



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

visit the website: concordiapdx.org

August 2012

How Did This Happen?

An interview with Peter Zuckerman

Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day is a new book by Peter Zuckerman of Northeast Portland. The book has received rave reviews from the Wall Street Journal and the Boston Globe and is a bestseller in the Pacific Northwest. The book launch at Powell's books sold out the store.

Buried in the Sky tells a true adventure story about one of the most dramatic disasters in alpine history, the 2008 tragedy on K2, a mountain that's considered the most dangerous peak in the world. The story is told through the eyes of the Sherpas, who have been the anonymous experts of climbing for as long as mountaineers have been climbing the Himalaya. I met up with Peter and spoke with him about the book, about writing and about living in northeast Portland. -Editor

Your talk at Powell's was so compelling that even if I didn't know you, I would have read the book. I also read all of the extra stuff -- the introduction, the endnotes and the research notes.

You read all of the endnotes? I didn't think anyone would do that.

The research took two years. We took seven trips to Nepal, three to Pakistan, and also went to Serbia, Spain, Switzerland – about a dozen countries in all. We did in-person with more than 200 people. We also relied on more than 1,000 photos and videos.

I live in Concordia, and a lot of the writing was fueled by caffeine from the Extracto. Many of the research books came from the Killingsworth branch of the Library. The librarians were awesome.

After all of the research you did, the story is fresh –bang– nothing muddled. It puts you right on the mountain. Falling. freezing. grabbing for ropes. There must be many books to be written

just on how you got the information.

I'm not sure it was smart for a gay, Jewish American to be trekking through remote, Taliban-infested regions of northern Pakistan that are off limits to journalists and that the U.S. embassy had warned me to stay away from because of the terrorist threat.

In Nepal, some of the Sherpa villages are so remote that you cannot find them on maps, except the ones in this book. To get to them from the nearest airstrip and jeep track, it takes 10 to 14 days of backpacking along paths too steep for beasts of burden to navigate. The villages are isolated enough that they have their own dialects that are so different they are often considered separate languages.

How did you deal with personal hygiene when you were researching?

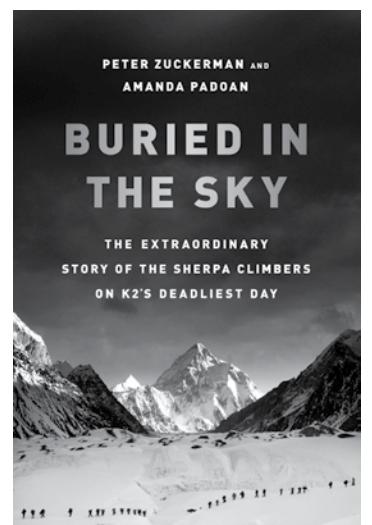
The river water is freezing – just melted off of the glaciers – so I didn't wash myself that often when trekking around Nepal and Pakistan. I didn't feel like I needed to be a great example of cleanliness because no one was taking a bath every day and I was outside most the time, so it is not as noticeable.

Concordia author, Peter Zuckerman at home with his book cabinet.

Photograph: CNews



Inside	
Columbia Blvd.	N S
NE 22nd Ave.	
Northwest District	
N.E. Killingsworth	
Southwest District	
NE 33rd Ave.	
East District	
NE 42nd Ave.	
N.E. Alberta Ct.	
Take a walk	pg. 4
Alberta St Fair	pg. 5
National Night Out	pg. 7
42nd Ave. St. Fair	pg. 9
Vita Cafe	pg. 10



And half the time I was ill with food poisoning, altitude sickness, a disease of some sort, so I was more concerned with staying alive.

Your cousin, co-author Amanda Padoan, brought this story to your attention, asking if you would help her determine whether one her Sherpa friends had been killed in this accident.

The disaster was the top story in thousands of newspapers and TV shows, but the reporting about the high-altitude workers was so vague that Amanda couldn't tell whether her friend had lived or died. She asked me to help her find out.

Continue reading in the Artist Spotlight –page 11...

Help Make Concordia Waterwise -Water Gauge Kits

Did you know water usage in the Portland Metro area can more than double and even triple during the summer months? We Oregonians work hard to keep our lawns and gardens green in hot and dry weather. Many of us have heard the advice to water our lawn about an inch a week –and more during hotter weather-- but few of us actually know what that means. Many people actually over water their lawns.

To help residents wise up about their water usage, the Regional Water Providers Consortium (RWPC) is offering a free outdoor watering

gauge kit to anyone in the RWPC service territory before - August 10.

The watering gauge takes the guesswork out of watering.

To receive a free watering gauge kit, call 503-823-7528 or email RWPCinfo@portlandoregon.gov (please include your mailing address, water provider name and how you heard about the offer).

Water lawns and gardens early in the morning before 10 a.m. or in the evening after 6 p.m. when temperatures are cooler and evaporation is minimized.

Adjust sprinklers so they water your lawn and garden –not the street.

Water in several short sessions rather than one long session to allow for better absorption and to prevent runoff.

Adjust your mower to a higher setting. A taller lawn helps retain soil moisture, so your lawn requires less water.

Add a shut-off nozzle to your garden hose and save about 5-7 gallons of water each minute your hose is on.

www.conserveh2o.org

Get the latest updates at concordiapdx.org

August's Neighborhood Meetings

General Meeting

THE NEXT GENERAL MEETING IS NATIONAL NIGHT OUT, AUGUST 7 AT FERNHILL PARK

Board Meeting

TUES. AUG. 14, AT 7 P.M.
Kennedy School, Community Room.
Next Board mtg:
September 11, 7 p.m.

Wellness

WED. AUG. 8, AT 7 P.M.
Caffé Vita, 2909 NE Alberta St.
Next Wellness mtg.:
September 5, 7 p.m.

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

Land Use, Livability and Transportation Committee

TUE. AUG. 21, AT 7 P.M.

Kennedy School, Community Room

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

Next Land Use mtg.:
September 18, 7 p.m.

Tree Team Meeting

AUG. 2, 6 P.M.

The New Seasons Dining area

Next Tree Team mtg: Sept 6th, 6 p.m.

Finance Committee

A new committee, meeting schedule will be announced.

Chair's Corner

Three Open CNA Board Seats

by Belinda Clark CNA Co-Chair

Summer has finally arrived, and with this publication I'm hoping it is still in full swing. As a good way to take advantage of being outside, please join us to celebrate National Night Out at Fernhill Park with live music and fun on Tuesday, August 7th. The social committee of our neighborhood association does all the fundraising, and coordination to bring the Friday night concerts in July as well as National Night Out together every year. Please plan to stop by the CNA table to say thanks, support our sponsors, and make a contribution for next year's concert series. This is the last big social event we sponsor until our holiday party in December.

For various reasons, we have had several resignations recently on the board including mine. Being a member can be a rewarding experience, and I'm very happy to have met worked with the people on this board, and in committees. I've met new people in our community, and learned things about how the city and bureaus work that I couldn't

have learned anywhere else. I intend to stay active in the community, and on the CNA Land Use committee, but not in a leadership role on the board.

Are you interested in becoming more involved in your neighborhood? We have 3 open board positions; 2 of which expire at the end of this year, and the other expires in Dec 2013. If you have an interest in filling one of these positions, please attend our next board meeting on the 2nd Tuesday of the month (August 14) at 7:00PM in the community room of McMenamins Kennedy School or contact cnaboard@yahoo.com, and mention CNA board opening in the subject line.

There is no fee to become a member of the Neighborhood Association. You automatically become a member by residing owning a business within our neighborhood boundaries. Please consider becoming more involved in your neighborhood by joining the board, attending a meeting, or one of our many committees. Together we can do good work in the neighborhood!

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?

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

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

The University won't contact you for any other reason. You may add or delete your name at any time.



In June, Commissioner Randy Leonard announced the selection of Fire Marshall Erin Janssens, the highest-ranking woman at Portland Fire and Rescue, to become Portland's first female fire chief. A Portland-area native, Janssens joined the Fire Bureau in 1988. This bureau now has 757 employees and responded to 68,000 emergency incidents in 2010.

CNA 2012 Board Members

Robert Bowles	At Large	Treasurer
Bart Church	SW 1	Secretary
vacant	SW 1	Co-chair
Clifford Dimoff	At Large	
Jason Hagan	At Large	
Isham "Ike" Harris	NW 1	
Jeff Hilber	NW 2	CNews editor
Robin Johnson		Chair
Bill Leissner	At Large	
Truls Neal	At Large	
Bob Pallesen	East 1	Web Master
vacant	East 2	
Katie Ugolini	At Large	Social Comm.
Paul Wilkins	At Large	
If you wish to contact any Board member, put their name in the subject line and email to: contactcnaboard@yahoo.com		

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
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Livability Chair
vacant

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.

Visit the website of the Concordia Neighborhood Association



www.concordiapdx.org

Rent the Neighborhood Community Room

The Concordia Neighborhood Association rents the Kennedy School Community Room to non-profit organizations for \$15/hour. All others for \$25/hour

cnaroomkennedy@gmail.com

Need Neighborhood Association help?
contactcnaboard
@yahoo.com

Dear Editor,

I moved into Concordia recently; one block away from Fernhill Park. I love that there are concerts, but I ran into an issue with parking. I have parking in front of my house, a large van and a very small driveway. Most of the time I park on the street so I can easily get into my van. However this time my daughter was visiting. I had to leave before the concert and she was not here either. I put out two garbage cans in my parking space on the street so that we could have parking when we returned. Unfortunately, someone took it upon themselves to remove the cans and park.

When I got home I had no parking in front of my home. I let my daughter park in front of my driveway, then sat outside to make sure she did not get a ticket for parking in front of my driveway.

I am not sure how to keep at least one parking spot for my use during concert. Is it legal to spray paint a no parking resident only? Was this just a case of a rude driver?

If you know of a solution let me know; I would love to know what I should do. -A Reader

Dear Reader,

The concept is simple; the solution is complicated.

The city simply says that the streets are open to the general public for parking. They will not enforce, nor authorize you to enforce, a "saved" spot on the street (except handicapped zones). In the city's eyes, a person has the right to relocate the trash bins if they are parking their vehicle legally.

You are right about the driveway apron. Even if it is your car across the apron to your own driveway, the city will not allow parking that blocks it or blocks the sidewalk.

There are many popular community events through out the year that allow pedestrians and bicyclists to enjoy the event by completely closing the streets to vehicles, parked or otherwise, and seasonally, there is a lot of parking pressure around the parks for all sorts of events and athletics.

Balancing the community-building nature of the Concordia neighborhood with 100% convenience for vehicles is the complicated part; it's a bit of give and take on both sides. Most events in the park, like the summer concerts, are over by 8:30 p.m. due to Parks and Recreation regulations; they monitor and administer City park events.

Thanks for writing in.

-Editor

New Artwork For Alberta

by Kristin Calhoun

Regional Arts and Culture Council

A new sculpture is coming to NE Alberta Street in August. Artists Ruth Greenberg and Dave Laubenthal conceived of the sculpture to "mirror the ebullient, raw and wonderful nature and our relationship to it."



Artist Dave Laubenthal using a cold chisel and hammer to facet the substrate for the mosaic tile installation on the beaver sculpture coming to Alberta St.

Many different species of animals inhabited and thrived in this area before it was settled as the Portland we know. One of the abundant animals was the beaver. The artist team says, "With so much regional history and lore, we chose this remarkable animal to represent our reverence and respect for the resilient, beautiful and abundantly generous natural world that remains intertwined with our human development. Our rendition of the beaver is intended to show the beaver in its innate majesty, grace, wildness and dignity. It is an homage – a reverent depiction of a magnificent animal."

The beaver sculpture, as yet unnamed, will gaze eastward from its perch at

NE Alberta and 18th Ave., facing the rising sun, looking for a new day when humans and nature harmonize. Its pose is dignified and

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Friday evenings in Fernhill park, the neighborhood enjoys the Summer Concert Series

Photograph: CNews

from the Albina Branch will lead songs and stories for young children. For more information, please call 503-493-6532.

Berta and Elmer Hader Art Exhibition – Aug.-Sept.

In the Concordia George R. White Library and Learning Center: the Berta and Elmer Hader traveling exhibit. Berta and Elmer Hader's prolific art careers spanned four decades and produced captivating art in a wide variety of styles and subject matter.

Concordia University Hosts Free Community Events in August

Concordia University invites the public to attend the following community events:

All events are free and open to the public and will take place on the Concordia University campus, 2811 NE Holman Street in Portland, Ore. unless otherwise noted.

Concordia Alumni Soccer Games – Sat. Aug. 11, 12-4:30 p.m.

Dust off your boots and shinnies and relive your glory days as a Concordia University soccer player. Join your former teammates in this free annual tradition in front of your friends, family and former teammates! The event will be held at Concordia's Hilken Community Stadium. There will be a women's game at 12 p.m., men's game at 2:30 p.m., and a barbecue on the Campus Green at 4:30 p.m. RSVP or call 503-493-6579.

SummerFest Opera in the Park: Die Fledermaus – Sat., Aug. 11, 6 p.m.

Join us to celebrate our 10th Anniversary of Portland SummerFest Opera in the Park! Die Fledermaus, by Johann Strauss, is a sparkling comedy perfect for a summer night. Metropolitan opera singers Emily Pulley and Richard Zeller headline as Rosalinda and Dr. Falke. Feel free to bring the whole family and a picnic for this evening of music on Concordia's Campus Green.

Summer Story Time – Tues., Aug. 14, 10-11 a.m.

Multnomah County Library and Concordia University bring Summer Story Time to NE Portland neighborhoods. A children's librarian

Land Use - Livability - Transportation

Deeply Flawed Process Leads To Federal Litigation Over Columbia River Crossing Mega-Project

Today, three groups – Coalition for a Livable Future, Northeast Coalition of Neighborhoods, and Northwest Environmental Defense Center – are filing litigation challenging the Columbia River Crossing Mega-Project.

The organizations are joining together to sue the federal agencies responsible for the CRC mega-project because they have not followed the environmental laws designed to ensure that development is safe for people and the environment. Their legal claims are based on concerns that the most expensive public works project in the region's history has failed to consider even a basic analysis of key environmental issues.

"This project would harm our neighborhoods. It would significantly increase air pollution, funnel traffic into North and Northeast Portland, and lead to poorly planned sprawl. Our community needs smart transportation options so we don't have to drive so much and travel so far." - Steve Cole, Northeast Coalition of Neighborhoods

The claims are under the National Environmental Policy Act, which requires the government to study the health and environmental impacts of major projects, and the Endangered Species Act, which requires the government to ensure that massive projects in the river don't destroy

endangered salmon. The groups are represented by the Pacific Environmental Advocacy Center at Lewis and Clark Law School. The defendants are the Federal Highway Administration and Federal Transit Administration.

"This litigation is fundamentally about protecting our environment and our region. The CRC project is hugely expensive and deeply ill-considered. They have already spent \$140 million in taxpayer dollars, and still haven't created a sustainable, affordable project. We deserve better leadership that will go back and do it right," said Tom Buchele, Managing Attorney for the Pacific Environmental Advocacy Center at Lewis and Clark Law School.

Issues in the case include the CRC's failure to include a reasonable range of alternatives, instead creating a false choice between two extremes. The litigation also discusses the highway department's failure to properly analyze air pollution, disclose the health impacts, and disclose the impact of additional traffic lanes on air and water resources, ecosystems and greenhouse gas emissions. They also repeatedly designed a public process

that failed to include real public input. "We want to see a less costly and more well-crafted solution to improve traffic reliability, create jobs, and protect community health," said Mara Gross, Policy Director for Coalition for a Livable Future.

The Columbia River has historically had the largest salmon run in the continental United States. The Endangered Species Act claims result from CRC's failure to adequately protect endangered salmon and other species in the river. The project ignores less damaging alternatives and fails to assess how the allowable salmon kill will impact total salmon in the river.

"The Columbia River is one of the most important rivers in the world, and supports one of the greatest salmon runs on Earth. The primary goals of this project can be achieved in a way that protects this important resource rather than jeopardizing it," said Mark Riskedahl, Executive Director of the Northwest Environmental Defense Center.

The Coalition for a Livable Future unites over 100 diverse organizations and hundreds of individuals to promote healthy and sustainable communities in the Portland-

Vancouver region. By connecting issues, people and organizations, CLF empowers communities to take action together to shape the big decisions affecting the region's future.

The Northwest Environmental Defense Center is an independent, non-profit organization working to protect the environment and natural resources of the Pacific Northwest.

Since 1996, the Pacific Environmental Advocacy Center has represented citizen-activists and nonprofit organizations in virtually the entire spectrum of environmental and natural resources law, from protecting endangered species and ecosystems to preventing and reducing air and water pollution. Based at Lewis & Clark Law School.



Crossword

by Chris Yensan

On the last page of the last edition of Concordia News, there was a little bit of fun advice for the summer that makes up this month's theme.

It's not too late to take advantage of the Editor's words of wisdom. –*Neighborly Advice*

ACROSS

1. First theme answer
5. Second theme answer
9. Third theme answer
13. Location
14. Inner Hebrides Isle
15. ___ Kweli (rapper)
16. Removed impurities
18. Off the cuff
19. Fourth theme answer
20. Fifth theme answer
21. Set of values
25. Catch a glimpse of
27. Sixth theme answer
30. Wetlands
32. Website that connects reporters with expert sources
34. One of the Four Seasons
35. ___ Maga (martial art style)
36. Wood and Helms
37. Gray minerals consisting of cobalt arsenide and nickel
40. Leader of the pasture sheep in the 1995 movie Babe
43. Wedding words
44. Racy
48. Post by plane
50. Spirit
51. ___ La Douce (1963 Lemmon/MacLaine movie)
52. The Naval officer who commands a ship (Abbr.)

DOWN

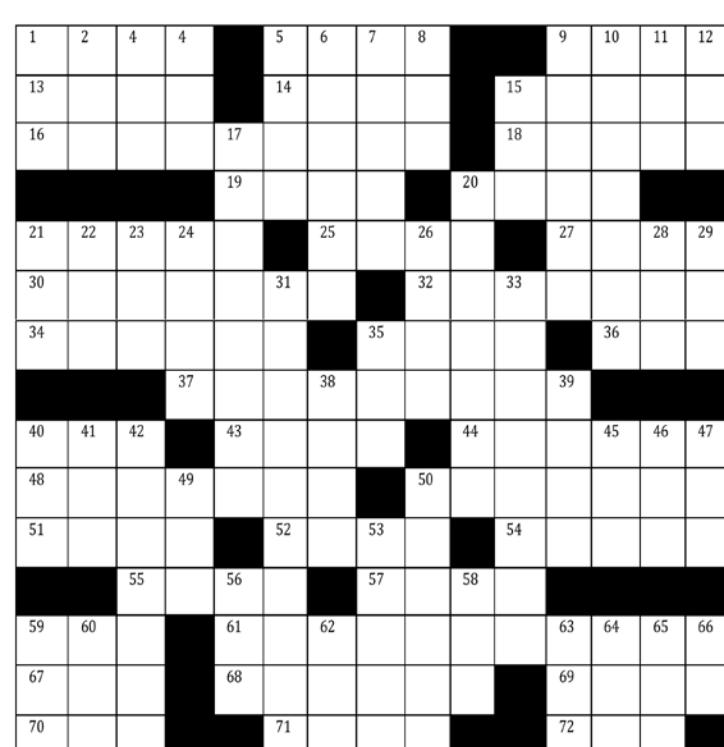
54. ___ Road (Kerouac novel)
55. Seventh theme answer
57. Eighth theme answer
59. How the media often described the Beatles
61. Trespass?
67. Paul Uf岡ma ___ (Military Governor of Nigeria under Obasanjo, 1975-1978)
68. "___ We Won't Go!" (60's anti-war chant)
69. Rhea's relatives
70. Ninth theme answer
71. Tenth theme answer
72. Eleventh theme answer
1. Big bunch of bills
2. Jackie's ex
3. ___ Nessman (fictional WKRP news director)
4. Kit-___
5. Farm storage building
6. Watson's pal
7. They might be found in 1D
8. Helicopters landing spot
9. Didn't work?
10. Finished
11. Henry ___ (First Tudor monarch)
12. Recede
15. Chinese "way"
17. Inadequate blood flow
20. Spins
21. Letters after els
22. Greek cross
23. Address for the Queen (Abbr.)
24. Beliefs
26. Portland org. to help ex-prisoners transition back to the community
28. Giant dictionary in many volumes
29. Drunk tank letters
31. Wipes out
33. Planted too many crops?
35. Ship's spd.
38. 1970 Kinks hit
39. Heavy metal supergroup formed in 2012
40. ___ Tai
41. Melody
42. Military purchase?
45. Explosive letters
46. "___ liebe dich!"
47. Average grade
49. Fannie ___
50. Acetylene
53. Service song
56. Quiet phonetic symbol?
58. Score at the start of the ball game
59. Watch accessory

60. Unit for measuring mass on an atomic scale (Abbr.)

62. Long-running Irish pirate radio station (Abbr.)
63. Poetic meadow

64. Medical transp. svc.

65. Hard-shelled fruit
66. Nintendo platform



Concordia Tree Team

Meek School's Trees Thrive With Community Support

The Concordia Tree Team would like to update you on the learning landscapes/arboretum project at Meek ProTech. Six more trees were recently planted, including four members of the oak family, and two trees that are the lone representatives of their family. This brings the total to almost 30 trees! The species were selected with diversity in mind, in order to maximize their educational potential.

This has been a community project from the very beginning, and the trees have been watered and cared for during the summer by Meek students as well as members of the Tree Team. This year, we thank Meek students Zachary Nickens, Jacob Giebelhouse, and Brandon Ryan. We are grateful to the East Multnomah County Soil and Water Conservation District, whose grant enabled us to provide a stipend to the students. Also, Karl Dawson, the Urban Forestry Education & Outreach Coordinator from Portland Parks & Recreation for his generous donation of hose and tools.

Feedback on the project has been overwhelmingly positive. We welcome your comments and participation; join us the first Thursday of the month, 6-7 p.m. in the New Seasons dining area.



Zachary Nickens watering one of the newly planted trees.



Jacob Giebelhouse and Brandon Ryan doing tree maintenance at the school.

Photographs: Bob Pallesen

The Alberta Street Fair Is Only Days Away!

by Sara Wittenberg

Saturday, August 11th

The 15th Alberta Street Fair, one of Portland's most beloved neighborhood street festivals, features a day of eclectic activities celebrating the diversity and uniqueness that is Only on Alberta.

New this year, cork • a bottle shop will host a Txakparti (chock•party/ rhymes with block party) to benefit Alberta Main Street and The Urban Farm Collective. The Txakparti will feature txakoli (cha•ko•lee) a delicious, refreshing Basque wine that people drink from a porrón paired with tasty tapas and pintxos from Aviary, Bar Lolo, Ned Ludd, Tabla, Toro Bravo, and Xocolatl de David. The Txakparti will be located near NE 29th Avenue. Tickets available at cork (2901 NE Alberta) and online at corkwineshop.com.

Kicking off this year's event is the second annual children's parade starting at 11 a.m. at NE 15th Avenue and ending at the Center Stage at NE 21st Avenue where a children's performance awaits the costume-clad kids. In addition to

the parade, PDX Kids Calendar will host the Children's Corner (at NE 18th Avenue) full of crafty fun and entertainment. After the parade, there will be plenty of time for shopping, eating, dancing, and celebrating community! Kids interested in participating in the parade should gather at 10:30 a.m. in the Alberta Co-op parking lot at NE 15th Avenue.

Volunteers are still needed to make sure the day is a smashing success! In addition to knowing you are helping put on a great community event, you get a super cool t-shirt and a ticket for a free beer in the beer garden (if you are over 21 of course!) Additionally, you will be invited to our volunteer appreciation party in September. Most volunteer shifts are 2 hours long and we hope you will consider signing up for two shifts. You can sign up to volunteer at albertamainst.org/street-fair/volunteers/.

Alberta Street Fair is a free community event with a suggested \$2 donation to support building a vibrant and healthy Alberta

Street. Donations will be accepted at the information booth (1722 NE Alberta), selected retailers, and the beer garden. Held annually on the second Saturday in August, the event draws more than 15,000 people to shop, eat, drink, mingle, groove, and enjoy all manners of creative expression.

Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative, and sustainable commercial district serving residents and visitors to our community. Please consider walking, biking, or taking public transportation to the Alberta Street Fair. Extra bike parking lots will be provided.

www.albertamainst.org

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Monday August 13th - JUG BAND JAM!

7pm-9pm Join us for an evening of down home music, network with other bands, and listen to some fantastic musicians from Portland and surrounding areas. This will be a monthly event so mark your calendars!

2403 NE Alberta St



BUS REROUTE NOTIFICATION

WE WANT YOU TO KNOW!

The 15th Annual Alberta Street Fair is Saturday August 11, 2012.

Alberta Street will be closed between NE 10th & 30th Avenues from 7AM – 10PM. TriMet Bus #72 will be rerouted between MLK & NE 30th. You can catch the bus on Killingsworth!



**WE STILL NEED VOLUNTEERS!
SIGN UP AT ALBERTAMAINST.ORG
OR SCAN THE CODE:**



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Taking the edge off of humor.

Cononyms – the same and different.

Cleave – to stick together or split apart.

Transparent – easily seen or invisible.

Wind up or wind down – the end of a meeting.

Fast – stuck together or rapidly moving.

Sanction – to authorize or to forbid.

A door that is bolted is closed; a horse that has bolted is gone.

Clip – fasten to or detach from.

Dust – to remove small particles or to add small particles.

Oversight – to cause an error or to prevent an error.

Wear – to endure through use or to decay through use.

Presently – now or some time later.

Screen – to show or to hide.

Yield – to produce or to stop.

Hold up – support or to impede.

Trip – a journey or a stumble.

Cull – to select or to reject.

Trim – to add to or remove from.

Snap – to break into pieces or to fasten together.

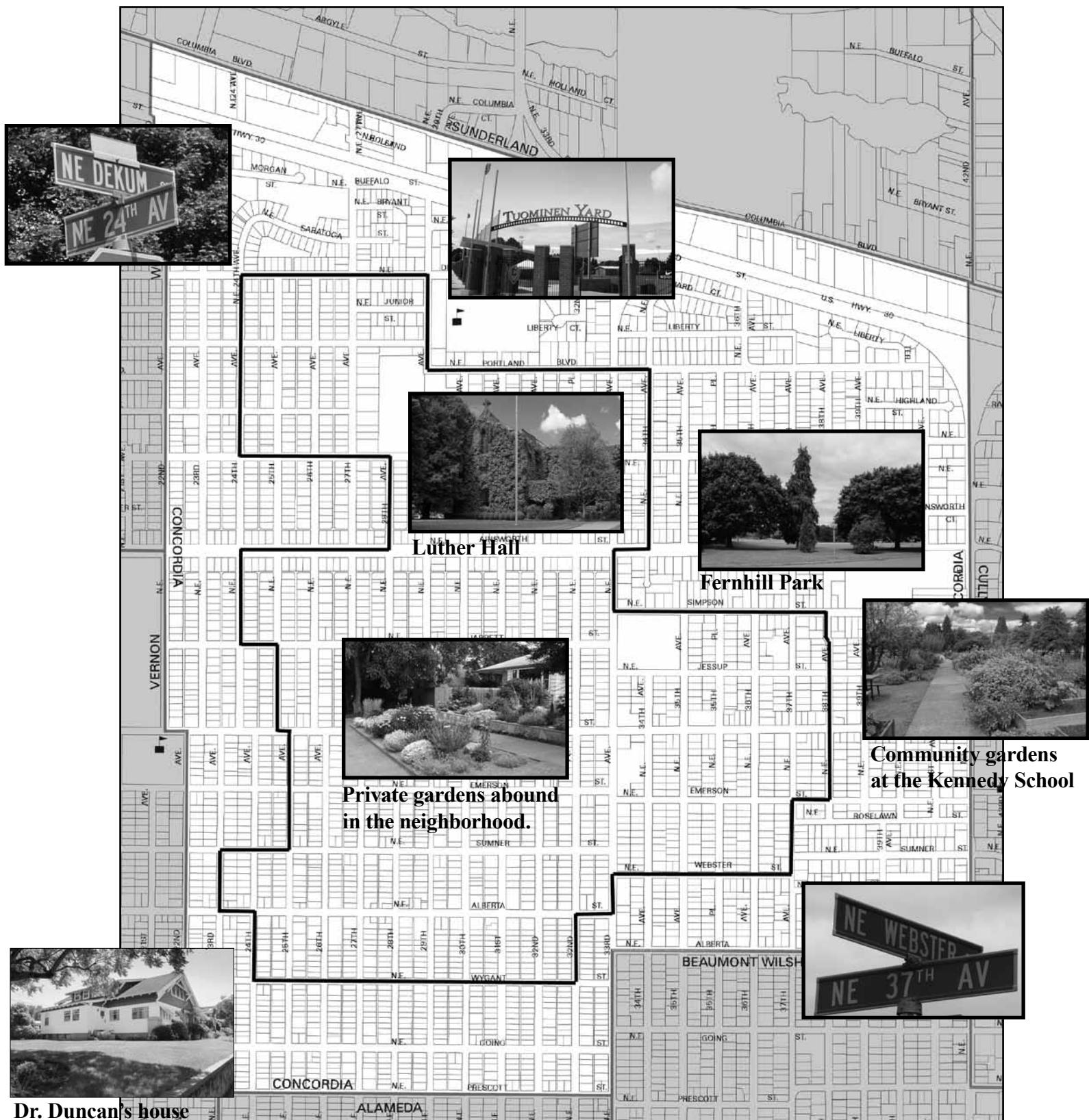
Buckle – to hold together or to fall apart. ▲

Every day after work a doctor stopped at his local pub to have his favorite drink, a daiquiri with a filbert in it. Out of habit the bartender began preparing the drink early and would place it on the bar so it was there waiting for the doctor. One day the bartender noticed that he had run out of filberts, so he substituted a hickory nut, and put the glass on the bar in its usual place. The doctor arrived, took a sip of the drink, and exclaimed, "This isn't a filbert daiquiri!" To which the bartender replied, "No, it's a hickory daiquiri, Doc!" ▲

Wellness

Take a Circular Walk in Concordia

by Midge Williams



Before I moved to Portland my friends and I used to do weekly walks around our neighborhood which we called 'walking the crown'. We lived on the top of a hill in Seattle and everyone one in our neighborhood knew the route. It was pretty flat territory that circled the top of that hill and was about 3 miles long. It was the perfect workout after which we ended at a coffee shop to reward ourselves.

When I moved to Concordia, I wanted to get to know my new neighborhood a little better than bicycling would allow so I started walking in the neighborhood, trying to recreate my former experience. I found Concordia to be the perfect walking neighborhood, as are many in northeast Portland since the lay of the

land is relatively flat, the sights are interesting, you can vary the routes easily and there are good sidewalks and lighting when needed. I often take a camera with me to capture photos of plants, trees, cleverly personalized landscapes and anything else that strikes my fancy. I also try to vary the times I take my walks so that I see different activities and to see things in different lighting for the photos.

The walking route I've put together here is a long one, but simple, interesting and meandering, and is placed relatively in the center of Concordia. No matter where you live in our neighborhood you can reach this route within a few blocks. It is the equivalent of about 42 blocks – about 3.5 miles – but you could

vary it any way you might want, enlarging it or shortening it, making it more complex or choosing other streets or destinations you might prefer.

Here are some highlights you will see on the walk:

Tuominen Yard, the new sports field at Concordia University on Dekum between 27th & 29th, dedicated last year; the old ivy-covered building at Concordia University on Holman between 28th & 29th is Luther Hall, built in 1948 to replace the original college structure from 1907.

Find the interesting sidewalk gardens at Holman & 24th, Jarrett & 24th, Alberta & 32nd Pl.; at 31st & Wygant; the series of community gardens on 38th between Jessup & Simpson; a wonderful old tree house

on Simpson between 35th & 36th; the cute 'Little Church' at Sumner & 23rd, as well as many others.

Anna Banana's (the old Rexall Drugstore) at 24th & Alberta, with the skeleton on the roof is across the street from Dr. David Duncan's house at the corner of Alberta & 24th, with his name and business still marked on the door.

The beauty of walking is that practically anyone can do it safely in any weather and get a good workout if you keep up a brisk clip. This walk took me almost 2 hours but the idea, of course, is simply to get out there and walk and enjoy it, get out there and enjoy our neighborhood!

In addition to walking the neighborhood, Midge does the research for CNews.

THE CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS...

NATIONAL NIGHT OUT

TUESDAY, AUGUST 7, 2012

on stage at fernhill park from 6:30–8:00 p.m.

The Underscore Orkestra

STARTS AT NE 30TH & DEKUM
@ Faubion School

NE 33RD AVE

Faubion School Decoration Station Opens at 5 P.M.
(Decorate your bicycle, tricycle, unicycle, stroller, skateboard, roller skates)

Free activities will include:
Face Painting
Balloon Artist
Hula Hoop-A-Thon
Henna Artist

Buy your picnic dinner from our sponsoring vendors
Aladdin's Cafe,
Hot Dog Ernie's,
Mountain Ice,
Village Creperie,
Whole Bowl,
Pop/Corn Publishers

Parade Starts at 6 P.M.

ENDS AT NE 37TH & AINSWORTH ST.

AINSWORTH BLVD

Fernhill Park

Final Summer Concert in Fernhill Park

by Katie Ugolini

Neighbors are invited to join in on the National Night Out Celebration the evening of Tuesday, August 7th. This unique community event will be fun for the whole family with a focus on community building to prevent crime and fear of crime. National Night Out is held on the first Tuesday of August every year around the country and is designed to strengthen neighborhood spirit and community partnerships, generate support for participation in local anti-crime programs, heighten community awareness of crime and drug prevention, and send a message to criminals that neighborhoods are organized and fighting back.

Our neighborhood celebration will begin at 6 p.m. with a Pedestrian and Bicycle Parade at Faubion Elementary School, 3039 NE Portland/Rosa Parks Blvd. The parade will wind its way to Fernhill Park via Dekum, NE 33rd Avenue, Ainsworth Blvd, and NE 37th Avenue. We hope to see everyone, individually or in groups, get out

and join the parade. Children and adults, marching bands, sports teams, church and civic groups, city officials, dance troupes and kazoo bands are all welcome! We will have a bicycle decoration stand at Faubion School beginning at 5 p.m. sponsored by your Concordia Neighborhood Association, so bring your bikes, trikes, and strollers and get creative!

The celebration will continue at Fernhill Park with the last concert of our free Summer Concert Series - The Underscore Orkestra (Balkan & Gypsy-Inspired Shenanigans) at 6:30 p.m. Additionally, there will be a myriad of children's and educational activities at the park beginning at 6:00 p.m. as well as food vendors - Aladdin's Café, Hot Dog Ernie, Village Creperie, Whole Bowl, Mountain Ice and Pop/Corn Publishers!. Come meet your neighbors, city officials, fire and police officers, and local business owners, and celebrate our community spirit. ▲

Thank You! Fernhill Summer Concert Series Sponsors

This year's Fernhill Concert Series was made possible by the generous donations of Concordia individuals, businesses and organizations. Thanks to our neighborhood Fernhill Summer Concerts Sponsors - We couldn't do it without them!

Champion Sponsors: Concordia Neighborhood Association

Major Sponsors: Concordia University, Port of Portland, The Hat (contributions from Concert Fans)

and Umpqua Bank.

Contributing Sponsors: Ciao Vito, Concordia Neighborhood Music Lovers, Emily and Mike Watson, McMenamins Kennedy School, New Seasons Market, Smiles on Sandy Family Dentistry, Trinity Lutheran Church and School.

Good Neighbor Sponsors: Andeo International Homestays, Englewood Christian Church, Gazelle Natural Fibre Clothing, Lombard Animal

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**Beef & Pork Ribs
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Hot Links**

**Dinners
Desserts
Salads
Vegetarian**

Join us as we Celebrate Concordia and our second decade of **FREE Summer Jazz Concerts.** Our way of thanking the neighborhood!

Sunday Evenings Starting June 3rd, 5 p.m. to 8 p.m.

featuring the Incomparable
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The Concordia News is published by volunteers on the Media Team. If you would like to help, we could use an extra hand or two. The rewards are enjoyed monthly by the entire neighborhood. Email the Editor: concordianews@yahoo.com –Don't put it off.

Hospital, Morel Ink, Our 42nd Ave: a neighborhood prosperity initiative, RE/MAX Signature Properties and Tin Shed Garden Café.

Vendor Sponsors of food and drink at the concerts: Aladdin Café, Hot Dog Ernie's, The Village Creperie, Whole Bowl, Mountain Ice and Pop/Corn Publishers.

Please support the businesses that support your neighborhood! ▲

We would also like to extend a special thank you to the individuals who donated \$50 or more to our Fernhill Concert KICKSTARTER campaign: Scott Breon, Rich Burton, Cully Community Market, Kathleen Fulford, Rita Hill, Robin Johnson, Marcia Kahn, Milagros Boutique, Howard Rosenbaum, George Rothert, Katie Ugolini and Meredith Wilson. ▲

Rage And Resolution

Call it water torture. Or perhaps it is sleep deprivation. But really, it is all about straw: the straw that broke the camel's back or the last straw. When simple conflict aggregates and escalates into open warfare. It is the main reason we should never keep guns in our homes. What starts as a minor annoyance can morph into anger that builds into an explosive rage. One minor incident on top of another drops a match into a drought parched field.

So whether the aggravating party is our neighbor, your boss, your spouse or your child, it behooves us all to seek resolution. Because there is a Buddhist saying, "Holding on to anger is like drinking poison and expecting the other person to die." So before the heat of summer puts a match to our self destructive bomb or we medicate ourselves with alcohol or drugs in an attempt to snuff our rage, let us look at alternatives to the total destruction of ourselves and our enemy (stranger or loved one). We don't have to drink that glass of poison when a glass of water will do. REMEMBER: We possess the courage and the ability to resolve our conflicts through communication and non-violent action.

MEDIATION. Pursue alternative dispute resolution: Neighborhood

Mediation Center (503 595-4890).

MEDITATION. Breathe, take a step back and relax. Learn to meditate (Contact the Shambala Center 503 231-4971). Practice Tai Chi (503 220-5970) or Yoga. Free relaxation CDS are downloadable at <http://www.powerfultoolsforcaregivers.org/book-store/free-downloads/>.

MENTAL HEALTH. Take care of yours. Learn to change or cope with things

you cannot change: *"Holding on to anger is like drinking poison and expecting the other person to die."* Buddha

Find a therapist

<http://therapists.psychologytoday.com/rms/>. Employers may offer counseling through Employee Assistance Programs. Religious ministers may have counseling degrees.

The Alano Club in NW offers Twelve-Step programs: Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Sex Addicts Anonymous, Sex and Love Addicts, Co-Survivors of Sexual Addiction Anonymous, Overeaters Anonymous, Food Addicts Anonymous, Debtors Anonymous, Survivors of Incest Anonymous, Marijuana Anonymous, Co-Dependents Anonymous, Workaholics Anonymous, Clutters Anonymous and Recovering Couples

Anonymous. Within these programs the Club also offers gender specific meetings, meetings for youth and meetings for the GLBT community. <http://portlandalano.org/meeting-schedule>.

Attend a free group: Alcoholics Anonymous (503 235-9755), Al-Anon (503 292-1333), NAMI's family-to-family program (503 228-5692), Powerful Tools for Caregivers training (503 719-6980).

Take parenting classes:

Try online English

and Spanish courses at <http://www.familyaffairs.org/>, http://extension.oregonstate.edu/fch/sites/default/files/documents/multnomah_parenting_education_directory.pdf for in-person classes.

MOVEMENT. Get physical to release pent up anger. Exercise: Walk (<http://www.rosecityroamers.org/>),

run (<http://www.portlandfit.com/>, <http://www.portlandrunningcompany.com/group-run>), bike (<http://www.pwtc.com/>), take up drumming (http://www.soundandrhythm.com>Welcome_.html, <http://www.meetup.com/drumdance/>,

by Bernadette Janét

www.rhythmtraders.com/html/classes.html, <http://portlandtaiko.dreamhosters.com/adult/>, or dance [www.portlanddancing.com](http://portlanddancing.com)).

MUCKRAKE. Use the Internet to express your anger at service providers. Let the White House know how YOU feel (202-456-1111). Report public corruption [http://www.pogo.org/report-corruption/](http://www.pogo.org/report-corruption).

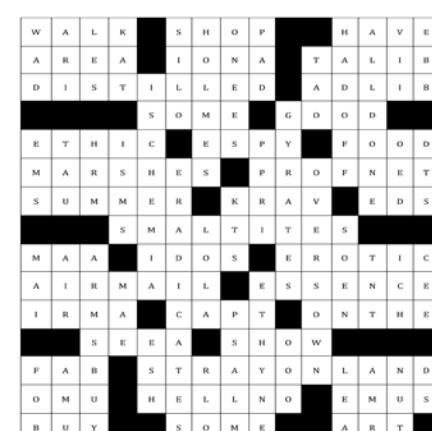
MUSCLE. Some problems require serious outside help.

The City of Portland Ombudsman investigates citizen complaints (503 823-0144).

City or County Council members www.portlandonline.com, <http://web.multco.us>.

State and Federal Representatives and Senators www.leg.state.or.us/findlegsltr/home.htm.

The author is not affiliated with any of the above organizations and researched the sources.



Is Volunteer on Your Résumé?

My Volunteer Experience at Oregon Humane Society

Perhaps you are familiar with the Oregon Humane Society? It is located on Columbia Boulevard conveniently close to the Concordia Neighborhood. It is a no kill shelter that houses between 50 and 100 dogs, lots of cats, and some small animals, all available for adoption. The animals are usually living at OHS for one of 3 reasons: they were surrendered by their owners, transferred to OHS from other shelters, or they were rescued by OHS from hoarding situations or from irresponsible commercial breeders.

I have been walking dogs at OHS for two years. It is good exercise and a wonderful benefit to the dogs, but it is also always fun! Volunteer dog walkers are paired with the "level" of dog they can comfortably handle on a leash. I walk all kinds of dogs - from ones so tiny I fear I will smush them with a careless step to ones so big they could smush me, but most are of manageable in-between sizes. It is great to have the opportunity to interact with and learn about all different types of dogs; I was never a fan of the smaller breeds, but I continue to be amazed at how much

doggie personality can be packed into a Chihuahua sized package. Most of the dogs are crosses of different breeds, but there are also purebred dogs at OHS, many of which are the puppy mill rescues.

A lot of dog walkers volunteer because they can't have dogs and so they say they get their 'doggie fix' at OHS. A big benefit for the dogs is the pleasure for them of getting outdoors, but did you know dog walking also makes the dogs more adoptable? It helps them to become or remain house broken, to feel comfortable with human interaction, to relieve the stress of being at a shelter, to learn good behavior and to remind them of the good behavior that they already know. The benefits to the walker include exercise, helping the dogs, meeting new people who share a common interest, and, not least, petting furry friends.

Opportunities at Oregon Humane Society include dog walking, interacting with the cats and other smaller animals, and many other things - check out Oregon Humane's web site for a full list of volunteer activities. There is some training

involved for most positions at OHS, and beyond the basic training, there are many additional classes available and other opportunities to learn. There are also many opportunities to interact with humans as well as with the animals, like at the many volunteer supported OHS community events such as the well known Doggie Dash fund raiser down on the waterfront in May. You might

by Susan Dinger

already know that more than 11,000 animals were adopted from OHS last year and more than 10,000 the year before! OHS could not operate at this level without volunteers, the shelter is supported only by private donations so, of course, you can donate money or useful goods but, by volunteering, you can donate your time and in return receive a lot of satisfaction and pleasure. ▲



Yuko Hirota ceramic forms at Guardino Gallery in August.



www.42ndba.com

Plans are underway for the third annual 42nd Avenue Street Fair. A celebration of the growing 42nd Avenue Business District, this year's fair will be centered on NE 42nd Avenue and NE Alberta Court.

Kids on bikes and pets in costumes are invited to join in the parade – which kicks off the event – leaving from NE Killingsworth at noon, and include awards for best bike decorations and pet costumes!

The event will also feature vendor booths, kids' activities, a beer garden and the Classic Car Cruise-in for a Cure. Jelani & The Secret Five, an alternative gospel band with an attitude, will be among the musical acts featured on the stage.

42nd Avenue Street Fair

Sunday, August 26th, Noon to 5 p.m.

Kids' activities will include an ice cream walk every $\frac{1}{2}$ hour between 1 and 4:30 p.m., a spinning wheel with prizes and classic childrens' games.

The Street Fair is brought to you by the 42nd Avenue Business Association. Local business owners and employees spend countless volunteer hours planning the event as a way to give back to their community. The event planning committee members come from businesses including: Delphina's Bakery, Straight Path, Inc., Rocket Pizza, Roses Ice Cream, McRae's Hair Design, The Spare Room, Porthaven Health Care Center, Doggy Business and Magnetic North. Morel Ink and The Spare Room also sponsor the event.

More than just entertainment for the whole family, the 42nd Avenue Business Association sees the Fair as a way to increase community connections. Both the new Cully Community Market and the

recently adopted 42nd Avenue Neighborhood Prosperity Initiative will be a part of the parade and event. Neighborhood associations, local schools and non-profits are all invited to get involved.

The 42nd Avenue Business Association is a group of business owners and managers working and networking together to make the commercial corridor between Skidmore & Killingsworth on 42nd Avenue a comfortable, family friendly and lively place!

Contact: Marie Larkins, marie@meraes.com, 503.287-5258 or Carolyn Mistell, carolynm@delphinash.com 503.221.182

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Be Cool And Be Safe

This month, Portland Fire and Rescue is focusing on water safety. Drowning is the second-leading cause of death from unintentional injuries for people ages 5 to 24, according to the National Safety Council's 1996 Accident Facts Report.

Approximately 5,000 people drown each year. Drownings may occur during swimming, boating, hunting, fishing, and even taking a bath. The best thing anyone can do to stay safe in and around water is to learn how to swim and how to perform CPR in case an emergency occurs.

Always Swim with a Grown Up Play it safe in the water. This means staying out of any body of water - the ocean, lakes, ponds, rivers, pools, hot tubs, spas, and whirlpools - if no grown-up or lifeguard is present. Wear a Personal Flotation Device (PFD) when in or around water when on a boat, everyone needs a seat. If there is no seat for you, don't go. In addition, everyone on the boat needs his or her own personal flotation device (PFD). A PFD will add buoyancy to your body (to help you float), hold your head and body higher in the water for better visibility, and help keep your body warm. Air-filled swimming aids such as inner tubes are not substitutes for approved PFDs. Wear your PFD the entire time you are on a boat, when you are fishing, or if you are a nonswimmer or uncomfortable around the water.

Swimming is a lot of fun and a good way to get exercise. If you plan to go swimming you should take lessons. But even if you have taken lessons, you are not "water safe." You still need to follow water safety rules and always swim with a grown-up.

Whether you are at a pool, beach, pond, or other swimming area, always check for a lifeguard. Lifeguards make sure that swimmers follow the rules, and they are trained to help in case there is any trouble in or around the water. Swim only where there is a lifeguard or grown-up who gives you permission to swim.

Follow the posted rules. Examples of rules to look for are signs that say "Danger," "Don't Swim Here," "No Diving," or "No Running or Jumping." Also look for warning flags. Flags of different colors can mean different things. Ask the lifeguard or grown-up for help.

Stop, Look, and Test Before Entering Lakes and Pools If swimming in a lake, pond, or river, wade into the water feet first, never jump or dive. Have the lifeguard or grown-up check to see how deep the water is - there may be branches, rocks, shallow areas, sandbars, or other dangerous items under the water that you can't see. Make sure you only dive in areas approved for diving - don't dive off piers or rocks. Always raise your hands over your head when diving.

Finally –never let your friends dare you into diving dangerously.

King Market

We're in the neighborhood

Sundays, 10 a.m. - 2 p.m.
May 6 - October 28
NE 7th and Wygant at King School
www.portlandfarmersmarkets.org

Water safety tips

- Learn to swim and teach your children to swim.
- Always swim with a buddy.
- Swim in designated areas
- Don't rely on beach toys; they are not designed to save lives.
- Never dive or jump into unknown waters.
- Wear a life jacket if you can't swim.
- Always wear a life jacket while riding in a boat.
- Avoid alcohol.
- Protect yourself from the sun.
- Maintain constant visual contact with children.
- Don't rely on swimming lessons, life preservers, or other equipment to make a child "water safe."
- Don't think you'll hear a child who's in trouble in the water; child drowning is a silent death, with no splashing to alert anyone that the child is in trouble.

Restaurant Spotlight -Vita Café

A Vegetarian and Vegan Haven in Concordia

Vita Café

3023 NE Alberta St.

503 335-8233

www.vita-cafe.com

Open every day for breakfast, lunch and dinner.

Mon.-Fri., 9 a.m. – 10 p.m.,

Sat.-Sun., 8 a.m. – 10 p.m.

Kids eat for a buck between 5 and 7 p.m.

Aaron Woo and Karen Woodbury, proprietors.

introduced to the fine-dining world of cooking. I cooked for a couple of years and went to culinary school there. The restaurant work ties in really well with the business schooling. That is how it started.

I love food. I love the process of cooking, the organic nature of it, that it is a craft. It is very business oriented, but, also, it is a creative outlet.

I am lucky because I have two businesses on Alberta Street [Natural Selections and Vita Café] that are successful. When you are starting out and things are not going well, it consumes you and all of your time.

Are you the original owner of Vita Café?

I took it over six years ago when it was across the street. It was a very creative café with a fantastic following. It was one of the first mostly vegan, largely vegetarian

restaurant in a part of town that was pretty sketchy. It was only open during the day because of conditions on the street at that time.

I came in and tightened up the recipes a bit and changed it from a solely vegetarian restaurant into more of a neighborhood café. It is still mostly vegetarian and about 80% vegan, but, if you aren't either, you can get a burger or some salmon. You can get a veggie burger or a beef burger. It exposes people to another type of diet.

How do you manage your food sourcing?

The menu hasn't changed too much since I took over. We only make menu changes every two or three years so our ordering is routine and simple. There is nothing crazy about it, unlike next door [at Natural Selections]. My purveyors know that we will buy local and organic when available. Our salmon is fished out of the Columbia by native tribes. Our tofu is made by a very old business in Portland [Ota Tofu, since 1911].

One of the things I like about Portland is the feeling of being socially and environmentally responsible. It is natural here, to assume that you are

composting and recycling and doing a certain amount of greening. That is who we are here. You don't have to advertise: I am local or certified organic; it's expected.

You moved from across the street a few years ago.

Todd [Portland Fretworks upstairs] heard we had lost our lease and approached us with a deal. He said he wanted to build this building, but wouldn't do it without a solid tenant. He built this amazing building and let me design the interior for this space.

Is this street competitive more than friendly?

The nature of business is to be competitive. But I think that successful businesses help each other. When a new business opens, I hope they do it well, that is what really brings success to the community.

Location means a lot and having a solid foundation of your business. We don't advertise much. We rely on word of mouth. 30% of our business is from the neighborhood.

Were you the chef in the beginning?

I went from being a chef at other restaurants to being the doing-all business owner. I helped out on the floor, hosting, busing and bartending for a couple of years.

Some of the jobs I did have grown in to full-time positions. I now have a chef, Ryan O'Conner; a kitchen manager; a floor manager and an assistant floor manager.

I leave it up to the chef to make all of the decisions and hire the kitchen help. The kitchen manager runs the restaurant during the day. Ryan runs it at night and has the responsibility overall, including staffing, scheduling and food quality.

I have a really good relationship with my staff. It is a top down management style. All successful restaurants are.

I train my staff and let them make the judgment calls. In return they are great employees and they stick around. That, to me, is why we have survived for so long.

It doesn't do anyone any good to be out of business. You have to be a productive, well run business in order to do all those things that you hold ideal.



Are you vegetarian or vegan curious?

Photographs: CNews

What tipped you into becoming an owner?

I had been living for four years in Telluride, working as a chef and had cooked in San Francisco for eight years before that. We missed the west coast, so we moved to Portland and I was cooking for a chef that I knew from San Francisco.

All along I was looking for a chef job, but didn't find the right fit. My wife, Karen, suggested we switch gears and become owners. She found the Vita Café for sale. So we bought it. The business model was really solid. We saw that there was room to grow. Karen does the books and the "back of the house" stuff and I do the operations. It is a really good balance. Every year we learn more about the community and our business sense gets a lot sharper. It gets easier. I'd like to think we are getting smarter.

Are there any trends in your customers' requests?

I see more people following a plant-based diet. It is not just the young; it's in all walks of life. People are becoming more conscious of their eating; more mindful about how food affects them. They say, "I'm not a vegetarian, but do I really need to eat as much meat as I used to?"

What turned a lot of people away from eating meat was the terrible way the animals were raised or processed. That has begun to change; organic and sustainably raised meat is more widespread now.

Alberta Street...

The slow, organic growth in this neighborhood shows that the community really cares about the character of the street. We welcome customers back and work to make Vita one your comfortable places.



Aaron Woo, along with his wife Karen Woodbury, own one of the longest running restaurants on Alberta St. Mostly unchanged after all these years.

Artist Spotlight - Peter Zuckerman

Buried In The Sky

Interview continued from page 1 –

I had a comfortable job as a reporter at The Oregonian. I wasn't ready to quit. But the story was compelling. Life and death under the worst of conditions. The story shows what people are like at their most elemental level.

The characters are not the kind of people you run into every day. They have huge personalities. They clash with each other when they're stuck in the same tent and need to get along to survive.

They put you in their shoes. They make you ask yourself what kind of person you are. Are you the kind of person who would risk your life to save another? When would you do that? What if the person you were trying to rescue was a poor person from a different country?

But what really appealed to me about this story is that it illustrates big problems that we all have.

What do you mean?

In mountaineering, Sherpas hold this nearly-mythical status among climbers because of their abilities to perform at high altitude. The Sherpas lead the climbs and rescues, carry up the gear, escort their often-more-famous clients up the mountain. Yet in many mountaineering books, their names aren't even mentioned.

History is usually told from the perspective of the kings and Columbuses, not through the eyes of the help. Buried in the Sky shows how this kind of omission can lead to a disaster. When your life hangs from a knot, you need to know who tied it. When you tell an incomplete story, what you fail to learn can disastrous consequences. These were major issues on K2.

For those of us who aren't K2 mountaineers, we're largely in the same situation as the climbers. We all have Sherpas in our lives. We all have mountains to summit. We are all surrounded by people we rarely notice. The Sherpas of every story need to be seen for whom they are because our lives depend on them.

I hope Buried in the Sky makes a small contribution to the way we tell stories. I hope it makes you look into your own life and gives you a deeper respect and greater understanding of the Sherpas in our lives.

Initially you were not sufficiently attracted to this project. It would have meant leaving your job and traveling to remote places. When did that change?

It changed gradually. There is a time when you are researching, looking

into a project and you start to think, "When else am I going to get to do something like this?"

You don't get an opportunity to work on projects like this too often in your lifetime. You can't afford to pass them up.

What was going through your mind when you were interviewing?

When I was interviewing the mountaineers, sometimes I thought, "Why didn't you try to help these people? How could you let this happen?" It was painful to see people make decisions that caused others to die.

But then I wondered whether I would have done any better under similar circumstances. These climbers had not eaten for days. Some had been awake for four days straight. They were oxygen deprived and broken by exhaustion. The interviews often made me think, "Who am I at my core?"

How do the climbers figure out what to do when faced with these decisions?

Climbers are supposed to be independent. They have to think that they can make it on their own. They should try to figure out what's the smart choice before they are up on the mountain. But that's not always possible.

It's heroic to try to save somebody under difficult circumstances, but sometimes it just causes more people's getting killed. Sometimes I think courageous and crazy are the same thing, except that with one you live and the other you get hurt or die.

What was your feeling when you talked to the Sherpas who took the money over the objections of their kin, angering the gods? Was that a big rift in families?

It was huge in some families. Sacrilegious. Climbing was something that would cause the gods not only to punish you but also to punish your family.

For the main character, Chirring -- his father is mad at him still for being a mountaineer. Chhiring's father thinks his son is causing the family to be cursed. On the other hand, Chhiring has money now and does a lot for his village. He can afford to buy antibiotics for villagers who are sick.

What do the villagers think of us?

In Concordia, we don't need to collaborate with our neighbors to survive. At least not so overtly. We don't generally grow food together or care for animals together. We can be so busy that we don't even know our

neighbors' names.

I think the villagers would look at us and say: You are slaving away to make money. Why?

On the other hand, I live much more comfortably than the villagers do. I can buy a cup of coffee that costs more than many of them will make in a year. I'm probably not going to die of an infectious disease.

Were the villagers accepting of you?

Usually, I had to interview them in so much detail, about life and death of loved ones, and that it was tough. You don't jump in with, "Tell me how your cousin died." You start with an easy subject and hope it leads you to the story.

Some of the interviews took more than a week. With some of the villagers I had to use two interpreters: one for the unique language of the village to translate into Nepalese and then another interpreter to translate from Nepalese to English. An interview that would take two hours in the US would go on for days.

Do they organize their story telling in different way than you were used to?

The way they attributed things was very different. Like, "...that morning I saw this omen, but I didn't know how important it was. When I saw the way the water was being poured out of the pail, I shouldn't have gone on the mountain that day. The gods were not happy, and that's why an avalanche came down. I should have seen that."

How did you assess whether a situation posed a high risk?

Northern Pakistan is often painted as one of the most dangerous areas in the world.

American TV gives you the impression that everyone there is a terrorist and things are blowing up every day. But most people are not terrorists. New York can be just as dangerous. You have to trust the locals. They want you to be safe.

How many people did you travel with?

The smallest group was four or five. Sometimes it was a crowd, maybe fifteen. Then there were the hangers-on. They were mostly kids. Most had never seen a white person before.

When did you think that writing was your career?

I went to Reed College, in southeast Portland, where I was a biology major. I was more interested in writing about biology than doing biology. I wanted to be a science writer. I read

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Book online: writtenonthebody.info
503.473.8515

every book on writing I could find. But I couldn't get a job as a science writer. I became an intern at Just Out, the newspaper for a gay and lesbian audience. I checked phone numbers, updated calendar listings, delivered newspapers, sold ads, did whatever they wanted me to do. By the end of the summer I had written a cover story, and I thought – maybe I can do this.

You were recently interviewed on Rachel Maddow's show. It was about when you'd been living in Mormon country in eastern Idaho. You had broken a story about child abuse in the Mormon Church and the Boy Scouts. A man who is now Mitt Romney's finance co-chair took out attack ads against you.

Frank VanderSloot, is a gazillionaire and an anti-gay activist. He was unhappy that I had uncovered a story that showed several prominent Mormons were pedophiles. So he took out attack ads. One of them outed me as gay and suggested my sexual orientation made me a bad or untrustworthy person.

In eastern Idaho, people took it seriously. It was awful for a while. People were nasty. But it turned out well. The story I told was true. People checked my facts and corroborated my story.

Frank VanderSloot has a long record of smear campaigns, especially against gays. When Romney picked him as a major fundraiser and advisor it makes me worry. One of the most important decisions a president makes is whom he hires and whom he gets advice from.

Does having a book published open more doors or doors that were harder to get through?

Maybe, but I think it mostly matters how hard and how effectively you work. If you are a nice person and listen and help people, they will teach you things and help you.

Concordia...

There's one thing I have learned from living here and that I really love about northeast Portland. People here are nice. They go out of their way for each other. No one ever turns you down when you ask for help. ▲

the BACK PAGE

try some of these cool events

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ALBERTA ROSE THEATRE
GREAT FOOD MUSIC BEER & WINE
AUGUST 2012

8/3 Joe New
Kurt Hugel
Steve Cameron

8/9 Ghost Stories with Kim Weitkamp

8/10 The Tiptons
All-Female Sax Quartet

8/14 Chris Chandler & Paul Benoit spoken word blues
Kazum acrobatic troupe

8/16 JESCA HOOP
JESSE HARRIS

8/17 LEROY BELL AND HIS ONLY FRIENDS
FINALIST ON The X factor

8/18 National Flower Celilo Measure

8/19 The Backyard Blues Boys

8/22 Broad Comedy
Award-winning Comedy Show

8/24 Tony Starlight Salutes Neil Diamond
40TH ANNIVERSARY OF "HOT AUGUST NIGHT"

8/25 Okaidja Afroso and Shokoto
"Messenger" CD Release

8/26 An Evening with Peter Case

8/29 Storm Large
Live Concert Video Shoot
Two Shows: 7:00 & 9:30 pm

8/30 Swing Time Variety Show
Last Thursday
Tribute to Tom Waits

8/31 The Soul Rebels

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

Vernon Neighborhood Association

www.neighborhoodlink.com/

Vernon

Movie in Alberta Park

Saturday, August 18 - on the playing fields of Alberta Park, NE Killingsworth and 22n Ave.

Movie: "Super Eight"

Food Carts: Free Popcorn & Shaved Ice. Try the Climbing Wall.

Musical entertainment by Doc's Blues Band and Comedienne Joanie Quinn

The fun starts 6:30 and movie begins at dusk. FREE TO ALL. Everyone is welcome !



portlandsundayparkways.org

August 26, 11am-4pm:

Sunday Parkways SE Portland

Streets closed to traffic and open to the community to bike, walk, roll and have fun.

TALISMAN GALLERY

1476 NE Alberta Street

www.talismangallery.com

July 26– August 26.

Floral Provocations is the title of the new series of oil paintings created by **Kris Long**. Both carefree contentment and provocative connections are evident in her work.

Roger Friedel's abstract oil paintings use organic forms and patterns common in nature. These shapes with strong color relationships to suggest movement and growth.



Sundays, 10 a.m. - 2 p.m.,
NE Killingsworth and 42nd Ave.
www.cullycommunitymarket.org

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

GUARDINO GALLERY

2939 Alberta St., 503 281-9048

www.guardinogallery.com

Main Gallery: **Yuka Hirota** creates abstract ceramic sculpture. Her works are hand-built using the coiling method with stoneware or porcelain clay. She works with forms that are simple yet complex in their image associations; forms that are calm yet suggest kinetic possibility.

Paula Blackwell creates "mysterious atmospheres" in her encaustic landscape paintings using a combination of encaustic and oil on wood panels to create these compelling landscapes.

Feature area: **Annamarie Peters** uses a surprising mix of found objects and paint to create her unique mixed media assemblages. Using collaged vintage details and painted sections of advertising to tell a story about a person, a relationship, or a time.

six days ART CO-OP

2724 NE Alberta St.

www.sixdaysart.com

Tongue in Cheek, the August show.

We invite you to join us for our opening celebrating humor and a little old fashioned frivolity because we all need a little fun and variety in our lives...Michel is the Artistic Director for Rose City Vaudeville which influences her quirky paintings and collages.

She lives in the Alberta neighborhood and is involved in many community groups.

Six Days artists will be on hand to help you find that perfect gem.

Buy real art, you deserve it!



In the basement of Redeemer Lutheran Church, 5431 NE 20th Ave. NE Portland Tool Library works towards a future where Portland is vibrant, sustainable, and a thriving city for people of all income levels by providing homeowners, renters, and business owners of the Northeast with tools and the knowledge to use them.

Our lending hours are Saturdays 9am – 2pm and now Wednesdays 5:30pm-7:30pm all year around. For more info visit www.neptl.org/

KENNEDY SCHOOL McMenamins

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

Thursday, August 2
Family Frolic
Mr. Shoehorn's VonTap Family
6 p.m. • Free • All ages welcome
Come early for an outdoor BBQ 5 p.m.

Tuesday, August 7
RACE TALKS:
An Opportunity for Dialogue
Screening of the award-winning documentary
"RACE: The Power of an Illusion" Part 3
7 p.m. • Free • All ages welcome

Thursday, August 9
THE NORTHSTAR SESSION
Pop melodies
7 p.m. • Free • All ages welcome
Come early for an outdoor BBQ 6 p.m.

Thursday, August 16
THE MOONDOGGIES
as part of **GREAT NORTHWEST MUSIC TOUR**
Timeless American music from Seattle
7 p.m. • Free • All ages welcome
Come early for an outdoor BBQ 6 p.m.

Thursday, August 23
BATTLE OF THE LAWYER BANDS
7 p.m. • Free • All ages welcome
Come early for an outdoor BBQ 6 p.m.

Monday, August 27
HISTORY PUB MONDAY
This month we've moved to the Bagdad Theater. Join us Sept. 24 for the next scheduled History Pub at Kennedy School.
7 p.m. • Free • All ages welcome

Thursday, August 30
SIDE STAR
Accomplished modern pop
7 p.m. • Free • All ages welcome
Come early for an outdoor BBQ 6 p.m.

Saturday, September 8
Oktoberfest
Oom-pah bands, loads of beer, bratwurst and more!
Music starts at 1 p.m.
All ages willkommen