licensed fireworks stand in Oregon.

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Illegal Fireworks... Who Cares?

...Your neighbors.

Fires. Injuries. Anxiety. Stress.
Property Damage. Pollution.

LEAVE BIG FIREWORKS TO THE PROS.

Possession of illegal fireworks could cost you up to \$1000 and you could be held liable for damages to people or property.

*Be safe when lighting fireworks: keep children and pets away from fireworks.

*Be responsible after lighting fireworks: never relight a dud. Wait 15 to 20 minutes then soak in a bucket of water before disposal.

For more information on the safe use of fireworks check out our website:

<http://www.portlandonline.com/fire/fireworks>

<http://www.oregon.gov/OSP/SFM/>
Portland Fire & Rescue and the Portland Police want everyone to have a safe Independence Day.

Get the latest updates at concordiapdx.org

June's Neighborhood Meetings

General Meeting

JUNE 5, KENNEDY SCHOOL COMMUNITY ROOM, 7 P.M.

The quarterly General Meeting is about ending hunger in our neighborhood.

Board Meeting

TUES. JUNE 12, AT 7 P.M. McMenamin's Kennedy School in the Community Room.

Next Board mtg: July 10, 7 p.m.

Wellness

WED. JUNE 13, AT 7 P.M.

Caffé Vita, 2909 NE Alberta St.

Next Wellness mtg.: July 11, 7 p.m.

These committees have direct results on the livability of our neighborhood only with your participation.

Tree Team Meeting

NE 30TH AND AINSWORTH THURSDAY, JUNE 7TH AT 7:00 A.M. AND WORK TILL 9:00 P.M.

Next Tree Team mtg July 5, 6 p.m.

New Seasons dining area

Land Use, Livability and Transportation Committee

TUE. JUNE 19, AT 7 P.M.

Mcmenamin's 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.

Next Land Use mtg.: July 16, 7 p.m.

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.

Submissions

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

Contact the Editors
concordianews@yahoo.com

Advertising
Please send advertising inquiries to:

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Concordia Neighborhood Association
PO Box 11194
Portland, OR 97211

Contact the CNA Board
contactcnaboard@yahoo.com

Community Room Rental
contactcnaboard@yahoo.com

CNA Chair Robin Johnson 503 477-6807	Land Use Chair George Bruender 503 287-4787
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Transportation Chair Jean Keady 503 477-5575	Livability Chair vacant
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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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Concordia News is printed on 40% post-consumer, or better, paper.

Chair's Corner

Reaching out –CNA And What We Do

by Co-Chair: Belinda Clark

I've been on the board of the Concordia Neighborhood Association for nearly 6 years now. This newsletter is the Concordia Neighborhoods primary method of communication with our neighbors and community members. It provides news and information about our community that is not readily available from other sources.

You may not be aware of all the things your Concordia Neighborhood Association board does for our community. We manage and schedule the Community Room at McMenamin's Kennedy School, and manage the CNA website at concordiapdx.org.

Our social committee organizes events year round like our recent Egg Hunt at Fernhill Park, and the upcoming Concerts in the Park which begin the first Friday in July. Our Tree Team is very active in ensuring the health and sustainability of our city and neighborhood tree canopy. On June 5th, we will have

the first of our now quarterly General meetings; the topic for June is Food Sustainability and Security. Please plan to attend the meeting starts at 7:00 p.m. in the community room.

This is all done by a group of dedicated volunteers, who have been elected as your board member representatives. They give of their free time to ensure events and information are provided to the community. If you would like to get involved, we have openings on our committees (media, land use, tree team, social, etc.) please contact contactcnaboard@yahoo.com or plan to attend our monthly board meeting held the 2nd Tuesday of every month, 7:00 p.m. at McMenamin's Kennedy School Community Room.

I think our board members do great work behind the scenes, and we will continue to strive to help make Concordia the place we all love to call home. ▲

Do you live near Concordia University and want to know when their major events parking will have an impact your front-of-the-house parking?

Are you planning for your own event, like an office party, graduation party, out of town guests, etc. and are concerned as to whether your guests will find parking?

To know in advance what's going on, sign up today to get the latest notices.

<http://www.cu-portland.edu/events>

This link will be reserved solely for this purpose. The University won't contact you for any other reason. You may add or delete your name at any time.

Fernhill Summer Concerts Schedule

Friday, July 6 The Dirty Syncopators (Soul/Funk)

Friday, July 13 Dina y Bamba su Pilon D'Azucar (Latin)

Friday, July 20 Stumptown Aces (Cajun)

Friday, July 27 Kevin Selfe and the Tornadoes (Blues)

Tuesday, August 7 (NNO) The Underscore Orkestra (Eastern Euro/Gypsy Balkan)

Rent the Neighborhood Community Room

The Concordia Neighborhood Association rents the Kennedy School Community Room for \$25/hour and to non-profit organizations for \$15/hour. contactcnaboard@yahoo.com

Visit the website of the Concordia Neighborhood Association



www.concordiapdx.org

Need Neighborhood Association help?
contactcnaboard@yahoo.com

Concordia's Neighborhood Clean Up Day is Saturday, June 9th

**Dance with the dumpsters and lighten your load
NE 42nd and Killingsworth, 8 a.m. - 12:30 p.m.**

Bring your trash to your neighborhood cleanup drop boxes in the PCC WorkForce Training Center parking lot. We'll take metal, plastic, furniture, clothes, lamps, batteries, old computers/electronics, and other stuff. This year we will have a "You Price It" area for reusable household goods, and we will be collecting bicycles to reuse/recycle that are in decent condition.

Please no yard debris, rocks, concrete, food waste, hazardous waste, tires, paint or oil.

-\$10/car -\$15/truck/van/SUV -\$20/large truck
-\$30/oversized load

Extra \$5 Donation for Electronics

Sponsored by the Concordia Neighborhood Association.

Volunteers needed to help unload, organize and direct traffic.

Call Katie Ugolini at 503 449-9690

Thank You to our sponsors: New Seasons, Clodburst Recycling, Northeast Coalition of Neighborhoods, City of Portland - Office of Sustainable Development, Metro Metals.



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Neighborhood-wide Yard Sale in July

Time to gather all those items you no longer want or need and join the neighborhood yard sale.

by Donna Carrier



2012 Yard Sale Map

Concordia Neighborhood Association
14th Annual Yard Sale
July 27, 28 & 29, 2012

Your unwanted item is the treasure that someone else is looking for. We do the advertising in newspapers, on TV and radio, on the internet and with large signs on major corners in the neighborhood. We supply you with signs and balloons to mark where your sale is located.

Just complete the registration coupon below. Please include the \$7 fee (checks payable to Concordia Neighborhood Association) Mail or deliver to Concordia Neighborhood Association Yard Sale c/o Donna Carrier 3597 NE Simpson St., Portland OR 97211

All participants are placed on the maps. Yard sale packets with signs and maps will be mailed to the participants.
Deadline to be on the map is Friday July 20th. You can still be in the sale, but your location will not show on the map if registration is received after this date.

We do request that you live within or your sale be within the Concordia Neighborhood boundaries.

Yard Sale Coordinator—Donna Carrier
Phone: 503-288-9826 or email: donna.carrier58@gmail.com.

Name _____

Address _____

Phone _____

Email _____

Indicate the days of your participation:

___ Friday July 27 ___ Saturday July 28 ___ Sunday July 29

Maps are available on line. They will be updated as registrations are received. Use the following link---- <http://g.co/maps/b2jta>

Include \$7 with this coupon and mail to the address above.

NOW OPEN!!
Anna Bannanas – 2403 NE Alberta St

We feature D'Arte Coffee, a huge selection of Teas, Acai Smoothies, Oregon Berry Smoothies, Iced Cold Press Coffee, Black Sheep and Pure Bliss Baked Goods, Local Organic Soups, Breads and Sausages, Huge Daily Paninis, Northwest Pinot Noir and Pinot Gris, 7 Local Beers on tap as well as Anthem Hard Cider and Tons of Gluten Free Options!

Land Use, Livability and Transportation

Clean Air Is Our Constant Challenge

Top polluted area in Portland

Our recent May meeting was low key. The Portland Bureau of Transportation had no updates on the issues we brought up around Concordia U and on MLK in April. We'll give them a little more time. And because we had no attendees from that area in April, we did not get a chance to discuss NE 29th, but be assured that we will continue to pursue some solution. We feel that Concordia U does not take our concerns about your area all that seriously.

I'm sure that you are aware that the Concordia area—centering around Columbia Blvd.—has the highest air pollution rate in the city and 5th highest in the nation. If you have asthma or respiratory problems you already know that. CNA has made several attempts to deal with the problem over the years. Getting the smaller cargo planes to spread out over a wider area of the city when they come and go has cut down on some of the black "dust" folks used to see on their cars and deck surfaces. We persuaded Boeing to add a million dollar plus scrubber to its 2 plane painting facilities (those huge quonsets by the airport off NE 47th), cutting down on their release

of pollutants in our air shed. Our opposition to the CRC is, in part, because they have not evaluated the increased pollution that will accompany the bridge and ramp construction and the increased traffic that may result. Now we hear that we may have several 125 open car trains carrying uncovered coal through on our railroad. Clean air—our clean air—seems to be under constant challenge.

DEQ (the Oregon Dept. of Environmental Quality) is holding four community public meetings on reducing toxic air pollution. It's a good chance to get up to date on what's happening. DEQ has not had a good record on supporting citizen efforts and most state regulations are "voluntary" on the part of the polluters, so there will need to be an effort to persuade the governor and the Legislature to toughen up the laws and make DEQ a real protector of our clean air. These meetings would be a good place to find like-minded citizens and interface with them. We hope that many of you could attend. There's a good article in Monday's Oregonian (page B2) that will give you some more details. The 2 closest meetings will be Tues, May 29 at the Kenton Firehouse in north

by George Bruender, CNA Land Use Chair

Portland (8105 N. Brandon Ave) and at the East Portland Community Center (740 SE 106) on Thursday the 31st. Both go from 6:30 to 8:30.

Last. We have heard from several neighbors that they notice a fairly loud steady 24/7 droning sound throughout the area. It doesn't seem to be airport noise because theirs is intermittent. It may be I-5/Columbia Blvd traffic or industrial. And it's more obvious with warmer weather, clearer skies, and open windows. Let us know what you think/observe/know - is there a real issue here?

Our next meeting, Tuesday, June 19, 7pm, Kennedy School.▲



Along the Sunday Parkways route: Proceeds from this lemonade stand to benefit the Fernhill Summer Concert Series. Thanks, boys!

Photograph: CNews



Sunday Parkways at Alberta Park featured a climbing wall for kids.

Photograph: CNews

Fireworks Safety From Fire Chief Erin Janssens

Lower The Boom

Dear Community Members,

Each year, people come together on the Fourth of July to celebrate America's freedom with backyard barbeques, community parades, and for some, fireworks. However, Oregon law bans possession, use, or sale of any fireworks that fly, explode, travel more than one foot into the air, or more than six feet on the ground. These fireworks are illegal. Fireworks not purchased from an approved vendor in Oregon are most likely illegal. One challenge we face is that many of the fireworks that are illegal in Oregon are readily available to anyone who can drive across the Columbia to Washington, or place orders online.

Why are most fireworks illegal in Oregon? It's not rocket science -- illegal fireworks cause:

- Countless injuries including trauma and burns from unplanned explosions

- Recurring trauma to many of our returning Veterans who are suffering from the effects of their service to our Country
 - Enormous property loss each year by causing fires to residences, landscape, and wildland
 - Emotional trauma and anxiety to many small children and animals
 - Environmental pollution, measurable in both air and noise
- I believe that as people become more aware of the physical, emotional, environmental, and economic costs, it will become increasingly clear that illegal fireworks in the hands of amateurs are no longer a 'patriotic' act.

This Fourth of July, we are launching a regional campaign to educate area residents about the problems

"...increasingly clear that illegal fireworks in the hands of amateurs is no longer a 'patriotic' act."

illegal fireworks cause. We are also continuing our efforts with Portland Police to enforce the law by confiscating illegal fireworks and issuing citations to offenders. The cost of citations for using or possessing illegal fireworks has increased so violators now face fines up to \$1000.00 and can be held liable for any damages they've caused.

How can you help?

Be a good neighbor; keep your neighborhood safe and pleasant by not bringing illegal fireworks to Oregon.

Educate the Oregonians you know about the law (and the dangers) before they buy illegal fireworks.

Turn in illegal fireworks at any Portland Fire & Rescue station or

Portland Police precinct, without penalty.

Report illegal firework activity (without fire or injury) through the City's non-emergency number, (503) 823-3333.

Visit one of the many professional, permitted displays in our region.

I appreciate your support in making the 4th of July safe and enjoyable for all. For more information about illegal fireworks, please visit our website at <http://www.portlandonline.com/fire/fireworks>.

Community members are urged to call the non-emergency number, 503-823-3333, if illegal fireworks are being used.

A Lower the Boom team will be dispatched and citations, fines, and confiscation of the illegal fireworks will result.

Tree Removal and Replacement Project

Your Tree Team is here to help!

by Dove Hotz



Concordia Tree Team member Larry Light of Tree Happy Tree Service offered up the labor and expertise to remove trees for a significantly reduced rate.

Photograph: CNews

As a result of our work on the street tree inventory and neighborhood tree plan, we identified dead trees of moderate size and approached homeowners with the prospect of bundling the permitting, removal, and replacement in a convenient and cost-reduced package. The City of Portland Urban Forestry waived the usual \$35 removal permit fee; Friends of Trees offered 10% off their selection of new trees; and certified arborist Larry Light of TreeHappy provided a discounted "bulk" rate on the removal.

Concordia neighbor Adam Bagerski replaced two dead "mystery trees" on his property with healthy new specimens (amur maackia).



Concordia resident Adam Bagerski is already enjoying his new trees!

Photograph: Dove Hotz

He liked the support of having a neighborhood group coordinate the process, and he was excited to add to the health and diversity of the Concordia canopy.

Tree planting season is finished for now, but we already have an eye toward next year! If you have a candidate for this project, please contact concordiatreeteam@yahoo.com

The Tree Team's Map of Concordia trees: www.portlandonline/parks/treeinventory

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Safe Routes to School - June Newsletter

Booster Seat Sales - Low-cost booster seats are available to families in the Portland Safe Routes to School program. No Back seats \$5 and High Back seats \$15 with the coupon. Bring cash or a money order made out to ACTS

Oregon. Children must be present and over 40lbs. Families must bring their car that has lap and shoulder belts in the back seat. Saturday, June 23 - Kohl's Gateway, 10010 NE Halsey, 10 a.m. -12 noon.

Booster Seat Coupon

Name of School (Please Enter)



Crossword

by Chris Yensan

These original puzzles are produced exclusively for CNews. If you would like to suggest a theme for a future puzzle, email concordianews@yahoo.com

Long days, and a puzzle with some long words (at least, they seem long to this cruciverbalist).

<p>ACROSS</p> <p>1. Austin Powers had it, but Fat Bastard stole it</p> <p>5. ___ tai</p> <p>8. The Pilgrimage to Mecca</p> <p>12. Bettie Page was one</p> <p>13. Ice ___</p> <p>14. Neutral colors</p> <p>16. Ridiculous</p> <p>17. An early apple</p> <p>19. The Beaver's mom</p> <p>21. 16th letter</p> <p>22. "Remember first to possess his books; for without them he's but ___..." (Caliban, from <i>The Tempest</i>)</p> <p>23. So, ___ to Mabel... (Old vaudeville line quoted by Bart Simpson)</p> <p>24. 2009 Indian comedy-drama by R. Balakrishnan</p> <p>25. Dole out</p> <p>26. How we get payloads into orbit (Abbr.)</p> <p>27. Sir on the Seine</p> <p>29. Alvey ___ (Secretary of State during the Spanish- American War)</p> <p>30. Windows file extension</p> <p>31. Advanced degree</p> <p>32. Nada</p> <p>34. They'll give you a tow</p>	<p>35. List ender</p> <p>36. Alphabet run</p> <p>38. Training ground for martial arts</p> <p>42. You can do this in the tub or in the sun</p> <p>44. One of Richard Bandler's behavior modification strategies, for short</p> <p>45. Blue in Belize</p> <p>46. Exist, for them</p> <p>47. Visionary rabbit of Richard Adam's <i>Watership Down</i></p> <p>49. Round in Rouen</p> <p>50. Neither's partner</p> <p>51. Barbara Park's children's series</p> <p>53. Tall, early-flowering prairie perennial</p> <p>55. She runs the bathhouse in <i>Spirited Away</i></p> <p>56. They found him in a spider hole</p> <p>57. Pan's counterpart</p> <p>58. "If not now, when? If ___, who?" (Of- used political queries)</p> <p>59. A Fitzgerald</p> <p>60. Attempt</p> <p>61. Noun-forming suffix in Budapest</p> <p>DOWN</p> <p>1. Taken away?</p> <p>2. "___ of Triumph" (Norman Corwin's 1945 VE Day broadcast)</p>	<p>3. Emancipation Day Holiday</p> <p>4. Crude cartel</p> <p>5. Follows His or Her, in British Royalty</p> <p>6. "___ Elefantes" (Water for Elephants, in Portugal)</p> <p>7. "___ The Wind" (Lucinda Williams song)</p> <p>8. Perceive aurally</p> <p>9. Do something</p> <p>10. Fell in drops</p> <p>11. Capital of Alaska</p> <p>12. Sleepwear in Setubal</p> <p>15. Sport Mode, in an Audi</p> <p>18. Water meadows, in auld Ainglish</p> <p>20. Oldest of the Von Trapp children (in the film, she was 16, going on 17...)</p> <p>27. Resort</p> <p>28. If ___ (Dan Yaccarino's children's book)</p> <p>33. Comes in cubes or cream</p> <p>34. Sour taste</p> <p>35. Everlasting</p> <p>36. Counselor</p> <p>37. Water carrier of South Asia (Var.)</p> <p>39. To treat with oxygen, or aerate (as with olive oil, e.g.)</p> <p>40. 2005 Phil Morrison film starring Amy Adams</p>	<p>41. Retired British soldier?</p> <p>42. Stringed instrument</p> <p>43. Excite</p> <p>47. Processed pelts</p> <p>48. Not suitable</p> <p>51. Golf league for kids in the Grand Canyon State</p> <p>52. The theme of this puzzle</p> <p>54. Email file extension</p>
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Summer Solstice

**BORDERLINE
FUNNY***Taking the edge
off of humor.*

The police were called to a residence to investigate a domestic disturbance, and found a woman holding a golf club standing over the battered and bloody, lifeless body of a man. They asked, "Is this your husband?" In a trembling voice she replied, "Yes." They asked, "Did you hit him with the golf club?" With tears in her eyes, she said, "Yes." "How many times did you hit him," they asked, and she said, "I don't know, five..... six.....seven times.....put me down for a five."

◇ ◇ ◇ ◇ ◇ ◇ ◇ ◇

A lady driving down the road in Arizona saw a Navajo Indian woman hitch-hiking, and picked her up, thinking it would be nice to have some company. As they drove along chit-chatting, she noticed the Indian woman kept glancing at a paper sack lying between them on the car seat, and said, "If you're wondering what's in the sack, it's a bottle of wine, I got it for my husband."

The Indian woman thought briefly, nodded a couple of times, and said, "Good trade!"

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**Words of wisdom
from BF:***There is no
substitute for the
absolute lack of
preparation.**Indecision is the key
to flexibility.**A little inaccuracy
sometimes saves a
ton of explanation.**You can't tell which
way the train went
by looking at the
tracks.**If you don't like the
News, then go out
and make some.***Wellness****Ask Your Neighborhood Health Counselor****Dear Jill,***This time every year my
allergies act up and I'm sick
of using over the counter
and prescribed allergy
medicine! Can you give
some suggestions to fight
allergies naturally?**Sincerely,**All stuffed up*

Dear All stuffed up,

You are certainly not alone in your quest for natural allergy relief. As a part of my health coaching practice I have paired up with a colleague Teri Hull of www.tgplate.com to conduct in home cooking and nutrition classes. These classes have been a huge hit and participants always rave about the food and their newfound knowledge in how to care for themselves.

This spring and early summer we are focusing on natural ways to ward off allergies. Read below for a brief summary of our top 5 tips. If you'd like more support or if you are interested in having us come to your home, just contact me at healthymuhm@gmail.com

C **l** **e** **a** **n** **u** **p** **y** **o** **u** **r**
diet: Increasing inflammation in the body contributes to the overall inflammatory-load. This cumulative load can give us symptoms such as allergies. Foods known



to increase inflammation in the body include dairy, corn, nightshade vegetables, citrus, sugars, alcohol, soda, food additives and colors, processed food and white flour.

Supplements for the Season: Two great options to incorporate into your daily routine are Stinging

Nettle (*Urtica dioica*) and Quercetin. Nettle has been shown to be effective as it stabilizes histamine and lowers that overall inflammation thereby reducing allergy symptoms. A capsule or tea can both be great ways to get your 300-700mg twice a day. Quercetin is another great anti-inflammatory supplement and is also an antioxidant. Take this daily supplement during allergy season at doses of 300-500mg three times daily. Other supplements like Vit C, Zinc and a B complex may help with combating allergies as well.

Neti your blues away: It is a good idea to use a neti pot daily for allergies. This simple procedure is an effective way to wash away dust, dirt and pollen and that gets trapped by the nasal mucosa. Porcelain neti pots made specifically for nasal wash are available at your local health food store. The Nasal Irrigator is a great alternative for

by Jill Muhm-Glover

kids.

Avoid high allergy counts: Keep an eye on the local forecast of pollen counts (<http://www.weather.com/outlook/health/allergies/weather/USOR0275>). Other tips to reduce pollen exposure include staying indoors on dry windy days and changing your clothes and showering after being outdoors on a pollen heavy day. Pollen counts are highest in the morning and lowest after a good rain.

Reduce allergens in the home: Keeping our exposure to allergens to a minimal level can be a great place to start combating seasonal allergies. This involves cleaning air filters (home, car cabin filters), keeping dust down in the home, utilizing a HEPA filter in the bedroom at night and in your vacuum cleaner. Change your sheets regularly and keep pets out of the bedroom too!

-Jill

I hope these tips help bring you some relief this year. For more information, please don't hesitate to contact me at healthymuhm@gmail.com!

Do you have a health or wellness question? Ask your neighborhood Health Coach by writing to healthymuhm@gmail.com.

**Health and Fitness Awareness Day
at Concordia University**

by Olivia Fisher

Hi, my name is Olivia Fisher. I am an Exercise and Sport Science major at Concordia University, I need your help! I am organizing a health and fitness awareness day for the local community. This event will be hosted at Concordia University on September 22nd 2012. My goal in organizing this event is to inform and educate the community how to live healthy lives. I am very passionate about exercise and nutrition, as it plays a large role in my own life. According to the CDC, one-third of U.S. adults and about 17% of children (2-19 years) are obese. Obesity is the second cause of preventable death in the United States. These numbers are shocking and alarming to say the least. In addition, 50% of healthcare costs are directly related to obesity and poor lifestyle choices. In organizing this event I hope to bring the community together and help to reverse these numbers.

If you are interested in having a booth or helping out at the event please contact me. Also, feel free to contact me if you would like more information regarding this event.

I am working to put together a 5k run/



**Olivia Fisher is organizing a
Wellness and Fitness Awareness
Day at Concordia University.
Photograph supplied by Olivia**

walk for the morning of the event. I plan on having nutritious food demonstrations, tips on exercise, a simple circuit class, massage therapists, wellness coaches, personal trainers, an opportunity for measurements/evaluations and anything else exercise/nutrition related that the community can benefit from!

Olivia Fisher (360) 909-0539

**Summertime
Sunday Morning
Neighborhood
Walks**

Summer and Sunday mornings go together like neighbors and walking – simple, easy, refreshing while connecting with neighbors. Grab your water bottle, slip on your walking shoes, bring the kids and meet us **10 a.m. @ Caffé Vita, 2909 NE Alberta St. (Bus #72) 2nd Sunday of each month, June (10th) – September (9th)**. Walks will be about 1.5 miles round-trip, easy to moderate pace, sun or rain.

Karen Wells, personal coach – horticulturist and community educator will lead the walks along NE Alberta and through our Concordia neighborhood. The Concordia Neighborhood Association's Wellness Committee sponsors this event.

For more information – contact Karen (phone or email) 503.288.6462,

karen.wells.pc@gmail.com

Northeast and North Portland Farmers Markets

King Portland Farmer's Market
Sundays May 6 - October 28th
10 a.m. - 2 p.m.
7th & Wygant between NE Alberta and NE Prescott
www.portlandfarmersmarket.org/markets/king/

Cully Community Market
Sundays June 3 - September 9th
10 a.m. - 2 p.m.
NE 42nd & Killingsworth
www.cullycommunitymarket.org

Woodlawn Farmer's Market
Wednesdays June - Sept/Oct?
3 - 7 p.m.
817 NE Madrona Street on the campus of Classic Foods
503 234-9387
www.wednesdaysinwoodlawn.org

Lloyd Farmer's Market
Tuesdays October - May
Thursdays June - September
10 a.m. - 2 p.m.
Oregon Square Courtyard 830 NE Pacific St
www.lloydfarmersmkt.net
10 vendors

Boise-Eliot Outdoor Markets
Tuesdays 3 - 7 p.m. mid July - early October
Saturdays 9 a.m. - 3 p.m. mid July - early October
Fremont St between N. Vancouver & N. Williams Ave

Kenton Farmer's Market
Fridays June 1 - September 28
3 - 7 p.m.
McClellan Street at Denver Ave
35 vendors

Interstate Farmer's Market
Wednesdays mid-May - end of September
3 - 7 p.m.
3550 N. Interstate Ave, across from Kaiser, just south of Overlook Park
www.localharvest.org/the-interstate-farmers-market-M11128

Hollywood Farmer's Market
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NE Hancock between 44th and 45th Avenues

Irvington Farmer's Market
Sundays End of May - End of October
10:30 a.m. - 2:30 p.m.
NE 16th and Broadway
22 vendors
www.irvingtonfarmersmarket.com

Making a Living From The Street

by Eric Tegethoff

It's midday outside of New Seasons and time to cash in for the handful of men with shopping carts full of cans and bottles from the neighborhood.



Tommy Hart and his four-wheeler on his collection route.
Photograph: Eric Tegethoff

Danny Garner, a soft-spoken man with a large beard the shades of a black and white photograph, has just deposited 144 into the recycling machine—the most you can deposit at a store in one day. The total amount he'll receive for his load? \$7.20. Then it's on to the Walgreen's across the parking lot from New Seasons, the Martin Luther King Safeway, and MLK's Walgreen's to do the same thing all over.

Maybe you've heard the large carts at night as the bottles clang and their owners, the collectors, move in slow processions down the streets, searching the yellow bins before recycling day. For Danny, who has been collecting for four years, a map of northeast Portland streets that need to be hit before the garbage truck arrives is nearly intuitive. He has to be fast and efficient if he wants to arrive at the profitable bins before the other collectors too, who search the same territory with—or against—him.

"I've seen knock-down drag-out fights in the street before," Danny says, though it seems as if he's only been a peaceful observer to these events. Collecting before recycling day is work that has no guarantees and could leave you empty-carted. This doesn't look like a problem for Danny though; he has cans bursting from all angles of his cart, stacked nearly to his chin.

His faithful carrier, which may not last longer than three days, also contains all of his personal possessions in large black garbage bags. That's because Danny is homeless. He goes on "runs" throughout most of the day collecting what he can and depositing them

along the way, usually left with enough to start depositing the next morning bright and early.

On a good day, Danny makes \$50-60. But if Danny's work keeps him barely clinging to a life preserver, Tommy Hart is living on a luxury liner made of bottles and cans.

Behind Tommy's dark eyes and black hat is over 25 years of experience in the collection business. He claims to make \$500-600 a day not only through street collecting—a part of the job that can send him walking all the way to Beaverton and Vancouver—but also through a system of trusted "customers".

Customers can be anyone from restaurants and bars to members of heavy-drinking households and it's easy to see why Tommy has so many. He's boisterous, maybe a bit of a troublemaker, with a friendly wave for everyone in the MLK Safeway parking lot.

Considering the 144 can limit per store, I have a hard time believing Tommy can make so much until I find the key to his claim: other people, such as family members, and even myself on a fateful Tuesday afternoon, take his receipts from the recycling center and cash in for him.

After bringing in his receipt—clearly an act of trust—Tommy already has a fresh new load in his cart and is ready to open up to me about his business. I ask how he would describe his job and he tells me he "works for the state of Oregon", though this is the loosest interpretation of state employment I can imagine. At the end of the day, which is usually the start of heavy collecting, it is really just Tommy Hart and his cart, moving nearly invisible with the other collectors through our streets, sometimes recognizable only by the slow rhythm of their bottles. ▲

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Concordia News' business manager, Katie Transeth with her daughter, Lily and husband, Justin enjoying Sunday Parkways.

Photograph: CNews

School's Out Working In The Garden

by Jennifer Kerns Robison

While attending the 2012 Vernon School Auction that our PTA sponsored in order to bring a music program to the school, I was the lucky "winner" of a month's worth of a garden share from the Vernon School Garden.

Our family is really looking forward to cooking and eating from our daughter's school garden!

The fact that Vernon has a school

garden at all is thanks to the significant efforts of the family of Gage Reeves and Sarah Canterbury. Gage and Sarah are parents of a child who attends Vernon; they have also been instrumental in building and managing the school garden. Gage is a middle-school science teacher at Vernon who, while completing his Masters Degree in Administration and Policy at Portland



Gage Reeves (center) and Sarah Canterbury with their children, Opal (left) and Lupine Reeves in the working garden at Vernon School.

Photographs this page: CNews

see the value of being outdoors, connect with nature and learn about health at its most basic level. As she said, "There is so much you can teach outside in a garden." Gage's 7th and 8th grade science classes, for example, have been doing soil analysis and monitoring how the cafeteria is transforming waste into compost. Students also harvest lettuce and spinach for the school cafeteria salad bar. Both Gage and Sarah see the garden continuing to play an important role in the school are happy to contribute positively to Vernon students' experience at school in creating this "flexible classroom."

Gage and Sarah also have a unique experience in that while they work at Vernon, they also have a kindergarten-aged daughter enrolled at the school. As community members interested in increasing

State University, wrote a thesis about how having a school garden might impact the school's "capture" rate of neighborhood children. Would families send their children to the neighborhood school if the exterior of the school was appealing? In other words: might they reconsider what they think happens inside a school if what was happening outside was different from that why expected of a Title I school with an economically and ethnically diverse student body? With much help from Vernon families, Hands On Portland, Home Depot and later, Growing Gardens, a garden was built! It has since been the pride of the school and an excellent opportunity for community building and enhanced curriculum development.



The garden's essential ingredient is the soil. This warm, wormy mess of compost builds the best soil.

Gage's spouse, Sarah, an avid gardener herself, has since taken over much of the work with the garden. Employed by "Sun School", an after school enrichment program, Sarah is the garden coordinator and garden educator. She works with teachers and helps them use the garden for a variety of educational projects. She also leads after school programs for children who learn some of the elements of gardening as well as learn to cook from the garden. I am proud to say that my daughter is a 3 year veteran of this after-school garden program. Sarah says that she loves watching children learning while outside, where they can

the "capture rate" of neighborhood families, I asked Sarah and Gage about their decision to send their child to Vernon. Sarah believed opting out of Vernon was not an option. For every child that does not go to their neighborhood school, money is taken away from that school and, especially for schools in lower income neighborhoods, it is a vote for inequality. As Gage said, "We live and play in this neighborhood" and want to make it better. Having their children feel invested and a part of this diverse neighborhood means committing to an important site of community: the neighborhood school. As Gage said so clearly: "I believe that your neighborhood is where you live and not where you travel to." If you are interested in learning more about Vernon or would like an opportunity to meet other Vernon families, feel free to come to our garden work parties that are held the second Saturday of every month from 9-12. The garden is located at NE 20th and Killingsworth. You may also contact Sarah if you have any materials or resources you would like to donate to the garden. scanterberry@hotmail.com We will be having these work parties all summer long, check it out and make a commitment to where you live. Visit our website: vernonowls.org

CONCORDIA PATIOS IN THE SUMMER— MORE THAN JUST A PRETTY CHAIR ON THE SIDEWALK.

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BINKS 2715 NE ALBERTA
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CANNON'S BBQ 5410 NE 33RD AV.
CHA BA THAI 3024 NE ALBERTA

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EXTRACTO 2921 NE KILLINGSWORTH

FUEL CAFÉ 1452 NE ALBERTA
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How Long Do You Plan on Doing That?

Nursing longer has advantages by Katie Transeth

I remember it clearly. I was sitting in a bathroom stall of a restaurant nursing my 13 month old daughter. Many of you might ask why was I in the bathroom nursing my daughter? Lily doesn't do well with the nursing coveralls and our table didn't offer the privacy I wanted. Sure enough, someone began knocking on the stall door to check my status. I said I was nursing and shortly thereafter we walked out to wash up. This lovely 70 ish British woman questioned the age of my daughter and followed up with a sudden, "Oh". What she didn't know was that I understood her astonishment. Don't get me wrong I have loved the special connection that breast feeding has given to my daughter and I. However despite all of the benefits there were to nursing longer than a year, especially for my daughter, I was starting to question it. My daughter is almost 15 months and if someone told me I would have exclusively breast fed her to this time, I would have said they were nuts. As a stay at home mom and the convenience of not having to use a bottle until my daughter thought it was so great that she would not even entertain a bottle. Through numerous attempts, I gave up and figured I would just wean her to a cup. This

has been successful with water but anything else, "No way mom, no!" So I have decided to continue nursing, but have been ambivalent. I reached out to my beehive of moms; many of them weaned from the breast because of either necessity or at the hands of mother nature, neither of which I was confronted with.

Shortly thereafter, I saw a link to the La Leche League. This was the same organization that supported women breast feeding in the beginning of motherhood and I hoped they would have some information for a nursing mother of a toddler. And there it was... meetings every First Tuesday of the month at 10:00 a.m. at the Kennedy School. Haaaaaaa!

I arrived at the meeting to a wide circle of chairs with toys in the middle for our little ones to play with. Lily and I found a seat and two lovely middle aged women like myself greeted me and other mothers as they walked in. Soon, the meeting began with introductions and each woman talking about how things were going with nursing their toddler. Some of the sharing was happy, others was stressed. I found that many of us were wanting to wean while others were content with nursing until their

child was ready to stop. We all have continued to nurse past babyhood for the health and wellbeing of our children.

No matter how I tried I still couldn't get that Brit's reaction out of my mind until one of the mothers chimed in. Someone had approached her and asked how much longer she planned to breast feed and she said, "oh probably 5 more minutes or so." We all laughed because at one point or another we have all been faced that question, even by strangers, about a very personal choice. In that moment I made up my mind. Lily and I are going to continue to wean with no specific end date but sometime soon. This gathering reinforced what I have discovered with parenting is that no matter what decisions you make there is always someone who will applaud you and the others who will criticize you.



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What makes a difference is having conviction in your parenting which might be tough at times, but well worth it in the end. ▲

Cully Community Market in June

by Amanda Romero

Cully Community Market is gearing up for a fantastic summer. Starting June 3rd we'll be at the PCC Workforce Training Center at NE 42nd Ave. and Killingsworth, Sundays, 10 a.m.-2 p.m. We've got more than twenty vendors selling everything from amazing fruits and veggies to Columbia River salmon, beautiful blooms, goats milk soap, super local honey products, and more!

We've also got lots of workshops, kids' activities, and cultural performances planned through out the summer.

June Market Day themes are

6/3 "Get Your Garden Growing," Kids of all ages will enjoy the USWC Taekwondo demo

6/10 "Market Kick-off Special Event,"

6/17 "Food Security," and Oregon Food Bank Learning Garden seedling take-home

6/24 "Fabulous Fruit." cooking class from The Merry Kitchen

New this year -weekly raffles! In June we'll raffle loads of compost -including delivery- donated by Recology; a complete bike tune-up donated by the Missing Link bike shop and other great prizes.

As always, there will be toe-tapping



music, delicious treats and space for you to sell your produce and crafts at the Community Table.

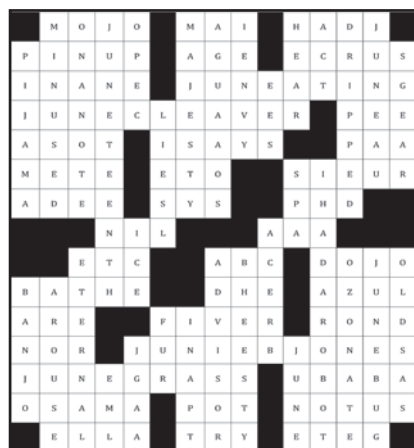
We accept SNAP and thanks to New Seasons Market, we'll match the first \$5 in SNAP/ Oregon Trail purchases.

We need volunteers, raffle prizes, and performers- get tapped in and make this your market!

www.cullycommunitymarket.org

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Restaurant Spotlight – del Inti

del Inti – Peruvian Flavors in Local Ambiance

2315 NE Alberta St.

503 288-8191

www.delinti.com

An interview with the Executive Chef Ignacio del Solar

What early experience led you into the food business?

It probably was being at home seeing my mom and being interested in what she had going on the stove. My passion is for food, cooking and having a good time while I'm doing it.

As stressful as it going into business, the difference between working for somebody and owning a restaurant is much different. At the end of the day I go to bed with a cookbook in my hand and waking up with it still there. The passion is still there.

I buy the beer and close the door at the end of the night. I am here from 9 in the morning to midnight. That is the stressful part.

I went to culinary school in Peru in the late nineties. I went to college for business administration. After that I was completely lost and I ended up in culinary school, maybe to fulfill my parents' expectation of a graduation paper.

I worked at Andina for three months. It was not my thing. Our goal was to start our own restaurant [with his wife Erin] at the time I was more into finding a job and working for somebody. That is why I moved from San Francisco to here. I wanted to move up in my career.

Then you discovered this is what you really wanted to do?

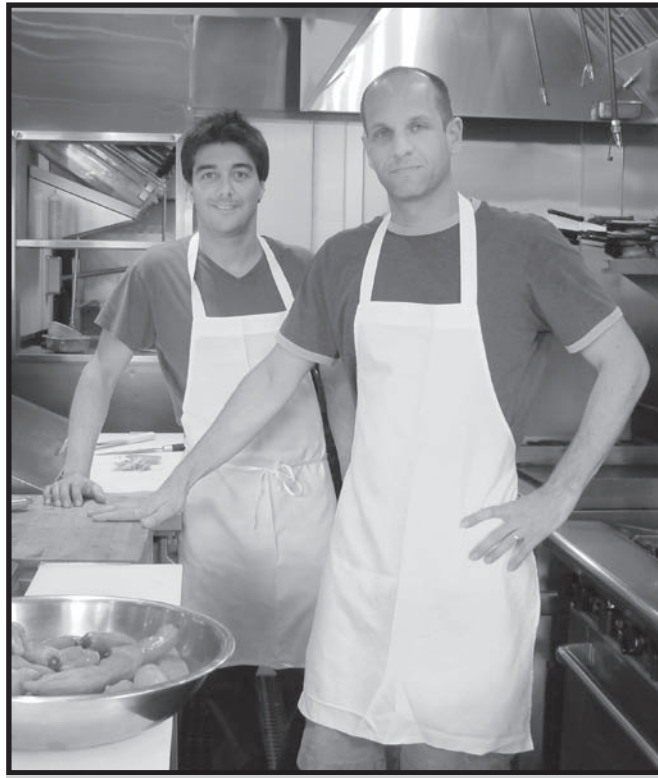
When I went into culinary school, I had decided that was what I was going to do. And at least I would give it a real shot – more than working at a bank.

When you were planning the opening of this restaurant did you have traditional style in mind or has it evolved?

It definitely evolved a lot. In the beginning it was Peru, Peru, Peru. I am from Peru and know those flavors very well. But Peruvian food is more traditional. If you talk to a Peruvian they will tell you that is the best food in the world. But as a chef or artist, you are not going to be repeating recipes that have been around for 500 years. We do have some of the Peruvian staples, so when Peruvians

come here they have something familiar. In the beginning there were more traditional dishes on the menus.

Right now, it is "Peruvian style" which allows me a lot of room to create.



Executive Chef Ignacio del Solar (right) with friend and assistant Chef, José Luis de Cossio.

Photographs this page: Cnews

Is it hard to get some of the traditional ingredients?

There are a lot I can get locally. Some that are not grown here, I bring from Peru.

In traditional food you find rice, tomatoes, onions, garlic, all ingredients that you find at the farmers market. The way they are presented and the flavors, that is what makes it different. I want to bring those flavors and ingredients and marry Peruvian with what I find locally. I have learned to use ingredients found where ever I have worked.

I get along with my purveyors, local farmers or wild game providers. They bring many kinds of produce to my door. But most of what I get is by driving around to find the ingredients I want.

In the morning I take my daughter to school, get the beer and have about four hours before we open to shop and then I change the menu for the evening.

In these four years I have grown so much and career – wise I have learned a lot, I am looking forward to my next business. I am looking much more ahead than the menu I present here.

We've been in business, here, for four years and two months.

What has come up in those four years that has sparked your creativity?

The neighborhood where I am, that is what sparks my creativity the most. It helps the quality of your life doing what you like.

Customers come in with special requests. I was not used that in California.

Here I have a twenty item menu, nine vegetarian options, pretty much everything is gluten-free. There are many dietary restriction and food allergies these days.

If you don't like garlic or butter or cream. We can accommodate. My menu is directed to the neighborhood more than other restaurants. They write a menu and that is what you get. I try to give them what they want.

Everybody wants to know what I cook. A chef's dream is to have customers wanting what I have prepared and present for them. I always want to create a great dish.

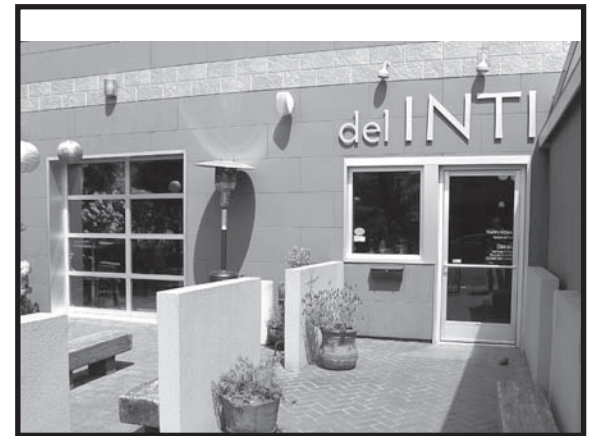
Describe the flavors of Peruvian food.

Bold flavors, nothing's going to be subtle. Not bland at all. The flavors are there for the discovering. I like to use three or four ingredients. Like the Sturgeon we are serving tonight, you will taste the fish or the fresh peas that are in season. The sauces the same, three or four ingredients. We buy more expensive ingredients so you can really taste them.

How far ahead do you plan for the harvest?

I don't plan too far ahead. I like to see what is available and fresh and make my menu from what I find. While I am shopping, I am creating for the day.

In two more weeks the weather will be warmer and more food will be available. Soon we will have more mushrooms, asparagus, wild watercress. What ever is fresh, I will use in a couple of menu items. After a Saturday night the cooler will be pretty much empty. Which is good.



Enjoy sitting around the fire pit while dining in the patio at del Inti.

Which ingredients come from Peru?

All of the Chilies are imported. In the fall there are some local farmers that will have similar chilies. But it changes every year.

Is your family involved?

My wife and I work here and sometimes my father-in-law will work the door. He has had a lot of experience; he gives me good advice that really helps.

I am here all of the time, if I can't find the right people, I'd rather do it myself. My main assistant is a friend of mine, a friendship, not somebody I just know. We grew up in Peru and met up again here in Portland. He was working at Paley's Place.

With all of the restaurants on the street; you're the only one with a Peruvian style.

There is nobody else doing the same kind of thing on the street. But because of that we are more of a special occasion restaurant.

We give you a good experience and you come back. We have several regulars. Word of mouth and good food.

We may only have two or three reservations, but end up with a full house. That is why I only buy for a couple of days, or just for that day. And I improvise. You want something special, most of the time I am easy. So my answer, most of the time, is yes.

My menu changes all of the time. Some restaurants, 90% of their menu doesn't change. That makes me cringe.

I don't want to repeat recipes, but I want to include all of the flavors that remind you of traditional Peruvian dishes. The ingredients I find dictate the style for that day.

When did you recognize that you had this talent for being artistic with food?

Probably when I was in California working for a real chef and real customers, I realized – I could do this.

Spotlight on the Art

Guardino Gallery – 15th Year on Alberta Street

2939 NE Alberta St
www.guardinogallery.com

An interview with Donna Guardino

With less than ideal conditions on Alberta St. fifteen years ago, were people saying, “What are you thinking?”

Fifteen years ago when we were looking for a building to buy. We fell in love with the intimacy of Alberta St. It was so small that I could stand on one side of the street and be talking with someone on the other side. The boarded-up buildings offered the idea that anything could happen. There was a lot of small business potential.

The first thing we [with husband Sal] did was take the bars off the doors and windows. People came in and said, “You’re crazy.” But it’s all in the attitude. Are you going to live with the bars on or not.

There just seemed to be so much potential here. We lived in Sonoma when it was called Slow-noma. Changes happen.

We came up from the Bay Area, but wound up in the Mid-Willamette Valley. After a while we hungered for an urban environment. I remember thinking, when we were looking on Alberta, “I feel comfortable here.”

We liked the look of the street. We liked the artists. Plus, we fell in love with the building. We had a living space, tenants, a gallery and studio spaces.

We did start as a studio with classes. We had paper making facilities and an etching press. We tried to get by on teaching. That’s when we found out that many people didn’t want to come up to Alberta St. All of my years as a printmaker caused some health problems and I started concentrating on selling art, which I discovered that I really liked to do.

Last Thursday started because it was hinted that we should do First Thursday. Well, we weren’t going to see people who were going to First Thursday [in the Pearl District] then coming up here. Jill, who opened Videorama across the street [where Bar Lolo is now] and Judy Moonbeam, who was next door, suggested Last Thursday. It seemed to fit better—an alternative art walk.

Between those of us at this end on 30th and Rosalyn Hill [Shades of Color Gallery] at the other end of Alberta St. we printed the first maps and started out with about seven participants. Between Jill and I we called and begged every month, “Are you hanging a show? Will you be in the map?” We somehow published

the map and kept the event going. Every month since May 1997.

Immediately before the first Last Thursday, a TV station newscaster called Alberta Street “the most killing street in Portland.” But some of the journalists saw the potential. Joe Fitzgibbons from the Oregonian wrote the first story that showed what we are doing. Then people started to



Artist, artists’ friend and gallery owner, still smiling after 15 years on Alberta Street.

Photograph: CNews

get the buzz of what was happening on Alberta.

Where did you first see the business side of a gallery?

When I live in Sonoma, my husband and some others set up a non-profit arts organization. I ran the gallery and was paid to re-arrange the shop every month; learning how to hang art quickly and handling the gallery business. I also realized that art by committee is hard work.

One of the reasons I feel good about what I do is I have been on the other side as an artist looking for galleries to show my art.

In the beginning, how did you find the artists?

It was hard not being from Portland and not knowing the art community here. I started with a lot of group shows and got to know artists from Portland. An example of this: I had a show, the Y2K Bug show. One of the artists was going to mail her work, but it never showed up and it was just days before

the opening. I knew Kim Hamblin, who said she could come up with something quickly. Within three days she had enough for the show and I have represented her ever since.

I look at artists’ work during the summer months. All any artist has to do is call me and we will set up an appointment look at the work. Then in September, I set my whole next year’s schedule.

When I was in the Bay Area, I was on juries and learned from experience how to look for quality and high craft. The best thing that happened to me when I was starting out was the lesson I learned from the Mill Valley Art Show. I really wanted to do that show, but I was turned down. The next year they asked me to be a juror for the show. It opened my eyes and made it easier to accept being rejected by understanding the process.

In addition to their art, how much do you expect the artist to bring a show?

They get a contract and a time line: a resume, statement, and photographs by a certain day. And, of course, show up for the opening. I manage the website, Facebook advertising, PR, graphic layout, show cards, email invitations, hang the show, labels and, of course, am here everyday.

How do you choose the art?

It doesn’t bother me if someone doesn’t have a large resume. If I see potential and I respond to the work I will try to fit them in. If I see the spark and I think it would make a good show then I go for it.

Every gallery has its own view or look. I don’t think people should buy art for investment. I want to present a wide variety of work, not only in medium, but also in price.

As far as how to run a gallery, we are still in business. We must be doing something right. The longer I am in the business, the more realize that there is no formula for success. You just do the best you can. I don’t always look at art and say, “...that is what is going to sell.” I feel that my top priority should be to present the best shows I can.

You have been an artist for your entire life. What got you started?

Though I was raised by “non-artistic” parents, they were very encouraging. I lived next to my grandparents and that is where I was exposed to art and craft. My grandfather painted and my grandmother was a hand-crafter.

When I went to college I had no intention of majoring in art, but was drawn to it anyway. It has always been a passion and love for me.

In the business of artwork, you have to love the process. I like seeing an artist that is consumed by the process. It is day after day, step-by-step process of working with the medium that creates the passion for art. Creating in my studio was one of the few times when I felt I had total control over my life. I am the one making the decision. That is when the creativity comes.

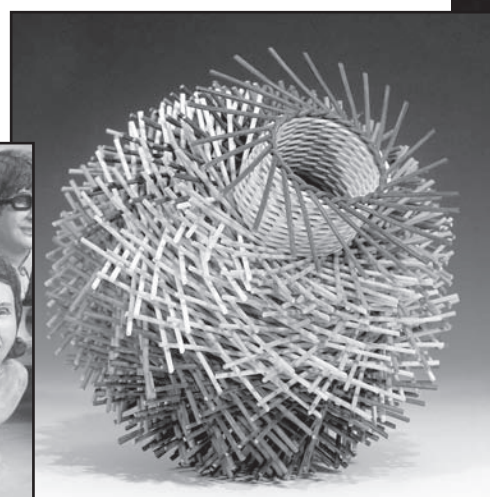
You have had a big influence on Alberta Street.

My priority on this street has been to help the gallery and the street grow. I have been involved in its first Street Fairs, creating the non-profit Art on Alberta, creating events, writing grants for events, banners, etc. We believed that this had to be a community that holds together to survive. The street is growing up and filling in. It has become more than I ever imagined.

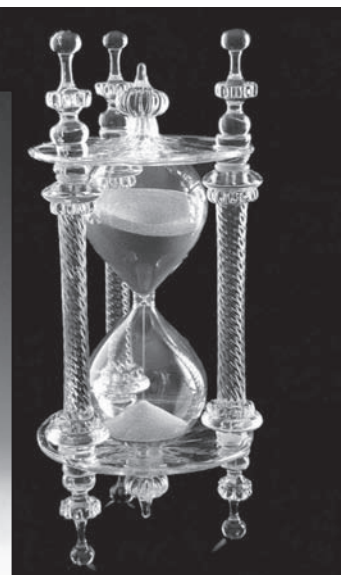
Artists (and, I may add, Gallery owners) don’t go into the arts because it’s a lucrative business, far from it. It becomes a passion and the most rewarding thing I can think of doing.



Marilyn Lysohir, her high school graduation in ceramic, 2006



Basket, Kari Lonning, 2009



Andy Paiko, blown glass hourglass 2007

Photos supplied by Guardino Gallery



ALBERTA ROSE THEATRE

GREAT FOOD · MUSIC · BEER & WINE
JUNE 2012

6/1 LIVE WIRE!
with Ted Rall & Lizz Winstead

6/2 LIZZ WINSTEAD
Co-creator of The Daily Show
"LIZZ FREE OR DIE"

6/3 "My Grandmother"
Classic silent film with
Live soundtrack
By the Beth Custer Ensemble

6/5 Led Kaapana
HAWAIIAN SLACK KEY GUITAR MASTER
& FRAN GUIDRY

6/6 HEIDI HAPPY
GOOD NIGHT BILLYGOAT
NICK JAINA

6/8 trippin the 60s
BARRY MCGUIRE & JOHN YORK

6/9 Afton Presents:
Lion and the Mouse,
Filt Machine & Guests

6/10 SUPERTRAMP Guitarist
Carl Verheyen Band
Cameron Morgan

6/15 SIREN NATION PRESENTS:
The 7th Annual
Dolly Parton
Hoot Night

6/16 Big Time Burlesque
Exotic Summer
Adventure

6/20 Muriel Anderson
John Doan
A Harp-Guitar
Concert

6/21 Portland Youth Jazz Orchestra
Funk 'n' Groove Workshop Band
The Heavy Brothers

6/22 Laughter is the Best Medicine
COMEDY VARIETY SHOW FOR THE
ALZHEIMER'S ASSOCIATION

6/23 MARTIN ZARZAR
OF PINK MARTINI
CD RELEASE
CONCERT

6/28 LAST THURSDAY SHOW!
Swing Time Variety
Tom Waits Tribute

6/29 & 30 NIGHT FLIGHT AERIAL
"LA LUNA"

ALBERTAROSETHEATRE.COM
(503) 764-4131
3000 NE ALBERTA

ANDEO, a Portland-based non-profit, is looking for neighborhood families to host a student from France, Spain, Germany, Japan, or China for a few weeks this summer. Learn about another culture, share your own, make a new friend, and create some fun summer memories together! For more information, check out ANDEO's website at www.andeo.org 503 274-1776.



www.guardinogallery.com

May 31-June 26

Opening Reception: Last Thursday, May 31, 6-9 p.m.

2939 Alberta St. 503 281-9048

MAIN GALLERY - Cathie Joy Young works in acrylic on wood panels. Within her structured composition, of texture and color, she creates symbolic figures and spaces interacting with, and observing each other.

Lisa Kaser's art in this show will feature her sculptural work. Her mixed media sculptures are narrative in nature, exploring humor, relationship, and character creation.

FEATURE AREA - Father and daughter, Jim Willis and Shannon Willis team up to show together. **Jim Willis** creates abstract sculptures made from stone or fine hardwood, with accents of copper. His works combine a primitive spirituality with a commanding interaction with their environment.

Shannon Willis creates vibrant and exciting multilayered abstract paintings that are the result of many hours texturing and glazing. Shannon uses a unique technique that results in highly textured intricate surfaces

Englewood Christian Church 3515 NE Killingsworth St is sponsoring a **COMMUNITY FOOD DRIVE** A tough economy and high unemployment have pushed demand for emergency food to record levels. **Saturday June 30, 9 a.m. - 2 p.m.**

Please bring your food donations and drop them at the church parking lot on corner of NE Killingsworth St and NE 35th Avenue. Enter off Killingsworth St and drive through parking lot to drop off your food donations which will be donated to the Oregon Food Bank. For information call the church office **503-287-1241.**



www.portlandfruit.org

Volunteer opportunity: Become a 2012 Tree Scout!

As a Tree Scout volunteer, you will help to identify fruit trees in your neighborhood whose fruit might otherwise go to waste. Tree scouts serve as a vital liaison between PFTP and tree owners, helping us to connect with people that want to share their bounty with the community. You can expect to spend approximately two hours per week on this volunteer position, which begins June 23rd and ends October 30th, 2012.



www.talismangallery.com

1476 NE Alberta Street

May 31 - June 24

Artists Reception - Last Thursday, May 31st, 5:30-9:00 p.m.

Talisman Gallery -located in Portland's lively Alberta Arts District- is pleased to announce the upcoming show of three of its artist members - Cibyl Kavan, Robert Shepard and Philip Barasch.

Cibyl Kavan is exhibiting an installation and interactive titled "Indra's Net", which is a Hindu/Buddhist based conceptual framework for the interconnectedness of all of life.

Robert Shepard is an abstract artist interested in the relationship between harmony and tension. This latest group of paintings has become more reductive while maintaining visual resonance.

Philip Barasch primarily works within the medium of the graphic novel. He will display the original hand painted panels for his third issue of the ongoing series, "Hand Hewn".



www.sixdaysart.com

2724 NE Alberta

Tuesday-Saturday noon-8 p.m.,

Sundays noon-6 p.m.

We invite you to join us for our opening featuring our findings of: "The Carrot Test", an interactive performance in our front window during the month of May.

Six Days artists will be on hand to help you choose the perfect artwork for your wall.

Walk, shop, have some good food.
See a show, buy some art.
No driving required.
It's summer in your neighborhood,
enjoy it!



5736 N.E. 33rd Ave. · Portland
(503) 249-3983 · mcmenamins.com

Thursday, June 7

Amy LaVere

as part of **GREAT NORTHWEST MUSIC TOUR**
Atmospheric Country
7 p.m. · Free · All ages welcome
Come early for an outdoor BBQ
6 p.m.

Tuesday, June 12

RACE TALKS:

An Opportunity for Dialogue
Why Are There So Few
Black People in Oregon?
7 p.m. · Free · All ages welcome

Thursday, June 14

Friends and Family Night

Half the night's sales to benefit
Good In The Hood
It's all for a good cause.
Courtyard Restaurant
5 p.m. 'til close · All ages 'til 10 p.m.

Thursday, June 21

McDougall

Americana folk rock
7 p.m. · Free · All ages welcome
Come early for an outdoor BBQ
6 p.m.

Monday, June 25

HISTORY PUB MONDAY
TRUDY'S STORY:

The Remarkable Career of One of
Oregon's First Registered Nurses of Color
7 p.m. · Free · All ages welcome

Thursday, June 28

MURIEL STANTON BAND

Soulful rock
7 p.m. · Free · All ages welcome
Come early for an outdoor BBQ
6 p.m.

Friday, June 29

DON Q
RUM DINNER

Enjoy a selection of Don Q rums,
a Puerto Rican legacy since the
mid-1860s with many awards
beneath its belt. We'll pair the
selection with a carefully
curated summertime menu.
7 p.m. · \$60; reservations required
21 & over



Now serving an extensive selection
of international rums, a full menu,
including island-inspired specials
and reggae!
No minors after 10 p.m.