



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org

August 2019

Upcoming CNA Events

National Night Out Family Fun Day

Friday Aug. 2, 6 - 8:30 p.m.
at Fernhill Park
Details: Page 4

CNA Yard Sale

Saturday, Aug. 10,
9 a.m. - 6 p.m.
Details & registration: Page 7

CNA Mission Statement

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

Concordia News

is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia neighborhood.

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Community builders

BUF improves educational paths

By Vanessa Miali
CNA Media Team

Since its inception in 1983, the nonprofit organization Black United Fund of Oregon (BUF) has been pursuing its mission “to assist in the social and economic development of Oregon’s low-income communities and to contribute to a broader understanding of ethnic and culturally diverse groups.”

Headquartered at 2828 N.E. Alberta St. and founded by local leaders in north and northeast Portland, BUF has responded to the decades of underfunded programs within the African American community.

It has created its own philanthropic programs and partnerships to channel charitable funds to underserved areas.

A recent report by the National Committee for Responsive Philanthropy found that the population of Oregon is 23 percent people of color. However, the largest charitable organization in the state gave only 3.6 percent of its grant dollars to nonprofits that empower



LM Alaiyo Foster displays kente cloths – cotton-and-silk stoles that symbolize ethnic pride – like the ones awarded to Black United Fund scholarship recipients. African American students wear them at commencement to demonstrate academic resiliency and maturity. Photo by Lloyd Kimeldorf

Promoting educational opportunities such as mentoring, coaching and workshops on writing are at the core of its scholarship programs.

communities of color and other marginalized groups.

For 28 years BUF has been establishing an educational support system and pathway for at-risk and disadvantaged high school students in Oregon to receive academic scholarships and attend college.

Promoting educational opportunities such as mentoring, coaching and workshops on writing are at the core of its scholarship programs. From academic tutoring, career exploration, counseling and guidance throughout the college admission and attendance process, students gain a wealth of knowledge and individual support to help turn their college dreams into reality.

In May, BUF hosted its yearly scholarship awards luncheon, at which 24 students of color were awarded scholarships totaling \$332,000 for attendance at universities locally and nationally.

BUF has established itself as one of Oregon’s leading social entrepreneurial programs to increase educational access, encourage small business development, enhance financial literacy among women and foster philanthropy within the black community.

BUF executive director LM Alaiyo Foster, Ed.D., was born and raised in Portland, received her bachelor’s degree from Portland State University and her doctorate from Lewis & Clark College.

A BUF volunteer from the age of 10,

Alaiyo logged more than 1,000 hours by the time she turned 18. She believes that, through philanthropic alignment, the nonprofit can grow exponentially.

“I love what this organization stands for and the commitment from our four-person staff and over 700 volunteers,” she explained.

“The work we do is so important and I am excited about its growth and continuation of this amazing legacy.”

Stay tuned at BUFOR.org for fund-raising events, continued scholarships and expansion of the headquarters. Call 503.282.7973 for information on volunteering and details on scholarships.



Vanessa Miali has lived in Concordia for 18 years. She is a former public relations professional with two kids who cooks every day and gardens occasionally.



OAKSHIRE IS OPENING HERE

You no longer need to head to Eugene for Oakshire beer.

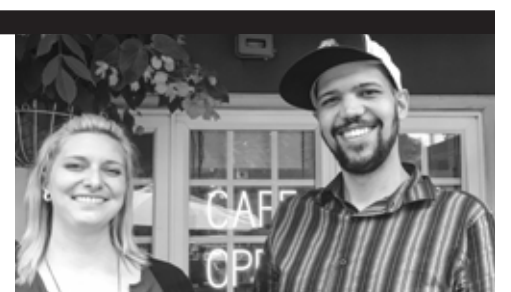
See Page 4



ECOVIBE GETS MORE VIBES

EcoVibe has a new store for all that’s needed in home décor.

See Page 6



KISS MAKES COFFEE SIMPLE

KISS Coffee owners believe in being sweet and simple.

See Page 8

CNA VOICES

By Ike Harris
CNA Board Member



Love is the greatest

Remember Muhammad Ali, the greatest heavy weight boxer of all time? I do. Those quick hands and feet.

Once upon a time he made this statement. He said to his audience and followers and fans, “I wish you would love everybody the way you show affection for me.”

If we are to be truly great – here at home, across the country and throughout the world – we need to love.

I can identify six types of love:

- Eros: romantic love
- Philos: affectionate love
- Philautia: self love
- Storage: familiar love
- Pragma: enduring lovetake
- Agape: unconditional love

That latter – unconditional love – is the greatest. It was important 2,000 years ago and it’s important to achieve today. Look what was said in 1 Corinthians Chapter 13, New English version:

What if I could speak all languages of humans and angels? If I did not love others, I would be nothing more than a noisy gong or a clanging cymbal.

What if I could prophecy and understand all secrets and all knowledge? And what if I had faith that moved mountains? I would be nothing unless I loved others.

What if I gave away all that I owned and let

Editor’s note: CNA respects the views and beliefs of all cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

Love isn't selfish or quick tempered. It doesn't keep record of wrongs that others do. Love rejoices in the truth, but not in evil.

myself be burned alive? I would gain nothing unless I loved others.

Love is kind and patient, never jealous, boastful, proud or rude.

Love isn't selfish or quick tempered. It doesn't keep record of wrongs that others do.

Love rejoices in the truth, but not in evil.

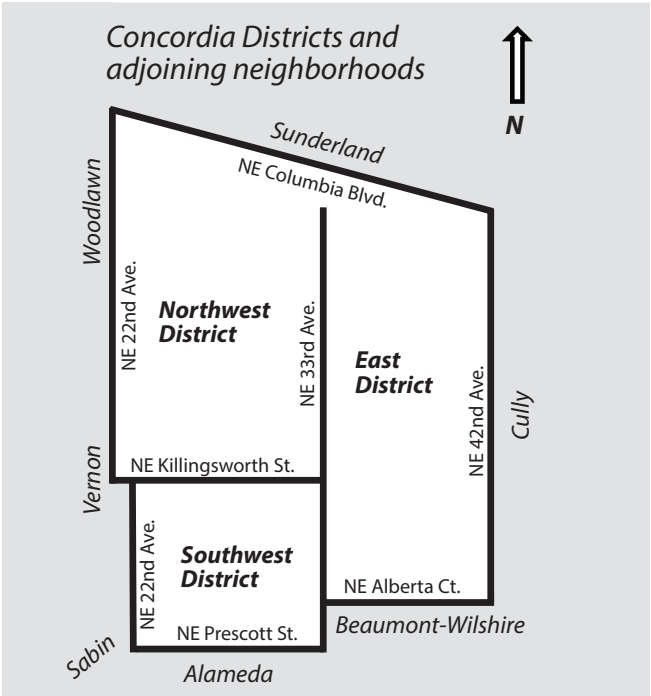
Love is always supportive, loyal, hopeful and trusting.

Love never fails.

For now there are faith, hope and love, but of these three the greatest is love.

If everyone loved one another with this kind of unconditional love, we would all be the greatest!

Isham “Ike” Harris has served on the Concordia Neighborhood Association Board of Directors for countless years. Husband for 43 years, father of three and grandfather of four, he is a retired postal carrier and a pastor for Upper Room Church.



CNA Board of Directors

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At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni

At Large 5 | AL5@ConcordiaPDX.org Truls Neal

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Need a place for your event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

Pricing: \$25/hr (\$15/hr. for nonprofits)

Info: ConcordiaDPX.org/community-room-rental

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Aug. 7, 7 p.m., McMenamins Kennedy School Community Room

General Membership Meeting

Wednesday, Sept. 4, 7 p.m., McMenamins Kennedy School Community Room

Social Committee

If you’d like to volunteer to help plan fun, community building events, contact Sonia Fornoni at SoniaGF419@gmail.com.

Media Team

1st Tuesday of the month, Tuesday, Aug. 6, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Aug. 21, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Aug. 28, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental

For info and scheduling, visit ConcordiaPDX.org/community-room-rental or contact Sonia Fornoni at CNARoomKennedy@gmail.com.

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Neighborhood Response Team Officer

Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: Gina Levine , CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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Concordia murals

Nameless 1989 mural is jazz to your eyes

This unnamed mural on the wall of Ciao Vito illustrates what local – and nationally-acclaimed – artist Tom Cramer once said jazz music looks like. Raised in a musical family in Portland, he’s always been heavily influenced

“The labor-intensive aspect of the recent work is intended to be consistent with their content.”

– Tom Cramer

by classical as well as modern popular music.

The 22nd Avenue mural bears a striking resemblance to another 1989 mural he painted, “Machine,” on a north Williams Avenue building. That structure was demolished in 2017 for new construction.

“After the demolition, some Portlanders took chunks of painted cinderblock from the rubble as bitter-sweet souvenirs of a bygone era,” The Oregonian reported.

In the past 30 years, Tom has added other mediums to his portfolio. “My current work emerged in the later 1990s and is an attempt to merge painting and relief woodcarving,” he explained.

“The labor-intensive aspect of the recent work is intended to be consistent with their content,” Tom added. “I am therefore especially influenced by recent trips to India, Egypt and Europe.

“I would like to think that the wiser and older cultures to which I fortunately have been exposed have helped me toward the more timeless goals of what all art should be about: an art driven by emotional content.”

In fact, he prefers his art to be evaluated for itself, and not for the artist. “One



The northeast 22nd Avenue mural is one of two similar pieces Tom Cramer painted in 1989. The other (inset) was on a north Williams Avenue building that was demolished in 2017.

of my goals is to turn the viewer on to an expanded view of themselves,” Tom said.

His pieces appear in many private collections and prominent West Coast museums. The latter include the permanent collections of the Portland Art Museum, Halle Ford Museum in Salem, Jordan Schnitzer Museum in Eugene and Boise Art Museum.

A show of his works is planned at the Jordan Schnitzer Museum Aug. 17-Dec. 29. For details about “Journey to the Third Dimension: Tom Cramer Drawings and Paintings 1974-2019,” visit JSMA. uoregon.edu/tomcramer.

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- Private off street parking

\$25/hour (\$15/hr. for nonprofits)

Learn more at: ConcordiaPDX.org/community-room-rental

ALBERTA

22ND ANNUAL STREET FAIR

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WITH THANKS TO EVENT SPONSORS:

Oakshire brings its brews to 42nd Avenue



Fans of Oakshire Brewing no longer need travel to Eugene. Oakshire Beer Hall will offer as many as two dozen beers in Concordia, thanks to efforts by, among others, (left to right) Hannah Child, Kyler Dressel and Jeff Althouse. Photo by Chris Baker

By Steve Elder
CNA Media Team

Northeast 42nd Avenue is becoming a corridor for food and drink in the Concordia and Cully neighborhoods.

Oakshire Brewing is opening Oakshire Beer Hall, featuring a wide range of beverages, including as many as two dozen beers from its original Eugene location.

The beer hall is in the former loca-

Oakshire plans to collaborate with the food cart partners for the beer dinners.

tion of Old Salt Marketplace at 5027 N.E. 42nd Avenue.

“Oakshire will be a neighborhood place with reasonably priced food and drink,” said Hannah Child, Oakshire retail operations director.

It will expand outside the original Old Salt to create a patio area for seating and food carts. There will be no pool table and just one television in the back room.

The kitchen will turn out fresh, savory and spicy Chamorro cuisine under the sure hand of Ed Sablan of Biba, founder of the PDX671 food cart.

Chamorro people are from the Mariana Islands. They took their delicious food to Guam, where it incorporated flavors from the Philippines, China, Japan and the Americas.

“People will increase their visits to taprooms and brewpubs, and will favor those providing the best combination of service, environment and high quality fresh beer,” said Jeff Althouse, Oakshire Brewing founder and CEO.

The beer hall will eventually have rotating food carts on the outdoor patio, in addition to the kitchen providing offerings directly to guests. The restaurateurs operating at Oakshire will use real plates, bowls and silverware, avoiding wasteful single-use service items.

The location also features a 500-square-foot space for pop-ups, seated private events, Oakshire beer dinners and tastings. The space will also be available to the food cart and kitchen operators to host their own dinners.

Oakshire plans to collaborate with the food cart partners for the beer dinners.

“The kitchen is really a work of art,” Hannah added. “It features a well-appointed back line that will be used to service the event space and serve as a commissary kitchen for the food carts.”

Dan Russo is Oakshire Brewing operations director. “In 2018 our brewing team released a dizzying number of beers under our Pilot and Vintage programs,” he said. “That’s 38 new beers in total, and nearly all out of our Public House in Eugene.”

“Our Portland beer hall will pour draft wine, cider and kombucha, just as it does in Eugene.”



Steve Elder, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.



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**National Night Out
Family Fun Day**

**Friday, Aug. 2, 6 - 8:30 p.m.
at Fernhill Park**

Pack up your blanket, chairs and your picnic and come to the park!

- Face painting
- Games
- Balloon art
- Henna tattoo artist
- Portland Police Canine Unit
- Firetruck
- Free ice cream for kids
- Craft table
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Music by THE LARKS pdx
(6:15 - 8:15 p.m.)



**Join us to celebrate our community
and to get to know your neighbors.**



LUTC update

Geez, the Legislature sure was productive

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

The Oregon Legislature, newly emboldened by a Democratic super majority in both chambers under a Democratic governor, worked feverishly this year to pass hundreds of bills. These are a few that I’ve cherry-picked from among the many passed, which I think will be of interest to neighbors.

HB 2001: Requires cities in the Portland metro region to allow all missing middle housing types (including duplexes, triplexes, fourplexes, cottage courts, ADUs and townhomes) on lands zoned for single-family dwellings

HB 2056: Establishes the Housing Development Grant Program to expand the supply of affordable rental housing for people with low or very low incomes

HB 2209: Requires railroads that own or operate high hazard train routes to have oil spill contingency plans



Garlynn Woodsong lives on 29th Avenue, serves on the CNA board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.

approved by the Oregon Department of Environmental Quality

HB 2423: Adopts the Small Home Specialty Code to regulate the construction of homes of not more than 400 square feet

HB 2509: Prohibits retail establishments from providing single-use plastic or non-recycled-paper bags to customers

HB 2618: Establishes a solar energy grant program to provide grants of as much as \$5,000 for solar power, and as much as \$2,500 for paired solar and energy storage systems

HB 2883: Prohibits food vendors from offering polystyrene containers to the public

SB 90: Prohibits businesses from providing single-use plastic straws to consumers unless specifically requested

SB247: Adds kombucha and hard seltzer bottles and cans to the list of beverage containers for which there are deposits in the Bottle Bill

SB 534: Requires local governments to allow at least one single-family dwelling on each lot within the urban growth boundary that is platted and zoned for residential use, with exceptions for slope and environmental conditions

SB 770: Establishes the Task Force on Universal Health Care, charged with recommending to the Legislature the design for the Health Care for All Oregon Plan to provide publicly-funded, equitable, affordable, comprehensive and high-quality health care to all Oregon residents

SB 998: Permits a person operating a

bicycle to enter an intersection controlled by stop signs without stopping, if the person slows to a safe speed, yields the right of way to traffic lawfully within the intersection or approaching so close as to constitute an immediate hazard, and otherwise exercises care to avoid an accident


SB 1045: To combat homelessness, offers a property tax exemption up to \$300,000 of the assessed value of a principal place of residence used by a homeowner to encourage the rental of space in the residence through public or nonprofit home share programs to indi-

viduals seeking such spaces

Senate Joint Memorial 6: Urges Congress to allow Oregon to maintain daylight saving time year-round, eliminating the need to “fall back” and “spring forward”

Senate Joint Resolution 18: Proposes a ballot measure amending the Oregon Constitution to allow laws or ordinances regulating the use of money in political campaigns

The presumption is that the governor will sign all of these into law. That information, however, was not available by press time.



What's Selling in Concordia?

180	Homes sold in RMLS in last 12 months as of July 10
- 2.3%	Decrease in Average Sale Price since 2018
Avg. Sale Price in 2018: \$523,453	
Avg. Sale Price currently:\$511,364	
Avg. Days on market:29	

This information provided by
Mark Charlesworth, Concordia resident & Broker
Keller Williams, Portland Central.
charlesworthhomes@gmail.com · 503.807.9911

Spanish Conversation classes



CNA sponsors these free classes, held at the Kennedy School Community Room.

Brush up on your Spanish skills. All levels are welcome.

Meets Thursdays (except last Thursday of the month) at 6:00 p.m.

For more info, contact Sonia at soniagf419@gmail.com.

News from the NET

Here’s how to manage emergency kit foods

By Amy Gard, Team Leader
Concordia/Vernon/Woodlawn NET

A reader has asked about emergency food storage.

What foods should I store? Foods with decent shelf lives are best – think canned, dried and freeze-dried foods, and others in long-shelf-life packaging like Tetra Pak. Avoid glass containers. The best choices are any nutritious, shelf-stable foods you normally eat because you can avoid waste by refreshing your supplies through rotation – and have food you know and enjoy during an emergency. This method also lets you gradually build up your storage by simply adding a few additional items to your shopping each week until you reach a 14-day supply.

What about expiration dates? Most expiration dates on canned food range from one to four years. Storing undented cans in a cool, dark place can double shelf life from three to six years. Beyond that, please compost the contents and recycle the cans. Factory sealed No. 10 cans of freeze-dried meals store for as long as 30 years. Fruit- and nut-type bars, nut butters and jerky are great because they’re nutritious, calorie dense and ready to eat. But rotate them frequently to avoid them becoming rancid.

- Other considerations?**
- Consider how you will prepare your emergency food, keeping in mind that after a major quake, electrical, natural gas or water services will likely be unavailable for weeks or months.
 - Do you need a manual can opener?
 - Have you stored water to rehydrate your freeze-dried meals? Do you have a camp stove and fuel to heat food?
 - Self-heating meals ready to eat (MREs) are a less palatable alternative, but have long shelf lives.
 - If you purchase food dedicated for storage instead of rotating, set a time to check your supplies each year and put it on the calendar. Consider Veteran’s Day, which allows you to identify anything you can use – or donate to food drives – during the holidays.






Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET and Oregon Food Bank.

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EcoVibe offers same 'vibe' with home decor

By Nancy Varekamp
CNews Editor

There's a second EcoVibe on Alberta Street. But don't plan to shop for your wardrobe here, unless you're in the market for garden togs. You'll find some of the signature apparel pieces here, but you'll discover so much more.

EcoVibe Home opened in June at 1906 N.E. Alberta St. It has the same

“The design, the décor here in the store – it all looks like what you’d see walking into our home.”

– Len Allen

owners and the same environmental, ethical, sustainable vibe, if you will, as EcoVibe Apparel.

Like that 2½-year-old store six blocks west, EcoVibe Home donates to nonprofit organizations that create positive environmental impact, and it stocks products that are environmentally conscious and ethically produced.

When Andrea “Dre” and Leonard “Len” Allen closed their flagship EcoVibe



Len and Dre Allen now own and operate two shops on Alberta Street. Six blocks east of EcoVibe Apparel is Ecovibe Home. It's more about decorating the home than dressing the person. Photo courtesy of EcoVibe Home

Apparel store on northwest 23rd Avenue at the end of 2018, they planned to concentrate on the Alberta Street apparel store, close to their home and the neighborhood where Len's family has lived for generations.

“But sometimes opportunities just arise,” Dre pointed out. They had mentioned to their Alberta Street landlord Brad Fowler that – because they’ve enjoyed their local retail experience – they’d like to someday expand that apparel store.

Brad said space was available in his new 1930 Alberta building. It wasn’t large enough for an expanded version of EcoVibe Apparel, but it appealed to the Allens.

The large corner windows and the greenery and animals of the mural on the west wall exterior made Dre think of a garden and home décor store. (See CNews mural coverage on Page 3 at ConcordiaPDX.org/wp-content/uploads/2019/05/cna-201906-web.pdf.)

She originally suggested that her sister and brother-in-law open a plant and home décor store there, similar to DIG Gardens, the store they operate in Santa Cruz, California.

“I don’t want to do that, but you should,” Dre’s sister replied.

The more the Portland couple thought about the idea, the closer it moved to possibility, then reality. Dre comes from

a family of gardeners and has a background in botanical medicine.

“She’s my botanical queen,” Len declared.

The products are a different challenge, but not daunting, Dre said. “There’s dirt everywhere, and the pots are bulky and heavy. It’s not like just pulling clothes out of the box and putting them on hangers.

“There is more involved, but we love it.”

Her sense of style also serves them well at the new store, according to Len. “The design, the décor here in the store – it all looks like what you’d see walking into our home.”

Len credits Dre’s talents for the new store’s success. “From the day I met her, she’s had an earthy side, and it just had to come out. Here she’s blossomed.”



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.

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- * Art Exhibits
- * “Time Together” Tuesdays: a weekly open house
- * Creative Path Walk: a restorative & unique indoor labyrinth

Find us at the corner of NE 23rd Ave. & Sumner St.



The 2019 Alberta Street Fair kicks off at 11 a.m. Saturday, Aug. 10, with a parade. Festivities continue until 6 p.m., with the beer garden remaining open until 9:30 p.m. Photo provided by Paloma Wykhuis

Set your sights Aug. 10 for Alberta street fair

By Paloma Wykhuis
CNews Special Writer

The Alberta Street Fair is my absolute favorite place to spend a hot summer day! From food, to art, to fabulous costumes and even live music, (not to mention the parade) the Alberta Street Fair is truly a magical tradition.

I have been in the parade since I was a one-year-old, and Aug. 10 will be my 15th Alberta Street Fair.

– Paloma Wykhuis

Every summer I look forward to going. My mother owns the store Frock on Alberta Street, so I get to proudly represent the store in the parade each year. I help throw candy and hold Frock’s banner. I have been in the parade since I was a one-year-old, and Aug. 10 will be my 15th Alberta Street Fair. Many of my favorite childhood memories are being pulled in a wagon in the parade and around the fair when I was small. The Alberta Street Fair is interesting because everyone dresses up in the most silly and unique costumes. Ignoring the usually humid weather, parade participants dress in full costume. You will see people dressed as elephants and other animals mingling with clowns and fairy princesses, and you will always see the neighborhood Hello Kitty walking past the booths lining the street. It has always been a special tradition for my family to participate every year and it’s always fun to take a day off of the usual hustle and bustle of normal life to

be silly and have fun dressing up. The fair also has amazing shows that you can watch while viewing the booths or grabbing a bite to eat. Kids put on a talent show at the end of the parade. Additionally, there are two other stages on either end of the street where local bands provide entertainment. After the parade, I like to visit the art booths. The art booths capture my imag-

ination because they are all unique and each has something beautiful, different and interesting to offer. I love making art, and it inspires me to see the incredible art that Portland artists bring to the street fair. It’s always fun to buy the art and support local artists. The fair makes you feel like a real part of the Alberta community. You get to see old friends, and you get to meet new people who are a part of the community. Of all the street fairs I have been to, the Alberta Street Fair is my favorite. It really brings out the fun and excitement of Alberta. I hope to see you there!



Paloma Wykhuis is a 15-year-old sophomore at Jefferson High School. In addition to attending the annual street fair, she enjoys writing and making art.

CNA 21ST ANNUAL YARD SALE



Saturday, Aug. 10
9 a.m. - 6 p.m.
One day only!

Follow these simple steps to participate:

- Register with the coupon below or electronically.
- Gather all your unwanted items.
- Display those items in your yard Saturday, Aug. 10.

Register by Thursday, Aug. 1, to be on the yard sale map. Your packet is available to pick up after 1 p.m. Saturday, Aug. 3, at 5120 N.E. 27th Ave.

The printed map will be available after Aug 1. The pdf version and an interactive version of the map will also be available on ConcordiaPDX.org, the CNA Facebook page at Facebook.com/groups/ConcordiaPDX and on Nextdoor.com.

Register:


Paper

- Complete and mail/deliver to the address listed in the coupon below.
- Don’t forget to insert in the envelope a \$7 check, payable to Concordia Neighborhood Association.

Electronically

- Email the information requested in the coupon below to StephSherman@gmail.com or text it to 503.593.3642.
- Visit ConcordiaPDX.org/yard-sale to make your \$7 payment through PayPal.

Questions? Email Stephanie Sherman, yard sale coordinator, at StephSherman@gmail.com, or text her at 503.593.3642.



CNA Yard Sale Registration

Name:

Address:

Phone: Cell:

Email:

The yard sale is scheduled for Saturday, Aug. 10.

Enclose a check for \$7, payable to Concordia Neighborhood Association
mail/deliver to: Stephanie Sherman
5120 N.E. 27th Ave., Portland, OR 97211

KENNEDY SCHOOL McMenamins

5736 N.E. 33rd Ave. • Portland
(503) 249-3983
mcmenamins.com
Free • All ages welcome
(unless noted)

Thursday, August 1

MICHAEL OSBORN

Legendary blues guitarist
Gym • 7 pm

Saturdays, August 3, 17, 31

Opera on Tap

Live opera singers in & around
the Honors Bar.
7 - 9 pm

Thursday, August 8

TONY SMILEY

One man loop riot ninja
Gym • 7 pm

Monday, August 12

PARANORMAL PUB:

Is It Really Haunted?
Theater • 6 pm doors; 7 pm event

Tuesday, August 13

RACE TALKS:

TEACHING CHILDREN TO
COURAGEOUSLY NAVIGATE EQUITY
Gym • 6 pm doors; 7 pm event

Thursday, August 15

**EXTRA CREDIT
BEER TASTING**
W/ BRIAN RILEY & RYAN LUND
5 - 7 pm • Brewery • 21 & over

Thursday, August 15

RICH LAYTON & TOUGH TOWN

Swampadelic soundtrack
Gym • 7 pm

Sunday, August 18

MINA PARSONS GAME NIGHT

Play bingo and board games in honor
of Kennedy School's first principal.
6 - 9:30 pm • Mina Parsons room

Wednesday, August 21

DRAG QUEEN BINGO W/ POISON WATERS

\$15 includes 9 bingo cards and a
great show with Poison Waters
5 pm doors; 6 pm show

Thursday, August 22

Roselit Bone

Great Northwest Music Tour
Gym • 7 pm

Monday, August 26

HISTORY PUB:

Whiskey and Warriors -
Bonds of Brotherhood forged
at Black Hawk Down
Theater • 6 pm doors; 7 pm event

Thursday, August 29

Amber Sweeney

R&B, soul
Gym • 7 pm



Sarah and Trae Pearson keep it sweet and simple at their new enterprise on 30th Avenue, KISS Coffee. In less than two months, they've earned a local following. Photo by Carrie Wenninger

KISS proffers simple pleasures

By Carrie Wenninger
CNA Media Team

Couple Trae and Sarah Pearson have a playful, long-standing habit of bantering around small business ideas. They came up with the concept for KISS Coffee three years ago.

However, when Trae's mother brought to their attention the business-for-sale listing she had seen online, the conversation shifted quickly from dream to possibility. On June 9, the cafe door at 3016 N.E. Ainsworth St. opened and KISS Coffee became a reality.

This tiny yet inviting retail space was formerly the Cottage Pantry, and had previous incarnations as a massage studio, a flower shop and another coffee shop.

Executive chef and sous chef respectively, Trae and Sarah worked together previously at Westwind, a nonprofit camp for kids on the Oregon coast.

There they enjoyed the challenge of

*"KISS, the way
we've envisioned
it, stands for
'keep it sweet and
simple.'"*

— Trae Pearson

crafting the ingredients on hand into innovative and delicious fare while using seasonal variety and avoiding waste.

They bring the same philosophy and creativity to their coffee business.

For those deeply involved in a relationship with caffeine, the name conjures up warm, desirous feelings for that dark and brewing elixir.

Turns out it's less about romance and more about straight-up good stuff

without the fuss.

"KISS, the way we've envisioned it, stands for 'keep it sweet and simple,'" Trae said. "You start with a solid base, which means using good beans. We source ours from Seven Virtues, another small, local business.

"Then offer simple but interesting food options."

Their flavoring syrups are made from scratch, and there are plans for a small kitchen. "We'd like to have grab-n-go salads, standard and reliable options, and a few seasonal and rotating items to keep things engaging," Sarah added.

Both have years of coffee industry experience, and Sarah also works as office manager at Icicle Tricycles.

Their home brewing method of choice? "French press," they said in perfect unison.

Opening at 7:30 a.m. weekdays has brought in early rising Concordia University students. And neighbors have been welcoming, enjoying outdoor cafe tables when weather allows since there's no indoor seating option. Hours are 7:30 a.m.-3:30 p.m. Mondays-Fridays and 8 a.m.-3:30 p.m. weekends.

"The connections that coffee makes are a big part of the enjoyment for us," Sarah shared. "We are very excited to become part of the community and to be good neighbors."

KISS Coffee hosts a Concordia Neighborhood Association mixer Sept. 21, but you're welcome to stop by sooner to sample the sweet and simple selections.

Care about transportation or land use issues affecting our Concordia neighborhood?

Want to get involved?



It's easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, Aug. 21 at 7 p.m. in the Kennedy School Community Room.

(Generally, meetings are held on the 3rd Wednesday of the month.)

Meetings are open to the public. Just show up or contact LandUse@ConcordiaPDX.org.

Info: ConcordiaPDX.org/lutc



Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact her at WurdGurl@gmail.com.

Madison project sends students to Marshall

By Nancy Varekamp
CNews Editor

In a few weeks Madison High School students will pack their schoolbags and head to classes – at Marshall High School. In the meantime, the Madison building is two months into 24 months of renovation and modernization.

The \$201.5 million for the project was approved by voters in 2017, along

Fifty subcontractors and many more second-tier subcontractors will provide a workforce expected to peak at 300.

with funds for projects at Kellogg Middle School, and Lincoln and Benson high schools.

“Madison’s proposed modernization will completely reconfigure and update learning spaces with a focus on indoor environmental quality, sustainability and historic preservation,” reported



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.



Madison High School’s entrance will take on a new look when the school reopens in 2021. While a workforce peaking at 300 transforms the campus, students will attend classes in the Marshall High School building 3.8 miles to the south. Art courtesy of Portland Public Schools

Harry Esteve, Portland Public Schools communications director.

- Major items in the project are:
- Cafeteria, commons and an atrium will connect all major wings and three classroom levels to the main entrance.
 - Science labs will consolidate near the front of the school.
 - Performing arts will move into a state-of-the-art music and theater facility.
 - Community resources will continue to include a child care center, clinic and food pantry.
 - Athletics facilities will feature an entirely new gym building with a 1,700-seat main gym, auxiliary gym, weight room, wrestling/dance room and a new softball field.
 - Career technical education specialty labs – for digital design, engineering, robotics, digital art, biomedical, sculp-

ture, construction and sustainable agriculture – will adjoin new maker space.

Square footage of the school buildings will be 292,000, an increase of 170,000 square feet to accommodate 1,700 students. Enrollment in the 2017-18 school year was 1,146.

General contractor is Fortis Construction Inc., a local, employee-owned firm. Fifty subcontractors and many more second-tier subcontractors will provide

a workforce expected to peak at 300.

As for the students during the next two years, assistant vice principal Lajena Broadous said only the Marshall building will be different.

“The same great Madison teachers, staff and programs will be there. There’s even a new turf field and track.”

Depending on where they live, students will use private and/or public transit to commute to Marshall, 3.8 miles south of the Madison campus.



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Gardening guidelines

Now it's time to begin planning for autumn

By Jolie Ann Donohue
The Gardening Goddess

Dog days of summer are here! Just as our warm season edible crops – like beans, cucumbers, and tomatoes are starting to produce – it's the time to plant up your edible garden for an autumn and winter harvest.

In our beautiful mild maritime northwest climate, we can grow and harvest vegetables year-round. The key to success is proper timing, so let's first look at importance of knowing our frost date.

In recent years, our average first frost date ranges dramatically from year to year. On average it falls between Oct. 15 and Dec. 15, and we aim to have all autumn/winter crops at harvestable maturity by the first frost.

This means, if a broccoli variety states 60 days to maturity, then we count back from the Oct. 15 frost date and plant in the garden Aug. 15.

It is important to remember autumn day lengths are shorter and the sun is farther away, so plants do not grow as quickly as they do in the spring and summer.

Also consider most cool season crops will tolerate frosty weather, but not at the beginning of their growth. Frost will improve the sweet flavor of crops like

Brussels sprouts, carrots, kale and parsnips.

In August plant by these preferred methods:

- **Direct seed in the garden:** arugula, beets, carrots, chervil, endive, kohlrabi, lettuce, mache, parsnips, peas, radish, rutabaga, scallions, turnips
- **Transplant seedlings in the garden:** broccoli, cabbage, cauliflower, chard, choy, cilantro, collards, kale, leeks, lettuce, mustards, parsley, radicchio, spinach

Brussels sprouts take a long season to grow, so I recommend transplanting them into the garden May-June for an autumn harvest. Be sure to save room in the garden for planting fava beans, garlic and shallots in September.

Get all the dirt of year-round vegetable gardening at JolieAnnDonohue.com.



Jolie Ann Donohue is a garden educator, consultant and designer. She is the author of The Gardening Goddess's Guide to Edible Gardening in Portland. Reach her at her website, JolieAnnDonohue.com.

Community Room Calendar

Concordia Neighborhood Association hosts these events in McMenamins Kennedy School Community Room. If you're interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni, SoniaGF419@gmail.com. Unless noted otherwise, events are admission free.

Mondays, Aug. 5, 19, 10-11am

EFT TAPPING STRESS RELIEF

Emotional freedom technique (EFT) combines cognitive elements with tapping certain acupuncture points. This allows for quick release of current stress & the release of old, stuck energy that may be affecting your health & well-being.

Details: Penny Hill, pheft22@gmail.com, 503.493.5954, calmhealthease.com

Thursdays, Aug. 8, 15, 22, 6-7:30pm

SPANISH CONVERSATION

CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome.

Details: soniagf419@gmail.com

Sunday, Aug. 25, 3-6pm & Thursday, Aug. 29, 7-9pm

SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whoever attends, including every possible level of musical experience & ability – even those who were asked not to sing in their church choirs.

Details: portlandsacredharp.org

For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar

To your wellness

RICE may not be as therapeutic as thought

By Kim Magraw
Licensed Massage Therapist

Anyone who has played sports or endured a joint injury knows the acronym RICE – rest, ice, compression, elevation – coined in 1978 by Gabe Mirkin, M.D.

Okay, but don't you want to know why RICE? I did, so I researched it and discovered some answers and big questions.

raises some big questions related to our overall goals to avoid further damage and promote healing: Is swelling bad for healing?

Swelling is an early step in the healing process, so preventing swelling entirely is counterproductive. How much is too much swelling? The evidence is inconclusive.

How does the application of ice affect healing in tissues? While ice is very

Even the father of RICE, now doubts the value of a blanket prescription for rest and ice.

- **Rest** prevents more damage. It also reduces blood flow and swelling by decreasing cellular activity. Big question: How long should I rest, especially as doctors are now recommending movement soon after injuries and surgeries?

- **Ice** – or any cold therapy – reduces sensation, including pain, which is nice. It also reduces cellular activity, and hence blood flow. Furthermore, the body shunts blood away from cold areas to conserve heat.

- **Compression** pushes liquids out of an area and prevents their entry. This reduces hemorrhaging of blood (i.e., swelling).
- **Elevation** uses gravity to reduce blood flow to an injured area. The heart must work harder to push blood uphill.

We're seeing a theme of reducing blood flow and hence swelling, which

effective at reducing pain, there is some inconclusive evidence to suggest that icing can actually prevent healing.

The overall recommendation among sources was nuanced: rest, but not for too long. Ice to reduce pain, but don't expect it to promote healing. Even the father of RICE, now doubts the value of a blanket prescription for rest and ice.

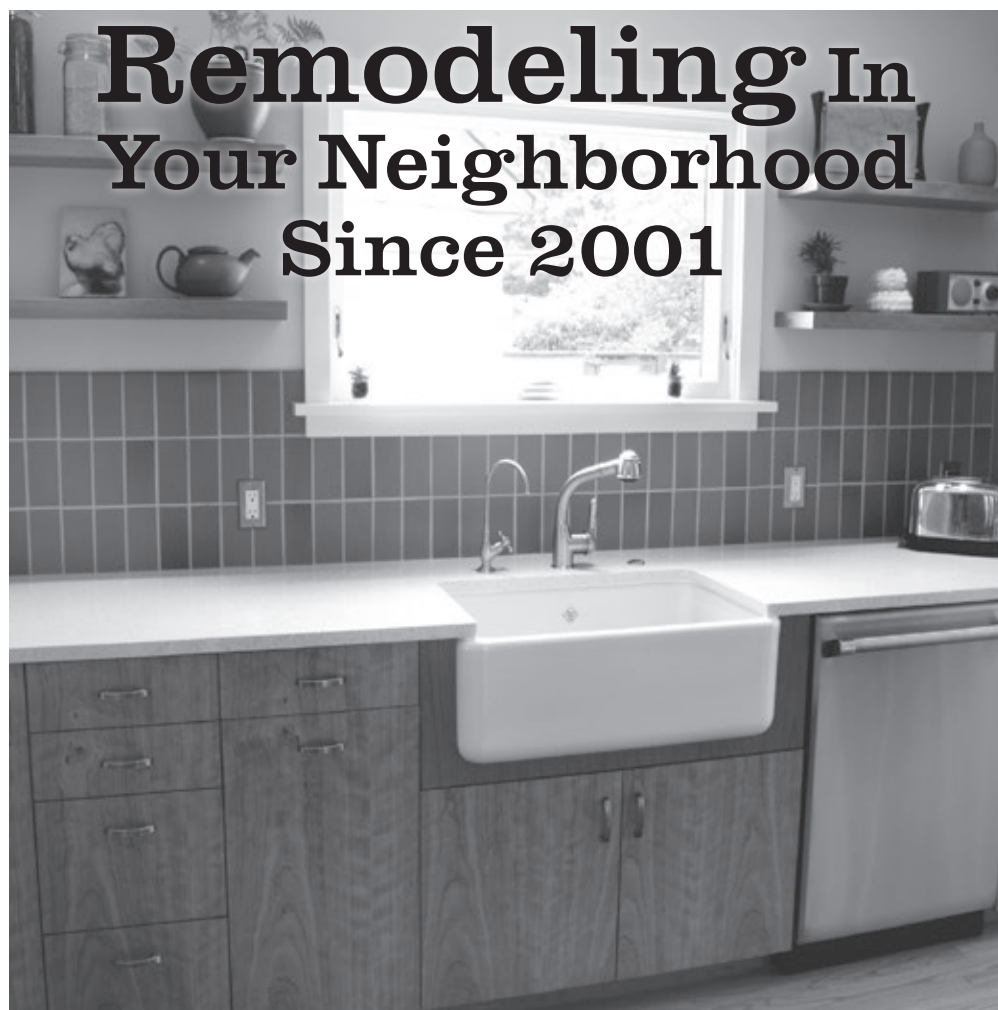
Compression in moderation and elevation are both fine and unlikely to cause problems.

Satisfied? Me neither.



Kim Magraw practices massage at Concordia Wellness – ConcordiaWellness.com – and is a founding member of Concordia Area Massage and Body-

work Professionals.




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Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.

Ready to help? Email Chair@ConcordiaPDX.org



Ask the historian

Kennedy School teacher made large impact

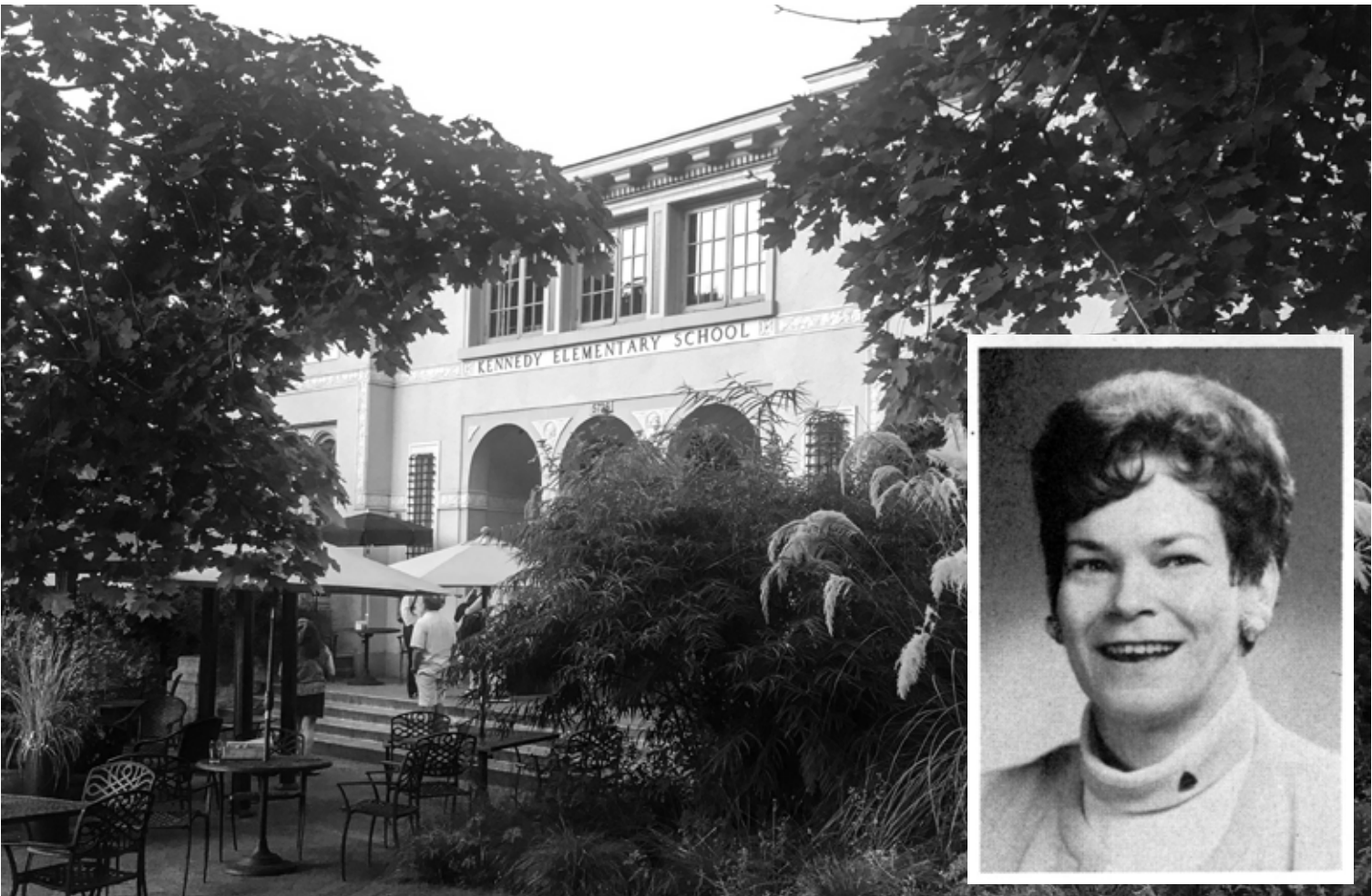
By Kerry Conroy,
Assistant Historian
McMenamins History Department

Kate Drew was a beloved teacher at Kennedy School from 1963 ‘til 1970. However, elementary education wasn’t her first career path. She started out as a professional operatic singer who performed all over California – with the Modesto Symphony Orchestra – as a soprano in the theatrical piece “Messiah” and in gay nightclubs in San Francisco. But, when she was awarded a teaching fellowship at San Francisco State University, she decided to switch gears to get a teaching degree instead of a graduate degree in music.

“I wanted a normal life,” she remembered. Kate embarked on her new career as a teacher in the Mission District, which at the time was a poor neighborhood. She taught classes of as many as 40 children, many at lower learning levels. So, when her husband was transferred to the Northwest, Kate entered the Portland school system. Here, she encountered smaller classes in a welcoming environment.

She was known for belting out show tunes from her classroom piano, and for reading stories to her kids in a very dramatic, engaging fashion. There were assemblies and holiday pageants, riotous games of softball during recess, fantastic field trips into the Columbia River Gorge. Kate was the kind of teacher students loved and parents appreciated. She understood that kids needed to be kids, and she still managed to make learning fun. Toward the later stage of her career, the public school system was undergoing radical changes. Administration was afforded a greater role in determining what and how certain content should be taught to the students.

Kate had always been active in leadership roles involving parents, teachers and administration. But just a few short months after taking office as the president of Portland Association of Teachers, she resigned from her position. “We went from a professional organization of teachers to a union. And that didn’t satisfy a lot of us.” She decided one summer morning in 1970 that it was time to end her teaching career. “I retired at 58. I’ve always felt very strongly: if you can’t do it well anymore or if it isn’t fun anymore, or



The children called her Mrs Drew out of respect. Kate Drew knew how to make teaching fun for her students at Kennedy School in the 1960s. Photo of Kate Drew courtesy of McMenamins Hotels, Pubs and Breweries

challenging, and you don’t wake up in the morning eager to get there – then that’s the time to leave.” Well after her retirement, Kate still kept up with many of her Kennedy School students. She helped one Portland Rose Festival princess with her speech, attended another’s senior day at Oregon State University, exchanged holiday cards with several others for years. Through her creativity and commitment, Kate Drew instilled in her students

the joy of learning, an invaluable gift and legacy. Editor’s note: This was published originally June 5 by McMenamins Hotels,

Pubs and Breweries. Space didn’t allow republishing the entire piece here. For the rest of the story, visit: [Blog. McMenamins.com/wonderful-things-happen](http://Blog.McMenamins.com/wonderful-things-happen).

Doug Decker is taking a breather during the August and September CNews issues. But don’t let that discourage you from sending in questions about the history of the neighborhood and its buildings. Drop a line to CNewsEditor@ConcordiaPDX.org. CNews will save them for when Doug resumes and ask him to do some digging.

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BLOCK PARTY!

Sunday, September 8th | 3pm - 9pm
NE 30th Ave. & NE Killingsworth St.

FREE! +All Ages, bring the whole family

Complimentary Bites +Wine Fair
Live Music +DJs +Games
Charity Raffle +More



Concordia community events calendar



Thursdays, Aug. 1, 8, 15, 22, 29, 4-8pm
CULLY FARMERS MARKET
Location: 5011 NE 42nd Ave
Farmers market is back every Thursday through September. Meet continuing & new vendors, enjoy entertainment, grab dinner with friends, connect with your community, buy fresh veggies, support local farms & artisans, trade/sell your homegrown/handmade items at the Community Table. Check for weekly events announcements on Facebook.
Details: cullyfarmersmarket.org, [facebook.com/cullyfarmersmarket](https://www.facebook.com/cullyfarmersmarket)

Thursdays, Aug. 1, 8, 15, 22, 29, 7:40-8:40am
TOASTMASTERS
Location: Concordia University Library, 2800 NE Liberty St
Advisors Toastmasters is a small, but active group that gives members opportunities to try speaking & leadership in a safe, nurturing & supportive environment with feedback that is aimed at helping improve speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org



Friday, Aug. 2, 6-8:30pm
NATIONAL NIGHT OUT
Location: Fernhill Park
Pack up your blanket, chairs & picnic dinner for the CNA National Night Out, an annual community-building campaign to promote police-community partnerships & neighborhood camaraderie. THE LARKS pdx take to the stage with joyful jazz 6:15-8:15pm. The evening also features face painting, games, balloon art, henna tattoos, members of the Portland Police Canine Unit, fire truck, craft table, free ice cream for children & more.
Details: Page 4



Tuesdays, Aug. 6, 13, 20, 27, 4-8pm
TIME TOGETHER: TUESDAYS AT CERIMON HOUSE
Location: 5131 NE 23rd Ave
Gather, knit, craft, fold, chat, be. This open house connects friends. Free & air-conditioned. Most Tuesdays also include a 22-foot Chartres pattern labyrinth for a contemplative walk.
Details: cerimonhouse.org

Friday & Saturday, Aug. 9 & 10, 2 pm
MADE FOR KIDS PROGRAM: MIDSUMMER NIGHT'S DREAM
Location: Concordia University Student Events & Activities Center
CU's MADE for Kids Program 1-week musical theater camp culminates in 5th-12th graders presenting a 1-hour musical adaptation of Shakespeare's play. \$5 admission
Details: cu-portland.edu/about/events/campus-calendar

Saturday, Aug. 10, 9am-6pm
21ST ANNUAL CNA YARD SALE
Location: throughout Concordia
If you aren't participating in the yard sale, you'll have more time to shop it – along with touring the Alberta Street Fair. Look for the printed map after Aug. 1. The digital versions will be at ConcordiaPDX.org/yard-sale & [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).
Details & registration: Page 7



Saturday, Aug. 10, 11am-6pm (beer garden until 9:30pm)
22ND ANNUAL ALBERTA STREET FAIR
Location: Alberta Street, 10th-30th avenues
A parade, 3 entertainment stages, kids corner, beer garden & many vendors take over Alberta Street for your enjoyment. Admission is free, \$2 donation suggested.
Details: albertamainst.org/signature-events/alberta-street-fair, Pages 3 & 7

Sunday, Aug. 11, 10am-2pm
24TH ANNUAL COLUMBIA SLOUGH REGATTA
Location: Multnomah County Drainage District, 1880 NE Elrod Dr
Celebrate recreation opportunities on the Columbia Slough with a family-friendly paddle for experienced & novice paddlers. 45-minute canoe & kayak rentals are available to registered attendees. Land-based activities include visits with local environmental & water-based organizations, hands-on activities, live music & walking tours of the levee system.
Details: Advance registration required, columbiaslough.org/events/event/248, 503.281.1132. Donation of \$10-60/person \$30-125/family encouraged, no one will be turned away for lack of funds

Monday, Aug. 12, 7 pm
MCMENAMINS PARANORMAL PUB
Location: McMenamins Kennedy School
This month's topic is "Is It Really Haunted?" presented by Dave King, former Washington State Ghost Society president, & Stacy Calvert, medium. They plan to demystify the word "haunted" & offer explanations of just what might be happening when you think someplace is haunted. This exploration into the phenomenon is intended to put your fears on the subject to rest. Doors open at 6pm, children welcome with guardians.
Details: mcmenamins.com/events/199331-is-it-really-haunted



Tuesday, Aug. 13, 7pm
RACE TALKS
Location: McMenamins Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey. This month's topic is "Teaching Children to Courageously Navigate Equity," presented by educators Paula Dennis & Renee Mitchell. Learn how local educators prepare their students to explore the intersectionality of race, "the system," schooling & each other in an effort to help close opportunity gaps & ensure that all children – regardless of race, ethnicity, language of origin, income & ability – are set up to reach their full potentials. Doors open at 6pm.
Details: racetalkspdx.com

Wednesday, Aug. 14, 6-8pm
DIY COOLING WORKSHOP
Location: 2900 SE Stark St
Interactive, hands-on workshop offers skills & tools to control airflow & stay cool without AC, save water & energy & stay safe during extreme heat. Income-qualifying participants can pick up free weatherization kits, non-income-qualified participants can purchase some materials at reduced price.
Details/registration: communityenergyproject.org, 503.284.6827 x109

Thursday, Aug. 15, 6-8pm
FREE CRAFT NIGHT
Location: Atlas Pizza, 710 N Killingsworth St
collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instructors are provided, no registration necessary.
Details: collagepdx.com

Friday, Aug. 23, 7:30-9:30pm
BAT NIGHT
Location: Whitaker Ponds Nature Park, 7040 NE 47th Ave
Learn about bats in the Columbia Watershed Council classroom, then join a bat walk in the moonlight, suitable for families with children age 5+.
Details: Registration required, space limited to 20 people, columbiaslough.org/events/event/92, 503.281.1132. Suggested donation \$7-15/ person.

Monday, Aug. 26, 7 pm
KENNEDY SCHOOL HISTORY PUB
Location: McMenamins Kennedy School
This month's topic is "Whiskey & Warriors: Bonds of Brotherhood forged at Black Hawk Down," presented by Clay Othick & John Collett, Three Rangers Foundation. The presentation covers the US Army's elite 75th Ranger Regiment & the Oct. 3, 1993, Black Hawk Down battle. Doors open at 6 pm., all ages welcome
Details: mcmenamins.com/events/197513-kennedy-school-history-pub



Thursday, Aug. 29, 6-9pm
LAST THURSDAY
Location: Alberta Street, 15th-30th aves
This event ends the summer Last Thursdays that close Alberta Street from vehicular traffic for 16 blocks.
Details: LastThursPDX.org



AUGUST 2019

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THIS MIGHT GET WEIRD
PODCAST LIVE
WITH MAMRIE HART & GRACE HELBIG

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X-RAY IMAGING IN PLANT BIOLOGY
SEEING THE UNSEEN

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THE MYSTERY BOX SHOW
TRUE STORIES ALL ABOUT SEX

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TOO SLIM & THE TAILDRAGGERS

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Community calendar items

Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.