

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

November 2007



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

Meetings
held in the
Community Room
at McMenamins
Kennedy School

General Membership NOVEMBER 6
1st Tuesday of each Month at 7 p.m.

Land Use & Livability Meeting November 8

Board Meeting NOVEMBER 13
2nd Tuesday of each Month at 7 p.m.

Green Team NOVEMBER 27
4th Tuesday of each Month at 7 p.m.



in the
CNA Elections
on November 6!



CNA Board Election This November. Become a Neighborhood Leader!

It's November, and that means election season.

November 6th is election night for the Concordia Neighborhood Association's next Board of Directors. If that is not enough to convince you to attend CNA's General Meeting, the Association is also throwing in free beer for attendees.



Now is your chance to be a leader. The Concordia Neighborhood Association annually elects members of our community to serve on our 13-member Board of Directors. We want you to join us on the board. There are also opportunities to get involved with our various committees.

We have four positions open for the upcoming board election. Positions include:

- * One at-large member
- * One position for the East quadrant
- * Two positions for the SW quadrant

The Concordia Neighborhood is fortunate to have had a strong neighborhood association historically, with great folks in leadership positions. Your commitment is two meetings a month. Hopefully you will want to join a committee that is of interest to you.

If you have any questions about the election or what the board position entails, please email Katie at kugolini@earthlink.net.

The General Meeting with free beer starts promptly at 7 P.M. in the Community Room at the Kennedy School. See you there!

Boeing vs. Concordia = Goliath vs. David

By George Bruender, Land Use Co-chair

Boeing Aircraft has asked Oregon's DEQ to give it permission to dump 99 tons of VOCs (Volatile Organic Compounds = hazardous waste) into the airshed of Northeast Portland. From April through October, neighborhoods like Concordia, Cully, Woodlawn, and Vernon are directly in the line of prevailing winds that come from the two huge hangars located on Cornfoot Road in the Columbia Slough, where Boeing's planes are painted.

About 35 neighbors, primarily from Concordia and Cully neighborhoods, all concerned that what looked like a good move for Boeing might not automatically be good for nearby residential livability and health, crowded a first public hearing in September. Their questions and challenges prevented a quick rubber stamp approval of the permit, and sent both DEQ and Boeing back to their drawing boards.

More public meetings are planned, but those same concerned residents met recently to plan strategies on how laymen with limited resources and experience can challenge a major international corporation with billion dollar profits. Political pressure through our elected officials and local institutions might work. Volunteers going door-to-door might be worthwhile. Challenging Boeing

to present studies and information on the effects of the hazardous emissions on public health might be productive. Solutions will take a lot of volunteer work; a lot of Davids are needed to confront one Goliath, a Goliath with unlimited financial resources and paid staff.

What do these residents want? First, for DEQ to deny the permit. Boeing already dumps 39 tons of VOCs on us, and with additional hazardous waste produced by our close-in highways, trains, airport, and the industries along the Columbia Corridor, we are already heavily saturated. Second, if the permit is granted, they want Boeing to install the best available control technologies (called BACTs) to capture 100% of the emissions. Boeing claims that the technology is not required by Oregon and is too expensive, but other states require it, and other similar industries meet those standards now. It comes down to what value Boeing is willing to place on our lives.

Interested in being part of this process? Contact Robin Denburg at NECN: 503-823-4135; robin@necoalition.org. Let him know if you want to get involved now. Also plan to come to our next major working/planning session on Wednesday, November 7 at 7 P.M. at NECN in the King School building on NE 7th Avenue. Help convince Boeing to be a good neighbor.

CNA Opposes Boeing's Air Permit Request

The Concordia Neighborhood Association recently adopted a formal resolution against Boeing's request for a permit to increase the level of volatile organic compounds (VOCs). The permit would allow Boeing to increase the level of emissions from 39 tons per year to 99 tons.

The health effects of VOCs can be significant. VOCs can cause damage to liver, kidney, and central nervous system. In fact, some organic compounds are suspected or known to cause cancer in humans (Source - EPA). CNA's position against Boeing's request to significantly increase its VOC emissions was based on concerns about the health and environmental effects of significantly increasing VOCs in NE Portland. Moreover, Boeing is already dumping more than 12,000 pounds of a known carcinogen, tetrachloroethylene, into Portland's air every year (Source - EPA's Toxics Release Inventory (TRI) Database).

The technology to minimize or eliminate VOC emissions exists. Boeing could expand operations without risking the health and well being of Portland residents. To date, the only reason Boeing has presented for not addressing the concerns of Portland residents is that they don't want to pay for it. It should be noted that Boeing has only presented this position in media reports. Boeing refused to address any questions or provide any formal comment at the public information meeting held at the Department of Environmental Quality (DEQ) on September 20th.

CNA believes that risking the health of Portland residents - especially children and seniors - is not a price that we should have to pay to keep Boeing's costs low.

Individual neighbors may also express their opposition or support of Boeing's air permit request by contacting the DEQ: amidon.kathy@deq.state.or.us



Chair's Corner

by Tony Fuentes

I have been watching the recent debate about honoring Cesar Chavez unfold. Although this is not a CNA issue, and the Neighborhood Association has taken no stand on it one way or the other, I have personally signed petitions in support of the Interstate street name change. However I can understand that the street re-naming process has been undefined and has ruffled some feathers as a result.

Cesar Chavez was a great American who provided a voice to oppressed workers not only in the fields but everywhere. He was a dedicated man of great integrity and a selfless leader who provided a compelling example of how individuals can bring about great social change.

I believe that this is a universal ethic that should be celebrated. Of this I have no doubt. From what I have seen expressed in meetings and in the media on the Cesar Chavez street debate, I believe a majority of Portland residents agree with this assertion as well.

Although I am a Mexican-American, I don't think the ethnicity of Mr. Chavez should have any bearing on how and where he should be honored. However, the current path to honoring this humble man in Portland has been muddled



by an odd mix of pent-up frustration with city process, misunderstandings, and - most regrettably and disappointingly - racist and class biases.

This has resulted in defining sides on this discussion and those sides are digging in. Ultimately, this polarization may result in an outcome where the legacy of Mr. Chavez is ignored and where a lasting fissure between neighbors fills that void.

There is a compromise being championed by Commissioner Randy Leonard on this issue, one that will address the legitimate concerns about process while ensuring that the city commits itself to honoring this great American in a permanent public fashion. I am hopeful that this initiative will succeed and that we are able to move forward in a manner that allows us all to honor and celebrate Mr. Chavez and the ideals he embodied.

Like it or not, symbols do matter. And so do actions; let's not have Portland be the city that slaps the legacy of this great man in the face.

Concordia Neighborhood Association Board Members and Elected Officials

Board Members	Chair Katie Ugolini 296-7839 kugolini@earthlink.net
	Vice-Chair, At Large Board Tony Fuentes 971-570-6930 milagros@milagrosboutique.com
	(Ei- shared) Anne Rothert 493-1938 arothert@gmail.com Amy Watson 975-5716 amywatson@mac.com
	(Ez) Juliette Trunz 730-4636 evajrm@gmail.com
	(SW1) Peggy Alter pegalter@msn.com
	(SW2) Economic Development Chair Matt Steadman 806-5010 mattsteadman@comcast.net
	(NW1) Isham "Ike" Harris 282-1543 ishaharris@msn.com
	(NW2- Shared) Mary Schuldheisz 282-4640 mschuldheisz@cu-portland.edu Joel Schuldheisz 282-4640 jschuldheisz@cu-portland.edu
	At Large Board Members Rhonda Bergemann 891-0014 Rhondabifani@hotmail.com Belinda Clark 680-2075 clarkbcb@yahoo.com Safari Cass 327-3075 safaricass333@yahoo.com Ken Dodge 951-8428 artfuldodge@hotmail.com Steve Hoyt 475-8725 smhoyt@yahoo.com Denny Stoecklin 493-6501 dstoecklin@cu-portland.edu
	Crime Prevention Specialist Mary Tompkins 823-4763 mary.tompkins@ci.portland.or.us
NE Precinct Neighborhood Response Officer Officer Jim Quackenbush 823-5793 jqackenbush@police.ci.portland.or.us	
Land Use Chair George Bruender 287-4787 gbruender@comcast.net	
Land Use Co Chair Joseph Occi jocci@comcast.net	
Transportation Chair Harris Hyman harris@hhpe.com	
Community Safety & Livability Chair Collin Whitehead 803-0774 cwhiteh@hotmial.com Craig Chambers craig_chambers@meeting.com	
CNA Treasurer Rhonda Bergemann 891-0014 Rhondabifani@hotmail.com	
CNA Bookkeeper Jeannette Eggert 331-1884 jeggert@cu-portland.edu	
Social Community/Committee Chair Katie Ugolini 296-7839 kugolini@earthlink.net	
Wellness Committee Chairs Amy Watson 975-5716 amywatson@mac.com Carolyn Campbell 493-9497 carolyn@thecoresource.com Jason Lindekugel, DC pdxchiroguy@hotmail.com	
Co-Chair- Friends of Fernhill Park Anne Rothert 493-1938 arothert@gmail.com	
Co-Chair- Friends of Fernhill Park Melody Winn 282-6574 OurPlacePreschool@msn.com	
Webmaster Steve Rowley srowley@pocketbookvote.com	
Recording Secretary Shawna Zierdt szierdt@gmail.com	
Community Room Scheduler Anne Rothert 493-1938 Arothert@gmail.com	
Neighborhood Clean Up TJ Millbrooke 460-3506 tj@yolocolorhouse.com	
Yard Sale Donna Carrier (Paul) 288-9826 dmc@teleport.com	
Associate Member & Land Use Committee Vacant	
Friends of Trees Jordan McCann jordan_friendsoftrees@hotmail.com	
Chair, Concordia Foot Patrol VACANT	
Managing Editor Peggy Alter concordianews@yahoo.com	
CNA Newsletter Business and Advertising Manager Sam Butler 289-2670 sam9saley@yahoo.com	
Copy Editor Eve Connell	
Layout Editor Lisa Revee	
Journalists George Bruender	

CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 4,899 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations. Deadlines for articles &

MISSION STATEMENT
TO CONNECT CONCORDIA RESIDENTS AND BUSINESSES - INFORM, EDUCATE AND REPORT ON ACTIVITIES, ISSUES AND OPPORTUNITIES OF THE NEIGHBORHOOD.

advertisements:

November 15th
for the December 2007 Issue

Submit articles, letters to the editor, calendar events and advertisements to:
concordianews@yahoo.com

Please note, Concordia News may reject or edit for form and length any material, including letters to the editor, submitted for publication.

If you would like to participate in the Concordia News, please contact Peggy concordianews@yahoo.com or PO Box 11194 Portland, OR

Concordia Neighborhood Association Board Meeting Partial Minutes

Tuesday, October 9, 2007

Present:

Julie Rea Trunz Mary Schuldheisz
Rhonda Bergemann Matt Steadman
Anne Rother Katie Ugolini
Belinda Clark Tony Fuentes

Land Use/Livability/Transportation

Train noise committee is looking for more volunteers.

1 million dollar grant for PPS is open to all neighborhoods in PPS districts. The cities goal is to increase enrollment within neighborhood schools. At this point, decisions are being made as to how the money will be allotted. Grants applications will need to be submitted by January 2008

CCU expansion begins this month. The Good neighborhood agreement will be overviewed with them this month as well.

Update from Tony concerning the Safe and Sound street meeting...there is a Town meeting on Oct. 18, 7p-9p. Currently, NE Portland is still receiving the least amount of funding. NCEN would like to see a corridor around Killingworth, however there may not be any funding designated. The primary mode of funding will be a 3-cent gas tax and a "Smith", which will be a tax on water bills. Seemingly, Big businesses will be above paying any of the tax and smaller businesses will have to pay the most.

Community Appliances & Kitchen kitsch Sales * Repair * Parts
Family owned and operated

We are committed to improving our community by providing quality appliances and customer service, and improving the environment by repairing and recycling

3746 NE 42nd
Portland OR. 97213
503-287-4240

WOOD FLOORS
by
C.Z. Becker Co.
(503) 282-0623
www.czbecker.com

Restored to their original beauty

Meeting Minutes, cont.

Old Business

Neighborhood Small Grants. Reminder, deadline is 11/1. The allotted amount is up to \$5000. The idea is to build neighborhood partnerships. (I believe the 5000 was updated by Katie as actually being 2500?)

The board will be applying for a grant to cover the expenses for a wellness event, as well as, allotting money to get more people/organizations involved in the community parade. Children within the neighborhood schools can then write articles about the event.

New Business

Spirit of Concordia (will be awarded at elections). There will be 3 separate awards.

The Little Red Schoolhouse Down the Block: Faubion Elementary

Don Gire, PTA Secretary

Molly Chun, Faubion Elementary School's principal, is enthusiastic about our jewel of a neighborhood school: its current efforts, its reinvigorated PTA, and this spotlight in the Concordia News.

Faubion School? It is sometimes hard to see our single story red brick schoolhouse that is nestled between Rosa Parks Way and Dekum between 29th Avenue and 30th Avenue. Maybe you've seen the covered basketball and play court or the nice baseball and soccer field. Faubion might be lost in the Concordia University campus and the excitement over its soon to be expanded library and athletic fields, but it shouldn't be ignored!

Faubion is a great community school - quiet, unassuming, well-rated, diverse and busy...inside, very busy. 360 Concordia neighborhood kids call Faubion home nine months

of the year. Pre-K, K, and now grades 1 through 7, and growing. Nice kids, smart kids, happy kids, maybe your kids. Faubion is also the official elementary school for far-off Hayden Island. Jantzen Beach has kids too, and school buses bring in some of those children to our neighborhood each day. Many other neighbors drive their kids to school, but more and more kids are walking and biking. And, we'll all be happy to note that a Neighborhood Safe Streets Plan is just rolling out.

This column will be appearing in The Concordia News from time to time to keep you informed about Faubion and Faubion PTA, to present articles and views of its students and teachers, and to show you what is happening with your neighborhood school and its kids. It might even entice you to stop by, get involved, and support one of this country's greatest institutions - the little red schoolhouse just down the block.



Open Letter to the City of Portland Regarding NE Killingsworth Street Issues

Last summer NECN, the coalition of 12 neighborhoods in inner Northeast Portland including Concordia, toured all of our areas trying to determine what our most pressing infrastructure needs were. Over and over again we heard complaints about traffic congestion and about the dangers for pedestrians in crossing Killingsworth Street. It became obvious that a fix for the street would have to be a master plan for the whole stretch from MLK to where it joins the highway (about 72 blocks), not some piecemeal separate set of projects, not something after the crisis worsens.

Plans were drawn up by land use volunteers from the neighborhood and presented to the Portland Department of Transportation, to Commissioner Sam Adams who heads city transportation programs, and to the City Council budget hearings. The answer: "You do have a problem, but we have no money." In the past month or so, the city says they'd like to talk again - mainly due to many residents and affected neighborhood associations continuing to push for action. So things suddenly look possible. It will cost a lot of money - maybe \$100,000 for study and start-up funds, most likely much much more for implementation.

What follows is the letter to the City that outlines very briefly what we are asking for.

We will need to come to all of you for your support (testifying, letter writing, talking to officials and neighbors, etc) when plans are set in the next month or so.

To get immediately on our mailing list for updated info contact: gbruender@comcast.net (287-4787).

October 12, 2007

Commissioner Sam Adams
City Hall
1221 SW Fourth Ave., room 220
Portland, OR 97204

Dear Commissioner Adams:

First, thank you for your interest in the NE Killingsworth Street transportation corridor issues, needs and opportunities that we have discussed with your office and PDOT. We would like to request a meeting with PDOT and your staff on this subject in relation to the approaching reassessment of the 2007-2008 budget.

As you know, Northeast Portland neighborhoods that straddle NE Killingsworth from Martin Luther King Jr Blvd. to Portland Highway are concerned about current and future traffic patterns along this important and increasingly busy route. This section of NE Killingsworth is experiencing increased east-west traffic, the growing use of major north-south streets (33rd, 42nd, 60th and Cully) as alternative routes to and from the airport, and residential and business development at several locations.

This intensifying traffic has implications regarding speed limits, vehicle safety, bike and pedestrian safety, and parking.

These neighborhoods have been seeking funding for a study of traffic issues, needs and opportunities along this stretch of NE Killingsworth. The funding would also include a budget for implementation of study recommendations. The neighborhoods feel strongly that this portion of NE Killingsworth be approached holistically and that the proposed study examine the full range of traffic issues, modes and implications.

The upcoming adjustment of the 2007-2008 city budget provides an opportunity to apply a General Funds appropriation to this project.

We would like to meet with PDOT staff in the latter part of October to discuss the need for this project and to explore funding levels, timing and an approach for a General Fund request. We would also benefit from the presence of Roland Chlapowski from your office at this meeting.

George Bruender and John Fall are the community contacts regarding this proposal. Please contact John to set up the requested meeting.

Thank you again for your attention to our concerns regarding this issue.

Sincerely,

George Bruender (503) 287-4787

John Fall (503) 310-8264

NECN Land Use and Transportation Co-Chairs

Katie Ugolini, Concordia Neighborhood Association Co-Chair

Kathy Fuerstenau, Cully Association of Neighbors Chair

Larry Holmes and Flynn Olivarez, Vernon Neighborhood Association Co-Chairs

Tony Fuentes, Fox Chase District Small Business Owner/NECN Representative to Safe & Sound Streets Stakeholders

Committee; Concordia Neighborhood Association Co-Chair

Northeast Coalition of Neighborhoods

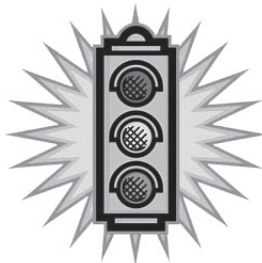
Central Northeast Neighborhoods

cc:

Sue Keil, Director, Portland Office of Transportation

Mark Lear, Director of Special Projects, Portland Office of Transportation

Roland Chlapowski, Senior Policy Director/Liaison to PDOT, Commissioner Adams Office



Bella Wellness

15% discount
on all products
and services

ESTHETICIAN
WAXING
BODY WRAPS
REMI

Call for an appointment
503-309-8778
Offer expires December 2007

3510 NE 57th St, Portland, Oregon 97213 ohl# 10112576
www.bellawellnesscenter.com

"The Portland Fairies"

Gary, Laurie and Scott View listings at:
www.theportlandfairies.com



Investment opportunities:
Residential homes
Vacation homes
Rental properties
Multi-family properties

*The Portland Fairies will help
guide you through the real
estate transaction for stress
free representation!!!!*

RE/MAX Signature Properties
2117 NE Broadway, Portland, Or 97232
503-282-4000 x130

Gary Horton 503-781-2476
Laurie Welch 503-622-6715
e-mail: scottbrown@remax.net

October Land Use, Livability, Transportation Update

By George Bruender

The October meeting of the combined three committees had the usual full agenda. Several of the issues discussed appear elsewhere in this paper, but there were also a number of updates of neighborhood projects underway.

One last attempt is being made to see if any volunteers are interested in working on modifying the nightly train horn noise along Columbia Blvd. The city of Milwaukie has recently begun the process of making its city a 100% quiet zone, but Portland has not begun to take advantage of the new federal laws that allow communities to negotiate noise levels and occurrences. Co-committee chair Joe Occi (jocci@comcast.net) needs some vigorous volunteer help for a one last try to get Portland to pay attention. It's more than a one-person job. The alternative is to drop the issue for the foreseeable future. If this interests you contact George Bruender (gbruender@comcast.net).

The Green Team, a subcommittee, is moving its meetings to the 4th Tuesday of each month, at 7 P.M. at the Kennedy School. This group and its chair Gayle Booher filled our September General Meeting with a program on plastics elimination and recycling. They are conducting local campaigns on improving our neighborhood's livability at very basic levels and, of course, welcome new members.

The Alberta Business Association, made up of business owners and managers along Alberta Street, is meeting regularly on the first Tuesday of each month at the Acadian Ballroom, 1829 NE Alberta. They were involved in

controlling the Last Thursday's unruly crowds situation this past summer and are now working on cooperative advertising and business-resident conflicts. Check with the Acadian for more information.

Part of the meeting reviewed a draft of the Good Neighbor Agreement between CNA and Concordia University for the new library construction phase to begin in April. Major items included lighting, parking, and security for students, residents, and construction personnel (see related press release in this paper). Contact George Bruender (gbruender@comcast.net) if you want to be involved in these negotiations.

It looks like final plans are underway to occupy all business sites at 30th Avenue and Ainsworth. A construction company is belatedly starting to remodel the former Ainsworth Pharmacy and turn it into an English Language Center, a set of classrooms to be operated by the Berlitz Company. To be finished by Thanksgiving, it will provide instruction in English for students from Concordia and other colleges.

The University is also involved in a second venture, this one with VTM Corp, owner of the Ainsworth Market Building. Original plans were to add a larger second restaurant (in addition to the new Momizza Pizza), but CU came forth with the plans for moving their campus bookstore to a new off-campus site, the north side of the Market Building. At the same time, residents said that the neighborhood needed a bookstore of their own. Negotiations with national bookstore operators are under way to combine the two ideas: a general bookstore (a smaller version

of Barnes and Noble) and, at the start of each semester, a student bookstore. Stay tuned for more information as this develops

There are changes at the corner of 33rd Avenue and Killingsworth. After delays of several years, Tuan's 76 Station has started major construction on its new convenience store wing - just across the street from another long-standing convenience market, J's Market, which has new owners and staff since late spring. The Subway Building has been sold by Nicholson Development (who developed and own The New Seasons/Walgreens blocks) to the Deering Management Group. No change in tenants is expected.

Another proposed development is up in the air. The corner of 20th Avenue and Alberta remains vacant with no sight of the potential six-story condo development. No building permits have been pulled at press time and the original Emerald Development Corporation has created a limited liability corporation called Alberta Condos, LLC, most likely to protect its assets. Condo projects have had great difficulty in getting bank loan support in the current Portland building market. A large number of CNA members were involved in earlier efforts to downsize this over-sized structure.

See other articles in this newspaper that cover recent developments with the proposed Killingsworth Street Safety Transportation Plan and for the reaction to the Boeing request for permission to release 99 tons of hazardous waste into the Concordia-Cully airshed. More volunteers are needed to help plan both efforts.

Letter to the Editor Project Suggestions Needed

As a newcomer to Portland it is difficult for me to identify a community need that is not already being dealt with by some group or individual. In the six months I have lived in Portland I have been impressed by the awareness, determination, and creativity of citizens in finding solutions to the problems found in their communities.

I am an AmeriCorps volunteer through the Northwest Service Academy this year. As part of that program I will lead a Community Action Project. The only requirements for this project are that it has to serve a need of the community, and I have to lead the effort. I can do anything from leading a team to clean up a park, to coordinating a community event, to planting a garden. My job placement is with Southeast Uplift Neighborhood Coalition, which is great, but I really want this project to happen in my own community in Northeast Portland.

I have spent some time over the past few weeks trying to think of a way I can help my neighborhood with this project, but then it occurred to me that maybe a better approach would be to let the neighborhood suggest to me what there is a need for. I will be attending the Concordia Neighborhood's General Meeting on November 6th to introduce myself and to listen to suggestions and ideas for the community project. I hope anyone who has an idea will come talk about it with me to help me make the most of this opportunity to do something helpful with my new community.

Tim O'Neal
NWSA AmeriCorps Volunteer
503-232-0010 ext.313
tim@southeastuplift.org

The Bungalow Guy



Local Realtor specializing in classic Arts & Crafts period homes.

503-473-4127

Rambo Halpern
RE/MAX Signature Properties
2717 NE Broadway
Portland OR 97232



WWW.THEBUNGALOWGUY.COM

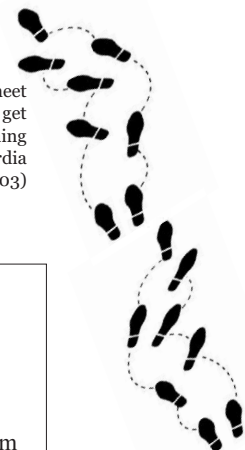


Dia de los Muertos

October 31-
November 2

Want to Join the Concordia Foot Patrol?

The Concordia Foot Patrol is a great way to meet neighbors, contribute to the community, and get some exercise too! If you are interested in joining or reinstating your membership in the Concordia Foot Patrol, please call Katie Ugolini at (503) 617-6810 or (503) 449-9690.



SAMPLE LAB TESTING
CCB# 149575
MOLD
FREE INSPECTION &
EVALUATION
503-232-6653
www.RealEstateMoldSolutions.com
Remediation - Containment - Removal

Concordia University Learning Center Construction Planned for May '08 Start Board of Regents Endorses \$15 Million Project

The Concordia University Board of Regents voted to recommend that Concordia University begin construction of its 74,000 square foot learning center in May of 2008. Their recommendation will move forward to two governing bodies of the Lutheran Church-Missouri Synod for final consideration in early 2008. The new Concordia University learning center will double the capacity of the current library, and expand space for academic program centers, meeting rooms, and faculty offices. The estimated cost of building construction is \$15 million.

"This project will transform our campus and our neighborhood community," said Concordia University President Chuck Schlimpert. "Our ability to develop the learning center supports the vision that a university engaged in the community can provide expanded opportunities for its students and help its neighborhood thrive."

Concordia University officials have made a point of including community interests in all its plans for campus development. Neighbors will have access to library resources and meeting rooms in the learning center, and a new athletic complex will also be open to community use.

The learning center will be built on the current site of the University's soccer and baseball fields, and construction will finish in August 2009. Concordia will temporarily vacate its current athletic field until the new athletic complex is complete in March 2010. The athletic complex will occupy the two blocks north of campus that are currently used for married student housing. The first home will be moved offsite by the end of October 2007. Concordia is developing plans to add new student housing along 27th Avenue.

About Concordia University:

Established in 1905, Concordia University is a private, Lutheran liberal arts university. Concordia University offers undergraduate degree programs in education, theology, arts and sciences, nursing, and business, as well as graduate programs in business and education, and is accredited by the Northwest Commission on Colleges and Universities.



The Green Team Weighs in on Bottled Water



Fall is here. The skies have drenched us with rain, free rain that fills Bull Run reservoir. We can turn on our tap for clean, fresh water and yet we still buy bottled water, even after learning that it mostly comes from our tap.

Americans drank more than 8.25 billion gallons of bottled water in 2006. We buy more bottled water than any other beverage except for soda, and that market is fizzling fast. Consuming bottled water drains our wallets and stresses the environment. We drank more than \$10.8 billion of what is mostly bottled tap water. We leave two billion pounds of plastic bottles behind of which only 25% is recycled. Plastic bottles are petroleum products; it also takes petroleum to transport those bottles of water to our stores and homes. This process generates approximately 4000 tons of CO2, a primary cause of greenhouse gas and global warming.

Is it possible for you to have an impact on this? ABSOLUTELY!

Buy a stainless steel mug with a lid to use as your main drinking water, available at most stores. You can find styles with a bottom to fit into the cup holder in your car. Then turn on your tap and start saving money and our environment.

At the September General Meeting, the Green Team gave away 15 cloth shopping bags donated by QFC, Safeway, Albertsons, and Wild Oats. Many thanks to these supporters, and to our speakers, Cheryl Lohrman from No Plastics Left Behind and Jennifer Porter from the City of Portland.

The Green Team meeting will be held on the fourth Tuesday of each month, except December. We start at 7pm in the Community Room at McMenamins. Come join us! We're looking forward to your participation.



Social Committee Report: Holiday Party

Please mark your calendars for the annual CNA Holiday Party! The party will be held Tuesday, December 4, 2007 in the Community Room at the Kennedy School in lieu of our December General Meeting.

This year the festivities will begin at 6:30 pm instead of 7:00 pm. There will be food, children's prizes from local businesses, and plenty of good cheer and conversation. We are also pleased to announce that the Recorder Society will be performing for our listening pleasure.



Everyone is invited to come out and meet your neighbors in a fun and festive atmosphere! Please contact Katie at 503-296-7839 if you are interested in helping with the Holiday Party.

CNA Thanks Aladdin Cafe & the Francis Restaurant

Aladdin Cafe for sponsoring the Fernhill Concerts and vending at them. Francis Restaurant for providing gift certificates for the National Night Out Big Wheel.



Sabin Piano Studio Hallie Clark, MM

Comprehensive piano instruction for all ages, just blocks from Concordia.

(503) 754-7378

sabinpianostudio@gmail.com * sabinpianostudio.blogspot.com

ella's BOUTIQUE

Hours:
Monday - Friday 11:00 - 7pm
Saturday 10:00 - 6pm
Sunday 11:00 - 6pm

2529 NE Alberta St.
503.467.4665

Clothes, Jewelry, Handbags, etc.

shop online
NEW SEASONS MARKET

NOW DELIVERING
Your favorite neighborhood grocery store now delivers groceries right to your home or office.

www.newseasonsmarket.com
you click. we deliver. (or pull up for pick up)

Beaumont MARKET

Quality products and friendly service

We Feature:

- Painted Hills Choice Beef
- Draper Valley Chicken
- SuDan Farms Lamb
- Carlton Pork

The highest quality fruits and vegetables
A wide selection of craft and import beers and fine wines
Unique gift and home items

Home delivery available, call for details

4130 N.E. Fremont St. - Portland, OR - 503-284-3032

Dr. Bob loves healthy smiles!

With over 20 years of caring service to families in the Portland area, my staff and I sincerely invite you to join our growing list of happy families with beautiful, healthy smiles.

We provide a full range of restorative and cosmetic care, and are committed to keeping current and well-informed, through:

Leading-edge technology • Ongoing advanced training
Mercury-free dentistry • Cosmetic dentistry & implants

Dr. Robert MacIveen, DMD MAGD PC
Master of Academy of General Dentistry

We welcome the opportunity to serve you.
Call now for an appointment at:
503.234.0000

Ask about my recent trip to Guatemala as a Rotary volunteer dentist.

700 NE Multnomah, Suite 845 Portland, OR 97232

Wellness Corner: Nutritional Tips for Happy, Healthy Kids

I drive, walk, and bike around Concordia and see so many families all around me. There is nothing in the world that brings more joy to my heart than a smiling child. As a parent, I know that maintaining a healthy lifestyle is not always easy. As a healthcare practitioner, I know that the more positive choices we make, the more vibrant our children will be and that these early choices will make a difference in the quality of their entire lives.

A couple of years ago I felt discouraged about our children's future after watching infants eating cupcakes in shopping carts, talking to parents who only fed their picky toddlers what they would eat (even if it was only one food), and reading about the rising incidence of childhood obesity. While television has been a strong attraction for kids for decades, now there are computer and handheld games to further increase their "screen time" and support their sedentary behavior.

I still have my concerns, but now I feel very much encouraged as I see so many changes in the climate around me. Stores offering natural, whole, and organic food options are coming into the mainstream (and we are blessed to have a fabulous one right here in Concordia!). Creative nutrition books catering to picky children are widely available (the next one I want to check out is called *Deceptively Delicious: Simple secrets to get your kids eating good food* by Jessica Seinfeld). Different types of movement classes specifically for kids are also popping up all over: yoga, martial arts, pilates, dance, and of course, more traditional sports like soccer, baseball, and basketball. "Trail-a-bikes" are gaining popularity and I love seeing kids enjoy time outdoors and exercise with their parents. From a healthcare perspective, I have seen a rise in collaboration between practitioners from different disciplines and more emphasis than ever placed on holistic and integrative care, which contribute to the health of the "whole child".

Optimal wellness depends upon a variety of factors. Proper nutrition may well be the most important. Its importance begins even before conception, and continues throughout our lifetime. My top suggestions include:

(NB: The following ideas are suggestions only, and may not work well for everyone. This is not intended

to take the place of medical advice. Every person is unique biochemically and has individual nutritional needs. You should discuss your infant's specific dietary needs with your pediatrician or primary healthcare provider.)

1. Breastfeed: Breast milk is absolutely the most important and perfect food for infants.

- Especially important during the first six months, however, there are still numerous benefits when nursing continues into the second year of the baby's life and beyond.

- Exclusive breastfeeding is optimal until six months of age. Breast milk continues to be an important source of nutrition even after solid food is introduced.

- Our community is very supportive of breastfeeding and there are numerous resources available to women who need extra support (La Leche League, Nursing Mother's Council, MomMA [Moms' Milk Anywhere]...)

If breastfeeding isn't possible for any reason, use organic formula or consider making a goat's milk formula.

2. Introduce solids carefully.

- Introduce new foods one at a time. Avoid combinations of foods until it is known that the baby can tolerate all ingredients.

- Once solid food is introduced, observe the "four-day wait rule" (no new foods for four days) and always look for signs of allergic reactions (e.g., changes in skin, stool, sleep, attitude, and respiration)

- Do not repeat the same food more than five days in a row, as the baby may become sensitized to it.

- Avoid or delay common allergenic foods. The sooner they are introduced, the more likely the child is to become allergic. Common allergies are: dairy, wheat, corn, egg whites, citrus, peanuts.

- Never feed honey or corn syrup to a baby less than one year old due to the danger of botulism.

3. Choose fresh, organic produce and grains whenever possible.

- Processed foods may contain undesirable ingredients. Babies are especially sensitive to pesticides, and organic produce offers superior nutritional value.

4. Avoid excess sugars, especially refined sugar whenever possible.

- It's not good for our teeth or our bodies, for many, many reasons!

5. Choose whole grains over refined grains and flour whenever possible.

- Some authors have suggested that babies lack the enzyme needed to digest grains (pancreatic amylase) until 8 to 12 months. Particularly if your child becomes constipated after starting rice cereal, you may want to wait on grains.

- Once introduced, there are many whole grain choices such as brown rice, millet, oat, quinoa.

6. Delay feeding your child junk food, fast food, and other convenience foods as long as you can, and then reserve them for special occasions.

- Once they get their first taste of French fries and cookies, it may be difficult to convince them that steamed broccoli and whole grain breads are still yummy

7. Talk to your healthcare provider about the appropriateness of nutritional supplements for your kids.


- Most children may benefit from essential fatty acids, probiotics, various herbal formulas, and good multivitamins.

8. Set a good example and do something positive for yourself at the same time by making healthy food choices for yourself as well.

- Eating well and exercising together will keep the whole family feeling their best.

Note that many of the ideas above are followed by the words "whenever possible". I firmly believe there is a time and place for cake, ice cream, and even fast food. Moderation and good judgment are key. The more you can make the healthier choices listed above, the less impact the not-so-healthy choices will have. When certain foods are restricted completely, the child may be more likely to binge on them later.

Nutrition is most important in your baby's first two years, when the brain and body are growing more rapidly than at any other point in his or her life. The time and energy you invest now to ensure optimal nourishment will benefit your baby throughout his or her lifetime!



ALL RENTALS—5 DAYS

The cool - hard to find movies

Arthouse
Independent
Foreign
Cult Classics
Gay & Lesbian
Documentaries
Asian Cult

2310 N Lombard 503-289-8408 | 1136 NW Lovejoy 503-796-2825 | 1990 SE Ladd 503-231-1181 | 7522 N Lombard 503-247-3433 | 2640 NE Alberta 503-288-4067



Joining a Health Club...

Doesn't
Have
To Be
Painful

WestCoast Health & Fitness
2640 NE Alberta 503.288.4500

No salespeople, no high enrollment fees,
no interest on monthly dues, no pressure.
Locally owned and operated since 1993
westcoasthealthandfitness.com



Wellness Corner, cont.

Resources

Books:

Super Baby Food

by Ruth Yaron

Feeding the Whole Family

by Cynthia Lair

The Well Fed Baby

by O. Robin Sweet and Thomas A. Bloom

The Family Nutrition Book

by William and Martha Sears

Websites:

www.askdrsears.com

"Feeding Infants and Toddlers," The "L.E.A.N. Start," and "L.E.A.N. Kids" programs

http://www.naturopathic.com/library/children/solid_food.htm - Intro to Solid Food from a naturopathic physician

Amy L. Watson, DC is a member of the CNA Wellness Committee and Secretary of the American Chiropractic Association's Council on Chiropractic Pediatrics. She lives and works in the Concordia neighborhood.

Intersection Project Complete



The end of September also marked the end of the two-year intersection repair at NE 30th Avenue and Killingsworth. Three mosaic planters were set in place along Killingsworth on the west side of NE 30th, and three mosaic totems now decorate the sidewalk in front of Milagros, a tree well in front of Cup and Saucer, and the corner fence post of Bighouse Auto. The mosaics were created from tile, pottery, china, and mirrors donated last year by residents during the 2006 Village Building Convergence. This summer, several community members worked many volunteer hours creating the mosaics, building and installing the planters and totems.

The mosaics have a lot of reflective materials in their designs to catch the light and movement of passing vehicles. It is hoped that motorists will slow down somewhat to notice the new enhancements to the intersection, thereby safeguarding pedestrians crossing the street. We have already seen some improvement in traffic speed with the addition of the crosswalks.

Much credit goes to Ansula Press, Stephen Hamilton, Jeff Hilber, Mary Tapogna, Brian Hurst, Karen Beal, Suzanne Sanchez, and Chrissie Ott for putting their considerable energy and willingness into the project. Tony Fuentes and the Concordia Neighborhood Association were supportive, as was the Ainsworth United Church of Christ. Drew Gaston and Rachel Lines of Dyadics Iron Works supplied metal framework for the structures. Buffalo Gardens and Garden Fever donated plants and soil.

And thanks goes to the APNBA Business District Grant Program for its grant to the Fox Chase Business Association which enabled project completion.



Out and About

By Belinda Clark

On a recent neighborhood jaunt, I stopped by an interesting building on 1011 NE Alberta. You may have noticed recent renovations here – like a funky paint job – at this former repossession lot. There is no sign visible now, but the business is actually open.

What is it? The newest hangout on Alberta Street, called the Bye and Bye, a non-smoking bar with a vegan-inspired menu.

Even without a sign, the Bye and Bye has been busy. I was there on a Sunday night, and they were half full by 6:00 P.M. Open from 4:00 P.M. to 2:00 A.M., this fun, new establishment offers a large fenced patio and tables in back. We ate chips and salsa at the bar and watched their signature drinks being mixed and served in canning jars.

While there I met Roselyn Hill, who owns the property and is one of the founding members of the Alberta Street revitalization. She was sampling the food, and loved their ginger ale selection.

I also talked with John, one of the co-owners. The place has an interesting feel, with paintings done by a local artist (check out the life-sized Evel Knievel). The staff share ownership in the business, and consist of former carpenters, who also worked part-time as bartenders. They did most of the remodeling themselves, including installing the three ton, poured concrete bar, with sport hooks just underneath for purses and backpacks.

I've also heard another restaurant and bar (Radio Room) is planned for Alberta near 11th, on the site of what looks like an old gas station. Stay tuned, and I'll let you know what I find out! If there is a business or location you'd like to hear about, send an email to concordianews@yahoo.com and put Out & About in the subject line.

Aladdin's Cafe



Mediterranean Cuisine

Always a great time and great food

It is a gathering place for family and friends.
Good food, drink in a relaxing atmosphere.

6310 NE 33rd Ave.
Portland, OR 97211
Phone: 503.546.7686
Fax: 503.546.7686

We are open 6 days a week
Monday - Friday 11:00 - 9:00 pm
Saturday 12:00 - 9:00 pm
Closed Sunday

Sample Menu: Homous - Baba
Ghanouj - Grape Leaves - Falafel -
Chicken, lamb, shawarma sandwich
- Chicken, lamb kabob over rice.



Visit us on the web at our Portland community resources or request a FREE comparative market analysis of your home with no obligation.
www.concordiahomevalues.com

FALL IS IN THE AIR...
CHECK OUT THESE HELPFUL TIPS FOR YOU
TO REMEMBER THIS SEASON...

HAVE YOUR FURNACE SERVICED BY A QUALIFIED PROFESSIONAL

CLEAN OR REPLACE ANY FURNACE OR HUMIDIFIER FILTERS


CLEAN OUT GUTTERS AND DOWNSPOUTS

TEST SMOKE DETECTORS AND REPLACE BATTERIES IF NECESSARY

FALL BACK WITH DAYLIGHT SAVING TIME AT 2AM ON NOVEMBER 2, 2007

CALL KERRI & KRISTINE FOR ALL OF YOUR
REAL ESTATE NEEDS THIS FALL

BROUGHT TO YOU BY
THE KERRI & KRIS REAL ESTATE GROUP
YOUR CONCORDIA NEIGHBORS FOR OVER A DECADE




503-546-9955
FOR MORE HELPFUL HOMEOWNER TIPS
GIVE US A CALL AT 503-748-8320 OR 503-748-8321

Each Office Independently Owned and Operated.

PREFERRED BUSINESS PARTNER



Ga Sandra Carlson
Broker, Owner
Direct: 503-675-6210
Gcarlson.arrowhead@comcast.net



concordia CULTURE

October 25th–November 29th

Bethany Willers

What: Portland abstract artist's, Bethany Willers, first gallery show. Her multiple textures morph art into different pieces depending on which way the light reflects.

<http://www.ondagallery.com>

When: Until November 29th

Where: 2215 NE Alberta, Onda Gallery

November 3rd

Groundwater 101

What: Portland Water Bureau and the Columbia Slough Watershed Council present a free workshop that will explore the mysteries of groundwater. Groundwater 101 provides an introduction to basic hydrology and gives an overview of the geology that influences our local groundwater. Registration is required and space is limited so call Katie Meckes at (503) 281-1132 to reserve.

When: 9 am - 1 pm

Where: NECA-IBEW Electrical Training Center, 16021 NE Airport Way

November 4th

Kingnik

What: Portland's power uke duo chase away the rainy Sunday blues at the Star E Rose. <http://www.myspace.com/ukulelejones>

When: 10 - noon

Where: 2403 NE Alberta St

November 8th

Park System Development Charges Community Open House

What: Portland Parks & Recreation is hosting a series of five open houses helping the community learn about Park System Development Charges (SDCs) and how they cover some of the costs for the additional parks and recreation facilities. Attendees will have the opportunity to learn about past and future SDC-funded projects in their neighborhoods.

When: 6 -7:30 pm

Where: Matt Dishman Community Center, 77 NE Knott St.

November 8th - 11th

Wordstock III

What: Authors appearing include Richard Rhodes, Jane Hamilton, Katha Pollitt, Adrian Tomine, Charles Baxter, Alexandra Fuller, Melissa Fay Greene, Lance Williams & Mark Fainaru-Wada, and many more. Visit Wordstock.com for info on this annual literary festival.

When: 10:30 am on the 9th to 4:30 pm on the 11th

Where: Oregon Convention Center

November 9th

The Haunting War: An American Tragedy Revisited

What: In honor of Veteran's Day OASIS Education Center is hosting an Oregon Chautauqua program from the Oregon Council for the Humanities about the Civil War. William and Carla Coleman will present a series of vignettes and music that illuminate the lasting presence of the Civil War. Admission is five dollars. More information: OASIS Education Center (503) 241-3059

When: 1:30 -- 3 pm

Where: McMenamin's Kennedy School Gymnasium, 5736 NE 33rd Avenue



November 17th

Holiday Bazaar

What: A holiday event at Milagros featuring more than a dozen local vendors. This special craft fair will raise money for finding a cure for a rare and deadly disease: Langerhans Cell Histiocytosis (LCH). LCH afflicts only five in one million people, 75 percent of whom are children. Milagros will be donating 20 percent of its sales on November 17th and all craft vendors will be donating at least 10 percent of their sales to the cause. If you are a crafter, want to provide a kid activity, food or anything to help make this an even bigger event, email milagros@milagrosboutique.com

When: 11 - 3

Where: Milagros Boutique, 5433 NE 30th Avenue

November 29th

Free Weatherization Workshops

What: This family-friendly workshop focuses on simple, do-it-yourself draft-stopping techniques to lower your energy bill and make your home more comfortable. Learn how to install materials such as internally mounted vinyl storm window kits, door weather stripping, and more. Income-qualified participants receive free kit of materials worth \$150. Please call 503.284.6827 to register or email energy@communityenergyproject.org

When: 6 - 8pm

Where: Beaumont SUN School, 4043 NE Fremont

The City of Portland, Bureau of Development Services is offering its Fall Landlord Training Program.

This program has received overwhelming positive responses from attendees. It has been offered by the City of Portland for 10+ years and has had over 12,000 attendees. Landlords who have taken the course state they feel more confident in their ability to screen applicants, recognize signs of illegal activity and take action, or deal with problem tenant behaviors.

Topics covered in the 8hr training session: property management to prevent crime, applicant screening, signs of dishonest applicants, rental agreements, crisis resolution/eviction, and partnering with police/crime prevention specialist/housing inspectors.

The program is free of charge. Registration/sign in starts at 8 a.m. the day of training. Class starts promptly at 8:30 a.m. and is approximately 8 hours long.

Friday, November 2
Kaiser-Permanente Town Hall
Tuesday, November 6
Portland Building Auditorium

Saturday, November 10
Concordia University
Saturday, November 17
Concordia University

For information or to register: <http://www.portlandonline.com/bds> click on Landlord Training, or call 503-823-7955.

What's missing in your house?

Want to redeem that unused space, convert the garage, or transform your basement? Our 35 years of **space planning** experience will increase the utility, comfort and **value** of your home.

Your home will feel larger and better organized - you'll be glad you called!



Jan Coleman 503.282.5002 redcaviar@mac.com
By appointment 11am - 8pm Monday through Thursday

Your Concordia Neighbor for 14 Years!

For all your Real Estate needs, including a free Market Analysis of your home, call



Jim West
503/287-9370 x231
jim@bridgetownrealty.com

Locally founded
Locally grown and
locally respected...for 25 years



KENNEDY SCHOOL McMenamins NOVEMBER EVENTS

Thursday, November 1
**FIRST THURSDAY
SQUARE DANCE**
FOGHORN STRINGBAND
with BILL MARTIN
7 p.m. - Free - All ages welcome

Thursday, November 8
McMenamins and KINK-fm102
GREAT NORTHWEST MUSIC TOUR
**FREAK MOUNTAIN
RAMBLERS**
Rock 'n' roll - Bluegrass
7 p.m. - Free - All ages welcome

Saturday, November 10
**4th Annual
ROCK AGAINST
DIABETES NW**
Dead Beatles, Fuzzball,
Joshua James, The Lonesomes,
Mission 5, My Fellow Traveler
The Mystic Canyon Band and others!
12 noon 'til 10 p.m.
\$10-\$20 donation - All ages welcome

Sunday, November 11
"Songwriters in the Round"
Hosted by
CRAIG CAROTHERS
Kate Power, Steve Einhorn
and Tim Ellis
7:30 p.m. - \$10 - All ages welcome

Thursday, November 15
THURSDAY NIGHT MUSIC
JON KOONCE & ONE MORE MILE
Portland rock icon
7 p.m. - Free - All ages welcome

Friday, November 16
**BROTHERS OF THE
BALADI**
featuring Jim Boz & Zaina Hart
7 p.m. - \$10 - All ages welcome

Thursday, November 22
**THANKSGIVING
BUFFET**
At our place, you don't have to do the dishes afterwards.
1 p.m. 'til 7 p.m.;
reservations required
\$23.95 adults; \$18.95 seniors;
\$11.95 kids 6-12;
Free for kids 5 and under
All ages welcome

Tuesday, November 27
**MEET THE
AUTHOR SERIES**
Featuring novelist and U of O creative writing teacher Cai Emmons
Doors at 6 p.m.; event at 7 p.m.
Free - All ages welcome

Thursday, November 29
THURSDAY NIGHT MUSIC
DEBRA ARLYN BAND
Pop/rock infused with R&B
7 p.m. - Free - All ages welcome

Saturday and Sunday, December 1 & 2
**BREAKFAST
WITH SANTA**
Join in this treasured family tradition!
10 a.m. & 12 noon
\$13 for adults; \$10 for kids 12 and under
Reservations required

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