



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

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

September 2010



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

Meetings held in the
Community Room
at McMenamins
Kennedy School

General Membership
September 14
at 7 P.M.

Land Use & Livability Meeting
September 9
1st Thursday of each month at 7 P.M.

Board Meeting
September 14
at 6 P.M.

Media Committee
September 15 at New Seasons
2nd Wednesday of each month at 6 P.M.

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Announcements**

Concordia Culture

ATTENTION: SEPTEMBER GENERAL MEETING TO BE HELD SECOND TUESDAY 9/14/10

September's Board meeting will meet for action items only on 9/14/10 at 6 p.m.—directly prior to the Concordia Neighborhood Association General Meeting at 7 p.m. Attend the General Meeting to be a part of the issue below...

Where the Rubber Meets the Runway Construction Continues with the North Runway Closure at PDX

by Brooke Berglund

The Port of Portland is continuing work on the three-year runway rehabilitation program. The second year of the program began on May 17 with a partial closure of the north and crosswind runways to continue work begun in the summer of 2009 on the extension of the north runway. Unlike last year when it was necessary to close down the north runway completely for the full summer, during the first phase of this year's work, the construction team determined that it was possible to keep the north runway open for use. Doing this reduced the use of the crosswind runway, therefore having less effect on the surrounding neighborhoods.

The second phase of the project began on August 3 and construction phasing required that the north runway fully close until the beginning of October. The third phase of this year's work is scheduled to end mid-October and will complete the north runway extension. The extension on the north runway is needed to accommodate larger aircraft that require the extra length for takeoff at PDX when the 11,000 foot long south runway closes for rehabilitation in 2011. With the closure of the north runway, there will be some changes in usage of the two available runways. In particular, the crosswind runway, (oriented roughly north and south), which normally has few aircraft operations, will be used quite heavily. Due to this change, neighbors of PDX may notice a change in flight operations or noise.

The Port understands that the increased usage of the crosswind runway during the runway closures has an impact on our neighbors. Port staff have worked with the Federal Aviation Administration to ensure safe and efficient operations during construction of the north runway extension while limiting the impacts of aircraft noise on our neighbors when possible. The FAA will continue to restrict jet use of the crosswind runway this year except when winds or other conditions require its use. In addition, late night aircraft operations will use the south runway when possible and not the crosswind runway.

Port staff will be attending the Concordia Neighborhood Association meeting on September 14 to discuss the current status of the project, provide information on the final year of the project scheduled to begin April 2011 and answer any questions neighbors may have. For more information about the project give the Port a call, or send an e-mail: For questions/concerns about aircraft noise contact Noise Management Department



at (503) 460-4100/(800) 938-6647 or pdxnoise@portofportland.com

For questions/concerns about the project contact me, Brooke Berglund, at (503) 415-6532 or brooke.berglund@portofportland.com; you can also visit our Web site online at www.pdx.com; click on North Runway Extension.

Chair's Corner

By Anne Rothert, Chair

Sometimes the first challenge of writing the Chair's Corner is to remember how far in the future the paper will hit your hands. As I start this, I'm also making plans for how to navigate the 98 degree weather today and hoping I'll still get tomatoes out of the garden this year! And as you read this it will be almost time for school to start. This of course affects some of us more than others, but for most of us school is almost like a season. Even though I don't go to school, or have anyone I must prepare for school, I'm always tempted by the stationery supply sales. I love to buy new pens and notebooks!

This year, schools around the country were able to save teaching jobs thanks to a bill passed by Congress. Our schools face increasing challenges each year as the economy continues to struggle. I am not about to take the big answer here. What I will talk about, as I have before, is one way I feel I contribute. It may be just the experience you would enjoy, also. This will be my sixth year as a S.M.A.R.T. reader at Faubion Elementary School. It takes me an hour a week; I get to spend a half hour each with two students. It is so much more than just the reading. A school year-long relationship with a kindergartner or first grader brings joy to me. Lots of readers will tell you they think they get more out of it than the students. It would be hard to say for sure. If you think this appeals to you, check out: <http://www.getsmartoregon.org/>.

Of course, there are other ways to get involved with the schools and the kids. Many schools have gardens which need adults' help to tend them. Maybe Safe Routes to School is more up your alley, getting kids moving: www.portlandonline.com/transportation/index.cfm?&c=40511. Maybe you are really dedicated and want to be a lunch room monitor! Or if you find yourself in an office supply big store, remember to add on a donation to our public schools. Lots of kids and schools are in need of just plain old fashioned school supplies themselves.

Okay, I'm going back to my stay cool strategies!

Board Members

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	VACANT		
Green Team Chair			
	VACANT		

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:
cnabusinessmanager@gmail.com
 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.

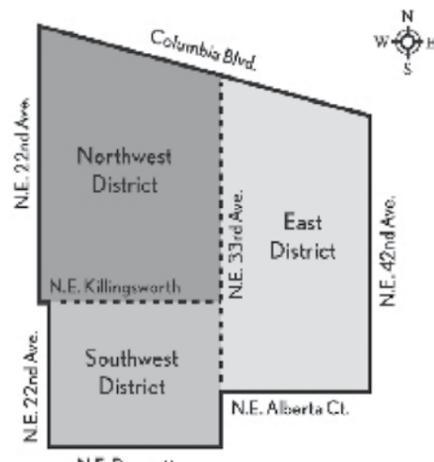
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The Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.



30th & Killingsworth

The city is planning to replace or repair the handicap access ramps at 30th & Killingsworth. This is due to deterioration, and may unintentionally damage the artwork which was recently repainted.

Old Trolley Tracks Removed

by Gayle Booher



Photo by Matt Kuerbis.

NE 30th Avenue between Alberta and Killingsworth Streets underwent a major paving project in July. The street had been repaired several times in the past, but the paving didn't last long because it was paved over old trolley tracks. The pavement would washboard because of the bus traffic over it and the ties were rotted under the road.

The 30th Ave. Neighborhood Watch and several businesses banded together and contacted the mayor's office about the situation. We wanted the tracks removed and the street repaved. Without the trolley tracks, the paving would last for an extended length of time. In the past, we were told that it would be too expensive to remove the trolley tracks. Mayor Adams responded by adding the project to the street maintenance budget. The cost was approximately \$350,000.

The trolley originally came out of the Piedmont trolley "barn" (the largest in the city) located at N Moore Avenue and Killingsworth. It connected to the Union Avenue line and turned east on Alberta to 25th Avenue. That was in 1903. In 1908, the line was extended to NE 30th and in 1909 continued north on 30th to NE Ainsworth Street.

Originally, 30th Avenue was laid with cobblestone, not bricks. Many times the chips that were chiseled from the cobblestone were added to the cement and called "cobblement." The Alberta Line ran a 2.4 mile north-south route from NE 30th and Ainsworth, south to

Alberta on 30th, west to Union, then downtown to SW 2nd Avenue and Morrison Street across the old Steel Bridge until 1912, when it started using the New Steel Bridge. The Alberta Steet Line was built in 1903 by the Portland Railway Co. It was converted to a bus route in 1948 and the trolley cars were retired.

The tracks were very rusted and the ties were rotted when they were removed. They were not the correct gauge for the trolleys that the city wants to install and would have been useless for any future trolley project.



Conductors on the left are Thomas Lovely (1172 Albina Ave.) and Hudelson, and the third fellow, the motorman, is Marcus Follett (1404 Kerby Ave.). Research of this information was aided by the numbers off their caps. Courtesy of PdxHistory.com

Bureau of Development Services Implements Tall Grass and Weed Complaint Pilot Project

Ross Caron, Bureau of Development Services, (503) 823-4268

In an effort to provide the highest level of service while maximizing limited resources, the Bureau of Development Services has created a pilot project for the summer that allows citizens to submit online complaints accompanied with a digital photograph of tall grass and weed violations at properties within the City of Portland.

Title 29 of Portland City Code requires the owner of any property to cut and remove, and keep cut and removed all weeds, and grass that are located in lawn areas and have a prevailing height of more than 10 inches. In October 2009, BDS was forced to prioritize various enforcement/complaint types in order to effectively process the most critical cases with reduced resources. Unfortunately, limited resources have not allowed BDS to respond to tall grass and weed complaints.

"Even though tall grass and weed conditions have been deemed a lower priority, I do understand the importance of the outdoor maintenance regulations as they relate to increased vandalism, graffiti, and other conditions that can lead to neighborhood deterioration" said Paul Scarlett,

Bureau of Development Services Director. "While BDS enforcement resources remain limited at this time, we are very excited to create this opportunity to allow citizens to partner with us to address tall grass and weed violations to improve the livability and safety of our community."

To participate in the pilot project and report a property with grass and weeds in excess of 10 inches high, citizens are encouraged to submit a complaint accompanied by a digital photograph online at <http://www.portlandonline.com/bds/gwcomplaints>.

Due to limited resources, complaints may only be submitted online and must be accompanied by a digital photograph of the reported violation.

If you have questions or concerns about this press release, please contact Ross Caron, BDS Public Information Officer, at (503) 823-4268 or via email at ross.caron@portlandoregon.gov. You can also get more information regarding this pilot program by visiting <http://www.portlandonline.com/bds/gwinfo>.

Let Food Be Your Medicine

Article & photos by Orna Izakson, ND, RH (AHG) Celilo Natural Health Center, LLC



Beans and oregano.

The ancient Greek physician Hippocrates (460-377 BCE) famously said, “Let food be your medicine and medicine be your food.”

Gardeners know the best way to get your veggies is fresh and organic, ideally straight from the farm or garden. But beyond simple nourishment, scientists are finding some foods specifically help prevent or reverse certain diseases. Published research from the past few months alone has shown fruits and veggies protect your heart, brain and eyes, and help fight asthma, cancer, swine flu, Alzheimer’s disease, depression, type 2 diabetes and osteoporosis.

Much of the research looks at isolated constituents in the foods, although of course there’s more to fresh fruits and veggies than the isolated “active ingredients” scientists have identified so far. All the components in the plant work synergistically, and do more than just one thing.

Here’s a short list to get you started.

Eat the rainbow

Maximizing diversity is not only good for native landscapes and gardens, it’s good for your internal ecosystem, too. And it turns out the differently flavonoid colors have different health-promoting strengths. To integrate this wisdom into your diet, remember to “eat the rainbow.”

Some of the most actively healthy bits of foods are flavonoids, which color food naturally: the purple in berries and potatoes, the red in beets and blood oranges, the orange in squash and carrots. Flavonoids generally function as antioxidants, which mitigate the effects of destructive free radicals in your system. This can help protect your heart, your brain, your eyes and reduce the risk of cancer.

To make sure you’re getting enough, work toward filling half your plate with veggies at every meal. Fold them into morning omelettes, fill up the stew pot, blend them into a morning smoothie or try them under sauces instead of pasta.

Beautiful brassicas

The brassica family is a medicinal powerhouse, with members including broccoli, kale, collards, cabbage, Brussels sprouts and mustard greens. Much of the medical research into the family has looked at its ability to regulate hormones that can lead to cancers, but its strengths don’t end there.

Cabbage, specifically as raw juice, is an old-time cure for ulcers in the digestive tract. It works by stimulating protective mucous secretions, and possibly through direct action on the bacterium *Helicobacter pylori* implicated in many cases. The recommended dose is one cup of fresh, raw juice four times daily for 10-14 days. Some sources suggest the powdered form may also help, but this shortcut doesn’t seem to hold up to scientific or clinical analysis.

Two particular constituents in this family, indole-3-carbinol and diindolylmethane (DIM), both work to balance and promote healthy breakdown and excretion of hormones, especially estrogen. I3C and DIM are prescribed in capsules or as specific measures of cooked vegetables for enlarged prostate glands, uterine fibroids, hair loss, fibrocystic breasts and hormone-sensitive cancers including breast and prostate.

Sulforaphane, especially abundant in broccoli and broccoli sprouts, recently was found to target breast-cancer stem cells. That’s important, because standard chemotherapy drugs can’t reach those earliest cancer cells.

Finally, some of the fibrous components in these vegetables (and many others) are converted by gut bacteria into butyrate, which in turn feeds cells in the colon and reduces the risk of colon cancer. Fiber generally helps reduce cholesterol levels, fights asthma and diabetes, and helps bind toxins and get them out of your body.

Tomatoes

There’s not much better than a perfectly ripe tomato plucked from your own garden, still warm from the sun.

Beyond that bliss, the lycopene found in tomatoes reduces natural inflammatory chemicals and circulating immune cells associated with allergies and asthma. Lycopene also can help reduce risk of prostate cancer. And this is one case where processing makes a nutrient more available: Tomato paste has four times more absorbable lycopene than fresh tomatoes.

Lycopene also is found in many red fruits and veggies, including watermelon, sea buckthorn fruit, goji berries, rosehips and red bell peppers. Unfortunately, cherries and strawberries are not good sources.

Grapes and berries

Grapes have much to recommend them from a gardening perspective: easy and productive, they thrive in poor soils and don’t pull toxins into the fruit. They also contain resveratrol, which supports heart health, lowers inflammation, help fight cancers and may reduce high blood-sugar levels. Resveratrol even helps boost blood flow to the brain — that’s the same way Ginkgo is thought to improve memory.

And, as with all the colorful fruits, grapes are high in antioxidants —in fact, they’re one of the best sources. Trendy Açai, a berry from Central and South America, get a lot of press for its antioxidant content. Good old red grapes have more than twice the antioxidant anthocyanin content, and wild blueberries aren’t far behind. Chokeberries and purple corn are the big winners in this category, but even cherries outpace Açai.

A version of this story originally appeared in In Good Tilt.



August’s bounty.

Visit us online at concordiapdx.org

Local Sights (solution found on page 8)

By Chris Yensan

For those who attempted the previous puzzles and couldn't solve them due to formatting errors, we apologize—there were some technical issues which have been resolved. We hope you enjoy this month's offering –the Editor.

ACROSS

- 1 Swiss-like cheese
- 5 Perspire
- 10 Torah table
- 14 Prego's competition
- 15 Rank
- 16 Object
- 17 Teen hero
- 18 Bird's "thumb"
- 19 Tactic
- 20 Local University
- 22 Extra room?
- 23 Used to own
- 24 Squeeze
- 26 Finish
- 27 Local gallery offering
- 30 Flip
- 33 French street
- 35 Joke
- 37 Local brewpub
- 42 Word editing option
- 43 Rowing device
- 44 Persia
- 45 Irregular
- 49 Movie dog
- 50 Important number
- 51 Adolescent
- 53 Not then
- 54 John ____ (Eastern Oregon town)
- 57 Downwind
- 59 Sake House offering
- 61 Improve through editing

- 63 Local dining and shopping district
- 69 Bovine
- 70 Ancient Greek marketplace
- 71 What to do in Forest Park
- 72 Archaic preposition
- 73 Rebuff
- 74 Garden item
- 75 Complain
- 76 Groups of workers
- 77 Saclike structures filled with fluid or diseased matter

DOWN

- 1 God on guitar?
- 2 Pedestal part
- 3 Conflict
- 4 Garden covering
- 5 Fame
- 6 Frenzied
- 7 Decorative toiletry case
- 8 God of Islam
- 9 Drink
- 10 Lark
- 11 Composition
- 12 Subatomic particle
- 13 Make revisions
- 21 Grain
- 22 Water in Mexico
- 25 Pot
- 27 Turquoise
- 28 Dashes
- 29 Put in order

- 31 Highlander
- 32 Hurt
- 34 Issue
- 36 Circumstance's partner
- 38 Famous canal
- 39 Take the wrinkles out
- 40 World org.
- 41 Overwhelm with flattery
- 46 Temperate
- 47 Opposite WSW
- 48 Life and Total
- 52 Neither's partner
- 54 Local street name
- 55 Type of acid
- 56 A gossip (Yiddish)
- 58 Agog
- 60 A set of moral principles
- 62 Stuff of beer signs
- 64 Run easily
- 65 Ferment
- 66 Incorporeal
- 67 Mt. Hood rentals
- 68 Trial
- 70 Circle part

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Community Acupuncture is Everywhere!

by Hana Lanin, LAc

Did you know that community acupuncture is happening all around Portland? You may have heard someone mention a "community" or "group" acupuncture clinic they'd been to, but wondered what exactly they were talking about.

Community acupuncture is a mission! Its aim is to make acupuncture accessible to a broader economic spectrum than only those who have health insurance, or can afford private treatment rates. It's low cost, low frills, effective acupuncture, facilitated in group settings by licensed acupuncturists. The community acupuncture movement is alive around the country and it all began here in Portland!

At a community acupuncture clinic, there may be from four to a dozen reclining chairs and massage tables arranged for maximum comfort in an aesthetic, if sometimes Spartan environment. There is usually a waiting and/or payment area. You may hear soft music wafting through the room, the lighting is peaceful, and people speak in a slight hush. When you enter, there may be a few folks who have already been given their treatment by the acupuncturist on staff and are resting with the needles. There is a lulling,

nurturing sense brought about by all who are present, who have taken an hour out of the rush of the city day, to rebalance the health and flow of their bodies via the gentle yet powerful persuasion of acupuncture treatment.

What ailments can acupuncture help? There are many! Acupuncture is best known for its effectiveness in relieving body pain due to injury or aging, arthritis, headaches, menstrual, digestive, just about any sort of pain in the body may respond well to acupuncture. Other conditions include women's health, sleep issues, health maintenance from pregnancy to labor, childhood, adolescence to healthy aging, immune support, including treatment of wintertime colds and flus, as well as seasonal allergies and asthma, skin problems, mental and emotional rebalancing, adjunct support for cancer patients; the list goes on. Nowadays, people are learning to turn to modalities like acupuncture to assist in handling day to day life stress, which we know can be disruptive to our health and well being.

Prices for treatments at community clinics will vary. Some operate on a sliding scale basis, while others offer a flat fee. The usual range for an

acupuncture treatment at a community clinic is \$15 to \$35. Some clinics will have a nominal extra fee at the first visit for an initial patient intake.

There are several community clinics in each quadrant of the city, where group treatments are either an option to private treatments, or where group treatments are the sole mission of the clinic. Several of the clinics participate in the Community Acupuncture Network, www.communityacupuncturenetwork.org, and others may be located by searching for "community acupuncture Portland OR." Still more clinics may have flyers posted on neighborhood bulletin boards.

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Taking my camera has made my walks more interesting and fun. Instead of watching the time, trying to make myself walk 30 minutes, I easily walk an hour, looking for shots. You never know what you're going to come across, in our colorful, creative Concordia.

Photos and text by Susan Miller



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Neighborhood Bulletin Board

NE Portland nonprofit SCRAP (School and Community Reuse Action Project) recently developed a program called Fill Minds Not Landfills to help businesses effectively divert materials from the waste stream. SCRAP sees potential supplies for art, craft, and educational projects in much of the surplus and waste materials a business recycles or sends to landfills. In the past year, SCRAP diverted 94 tons of material from the waste stream through donations from businesses and individuals. SCRAP offers a pick up service (monthly or on-call) to local businesses that have waste and surplus materials to donate. Their fees (\$25/barrel, \$50/half truck load, or \$75/full truck load) are comparable to waste management charges and all materials donated are 100% tax deductible. Supporting Fill Minds Not Landfills provides local businesses the chance to step forward as leaders in environmental sustainability. Their website, scrapaction.org contains more information about Fill Minds Not Landfills and their other activities and programs.

☆☆☆

Between Places and Spaces Exhibit

August 26-September 28, 2010

Paintings by William Hernandez originally from Peru & Photographs by Pepe Moscoso originally from Mexico

Onda Gallery

Hours: Tuesday-Saturday, 11 a.m.-6 p.m., Sunday 12-4 p.m.

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Portland, OR 9721

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www.ondagallery.com

☆☆☆

Mini-grants available for 9/11 Day of Service and Remembrance.

Oregon Volunteers! partners with AARP Oregon and CNCS to address Hunger in Oregon and promote an ethic of service, volunteering and inclusion in communities across Oregon on September 11th by making available small grants of up to \$500 for intergenerational service projects that address issues surrounding Hunger in Oregon. The program is designed to support

non-profit led volunteer service projects that occur within 24 hours of Sept. 11, 2010. For details go to www.oregonvolunteers.org

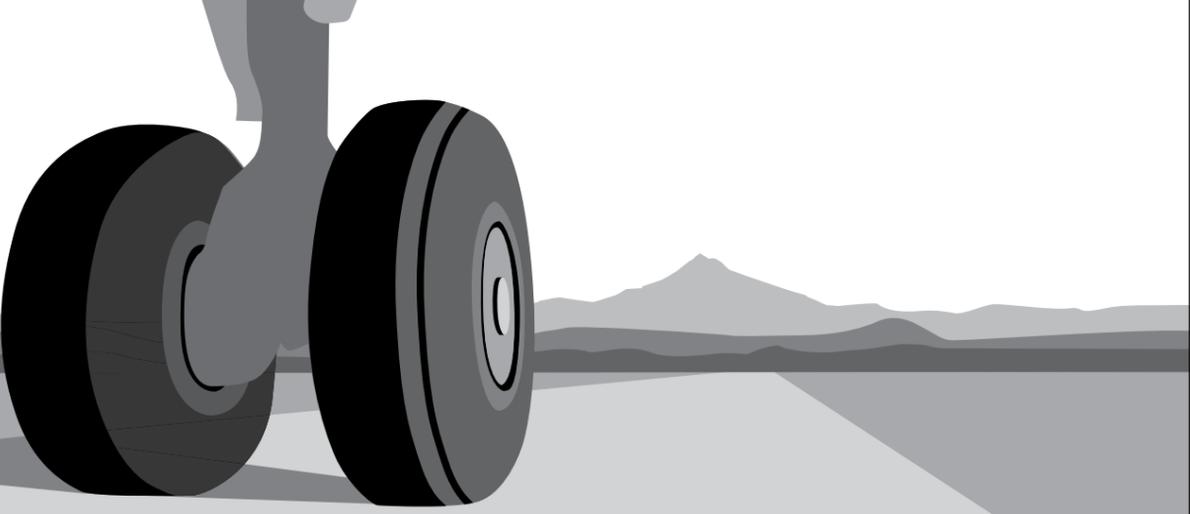
☆☆☆

In August former NBA center Chris Dudley hosted his fifteenth annual basketball camp for youth with type 1 diabetes. A 16-year NBA veteran, Dudley was diagnosed with diabetes at age 16. Though he was advised by his doctor to give up his dream to play in the NBA due to his condition, Dudley instead chose to work hard to balance the management of his diabetes while playing an intensive sport. His perseverance and discipline paid off when he became the first known player with diabetes to play in the National Basketball Association. Dudley founded the Chris Dudley Foundation in 1994. Along with the camp, the foundation is a resource on diabetes through blogs, podcasts and a monthly newsletter through the website (www.chrisdudley.org).

☆☆☆

Solarize your home.

If you're thinking about investing in a solar electric system for your home but aren't sure who to hire, what to buy or how to finance the system—start with your neighbors through a Solarize project. These projects are community-driven, bulk purchase efforts to help homeowners overcome the financial and logistical hurdles of going solar. Three efforts are underway in Portland (Northeast, Southeast and Southwest neighborhoods) and another in Pendleton. By working with a Solarize project in your neighborhood, you can attend information workshops and decide if you want to enroll, receive a free solar site assessment to determine if your house is a good place to install a system, work with an Energy Trust of Oregon approved and State "tax credit certified" solar contractor chosen by the project coordinators, and realize lower purchase costs (by more than 25 percent) as you and your neighbors buy the solar electric systems in bulk. To learn more about solar technology, or to find information and a contractor to install a system individually, visit Energy Trust's website at www.energytrust.org.



WHERE RUBBER MEETS THE RUNWAY

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

If you have questions or concerns, contact us at 503.415.6532 or 503.460.4100 (noise hotline).
Learn more at www.pdx.com; click on North Runway Extension.

 **PORT OF PORTLAND**

concordia CULTURE

August 28

What: Loveness Wesa Bantu Performance (an original performance of African Music and Dance)

When: Saturday, August 28, 7:30 to 9 p.m.

Where: Ainsworth United Church of Christ, 2941 NE Ainsworth St. \$10 suggested donation at door

September 1

What: An exhibit of work by talented youth ages 11-17 from the Cully neighborhood.

When: Wednesday, September 1, 5 p.m. to 7 p.m.

Where: CNN, 4415 NE 87th Ave. off of Sandy Blvd CNN is hosting a unique opportunity to encounter community through the eyes of Latino and Somali youth. In a previous workshop they explored their identity, dreams, and cultural values through a stunning collection of community portraits. Come view the photos and accompanying stories and partake of the light refreshments provided. For more information please contact Sandra Lefrancois at (503) 823-2780, or sandral@cnncoalition.org.

September 3

The Portland Storytellers Guild resumes its programs in September.

What: A Pot Luck and Story Swap - bring a 'dish' and a story for a fun evening.

When: Friday, September 3, at 6:30 p.m.

Where: Kennedy School in McMenamin's Pub

September 11

An exciting program of stories showcasing members of the Portland Storytellers Guild.

What: A Pot Luck and Story Swap - bring a 'dish' and a story for a fun evening.

When: Saturday, September 11, at 7 p.m.

Where: Kennedy School in McMenamin's Pub Suggested donation \$5.00 per person, \$10.00 per family.

September 13

What: Portland Neighborhood Economic Development Roundtable

When: Monday, September 13, 8:30 a.m. to 5:00 p.m.

Where: PSU Smith Memorial Ballroom, 1825 SW Broadway.

Help shape neighborhood economic development in Portland! How can PDC and the community be more effective at neighborhood economic development? Join national and local experts, city decision-makers, and other community leaders for a free day of learning, interaction, and dialogue. Your input is vital to develop a guiding strategy to expand economic opportunity and grow jobs; Create community/public/private partnerships; Develop new resources for neighborhoods; Build capacity for local organizations; Implement community action projects. Register first, for more information contact: Howard Cutler, Program Manager, Portland Development Commission, at cutlerh@pdc.us or (503) 823-2384.

September 18

Aquifer Adventure

What: A pirate-themed groundwater festival

When: Saturday, September 18, noon to 4 p.m.

Where: Portland Water Bureau at NE 166th Avenue and Airport Way in Portland. Activities include a treasure hunt, live music, and hands-on activities for all ages.

Free children's t-shirts will be available while supplies last as well as eye patches and other prizes. All activities at the event are free on a first-come, first-serve basis, with the exception of food for purchase. Pirate dress, pirate lingo, and pirate swagger are highly encouraged. Visit www.columbiaslough.org or call (503) 281-1132.

Urban Gardening Fair

What: Urban Gardening Fair and Produce Judging

When: Saturday, September 18, 10 a.m. to 1 p.m.

Where: 6801 SE 60th Ave., Green Thumb Site

Sisters of the Road Celebration

What: To honor the organization's long-standing commitment to nonviolence and economic human rights

When: Saturday, September 18, 6:30 to 8:30 p.m. (reception following)

Where: The Eliot Center at the First Unitarian Church, 1211 SW Main

At the event, Genevieve Nelson, Sisters' visionary Co-founder, will be presented with the very first Genevieve Nelson Nonviolence and Economic Human Rights Award. Celebrating individuals and groups working for economic human rights for all, using nonviolence as a guiding principle and practice, this award will be given annually at peaceroots. For this inaugural event, Sisters is thrilled to announce Max Rameau of Take Back the Land as keynote speaker, as well as performers Mic Crenshaw and Good Sista/Bad Sista. To purchase tickets, call Marisa at (503) 222.5694 ext. 12 or visit Sisters Of The Road's website. Tickets are \$25 - \$100 sliding scale, or you can request to barter work for your ticket.

September 29

What: FREE Spelling Bee for adults, ages 18 and above!

When: Wednesday, September 29, 7 p.m.

Where: The Concordia Ale House (3276 NE Killingsworth St.) How:

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Solution to Local Sights

KENNEDY SCHOOL
McMenamins

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

Wednesday, September 8
Groovy Wallpaper
Cello Rock · CD release
7 p.m. · Free · All ages welcome

Thursday, September 9
norman sylvestre band
R&B
7 p.m. · Free · All ages welcome

Thursday, September 16
McMenamins & opbmusic.org present
GREAT NORTHWEST MUSIC TOUR
TRUTH & SALVAGE COMPANY
Genuine American rock 'n' roll
7 p.m. · Free · All ages welcome

Saturday, September 18
HALFWAY TO ST. PATRICK'S DAY
Free · All ages welcome

COLLEEN RANEY
Trad. Irish · 1 p.m.

IRISH FAMILY HOOLEY
Kids' Irish tunes · 2 p.m.

KATHRYN CLAIRE & HANZ ARAKI
Trad. Irish · 4:30 p.m.

IRISH DANCERS
5:30 p.m.

STATE & STANDARD
Irish rock · 7 p.m. to 10 p.m.

Thursday, September 23
Kate Power & Steve Bihorn
The Ukaliens Sing-along
7 p.m. · Free · All ages welcome

Friday, September 24
TENDER FOREVER
(record release)
The K singles Zip-Pak event
JOEY CASIO
7 p.m. · Free · All ages welcome

Monday, September 27
History Pub Monday
"PIERCE VS. SOCIETY OF SISTERS:
Overturning the KKK-sponsored Oregon
Compulsory Public School Law"
Presentation by **PAULA ABRAMS**
Lewis & Clark Law School professor
Co-sponsored by Oregon Historical Society
and Holy Names Heritage Center
7 p.m. · Free · All ages welcome

Thursday, September 30
THE FASHION NUGGETS
Pop-rock
7 p.m. · Free · All ages welcome

Thursday, October 7
BOURBON TASTING
Featuring Woodford Reserve
and Old Forester bourbons
Served with hearty appetizers
7 p.m. · \$45; reservations required
21 & over

Start studying the dictionary, play Scramble on Facebook, do the daily spelling on the Scripps National Spelling Bee website, challenge a friend to play Scrabble, and dust off that Thesaurus!

Spectators of all ages will be welcome! Sponsored by the Concordia Ale House and Trinity Lutheran School.