



CONCORDIA NEIGHBORHOOD ASSOCIATION  
PO BOX 11194 / PORTLAND, OR 97211

# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | [concordiapdx.org](http://concordiapdx.org)

July 2010



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

Meetings held in the  
Community Room  
at McMenamins  
Kennedy School

**General Membership**  
*No Meeting in July*

1st Tuesday of each month at 7 P.M.

**Land Use & Livability Meeting**  
*July 8*

1st Thursday of each month at 7 P.M.

**Board Meeting**  
*July 13*

2nd Tuesday of each month at 7 P.M.

**Media Committee**  
*July 14 at New Seasons*  
2nd Wednesday of each month  
at 6 P.M.

## Sumer Concerts in Fernhill Park

**Friday Nights in July (9, 16, & 23) and Tuesday August 3 for  
Neighbors Night Out • 6:30–8:30 p.m.**

Come and join your neighbors in Fernhill Park for the 2010 Summer Concerts in Portland Parks. There will be free, family-friendly, high-quality entertainment. Despite hard economic times, local sponsors and neighbors contributed just enough to allow us to put together a 4-concert series featuring local performers.

The concert will be a unique community event focusing on community building to prevent crime and the fear of crime. It's part of the annual Neighbors Night Out (NNO) Celebration; this celebration begins at 6 p.m. with a pedestrian and bicycle parade at Faubion Elementary School and winds its way to Fernhill Park, where the festivities will continue with a concert and other fun and educational activities. We're also lucky to have five food vendors this year—Aladdin's Café, Hot Dog Ernie's, Mountain Ice, NEPO 42, and Knights of Columbus Council 678.

Don't miss out on the summer fun in Concordia! Mark your calendars and bring your friends and family to picnic in our beautiful Fernhill Park!



### July 9: Stephanie Schneiderman Band (alt. rock)

Stephanie's solo career began with a coveted spot in the 1999 Lilith Fair and since then, she's earned extensive NW radio play, a devout following and multiple appearances with some of the nation's top touring acts- including Hall and Oates, Five For Fighting, Chicago and Ben Taylor. Stephanie's "rootsy" flair,

distinctive vocals and intricate songwriting have solidified her as a premier talent. She has released six solo, and two collaborative, albums, has three music production credits, and has landed several film and stage roles. She even created a wildly successful concert series to benefit refugees in Uganda and gained widespread acclaim and exposure for her collaborative project, Dirty Martini. Trying to pin down Stephanie Schneiderman to

any one genre, talent or discipline is next to impossible. One thing is clear: Stephanie Schneiderman has firmly established herself as one of the most diversely talented artists in the Pacific Northwest. [www.stephanieschneiderman.com](http://www.stephanieschneiderman.com)

☆



### July 16: Quick & Easy Boys (funky tonk)

Formed in 2005, The Quick & Easy Boys quickly made a name for themselves in Eugene, Oregon before heading north and building a Portland fan base. Their shows are an interactive party with profound musical moments and electrifying stage antics; the trio pours out every ounce of their energy, leaving nothing behind. The core members - Jimmy Russell on guitar, Sean Badders on bass, and Michael Goetz on drums - continue to musically evolve and their sound is described as unique and vibrant, an amalgamation of funk, psychedelic rock, and garage-soul with a pinch of honky-tonk. The Quick & Easy Boys' high energy and thought-provoking originals put a bounce in your step that only dancing can cure. So if you're tired of the same old sounds and are looking for the next up-and-coming thing, The Quick & Easy Boys' July 16 concert is just the ticket! [www.thequickandeasyboys.com](http://www.thequickandeasyboys.com)

☆

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### DINE OUT FOR CONCORDIA NEIGHBORHOOD ASSOCIATION CONCERTS IN FERNHILL PARK

THURSDAY JULY 1, 2010



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[jyeckel@saw.net](mailto:jyeckel@saw.net)

# Chair’s Corner

By Anne Rothert, Chair

As I write this month’s Chairs Corner, it is the eve of the Portland Acupuncture Project Needle Raising at Fernhill Park next to the Whitaker/Adams site (see <http://acuportland.org/home.html>). I was asked to say a few words for the occasion, and I wanted to share them with you, so what follows is my outline of what I planned to say.

Good Morning, my name is Anne Rothert. I’m happy to be here this morning. I have a long history with this place. Mary Munro, my sister’s best friend, lived in a house just over there. This was one of my routes to grade school in the morning. Then I went to John Adams High School in this empty field here. Years after Adams closed, of course Whitaker Middle School moved into the building. A little radon, a black mold and that school was moved out.

In more recent decades, my involvement has been geared towards the revitalization of this spot. When I was part of the 42nd Avenue Target Area Committee, I spent a weekend with other volunteers cleaning up the garbage around the empty building that still stood. Later, I spent two years on the Whitaker/Adams Advisory Task Force, resulting in a lovely report that was presented to the School Board and promptly put on a shelf.

Almost three years ago, Concordia University came forward with a plan for an athletic center on the site, and I formed an ad-hoc committee with representatives from surrounding neighborhoods to make sure community interests were on the table. Two years ago, Debbie Bischoff from the Planning Bureau approached with the idea of community forums, interviews, etc., under the guise of a Cully-Concordia Assessment to gather community input on what the area needed.

Déjà vu all over again, I thought. But this time was different. Under the fostering direction of Debbie Bischoff, there was more than just a report. A wide spectrum of community partners were assembled to start working on an action plan, which was later adopted by City Council.

Most recently, I became involved in the application process for a Portland Main Street grant with a group soon to be known as the 42nd Ave Collaborative. Yesterday, it was announced that the 42nd Avenue application was a runner up. Alberta Street group

was awarded one of three grants. The Concordia Neighborhood Association supported both applications, and I’m happy that the support and funds will come into our neighborhood.

At the same time I must say I’m disappointed. To look at 42nd Avenue, for me its immediately clear which street needs the help the most. But here is what is true and most important: in all these efforts, I’ve met fantastic,

dedicated people who are willing to give their time and talents to making this area the best for all of us who live here.

The outlook is positive. Especially with the Cully-Concordia Action Plan and the 42nd Ave Collaborative, there is great momentum and it feels like it’s not to be stopped by something as trivial as not getting awarded a grant.

I’m here this morning because I

### CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 5,693 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

The deadline for articles and advertisements is the **15th** of the month prior to the next issue.

Please send advertising inquiries and artwork to:  
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Submit articles, letters to the editor and calendar events to:  
**concordianews@yahoo.com**

The Concordia News welcomes your letters to the editor. We consider letters individually for publication. We accept requests to withhold author's names only in special circumstances. 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:  
**concordianews@yahoo.com**  
or  
**PO Box 11194  
Portland, OR 97211**

#### MISSION STATEMENT

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

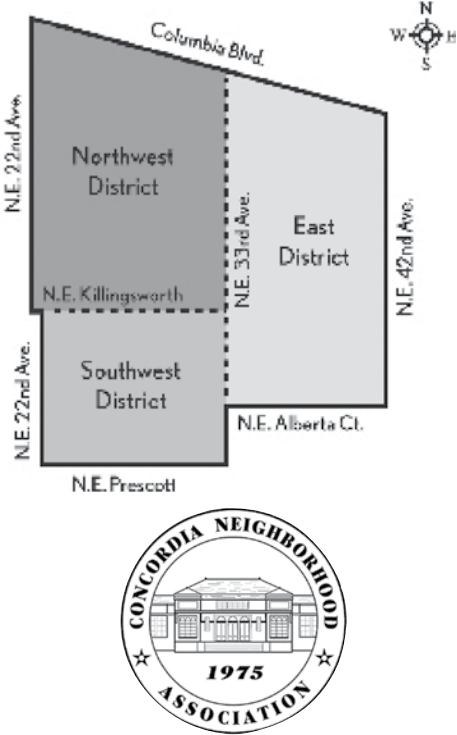
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The Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.





# Summer Concerts continued...



**July 23: Jon Koonce & One More Mile (blues)**

Jon Koonce is a Northwest original. Formerly of Johnny and the Distractions, the singer-songwriter, guitarist and local legend has been wowing audiences for 25 years with his lap steel, blues harp, gritty voice and plainspoken lyrics. He released his fourth album, “It Can Never Happen Here” this past year and it’s his third solo acoustic disc in four years. The album’s songwriting and crisp instrumentation have made this work a steadily growing standout among recent folkie releases. Jon’s 2000 album “Train Fare Home” and his 2004 “Accessory to the Crime” both received critical acclaim and helped to solidify a fan and sales base stretching back some twenty years. He’s also performed solo acoustic on recent bills with Nanci Griffith, Joe Ely, Tracy Grammar, Craig Carothers, and Johnny A. [www.jonkoonce.com](http://www.jonkoonce.com)

☆



**Neighbors Night Out, August 3: Black and Blue with Devin Phillips (traditional New Orleans Jazz)**

*with a special appearance by the 2010 Teen Idol winner*

Presented by: Concordia Neighborhood Association

After evacuating from Hurricane Katrina in 2005, Devin Phillips brought his saxophone to Portland, Oregon, and burst onto the Portland jazz scene like a big jolt. His youthful, all-socket electricity and old school, take-no-prisoners bebop aesthetic is both righteous and compelling. His straight ahead jazz is spiced by Devin’s New Orleans roots. He’s performed, toured, and recorded with top jazz artists, and recently traveled to

Africa with his four-piece quartet as part of ‘Rhythm Road’ an American Music Abroad program sponsored by the U.S. State Department. Phillips considers it his greatest honor to introduce other cultures to American music. “This music is good, and we’re trying to expose people to something truly decent from America. So if the music can speak for our country, and we can have cultural exchange, not over oil but over music, that’s the most patriotic feeling I’ll have in my life.”

On Neighbors Night Out, Devin will be appearing with Black and Blue (a band he formed with Chance Hayden) to perform a thorough repertoire of thoughtful selections from the early New Orleans jazz era. Their authentic sound is featured through a street corner instrumentation of soprano sax, trumpet, trombone, acoustic guitar and upright bass. A traditional feel is ever present with a strongly reinstated historical rhythm steeped in early swing, vibrant multi-horn polyphony and a deep connection to the blues.

Schedules for the Fernhill Concert Series (some of nearly 50 free concerts to be held in Portland Parks this summer) are available at our sponsors’ places of business as well as other prominent locations throughout Concordia. Additionally, the schedules are available on-line at [www.PortlandParks.org](http://www.PortlandParks.org). Contact Katie Ugolini at (503) 449-9690 or [kugolini@earthlink.net](mailto:kugolini@earthlink.net) if you’re interested in helping with the NNO Park Activities; for NNO parade information contact Anne Rothert at (503) 493-1938 or [arothert@gmail.com](mailto:arothert@gmail.com).



## Fernhill Concert Series Sponsors

This year’s Fernhill Concert Series was only made possible by the generous donations of Concordia businesses and organizations. Thanks to our generous Fernhill Concert Sponsors—we couldn’t do it without them!

**Champion Sponsors:** Concordia Neighborhood Association

**Major Sponsors:** Concordia University, Trinity Lutheran School

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Vendor Sponsors invite you to enjoy food & drink at the concerts: Aladdin’s Café, Hot Dog Ernie’s, Mountain Ice, NePo 42, and Knights of Columbus Council 678

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# WHERE RUBBER MEETS THE RUNWAY

## Runway Rehabilitation Program

Flight pattern and noise changes at PDX May-October 2010.

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Learn more at [www.pdx.com](http://www.pdx.com); click on North Runway Extension.

 PORT OF PORTLAND

# What’s Happening? Land Use Has The Details

By George Bruender

Changes continue in the neighborhood. That’s one thing obvious from the monthly meetings of the combined land use, livability, and transportation committees. June is no exception. We’ll start with updates:

Concordia University is finally moving the houses between Dekum and Liberty Streets. As they leave, the land is being immediately leveled for the new soccer field, and, more importantly, for the nearby residents, construction will be able to go ahead for more off-street parking.

☆☆☆

Another parking/traffic change has finally gone into effect on the Jessup Street side of McMenamin’s Kennedy School. Parking along the north side of the street has been eliminated so that traffic can move more easily down the narrow street, which is now the only entrance and exit to the parking lot. The next step is to get the yellow striping around the driveways to neighborhood homes re-striped as it has faded over the years.

☆☆☆

The City will be re-paving NE 30th Street between Alberta and Killingsworth Streets, which has deteriorated considerably. Several residents have noted that the re-paving has failed in the past

because the old Alberta street car rails still underlay the street and work their way through. They suggest that the City remove the rails, but the city claims that it’s too costly.

☆☆☆

Dwight Myrick has plans to build four two-unit attached row houses on NE 26th just off Alberta Street. They will be located on the east side of the street on a site that’s now a paved parking lot (behind a row of buffer trees). Construction will probably be early next year. In the meantime, the lot may be used for food carts, similar to a project off Mississippi Street in the Boise neighborhood.

☆☆☆

Guy Bryant, a developer with his plans for two sets of row houses just across the same street, has run into a snag with the City re-interpreting regulations for residences in commercial zones. Although Bryant met with the land use committee and with immediate neighbors and negotiated adjustments, he will have to re-file and re-contact those neighbors all over again. The City-suggested minor changes (window-size, etc) should not change anything worked out earlier.

☆☆☆

PDX is in its second summer of working on extending its north runway, which always

puts more small-plane traffic over our homes. Concordia residents, though, probably have not heard an increase because until mid-July an unaffected part of the north runway will be used for those cargo haulers. So enjoy the relative quiet for awhile.

☆☆☆

Alberta Street has been chosen as one of 3 business districts to receive funding for the next 3 years as part of the Portland Main Streets Program. They had to raise \$30,000 to be matched by the City and will have money available for a variety of upgrading projects each year. Alberta Street was also listed as part of the extension of the Urban Renewal Area, Portland’s “War on Blighted areas.” Final approval will have to come from the City Council.

☆☆☆

Join us for our monthly meetings on the first Thursday of the month at 7 p.m. We are currently setting up sub-committees to work on such issues as volume from church buildings, eliminating cesspools, Good Neighbor Agreements with liquor-serving establishments, Concordia signage around our neighborhood’s perimeter, a new water facility to replace the wading pool at Fernhill Park, fast rail, and park-related issues.

## Open Position: CNA Newsletter–Business Manager

We are looking for a community member to fill the business manager position at Concordia News. This publication is delivered to over 5,000 households and businesses monthly, and is the main method of communication used by our neighborhood association.

This position works closely with our local business community to promote our advertising services for monthly publication. It involves tracking and reporting of monthly advertising revenue, and promoting ad sales to potential customers. If you like working with people and building relationships in the community, while increasing your skills this could be the place for you!

If you would like more information or to apply, please submit a letter of interest to [CNABusinessManager@gmail.com](mailto:CNABusinessManager@gmail.com). Please list “Business Manager Position” in the subject line of your email.

## Local Recreation (solution found on page 7)

By Chris Yensan

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### ACROSS

- 1 \_\_\_ feeling
- 4 Oil org.
- 8 Roscoe \_\_\_ (Western actor and musician)
- 12 Fire remains
- 13 Pepsi
- 14 Local park
- 16 Local park
- 18 Complete viral particle
- 20 More at liberty
- 21 Aware of
- 23 Danish money (Abbr.)
- 24 Dined
- 25 “We \_\_\_ Family”
- 26 Adolescent
- 27 Have your \_\_\_ about you
- 29 Type of Isle
- 32 Poem
- 33 Late
- 34 Cleans the floor
- 38 \_\_\_ School (local hangout)
- 40 Local park
- 41 Relieving
- 43 \_\_\_ Quentin
- 44 She writes poems
- 46 Anxiety disorder
- 47 Christmas meats
- 50 Hoopla

- 51 WWE program
- 52 \_\_\_ carte
- 53 Desire
- 55 Set of moral principles
- 58 Toe
- 60 Local park
- 63 What a tree makes
- 64 Great Lake
- 65 Sonny
- 66 Dunking cookie
- 67 Sheriff’s sidekick (Abbr.)
- 68 Compass point
- 1 Fish hook
- 2 Consumer
- 3 Looms
- 4 Orange-yellow
- 5 Luau dish
- 6 Annex
- 7 Unit of energy
- 8 German body-building program (Abbr.)
- 9 Small musical group
- 10 Corn portion
- 11 Derogatory
- 15 What a Joker or a Space Cowboy might do at midnight?
- 17 Earns
- 19 NZ radio stn.

- 22 Web
- 25 Crafty
- 26 Biblical pronoun
- 27 Rise out of sleep
- 28 Belief
- 29 What 67 Across might carry
- 30 They could be deserted
- 31 Compass direction
- 33 Late-night host
- 35 From an earlier time
- 36 Parent gps
- 37 Make smooth
- 39 Pinches
- 40 Ditto
- 42 Made wet
- 45 Type of dance
- 46 Lane
- 47 Held
- 48 Alack’s partner
- 49 Masculine
- 51 Go back to zero
- 53 Jekyll’s alter ego
- 54 Tub spread
- 56 Nation on the Persian Gulf
- 57 Surrender
- 59 Type of pit
- 61 Anger
- 62 Rim



# 30th & Killingsworth Intersection Repair Completed!

By Ansula Press

On Sunday, May 30, the sun finally came out long enough for residents to put a coat of paint on the big designs at each corner of the intersection of NE 30th Avenue and Killingsworth Street, marking the completion of the intersection repair project.

Begun in 2006, as part of City Repair's Village Building Convergence, a group of motivated and willing Concordia neighbors

mobilized to make that commercial hub safer and more attractive for residents and visitors alike.

Our first action was to paint the bold designs on the concrete sidewalk at each corner of the intersection. In a public workshop, under the guidance of Mary Tapogna of Hail Mary, we created panels for the first of four mosaic planters. The materials for the mosaics were donated by local residents. In each

of the following years we created and installed three more mosaic planters and three mosaic totems.

Meanwhile the Concordia Neighborhood Association was busy at work negotiating with the City of Portland to get crosswalks for the intersection. Although the City promised one crosswalk, we were happy to see that two were installed last year. And even though the City said we could not have traffic signals, earlier this year two pedestrian-activated traffic lights were put up.

So to bring the project to a happy completion, a new coat of paint was applied to the corners. Go on by and take a look at and enjoy your awesome intersection!

Tito Anders, Belladona, Yvonne de Maat, Jeff Hilber, James Lung, Carri Munn and her kids Huxley and Cascade, Ansula Press, John Ritz, and Lisa Szymanski all had a hand in the painting. Sharon Kirkpatrick weeded and cleaned up the tree wells along Blackbird Tattoo and all the planters, as well as supplying delicious berry pies for the painters' enjoyment! A shout-out goes to Ben Earle for providing two popup tents for our use that

day. And to John Ritz for bringing in another one at a moment's notice to shelter one newly painted corner once it started raining.

That rain came at our lunch break. In the shelter of Autentica Restaurant, we were served a generous and delicious meal provided by Oswaldo and his staff. Thanks so much, Oswaldo and crew!



Huxley Munn, Yvonne de Maat, Cascade Munn and mom Carri paint the intersection in front of Fats. Photo by Tito Anders.

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CONCORDIA NEWS?**

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# Tackling Stress

By Stephen Hamilton

The wide range of daily challenges that confront each and every one of us is definitely taking its toll. The term that is most used to describe our response to these challenges is stress. The CDC (The Centers For Disease Control and Prevention) states that 85-90% of all illness and disease (dis-ease) is stress related. This startling statement from the CDC is, in essence, saying to us, ‘hey folks, the way you are trying to handle the difficulties and challenges in your life is not working.’ In fact, 85-90% of what you are doing in the face of the stresses in your life is making you sick, and in far too many cases, is killing you. I don’t know about you, but when I hear statistics like that (coming from a federal agency that tends to lean more on the conservative side of things) it gets my attention - big time. So if how we are responding to these life challenges is creating that degree of illness and disease in us then we definitely need to be making some different and more healthy and constructive responses to the stresses we are faced with. Listed below are a few suggested examples from health care professionals that may provide you with some constructive alternatives for confronting the stresses in your life:

**Attitude** – Your attitude is everything. Research reveals that people with a positive attitude will have far fewer incidents of distress and upset than those who tend to view things from a negative point of view. I believe it was Henry Ford who once said: said “whether you believe you can or you can’t, you are absolutely right.” Your thoughts create your reality - they can be healthy or toxic. It all depends on what you choose to focus on.

**Diet** – We become what we regularly ingest. If we find that our thinking and emotional diet consists primarily of generous helpings of negative thoughts and fear-based feelings it should not come as a surprise when these toxic effects appear in the form of an illness or disease in our mind, body and/ or spirit. If what we are ingesting is highly processed or non-healthy food, these too will build up a toxic environment within us. Take a look at your “eating” habits and notice

what you are taking into yourself and see if, perhaps, a change in your diet might be more supportive towards your health and well being.

**Exercise** – The jury is in on this one and the verdict has been recorded. Reasonable and sensible forms of regular exercise do in fact produce HUGE benefits for one’s health and wellbeing. Exercise invigorates, rejuvenates, rehabilitates and restores one in mind, body and spirit. When done mindfully, regular exercise is a great stress reducer. As always, before you start any exercise program, check with your health care provider to determine what kind of exercise will work best for you. Most of us find great value in just getting out for a walk. You might even want to use it as a time for a walking meditation or a set time for unwinding. Explore ways of intentionally letting go of the pressures and stresses you are facing and start looking for, and noticing, those good things that nurture and nourish you.

**Calming exercises** – If you have not discovered just how powerful and supportive 5-10 minutes of quiet, focused deep breathing can be, you’ll likely be in for a quite a surprise. Breath is life. So, as you exhale, practice on letting go of all of that old stuff that’s no longer helpful or of value to you. And then, with each new breath you breathe in, take in that life-giving energy. I think you’ll be amazed at just how restorative and calming you’ll find this exercise to be for you when you begin to incorporate it into your life. You may want to do this a couple to three times a day for maximum benefit. You can do it at home, in your car, or at work, or wherever. For a change you may want to consider taking a calming break instead of your coffee break.

Here’s a wonderful website (I subscribe for free) I use to receive regular uplifting and inspiring stories of how different people from around the world are approaching life’s challenges in positive and constructive ways. Check it out and see if this speaks to you. <http://www.charityfocus.org/new/insp.php>

To your good health and wellness!

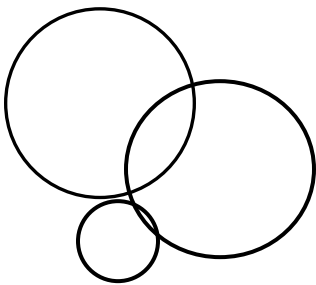


Congratulations! On June 18th the Alberta Street Business Association (ASBA) was named as one of three Portland “Main Streets” under the nation’s first Urban Main Street program to highlight environmental sustainability.



Left to Right: Diane Coward (Co-President ASBA), Michael Montgomery (Vice President & Oregon Manager Community Affairs U.S. Bank), Sara Wittenberg (Community Volunteer) & Stacey Matney (Co-President ASBA)

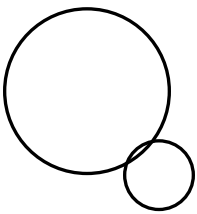
## The Warehouse Store



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@ ONSTAGE

Portland’s largest home staging company is opening it’s doors to the public. Many items have been gently used for staging purposes and many items are new out of the box. **WELL BELOW RETAIL!**



Onstage 5765 NE Columbia Blvd. Building 5  
Columbia Commerce Office Park, Building 5. Portland, Or 97218 503.473.8838  
[info@onstage-online.com](mailto:info@onstage-online.com)  
Open: 11:00 AM to 3:00 PM July 10th and 24th.

# Neighborhood Bulletin Board

## A note from Toastmasters Club 31...

Toastmasters is now in our very own neighborhood! They meet Monday evening at 6:30 p.m. in Concordia University Library and would love to have more people join them. Please contact Brenda Westford if you have questions: bwestford@email.com, 503.679.0748. For more information about Toasmasters International, please contact: www.toastmasters.org

☆☆☆

## Nominations for the 2010 Spirit of Portland Awards are now open!

This year a new category has been added: The Sandy Diedrich Award for environmental stewardship. If you know an individual or group who has helped make our city a better place to live, consider nominating them for one of the 2010 awards. Nominations are due in the Office of Neighborhood Involvement by Monday, August 16. Nomination forms can be downloaded from the web at Spirit of Portland 2010 www.portlandonline.com/oni

☆☆☆

## Community Health Champion Susan Remmers wins Alice Award...

Susan Remmers was one of 3 honorees at the annual Alice Awards held in N Portland, on Saturday June 7. During Remmers's tenure at the Community Cycling Center she participated in policy-level decision-making, working hard to make transportation and health equity a focus of the 2030 Portland Bike Master Plan Update. She also played an instrumental role

in launching the Understanding Barriers to Bicycling Project – a study designed to uncover barriers to bicycling experienced by people of color in N/NE Portland. This groundbreaking work has placed the Community Cycling Center on the national stage and inspired other communities across the country to examine and work to solve health and transportation disparities where they live, work and play. Please join us in acknowledging her for her tireless dedication and important achievements.

☆☆☆

## Energy Trust wants you to keep cool this summer by encouraging all to take advantage of the “NO COST” energy audits they provide...

Though insulation may not be the most exciting home improvement, it's one of the most cost-effective updates you can make to your home. Sealing air leaks and insulating your attic, walls and floors (besides keeping you cool in summer and warm in winter) can pay for themselves through the savings in energy costs. Combine insulation and air sealing to trim heating and cooling costs by up to 30%. Contact an Energy Trust contractor to ensure quality installation and for help applying for cash incentives. Homeowners can call (866) 368-7878 to set-up an appointment and become eligible for free showerheads & compact fluorescent light bulbs.

<http://energytrust.org/residential/incentives/Weatherization/Insulation>

☆☆☆

## Portland Timbers donate \$50,000 towards future Parkrose Regional Soccer Center...

In late May Portland Timbers owner and President Merritt Paulson presented a check for \$50,000 on behalf of the Major League Soccer team to the Parkrose School District, a contribution towards the future Parkrose Regional Soccer Center. The Portland Timbers' community mission is to make quality of life better for children and families in the greater Portland area. As part of this mission, the Timbers are dedicated to improving sports fields and recreational opportunities for children in the city of Portland. The Portland Timbers' gift to Parkrose is the first in a multi-year commitment towards that mission. The donation comes as the Timbers prepare, with the 2011 season, for their MLS debut in a newly renovated PGE Park.

# Did You Know...

...in our very neighborhood we have an arboretum? The NE Ainsworth Linear Arboretum is unique among U.S. arboretums as it spans actual city blocks and includes street trees and yard trees. There are sixty different species of city trees, all within walking or bicycling distance of each other.

Many of the arboretum's trees were planted by Friends of Trees. Others were planted by individual residents or by the city of Portland. Jim Gersbach, longtime Friends of Trees volunteer, and resident of Concordia neighborhood, conceived the idea of the linear arboretum.

The arboretum extends from NE Ainsworth Street for two miles and from NE Martin Luther King Jr. Blvd. all the way to Fernhill Park. For a list of trees and their addresses look online at: [friendsoftrees.org/resources/linear-arboretum](http://friendsoftrees.org/resources/linear-arboretum)

## Want to write for the Concordia News?

Send your articles, poems, letters to the editor, love letters, etc. to: [ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)



# NEW RELEASES

# \$2.00

# RENTALS

2640 NE Alberta Portland, OR 97211

Phone 503.288.4067

Mon-Fri 6AM -11PM Sat-Sun 8AM-11PM

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Solution to Local Recreation



concordiaCULTURE

Ongoing this summer

*What:* Summer Spanish Intensive Courses in NE Portland

*When:* Summer mornings, twice weekly in five week sessions

*Where:* 2915 NE M L King Blvd., (503) 213-3677

For both Beginner and Intermediate Spanish students at NE Portland’s Spanish Language and Latin American Cultural Center, Tierra Educational Center.

Now entering its second year, the local language school strives to create the intensive and cultural study experience found abroad, right here in Portland. In addition to providing language foundations, all courses integrate cultural lessons into the curriculum to offer a more holistic and complete education. Weekly evening classes are also available for all levels of Spanish language learners. Classes are small-group, only 3-8 students, offering a more personalized and community-based atmosphere.

Gain professional development, improved travel experiences, or the ability to communicate with your clients, patients, students, or friends through structured and dynamic Spanish classes at Tierra Educational Center. See website for details: [www.tierracenter.com](http://www.tierracenter.com).

July 4th

Build-a-Burger to Fight Hunger

*What:* Freshly grilled meat, or veggie burgers at the market.

*When:* 11 a.m. - 1 p.m.

*Where:* NE 7th Avenue & Wygant Street

Join Foodshare Fund Northeast at King Portland Farmers Market, on Sunday the 4th of July for Build-a-Burger! Get a freshly grilled meat, or veggie burgers at the market from 11 a.m. - 1 p.m. for \$5. 100% of proceeds benefit Foodshare Fund NE.

July 8

*What:* Mo Phillips Music for Families

*When:* Thursday, July 8, 10:30 a.m.

*Where:* Milagros Boutique, 5433 NE 30th Ave.

Join Mo Phillips every Thursday at Milagros for rockin’ music fun for little ones and adults. Fun for the whole family. All ages. Suggested donation is \$3 per walking human

[www.mophillips.com](http://www.mophillips.com)

July 10

*What:* Neighborhood Coordinators Training

*When:* 9:00 a.m. to 12:00 p.m.

*Where:* PCC - Cascade Campus

Plantingtreesinyouryardorparking strip will help improve the quality of life for you and your neighbors for generations to come. Friends of Trees is already planning for the 2010-2011 planting season, but we need your help! In order to surpass last year’s record season and attain our goal of planting 4,500 low-cost street and yard trees in Portland next year, we need Neighborhood Coordinators who can volunteer their time to help organize these neighborhood plantings. We still need a Neighborhood Coordinator, or co-coordinators, for many Portland neighborhoods. There is also another training session on July 15.

July 24

Get Going Oregon!

*What:* Help out at the kick-off event by assisting with set up and take down, registration or assisting walkers along our 5M, 5K or 1M course. Or register to walk!

*When:* Saturday, July 24, 2010 9am to 1pm

*Where:* South Waterfront and Center for Health & Healing in Portland.

Each walker— individual, family, or team can pledge their support

for diabetes prevention and health education in Oregon. For more information or to Pre-Register go to [www.getgoingoregon.org](http://www.getgoingoregon.org) today! Questions - contact Jodi Larsen at [larsenjo@ohsu.edu](mailto:larsenjo@ohsu.edu)

July 25

*What:* Columbia Slough Regatta

*When:* 9 a.m. to 1 p.m.

*Where:* Multnomah County Drainage Districts, 1880 NE Elrod Dr.

Be a part of Oregon’s largest one-day paddle! Take a relaxing canoe or kayak trip on the beautiful Columbia Slough and celebrate nature in the city. Look for otters, eagles, turtles and hummingbirds, and chat with community organizations. Bring a boat or schedule a complimentary 45-minute rental at [www.columbiaslough.org](http://www.columbiaslough.org) or (503) 956-8558. \$7 suggested donation.

July 27th

*What:* Paintings by Alberto Soriano and Joan Darling

*When:* Ends July 27th

*Where:* Onda Gallery, 2215 NE Alberta St.

The last day for the exhibit featuring the artists above.

Annual Fremont Festival  
August 7, 2010

Beaumont Business Association and local businesses on NE Upper Fremont present the annual Fremont Festival to be held on Saturday, August 7 from 10:00 a.m. to 5:00 p.m. Plans to close the street from NE 42nd to NE 50th Avenues are underway. The BBA is working on some new events that should attract families in and around surrounding neighborhoods. The event kicks off at 10:00 a.m. with a Bike Parade/Pet Parade starting at Beaumont Middle School. Parents, kids and pets are encouraged to decorate their bikes, don costumes for themselves and their pets and meet at the school at 9:30 a.m. There will be prizes awarded for Best Bike Decoration, Best Kids Costume, Best Parent Costume and Best Pet Costume. Dance Groups, Scouts, and others are encouraged to participate. The BBA is looking for bands to play music and march in the parade. Interested parties can contact Christine Mallar at Green Dog Pet Supply at (503) 528-1800.

Soluna Grill to sponsor Salsa Challenge at Fremont Festival. Executive Chef Dan Straub would like to invite all neighbors in and around Portland to come and share yourbestsalsa. Eachcontestantmust make a gallon of their best salsa for the community to taste and judge. Awards will be presented for BEST SALSA and BEST DECORATED BOOTH. The community will taste and vote for their favorite Salsa for the PEOPLE’S CHOICE AWARD. Official Judges will be chosen from among local restaurants for the JUDGE’S AWARD. Individuals will receive 3 Tastes for \$5 – 100% of proceeds go to BBA for the Main Street Program. To enter the Salsa Challenge call Dan Straub at (971) 222-3433 or Becky Lehman at (949) 395-3305.

*Time:* 11 a.m., 1 p.m. tasting, 2 p.m. awards

*Location:* Soluna Grill Parking Lot, 4440 NE Fremont

Presented and produced by Minority Information Outreach with Captivus Events

**[ Rich Layton and the Troublemakers - ISSA - Diezel P  
Seven Reasons 7 - Transcendental Brass Band  
and more! ]**

**FEATURING**  
**Solar-powered stage**  
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Vendors, Sponsors, and Speakers  
**Beer garden**  
**Food and Beverage**

**Free Admission**

Fernhill Park Portland, Oregon  
**August 7<sup>th</sup> 2010**

**OFF THE GRID**  
**ECOPALOOZA**  
**ENVIRONMENTAL AWARENESS CONCERT**

**Alternative Energy Source with**  
**Zero Electricity From The City**

Visit [econw.org](http://econw.org) for more details!