



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association |

visit the website: concordiapdx.org

August 2011

Media Big Three Converge On N.E. Alberta Street

Alberta Main Street Installs First Round of Functional Art

Reporters from *The Oregonian*, *Koin 6* and *Concordia News* stood at the corner of NE 31st Avenue and Alberta Street the first week in July to talk trash as the first functional trash sculpture was bolted to the sidewalk.

“These aren’t your ordinary public garbage cans, they are unique, they are functional art”, says Alberta Main Street Executive Director Sara Wittenberg, as the first of nine was installed, “they provide a solution to the problem, take advantage of local talent, utilize recycled materials and incorporate an ‘Only on Alberta’ feel.” When completed in August there will be nineteen receptacles between NE 15th and 31st Avenues.

Only seven months ago, at a community-visioning session, shop owners and community members in and around NE Alberta Street clearly stated priority number one: clean up Alberta Street. And it wasn’t all talk! In April, Alberta Main Street hosted a district clean up event and over 125 people came out to clean up the street.

The Alberta Main Street Design Committee, comprised of almost 20 community members, spent the last few months working on a solution that incorporates the district goals of sustainability and creative culture. The result is a receptacle that is produced by aptly named local artist, Ivan McLean out of recycled street signs he salvaged as they were being taken to a dump in Cannon Beach, Oregon. McLean works with a variety

of materials in creating his sculptures. To see other art projects by McLean visit his website, <http://ivanmclean.com>

A powder-coated steel frame supports the collaged panels of used street signs. Holes in the arched top recycle plastic bottles and glass.

The funding to purchase the receptacles comes from the Alberta Main Street District Improvement Grant of \$15,000 provided by the Portland Main Street Program, administered through the Portland Development Commission. “This is so Alberta!” said Claudia Plaza, the Portland Main Street director at the PDC.

Although the City provides public garbage removal in seven districts in Portland; the Alberta District is not one of them. The funding for ongoing service and maintenance is the community’s responsibility, an annual cost of \$9,000.

Clean Scapes, a commercial removal company, will empty the receptacles every Tuesday and Friday. According to Jim Carr, Operations Manager, Clean Scapes has donated the first six months of service, including graffiti removal. Wittenberg is hopeful, “If everyone contributes to the Clean Street Program, we will have little difficulty ensuring adequate service is maintained.” Adding that \$2,900 has already been donated.

Inside this issue:

	National Night Out pg. 7
	Autentica delight pg. 11
	Street Fair pg. 8
Keeping Honeybees	pg 3
10 Wellness tips	pg 4
Crossword	pg 5
National Night Out	pg 7
Neighborhood troubadour	pg 11
Chef with the right touch	pg 11

For additional information about Alberta Main Street contact Sara Wittenberg at sara@albertamainst.org or visit www.albertamainst.org. Information about the Portland Main Street Program can be found at http://www.pdc.us/bus_serv/business_support/mainstreet.asp.



A whimsical moment with the artist during installation.



Sculpture Artist Ivan McLean; Mainstreet Design Chair, Larry Holmes; Main Street Executive Director, Sara Wittenberg; Denay Love and Jim Carr from CleanScapes; on NE Alberta St. after the first trash receptacle installation. (Photographs: Jeff Hilber, Concordia News)

JOIN US FOR:

AUGUST'S NEIGHBORHOOD MEETINGS

EVERYONE IS INVITED!

General Meeting

AUG 2, 6.30 PM.

The August General Meeting will be at Fernhill Park for National Night Out. Live music and a parade.

Next General Meeting: **Sept. 6,** at 7 p.m.

Board Meeting

TUES AUG 9. AT 7 P.M.

McMenamins Kennedy School, Community Room

Next Board meeting: **Sept. 13**

Tree Team Meeting

THURS AUGUST 4, AT 6 P.M.

New Seasons dining area

Wellness Committee

WED, AUGUST 10, AT 7 P.M.

Caffé Vita,
3023 NE Alberta St.

The wellness committee is planning a neighborhood survey on wellness topics

Land Use, Livability and Transportation Committee Meetings

THURS, AUGUST 4 AT 7 P.M.

McMenamins Kennedy School, Community Room

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

CONCORDIA NEWS

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

Submissions

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

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MISSION STATEMENT

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

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Concordia News is printed on 40% post-consumer or better paper,

Chair's Corner

CNA Change in Leadership and Future Directions Imagined

By Robin Johnson and Belinda Clark

There's been a change on the CNA Board, and we want to let you know we are pleased to be working together now as the new leadership team of Chair, Robin Johnson, and Co-Chair, Belinda Clark, for the Association.

After much thought, Ken Forcier decided to resign as Chair, which necessitated the Board take action at the June meeting to accept his resignation and appoint a board member to fill the vacancy. While we will miss Ken's unique and passionate contributions, we also look forward to working together with the Board to help maintain and enhance the Associations many activities and responsibilities. We will do this work always, with an eye towards what our neighbors tell us that they want and need.

The future is an exciting and challenging prospect. The Board hopes to go on a small retreat in early fall to look at future directions/priorities for the group as we move forward,

The group had an interesting discussion at the last Board meeting

surrounding the issue of neighbors that are in need, and how we might consider a way that to begin addressing some of these needs.

This particular evening our discussion centered on the issue of food insecurity (neighbors that do not have access to adequate food and nutrition information.

Regarding access to food resources that may be available in the neighborhood, we decided that we did not have current on information about the availability of afternoon/evening meal programs in the neighborhood. Are there any food pantries available in the community?

We talked about whether or not we as a neighborhood group should attempt to assess these types resources which we hope already exist in the neighborhood and provide additional assistance to these/this group(s). It is only the beginning of this discussion, and we could just as easily also included social services, health care, job resources and housing.

To help us prepare for our retreat discussions, we would like your input and suggestion?

Should the neighborhood group consider expanding, or redefining our current focus to include some aspects of critical neighborhood needs? Do you have any examples out there you have seen in other neighborhoods that have committed resources in these areas and have had success?

Please join us at on Tues 8/2 when we celebrate National Night Out at 6:30 p.m. in Fernhill Park. We will have a table staffed by board members, please stop by and say hello. We are your board members and your input guides the direction we take.

Thanks as always for your good ideas and energy.

Rent the Neighborhood Community Room

The Concordia Neighborhood Association rents the Community Room to non-profit organizations for \$15 per hour. For all other uses the hourly rate is \$25.00.

To reserve the Kennedy School Community room for events and meetings, please e-mail:

cnaroomkennedy@gmail.com

Proceeds from the room rental help fund Concordia Neighborhood Association events.

The Concordia Neighborhood Association has a nominating committee to fill additional vacancies on the Board.

Interested residents can submit names to contactcnaboard@yahoo.com.

The Vanishing Bees by Jeff Hilber

from a talk at the June General Meeting

Keeping bees is an endless source of fascination and mystery. When did you first become aware of bees? For me, as a kid, it was in Sherlock Holmes stories; the world's foremost detective retires and becomes . . . a beekeeper.

A couple of years ago I started studying bees. I found out there are three basic styles of beekeeping: Langstroth, the typical white-stacked boxes of commercial beekeepers, top bar hives, originating in Africa, and Warre, originating in Japan and other countries, systemized in France in the 1880s.

If we approach the hive with the idea of the undividable society of bees, it affects the choices we make in how to house and care for bees. Although I make top bar hives, my intention is to interest you in beekeeping, not necessarily promote one method over another, but to encourage an organic approach in your backyard.

They live in a communal, non-hierarchical social structure, no hate, greed or deception. In the hive everybody serves everybody. But this is only half of an even larger being-- the flowering world. Keeping bees allows us to contemplate and touch this greater flowering world. The message is that we, too, are just a part of a larger world.

Culturally bees have always been important to humans. The bulk of food pollination is done by honeybees through the subtle interplay of insects and plants.

The queen lays a fertilized egg that becomes a female bee, also known as a worker. Her age determines the task she performs: housekeeping, producing royal jelly, raising the brood, building comb, assisting the queen; eventually becoming a forager outside of the hive. The worker bee will perform this task for the remainder of her life.

Friends of Last Thursday

by Rochelle Saliba

Tasked by the city to localize stewardship of Last Thursday within the Alberta community, Friends of Last Thursday (FoLT) began hands on engagement during May's Last Thursday to extremely positive result. Infractions were down; the street was reopened in record time and the FoLT Ambassador program made great progress in its education and outreach component.

One of the cornerstones of the FoLT mission is to help create a safer event, which means working with participants to gain their compliance with city and county safety laws, including observance of ADA, parking, noise, fire and food handling codes, zero tolerance for open containers of alcohol, and a Leave No Trace refuse goal. Also of high priority is engendering greater neighborhood respect. FoLT has listened to the concerns of our neighbors and is actively working to educate Last Thursday participants in the ways in which they can exert the lightest possible impact on our community.

By the 2012 season, FoLT plans to shoulder much, if not most, of the financial impact of Last Thursday, including security, temporary

The queen produces a pheromone that identifies the hive. Any bee attempting to enter must pass a guard bee asking, "Are you wearing the queen's pheromone?" The exception to this is if a bee arrives and is carrying pollen; she is let in. Just like someone showing up at your door with a bottle of wine and a potluck dish.

Unfortunately there is a lot of bad stuff outside, pesticides, predators, heavy metals, smog and industrial waste that can also find its way into the hive with unhealthy results.

It is getting easier all the time to begin as a beekeeper. Many local stores stock beekeeping supplies and some have local bees. There are many beekeeping seminars available in our neighborhood. If you can't keep a hive, plant bee friendly flowers and use organic methods in your garden.

If we each take up beekeeping as we have taken up gardening, we can fulfill the stewardship role necessary to promote healthy populations of bees, able to survive in our local environment.

The vanishing bees are a wake up call.



Apis Mellifera- European Honey Bee
The third insect to have its genome mapped

... on the Move!

toilets, garbage & recycling, street closure and administrative costs. To achieve this goal, our Resources team will be working to build capital on several fronts, including business sponsorships, day of event donations and an end of season music & art benefit.

There are many avenues in which we invite you to engage with FoLT; in fact, community input and participation is essential to our success. One of the most immediate ways to plug in is by joining our Ambassador team. During Last Thursday, over 20 Ambassadors roam the street in colorful hats and vests helping to ensure Last Thursday runs as smoothly as possible. Not only were our Ambassadors positively received by May participants, they reported that it was a great time for them as well—fitting feedback, because "fun" is the first adjective in our mission statement!

Our Street Operations committee is another great opportunity for new "Friends". Streets Ops folk help open and close the street and oversee the Leave No Trace program, a sustainability benchmark of high priority.

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(Jennifer, moving from North Carolina)

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Also in the FoLT pipeline are plans for community-sourced art projects, including summer work parties to build our own colorful street closure barricades, and kids-corner art events during each warm weather Last Thursday.

Feel free to email at any time with your questions and concerns: lastthursdayonalberta.com. You may also want learn more at one of our open forums on the first Wednesday of each month from 7:30-8 pm at the Talisman Gallery, 1476 NE Alberta St.

And do drop by the FoLT information booth during Last Thursday (located between 19th & 20th) to say hey. We look forward to seeing you on the street and wish you many happy future Last Thursdays!

Rochelle Saliba is a
Friend of Last Thursday

Wellness by Jill Muhm-Glover

It is summer and time to go camping!

Time to get out in the woods, to enjoy the pacific northwest and all of it's beauty. Time to join together with friends and family, catching fish and drowning worms, canoeing down rivers and creeks, fending off over-fed raccoons and squirrels, roasting marshmallows while trying to avoid roasting ourselves and making memories which will last a lifetime.

If you are like me you can relate to the two things I don't like to do while camping which are: 1) to eat so much junk food that my trip is ruined because I feel miserable, and 2) to spend hours in the kitchen preparing healthier food before the trip.

Below are ten tips that can help you spend time outdoors while properly fueling your body and not spending too much time in the kitchen!

1. Plan ahead – Prepare a simple menu with fruits and veggies at every meal. Without planning, I am tempted to fall back on junk food and fast food. A little planning in advance allows me to take only what we will need. A simple quinoa salad made in advance stays fresh for several days and can act as a side or main dish at any meal. See Recipe below and for more simple

recipes visit my website at: www.healthymuhm.com

2. Take lots of fruit – Apples, oranges, pineapples, bananas and cantaloupe travel well. A sharp knife provides all the tools you need to prepare them.

3. Freeze meals ahead of time – In the weeks prior to our camping trip, we make a little extra of some main courses and freeze the leftovers. Placed in our cooler, the frozen entrees can take the place of ice for the first few days. Once defrosted, heat and serve. Green Smoothies, and Blueberry Colada Muffins (see recipes below) are great for freezing and they can be a delicious and incredibly healthy way to snack or start your day.

4. Take frozen vegetables – Bags of frozen vegetables also take the place of ice in our cooler. Once defrosted, they will keep their shape and texture for a few days in the cooler. A small pan of boiling water is an easy way to prepare them once defrosted.

5. Bring Non-refrigerated food items - The following items keep pretty well even when out of the fridge or cooler: Carrots, onions, peppers, avocados, tomatoes, green beans, most fruits, canned beans, and

canned fish (packed in water).

6. Bring Packaged items (the following are healthier choices) - kale chips (store bought or homemade), brown rice cakes (top with almond butter and honey/banana), popcorn (unless you have digestive or auto-immune concerns), squeeze packets of organic nut butter to top celery, apples, or eat alone; almonds & dark chocolate (make sure you don't leave it in the sun!); blue corn chips and jar of organic salsa.

7. There is nothing like fresh, locally grown produce to fill out our meals while camping. We love to find neighborhood markets to explore the local treasures we may not find at home.

8. Freeze gallons of water ahead of time – Often while camping we are tempted to indulge in sugary soft drinks when what we really desire is a nice cold glass of liquid. By freezing gallons of water ahead of time, we have cold water to drink for days and ice for our cooler. As the water starts to defrost, we use it and refill it with fresh room temperature water. By our next meal, we once again have a cold beverage.

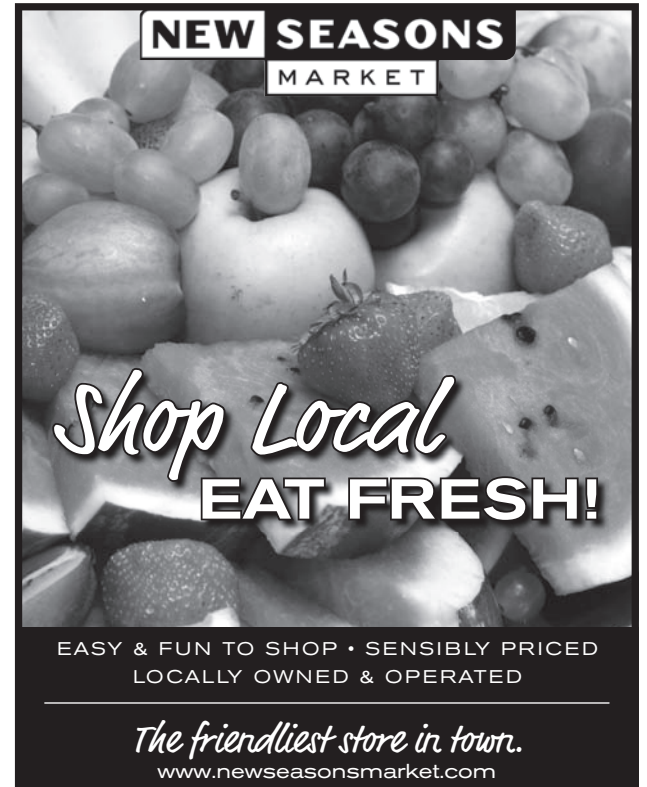
9. Take along sweet potatoes, and squashes - These vegetables do not need refrigeration and are quite easy to prepare. With the addition of some onions and a cast iron skillet, these core vegetables can take on a wide variety of flavors.

10 When driving in a car all day, try to have set meals. When we are constantly snacking (usually from boredom, not hunger), it actually overloads our digestive system... leading to bloating, constipation, gas, toxins, and just plain feeling crappy. Wait until you are hungry, choose a time to eat, enjoy and savor it, and then be done with it.

This is my favorite green smoothie - tastes like banana chocolate shake

- 8 ice cubes
- 1 cup water
- 1 cup coconut water
- a handful of spinach
- a handful of kale
- 1/2 avocado
- 2 T. raw cacao powder
- 1/2 banana
- 1 packet stevia
- Dash of cinnamon
- 1 tsp. powdered greens

Place all ingredients in a blender and blend until smooth. You can vary



the recipe as well... if you don't want the banana b/c of the sugar, use a packet or 2 more of stevia, add dried coconut meat, add more or less of the veggies/fruit to taste.

Blueberry Colada Muffins

Perfect for a sweet treat that is actually healthy and won't leave you crashing or feeling bloated the way a lot of sweet treats can.

Ingredients

- 1 1/4 c whole wheat flour
- 1/3 c wheat bran
- 1/2 c coconut flour
- 1 t cinnamon
- 3/4 t baking soda
- 3/4 t baking powder
- 1/4 c unsweetened coconut flakes
- 1/3 Cup coconut palm sugar (crystals)
- 2 eggs well beaten
- 2T coconut oil
- 1 1/2 c nonfat plain yogurt
- 1 cup unsweetened apple sauce
- 1/4 liquid stevia
- 1 cup fresh blueberries

Blueberry Compote

Place additional 1 c blueberries, 2t pure vanilla extract, 1/2t cinnamon, 2 T fresh lemon juice, and 1 T coconut palm sugar in a small sauce pan over medium heat. Cook, stirring constantly, for approximately 10 minutes or until mixture has lumpy but syrupy consistency. Remove from heat and allow to cool completely.

Preheat oven to 350 degrees. Mix all dry ingredients thoroughly. Create a depression, or "well," in the center of this mixture. Add wet ingredients, including compote, and stir very gently to combine. Fold in cup of fresh blueberries.

Oil muffin tins (with coconut oil) or use paper muffin cups to line. Pour in batter and bake for approximately 30 minutes or until wooden toothpick inserted in center comes out clean. Better served cool when cinnamon is more evident and muffins have more texture, less sweetness. Makes 18 regular-sized muffins.

Jill is the Wellness Committee Chair

COME ONE, COME ALL...

➔

JOIN US FOR CONCORDIA UNIVERSITY'S EXCITING SUMMER LINE UP:

FREE — Opera in the Park | Sun, Aug 7, 6 pm
Portland SummerFest presents *Carmen* by Georges Bizet, hosted by Concordia University on the Campus Green. www.portlandsummerfest.org

FREE — Summer Story Time | Tues, Aug 16, 10 am
Co-hosted by Multnomah County Library, children of all ages, along with their parents, are invited to the Jody Thurston Northwest Center for Children's Literature in Concordia's George R. White Library & Learning Center at 2800 NE Liberty St.

FREE — Shakespeare-in-the-Park | Sun, Aug 28, 3 pm
Much Ado About Nothing, performed by the Portland Actors Ensemble and directed by Asae Dean, hosted by Concordia University on the Campus Green. www.portlandactors.com

Shakespeare Conference | Sept 6-9
Hollywood filmmaker Roland Emmerich keynotes the four-day fall Shakespeare Conference, hosted by Concordia University's Richard Paul & Jane Roe Shakespeare Authorship Research Centre. For information, pricing, and more, visit www.authorshipstudies.org.

FREE — Sunday Parkways | Sun, Sept 25, 12-5 pm
Sponsors Concordia University and Trinity Lutheran School support Sunday Parkways. Visit us at the corner of NE 32nd Ave and NE Ainsworth St. www.portlandsundayparkways.com.

IT'S FUN FOR THE ENTIRE FAMILY!

CONCORDIA UNIVERSITY

A Farm in the City by Clifford Dimoff

Before Faubion School was built, the land on which it now stands was wide open with little across the entire area except for on my grandparent's acre, where their home was constructed in the middle 1920's. My parents owned an acre facing on Dekum Street connected to that of my grandparents, which faced on Portland Blvd.

Having immigrated to Portland from Macedonia where they had used their land for sustenance, both my father and his parents followed this practice on their acreage here. My father's acre had no structures on it, but was farmed with vegetable crops only, whereas in addition to their home, my grandparent's acre had on it a small barn where they housed goats, a chicken coop, a rabbit hutch, and a smoke house, as well as a great number of fruit trees, nut trees, grape and berry vines.

Without trying to list them all, I have vivid recollection of apple, apricot, peach, pear, plum, fig, walnut and filbert trees -- in many cases more than one of each -- and in some

cases different types. In addition to common fruits such as raspberries and strawberries, purple and white grapes, were less often seen fruits like currants. A portion of the land was used for raising vegetables such as corn, tomatoes, squash and cucumbers, and one corner of the basement was a wine cellar with several 40 gallon casks.

When I was born my family lived only one block away from this land, and for a two-year period when I was between six and eight years old we lived with my grandparents while my parents were saving to buy the house where I grew up, which was only two blocks away. So I was fortunate to grow up playing on a "farm in the city".

Among the experiences etched indelibly in my memory of the land was one time at about age seven or eight, when out of curiosity (I was a curious child) I opened the door to the barn (which we called "the goat house"). The nanny goat stuck her snout out of the partially opened door and I could not shut

it, so in a panic - with the nanny goat close behind - thinking I was being chased (whereas the sweet old nanny goat was just following me), I ran as fast as I could up the length of the acre toward the house, where upon reaching it I shot up the grape vine growing on the side of the garage like a monkey. My enduring memory is of looking down at the nanny goat, who stood looking up at me and b-a-a-ahing.

Just how much my grandparent's "lived off the land" did not become clear to me till years later when I happened to notice a copper kettle with a dome-shaped lid, and another with a coil inside. I asked my father what they were, and in an extremely secretive voice he blurted out, "Don't ever say anything about them - to anyone!!" So, it became clear to me that in the good old Macedonian tradition there was some Slivovitz being distilled.

When Faubion School was built the owners of the property on which it stands were forced to give up their land. The owner of the acre to the west of my grandparents was a building contractor of some influence who raised such a stink over losing his land that the school district took 50 feet less of his than of those properties adjoining it, leading to a rather amusing fence line which ran along the south side of the current parking lot - jutted 50 feet into it, ran for about 140 feet - then back to the straight line.

Clifford is a long time Concordia resident and CNA Board member.

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Crossword by Chris Yensan

Some things are better the second time

- ACROSS**
- 1 Analyze
 - 6 Bro's sib
 - 9 Large, antlered mammal
 - 14 Relating to bees
 - 15 There might be much of it over nothing
 - 16 Fun places to stay at?
 - 17 Ainsworth Linear Arboretum offering
 - 18 Escape vehicle
 - 19 Places to skate
 - 20 High frequency range on the equalizer
 - 22 Opposite of fore
 - 24 Compass point
 - 25 Lawyers prof. assoc. (Abbr.)
 - 28 CNS disease
 - 30 1971 Paul McCartney album
 - 33 Quickly, to a nurse
 - 34 Amy Winehouse said "no, no, no," to this in song
 - 37 Pop group with 2010 album Man of the World
 - 38 Camp shelter
 - 39 Grumpy giant
 - 41 Ainsworth Linear Arboretum offering
 - 43 Ainsworth Linear Arboretum offering
 - 46 Spanish for "you are"
 - 47 Expensive watch brand-name
 - 48 ___ v. Wade
 - 49 Type of coach
 - 52 Latin for "shake, stir"
 - 53 A Columbian airport code
 - 54 Type of roof or can
 - 55 Fruit stone
 - 56 Comparative adjective ending
 - 59 Opposite of pos.
 - 61 ___ Lie, Norwegian mathematician 1842-99
 - 67 Jargon

- 69 Not-for-profit automobile lobby group
- 72 Ainsworth Linear Arboretum offering
- 73 Movie and TV set décor company
- 74 Clever like a fox
- 75 Southern European country
- 76 2010 biography of Queen Victoria and Prince Albert
- 77 Baked, fruit-filled pastry
- 78 Informal farewells

- DOWN**
- 1 Promise
 - 2 Mimic
 - 3 Amusement park attraction
 - 4 Swedish auto maker
 - 5 UAE Nat. Rugby league
 - 6 Tree stuff
 - 7 Wedding words
 - 8 Type of water or cracker
 - 9 Ainsworth Linear Arboretum offering
 - 10 Ancient Japanese honorific
 - 11 OR nursing educational org. (Abbr.)
 - 12 It's on Fifth Avenue
 - 13 Latin "I am"
 - 21 Consumer
 - 23 A long way
 - 26 Eric ____, of Hulk
 - 27 Largest US phone comp.
 - 29 Performance
 - 30 Yard tool
 - 31 Titan ruler in the Marvel Universe (AKA Mentor)
 - 32 Choral music composition
 - 33 Man's nickname
 - 35 Ancient Greek market
 - 36 Mull over moodily
 - 40 Idyllic place

- 42 Private school aptitude test (Abbr.)
- 43 South American cereal grass
- 44 Uses a blue pencil
- 45 Point
- 47 Knock lightly
- 50 Ainsworth Linear Arboretum offering
- 51 Compass point
- 56 "___ Mommy Kissing Santa Claus"
- 57 "Or ___ what?"

- 58 Successful 80's heavy metal band
- 60 Audible intake of breath
- 62 Newspaper notice (Abbr.)
- 63 Animal rights org.
- 64 You might be packing this
- 65 West Coast Univ
- 66 ___ Hill, pivotal Civil War battle site at Nashville, TN
- 68 Compass point
- 70 The Greatest
- 71 Nautical affirmative

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Remembrance

by Pharoah Fluker

Hi, I am Pharoah Fluker and I live in the Concordia neighborhood. I go to Benson Polytechnic High School and like to read, write, play video games and explore the sea caves at the beach. Presently, I plan to attend college and work toward becoming a marine biologist. This is my first time writing for the Concordia News and I would like to share with you a story I call 'Remembrance'.

If I had the opportunity to meet and spend some time with a person, it would be Martin Luther King, Jr., because he was an intelligent and remarkable man; a powerful speaker and he had such a huge influence on all people. He advocated social change through non-violent means. How did he do that, would be one of my questions to him.

You may ask, "Why this question?" and I would answer, "Because our country seems to be in war with other countries all the time." Dr. King was about peace. I think he saw peace as a simple thing to accomplish, if only people would work together for the betterment of humanity. No wonder he won the Nobel Peace Prize.

On Sunday, August 28th -- the

48th anniversary of Dr. King's "I Have A Dream" speech -- at the National Mall in Washington, D.C., a sculpture of Dr. King will be dedicated. I am sure thousands of people will be there, I wish I could be there to honor this great man. I read that this is the first memorial for an African-American and non-president on the Mall. WOW! What an honor.

The Martin Luther King, Jr. National Memorial will convey three themes that were central throughout his life: Democracy, Justice and Hope. The centerpiece of the Memorial will be the "Stone of Hope", a 30-foot tall statue of him, and a 450-foot long inscription wall with excerpts of his sermons and speeches to serve as living testaments of his vision for America.

As I imagine my time with Dr. King, I would first thank him for shaping our dreams and our country, then one more question, "What are the three main changes we need to work on to make a better world for all people?"

To learn more about the upcoming dedication for Dr. King, you can visit: www.mlkmemorial.org

LAST THURSDAY SEEKS FRIENDS!

Friends of Last Thursday is successfully helping Last Thursday become the most fun, safest, sustainable and neighborhood-friendly event in the Multiverse! Come join in the merriment as a volunteer on the street.

AMBASSADORS: Ambassadors are the face of Last Thursday. Roaming the street in colorful hats & vests (bring your KAZOO!) Ambassadors provide education, outreach and problem solving during the event.

STREET OPS: These are the folks who lend their muscle to the nuts and bolts of Last Thursday. Street Ops help open and close the street and implement our LEAVE NO TRACE program, a vital element of a beautiful Alberta St..

AMBASSADOR TRAINING is scheduled monthly.

Become a friend and volunteer by emailing:

info@lastthursdayonalbarta.com

Ode to a Tree

by Kyle Dukelow

It was growing in the back yard of a house at N.E. 27th and Alberta.

If I were a tree what sort of tree would I be?

If I were a tree, I would be a tree far away from humans.

For humans can be kind, and profess their love of all things natural.

They may feed me, and prune me, and hug me when all is well.

But it only takes one human to dictate my demise.

In the wilderness, and even in the city, I am home to many creatures.

Squirrels frolic on my trunk, birds nest on my limbs,

Insects thrive in my midst.

I cleanse the air, I help prevent erosion, I am nature.

But with humans, I am property, to do with as they see fit.

So, if I were a tree...please let me be far, far away.

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NATIONAL NIGHT OUT CELEBRATION FERNHILL PARK

Tuesday August 2, 2011, 6 to 9 p.m.

Neighbors are invited to join in on the National Night Out Celebration the evening of Tuesday August 2nd. This unique community event will be fun for the whole family with a focus on community building and getting to know your neighbors.

National Night Out is held on the first Tuesday of August every year around the country and is designed to strengthen neighborhood spirit and community partnerships, generate support for participation in local anti-crime programs, heighten community awareness of crime and drug prevention, and send a message that our neighborhood is a safe place for us to live and work.

National Night Out - Concordia style - includes a parade and live music!

Our neighborhood celebration will begin at 6 pm with a pedestrian and bicycle parade at Faubion Elementary School located at 3039 NE Portland/Rosa Parks Blvd.

The staging area for the parade as well as the

Decoration Station will be on the North side of the school, facing Dekum St.

The parade will wind its way to Fernhill Park via Dekum, NE 33rd Avenue, Ainsworth Blvd, and NE 37th Avenue. This year's parade will be led by the Beaterville Beater Band. We hope to see everyone, individually or in groups, get out and join the parade. Children and adults, marching bands, sports teams, church and civic groups, city officials, dance troupes and kazoo bands are all welcome!

The Decoration Station, sponsored by SCRAP and your neighborhood association, opens at 5 p.m., bring your bikes, trikes, strollers, wagons or skateboards and get creative!

The celebration will continue at Fernhill Park with the final concert of our free Summer Concert Series - Ty Curtis Band (down 'n' dirty blues) at 6:30 p.m. Beginning at 6:00 p.m. there will be a myriad of activities to participate in at the park including Hula Hooping, Balloon Art and more. Treat the yourself

THE CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS...

NATIONAL NIGHT OUT

TUESDAY, AUGUST 2, 2011

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

Ty Curtis Band

STARTS AT NE 30TH & DEKUM

@ Faubion School

AINSWORTH BLVD

NE 33RD AVE

Fernhill Park

ENDS AT NE 37TH & AINSWORTH ST.

Faubion School Decoration Station Opens at 5 P.M.

(Decorate your bicycle, tricycle, unicycle, stroller, skateboard, roller skates)

Parade Starts at 6 P.M.

Free activities will include:

- Face Painting
- Balloon Artist
- Hula Hoop-A-Thon
- Henna Artist

Buy your picnic dinner from our sponsoring vendors

- Aladdin's Cafe,
- Hot Dog Ernie's,
- Mountain Ice,
- Village Crepery

to dinner at the park with food from our supportive vendors - The Aladdin Café, Hot Dog Ernie, Mountain Ice, and Village Crepery. Come meet your neighbors, city officials, fire and police officers, and local business

owners, and celebrate Concordia Neighborhood's community spirit.

If you would like to register your organization or business to be in the parade (individuals or families do

not need to register) or to volunteer at the Decoration Station or at Fernhill Park, contact: Anne Rothert

503-493-1938

arothert@gmail.com

Concordia University Hosts Free Summertime Community Events

Concordia University invites the public to attend the following community events this August

The following events are free and open to the public and will take place on the Concordia University campus, 2811 NE Holman Street in Portland, unless otherwise noted. Visit the Concordia University website at www.cu-portland.edu/calendar.

Art Display: The Art of Fabric – through Aug. 6

Visit the latest art exhibit in the George R. White Library & Learning Center "The Art of Fabric" featuring artists Laurie Bredehoft and Greg Lewis. For more information, go www.cu-portland.edu/library/events/.

Special Education M.Ed. Information Night – Tues., Aug. 2, 2 p.m.

Current educators are invited to Concordia University's Luther Hall to learn about pursuing an M.Ed. in special education, or special education endorsement, or special education professional development. For more info or to RSVP visit www.cu-portland.edu/sped.

Opera in the Park — Sun., Aug. 7, 6 p.m.

Portland Summer Fest presents Carmen by Georges Bizet hosted by Concordia University on the Campus Green. www.portlandsummerfest.org

Summer Story Time — Tues., Aug. 16. 10 a.m.

Children of all ages, and their parents, are invited to the Jody Thurston Northwest Children's Library in Concordia's George R. White Library at 2800 NE Liberty St. for Summer Story Time co-hosted by Multnomah County Library.

42nd Annual Shakespeare-in-the-Park — Sun., Aug. 28, 3 p.m.

Much Ado About Nothing, performed by the Portland Actors Ensemble. Directed by Asae Dean hosted by

Concordia University on the Campus Green. www.portlandactors.com.

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by appointment only



Students at Meek High School take on stewardship role for newly planted trees

(Photograph: Robert Pallensen)

Concordia Tree Team Gets SPACE Grant

by Bob Pallesen

The Concordia Tree Team was awarded an East Multnomah Soil and Water Conservation District Small Projects and Community Events (SPACE) grant. The grant, which was spearheaded by Rebecca Wetherby is for the care and maintenance of the Living Landscapes project that was planted at the Meek High School.

week in July, two Meek High School students, Andrew Prash and Brandon Ryan, will water, weed and provide maintenance to the newly planted trees at the High School. The grant not only provides care and maintenance but also summer income and a vested interest in the trees for the students.

For nine weeks, starting the first



Karl Dawson, of Urban Forestry training Andrew Prash and Brandon Ryan about supporting, pruning, watering, mulching, and weeding. (L to R) Carl Dawson, Rebecca Wetherby, Andrew Prash, Brandon Ryan.

(Photograph: Robert Pallesen)

Alberta Street Fair Only Days Away

Multi-cultural Street Fair, August 13th. Are you ready to party?

by Sara Wittenberg, Executive Director of Alberta Main Street

Come one, come all.

...and there promises to be something for everyone!

Kids & Families: 2011 is the year of the 'kid' at least during Alberta Street Fair. All kids are encouraged to participate in the kids parade kicking off Street Fair. Center Stage will start the day with kids entertainment and of course the Kids Corner at Umpqua Bank will be the HUB of all things 'kid' all day. Face painting, tile painting, kids Capoeira class and much more!

Entertainment: The stage line up is so phenomenal this year, it's hard to highlight just a few so be sure to check out the website (albertamainst.org) for the full line up. And figure out how you are going to be in more than one place at the same time!

At the East End Stage (@NE 30th) pianist Chuck Michaelson will be playing at 1:15p.m.. Chuck has opened for Bela Fleck and the Flecktones, and legendary Texas bluesman Clarence "Gatemouth" Brown. As a soloist he plays classical music, blues, jazz, and original compositions.

The Center Stage (@NE 21st) will host Capoeira, Kids Entertainment and Gypsy Heart Tribal Belly Dancing. Be sure to stop by at 4p.m. to check out The Jackalope Saints – part folk, part bluegrass, part soul.

And lastly at 8p.m. on the Main Stage (@NE 11th) don't miss the Dusu Mali Band. Fronted by native Malian Ibrahim Kelly they combine Malian roots with a Pan African fusion of Jazz, Afro Beat, Blues, and Funk. The sound is expansive, poly-rhythmic, and melodic, weaving soulful guitars, hypnotic bass, and pulsing African percussion.

The Radio Room Beer Garden will be pouring local brews and host the Main Stage and of course the shopping will be second to none at Alberta Street's unique local shops and over 175 vendors.

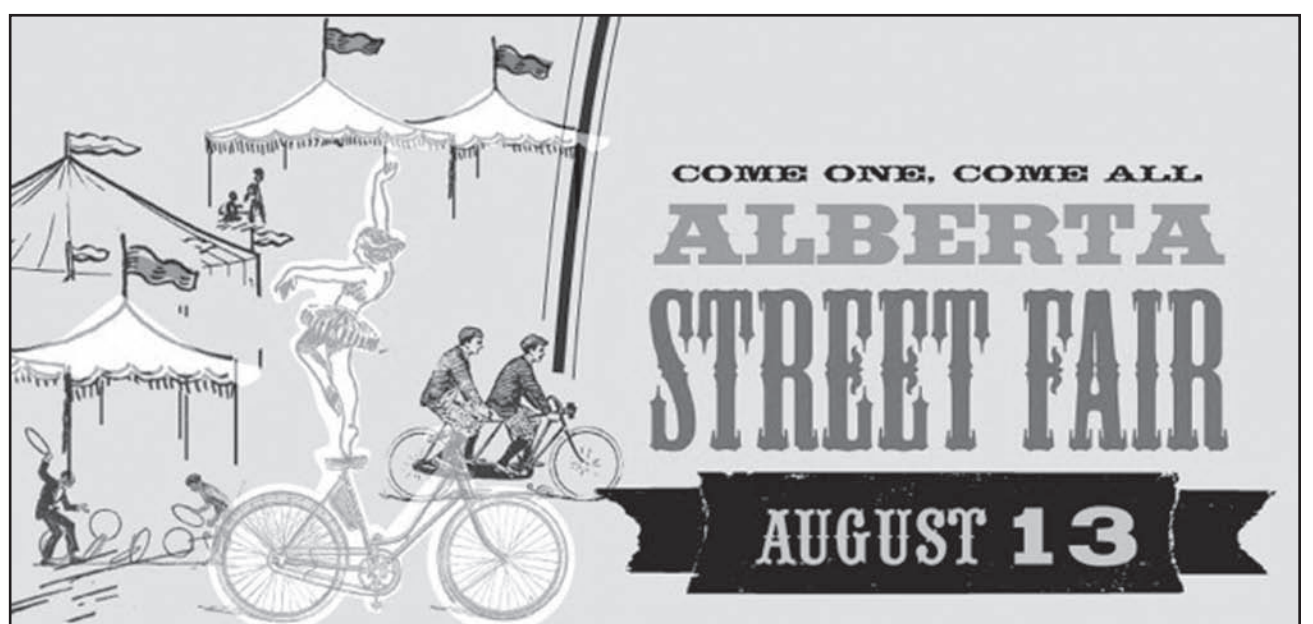
We still need volunteers to help the day run smoothly. Information about all things Street Fair can be found at www.albertamainst.org.

Alberta Street Fair is a free community event with a suggested \$2 donation to support building a vibrant and healthy Alberta Street. Donations will be accepted at the information booth (1722 NE Alberta), selected retailers and the beer garden.

Alberta Street Fair is hosted by Alberta Main Street, dedicated to advancing Alberta Street as a vibrant, creative & sustainable commercial district serving residents and visitors to our community.

We hope you consider walking, biking or taking public transportation to Alberta Street Fair.

Bus lines 73, 72, 9, 8, and 6 all stop on Alberta St.



Adopt a Yard Sign

by Signe Todd

Neighborhood yard signs remind residents that participation builds strong, safe communities.

As part of the campaign to get the word out about neighborhood events, the Concordia Neighborhood Association has purchased 50 all-weather yard signs.

We are looking for neighbors willing to post a yard sign in their front yard each month for seven to four days in advance of an event or the monthly General Meeting.

Qualifying events would be the current concert series in Fernhill Park, or the annual April Egg Hunt. The Association meetings are

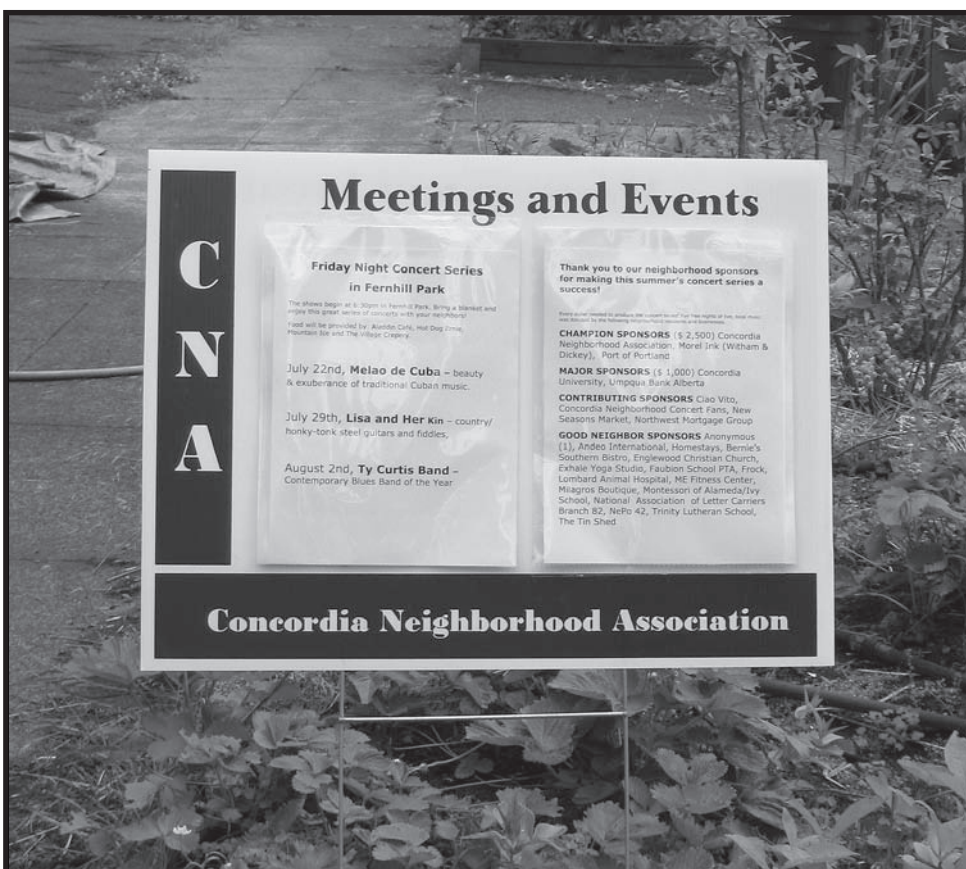
held the first Tuesday of each month at 7p.m., in the Community Room at McMenamin's Kennedy School.

A notice of the event would be sent to each participant to be inserted into a plastic sleeve attached to the sign.

This is a great way to become involved with the Concordia neighborhood and will only require a minimal time commitment.

Please contact Signe Todd (Board member) at signetodd@gmail.com or 503-332-1759 for more details on how to adopt a yard sign.

General inquiries use: contactenaboard@yahoo.com



Reusable clear sleeves protect announcements on the new yard signs.

(Photograph: Signe Todd)

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Solution to August crossword:

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[†] Some benefits, including First Accident Forgiveness and the Disappearing Deductible, are only available with the optional Advantage Plus package. A policy without these benefits is also available. [Call for details.] To qualify for these two benefits, all drivers on the policy must have a clean record (no accidents or violations) for five consecutive years in most states. For the Disappearing Deductible, these five years must include a period of three consecutive years as a policyholder in the AARP Auto Insurance Program (commencing after the effective date of the policy issued through this offer). PA drivers are not eligible for the complete disappearance of the deductible, although it will be reduced to a minimum of \$100. The First Accident Forgiveness benefit is not available in Delaware.

^{††} If you are age 50 or older, once you're insured through this Program for at least 60 days, you cannot be refused renewal as long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must retain valid licenses, remain physically and mentally capable of operating an automobile, have no convictions for driving while intoxicated and must not have obtained your policy through material misrepresentation.

107292 Rev

— Compost, The Stuff of Life by Suzinn Weiss —

The August Garden

Am I the only person around who gets a thrill from looking at my compost pile? It's intriguing to see this rich humus and understand its deep secrets. Once this stuff was the remains of my leftovers and most of that food was grown in older compost laid in raised beds a few feet away from the beautiful pile I am staring into. When I eat a salad I marvel at the fact this was once compost and will be again after I deposit what I can't eat into the handy stainless steel container I keep by the sink.

People often come up with excuses not to compost, but did you know that when food ends up in the waste stream it contributes to methane gas, a greenhouse gas that is 25 times more powerful than carbon dioxide? In the near future you may be able to deposit some of your food waste into your yard debris bin, but if you've got a garden that is like giving away gold. With a compost pile (or bin, or box, etc.) you can turn your food waste into food within a year.

Other benefits of composting:

*Natural compost adds nutrients when applied to lawn and garden

without using the harsh chemicals that many boxed fertilizers contain.

*It adds beneficial organisms to soil, which help aerate it and break down organic material for growing plants to utilize, creating healthier plants and lawns.

*It's free. How often do you lug home heavy bags of organic compost from the nursery? You might not make enough compost to mulch your entire yard but you can certainly add 2-3 inches a year to your veggie beds & decorative pots.

The type of bin or box you use could take a whole page; so do the research. The bins METRO sells do a good job as long as you limit what you put into it. If you have a rodent problem tack metal screening underneath your compost bin so that they can't burrow up into it.

Limit what you compost to food scraps, avoiding meat & bones, which can attract animals. I also add crushed eggshells, coffee grounds, natural filters, whole tea bags, and small bits of natural paper products (avoid bleached, glossy or colored paper).

Limit the types of yard waste to very small, soft things like flower heads and stems from deadheading, small green leaves from perennials clippings. Anything hard & woody (no naughty puns please) save for the green yard debris can. Also avoid adding perennial weeds and diseased plants as they can actually grow and spread in your compost and then to your garden. Be aware if you aren't buying organic produce the peels of oranges, lemons, bananas & peaches may contain chemical residue, which, if you are trying to make organic food, is going to defeat your intent.

The real secret to successful composting is to layer "wet" & "dry" materials; wet being the things mentioned above and dry being thin layers of things like: grass clippings, deciduous dried leaves (avoid black walnut leaves), shredded white paper products (nothing glossy), straw (not hay which has seeds that can germinate in the compost) and real wood sawdust. My compost bin is in full sun and what I add gets spread out the full length of the space so that as much as possible

is exposed to the layer below and above (think club sandwich). If the weather is hot and dry it's important to add water to the pile to help stuff break down. You can also add red wriggler worms (the kind used in worm bins) but worms are naturally attracted to compost and thrive in it. They do the real work of breaking down material and adding nutrients by digesting the additions.

The next step is to turn the compost every month to aerate the pile. Turning adds oxygen, which helps the breakdown process and keeps things from becoming stinky. At some point you have to let the pile rest so it can complete its metamorphosis. Finished compost has a fresh, clean scent and a crumbly texture. It's alluring to hold it in your hand and ponder from once it came...

Look at the METRO Compost bins: <http://www.oregonmetro.gov/index.cfm/go/by.web/id=557>

Suzinn is a 20-year resident and gardener in Concordia.

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Art on Alberta

Get involved in Portland's hyper local arts focused community

Join Art on Alberta's all-volunteer board.

Art on Alberta was established as a 501(c)(3) nonprofit in 2000 to meet the cultural and coordination needs of the arts-related organizations emerging on Portland's Northeast Alberta Street at the heart of the Alberta Arts District—a unique neighborhood with an emerging voice in the Portland art community.

Since heeding that call, this nonprofit arts organization has developed into a solid community fixture focused on promoting the Alberta Art District's distinct cultural identity through art and educational activities. Its reach touches a diverse audience and relies on a dedicated all-volunteer board to bring another voice to the wider arts conversation in our vibrant neighborhood, city,

After strategically restructuring the board in summer and fall 2010, Art on Alberta seeks qualified, excited, professional individuals eager to

commit to our all volunteer team via three current/open key volunteer board roles: secretary, educational outreach coordinator, and public relations coordinator.

Each position requires a two-year commitment (eligible for re-election) with an estimated two to ten hours per week on average (depending upon the month's events). General duties of each of our volunteer board members include (but are not limited to): attendance at monthly board meetings, participation and assistance in our exhibitions trailer openings and other related events, consistent/continued networking with local artists and arts organizations to foster positive relationships, and an individual financial commitment to the organization.

Duties of the three open board positions span:

Secretary: keeps monthly meeting minutes, distributes minutes to all board members, notifies board members of meetings and

announcements, coordinates annual meeting, archives all minutes (in both paper and electronic form), and assures corporate records are maintained.

Education outreach coordinator: fosters, secures, and maintains relationships with area schools, serves as liaison for special projects with school and youth groups, works closely with exhibitions coordinator for school and youth group events, openings, and related activities.

Public relations coordinator: coordinates and manages all pr communications including events and activities listings, ongoing community events with AoA partners, related arts/education news, manages Facebook, Twitter, LinkedIn accounts, communicates with board members about upcoming events and activities, serves on partner organization committees and task forces (e.g., Alberta Main Street).

If you are interested in learning

more about these board positions, or how you can otherwise engage with Art on Alberta, please visit www.artonalberta.org or contact us at president@artonalberta.org.

We are accepting letters of interest, resumes, and three references for each board position immediately. Each position is open until filled. Screened applicants can expect an in-person interview with Art on Alberta board members.

Please submit your materials electronically to: president@artonalberta.org or in paper form to: Art on Alberta, 1536 NE Alberta Street #101, Portland, OR 97211.

Art on Alberta hosts shows with local artists in their mobile art gallery, Red Rover. Find this red trailer of art parked on Alberta Street during Last Thursday.

Restaurant Spotlight

by Ryan Schwartz

Fresh and Flavorful, Autentica Lights up 30th Ave.

Autentica
5507 NE 30th Ave
Dinner: Tuesday - Sunday:
5pm-10pm
Brunch: Saturday - Sunday:
10am-2pm
503-287-7555
<http://autenticaportland.com/>

The week starts early at Autentica. Every Monday at 5:30 am, the kitchen lights up with the smell of fresh chiles being sliced and nuts and seeds being fried; the week's mole is being made from scratch. There are over thirty ingredients in chef and owner Oswaldo Bibiano's mole, and they blend together to make the complex, fresh taste characteristic of the restaurant's traditional Mexican food.

Bibiano grew up in a small town in the Mexican state of Guerrero, but gained his first restaurant experience in the big city of Acapulco. The food at Autentica is a different type of Mexican food than what people are used to. "People think Mexican food is a burrito or chips and salsa, but that's not really what we have in Mexico. People in the village eat seasonally, and the idea here is to bring in that traditional cuisine," said Bibiano. He pulls from the flavors of Guerrero, as well as other

Southern Mexican states such as Oaxaca and Veracruz.

Learning family recipes from his mother and grandmother, he decided he wanted to bring the familiar flavors of his childhood to Portland. "Everything is my own recipe," said Bibiano.

"I work with my inspiration and my memories, no books." Bibiano has experience with Italian and French cuisine as well, which is displayed in the beautiful presentation of his dishes.

Autentica has been serving Northeast Portland for over five

years and has gained a steady following. Bibiano and his family (who also work at the restaurant) live in the neighborhood and enjoy the friendliness of Concordia. "If I can ever be of help to Concordia, please call me and let me know," said Bibiano, who in the past provided fresh meals for the mural artists working near the restaurant. Bibiano can often be seen laughing and chatting with diners, which is very rare for an owner/chef of a busy restaurant. "We talk and laugh together, and that's part of being a family restaurant," said Bibiano.

Elevated by the success of Autentica, Bibiano is in the middle of opening a second restaurant at Denver and N. Killingsworth in North Portland. The new restaurant will feature cuisine from more diverse regions of Mexico, inspiring the restaurant's name - Mextiza.

One new menu item is a green chorizo made with tomatillos and cilantro that is unique to the area of Toluca in central Mexico. Mextiza will also feature an expanded bar that Bibiano hopes to stock with at least fifty different tequilas.

Look for Mextiza to open at the end of Summer.



Caption: Owner and chef Oswaldo Bibiano

in the kitchen of Autentica

Artist Spotlight- Janet Julian

Interview with Janet Julian, neighborhood artist and troubadour

What is the allure of the found object?

The shape of the material informs me and I do a series of one.

Making art from what is around you makes your place more valuable. You find the rhythm of life. I like to cultivate what's here. That's why I am involved in the Cully Community Market.

I do my best work when I am being my authentic self and not thinking about what will appeal to everyone.

When I make something I don't often know what is going to come out. I don't want to stamp it with a meaning.

Tell a story about selling your art.

There is always the right person for the each piece.



A woman called wanting to buy two pieces she had seen. She gave me her address and I took them to her house. I asked why she picked these particular pieces and she said because her husband just died and, "When I look at your pictures I find solace." I started crying, she was crying, we hugged each other. I was so blown away by that. That is, besides my own need to create, why I make art. You can't put a price on that kind of reaction, can you? That is a very powerful

reason why I keep doing this.

Your early art?

I was a latch key kid. What ever I did in my room, listen to my little record player, or play with my dolls, making up stories, cutting up paper, and making all kinds of things that was my therapy and it still is. There is a wealth of materials available without going to a store.

My first inspiration of art was my Grandma Moses storybook. That is where I went to look at the pictures she made from memory of her childhood.

Where do you hang out in the neighborhood?

I bought my house 1995. Back then the street was owned by the gangs and their activities. I was playing music and writing songs in a band called Petty Cash. I make my town out of my neighborhood. I've been going to the Star E Rose for years. It was the first place I hung my art. I've been playing music there for the past decade.

I tend to be very localized. I love coffee shops because they are the museums of the everyday.



One of Janet's angels made from found materials that have an emotional human quality.

(Photographs: Janet Julian)

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August 2011

4: The Collective Sound Final Tour Stop
w/ guests Adventure Galley. Free Show!

18: Luisa Maita
Recently Named Best New Artist at the Brazilian Grammys

19: Sympathy for the Devil
Classical Revolution PDX and the Electric Opera Company

20: The Upsidedown

21: A Cappella Night
with Strangers in Harmony and The Uptown 4

25: Old Town Bohemian Cabaret
Last Thursday Variety Show

26: Celilo CD Release
w/ Sean Flinn and the Royal We and Carcrashlander

26: The Shanghai Woolies
with Swingtime Vaudeville

September 2011

9/2: The Sugar Beets
w/ Chris Kokesh & Lincoln Crockett

9/9: LIVE WIRE
Portland's Finest Live Variety Show

9/10: Paul Cotton of POCO

9/11: Peace Concert

Kinobe & The African Sensation

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Northeast Portland Tool Library, We have tasks that require a variety of skill sets; no prior tool knowledge required! Volunteering is a great opportunity to learn about different types of tools, tool maintenance, and is a way to get to know other members of your community. NE Portland Tool Library
5431 NE 20th Avenue, www.neptl.org, 503 539-1756

Portland's Seed Library resides inside the NEPTL. Stop in during tool library hours to find seeds to plant or contribute seeds you've saved. Learn more at <http://portlandseedlibrary.com/>

Vernon Neighborhood Association is sponsoring a **Movie in the Park in Alberta Park** on **August 5.** The movie is "Wall-E" Pre-movie entertainment will begin about 4:30 with Doc's Blues Band and The Working Stiffs at 6:30. Food vendors include Voodoo Donuts, Koi Fusion and timmy's Seafood. Popcorn is free. The movie will begin about dusk

Affordable meeting space at Kennedy School!!
The Community Room at McMenamins Kennedy School is managed by the Concordia Neighborhood Association. It is available to non-profit groups for only \$15 per hour. Regular fee is \$25 per hour. There are NO food/beverage purchase requirements. All funds raised through room use fees goes right back into the Association for community events (check out PortlandParks.org for our Fernhill Park concert schedule). To schedule the room or more information contact Anne Rothert cnaroomkennedy@gmail.com 503-493-1938

NE Gardens food Swap Project, to bring people together over sharing goods and information with the goal of creating a stronger and more sustainable community in our neighborhood. Laura at: negardens.foodswap@gmail.com

Sharing Ideas: Grassroots Projects Started by Neighbors, You are invited to a free presentation and discussion uplifting the grassroots efforts of neighbors throughout Portland. Featured panelists will take you inside the story of their projects; share what sparked their idea; the tools and strategies they used to turn their idea into action and the future goals for their project. Sharing Ideas: Grassroots Projects Started by Neighbors Saturday, **August 6th,** 11:00 – 1:00 p.m. Bureau of Environmental Services Water Laboratory (6543 N. Burlington, 97203) **FREE** and open to the community. Light lunch provided. Please RSVP by Monday, August 1st to outreach@ourunitedvillages.org or 503.546.7499. Child care (9 and under), transportation, and interpretation provided upon request.

Alberta Street Fair opens August 13th and we need 100 volunteers to make this one the best ever. Can you help? Volunteer shifts are 1.5 hours long and we are hoping you can commit to two shifts throughout the day. Please share with your friends, families, co-workers, neighbors and facebook friends! Sign up at the following link: <http://www.albertamainst.org/street-fair/volunteers/> Oh! and did we tell you - you get a free t-shirt.

Portland Fruit Tree Project provides a community-based solution to a critical and growing need in Portland— access to healthy food. By empowering neighbors to share in the harvest and care of urban fruit trees, we are preventing waste, building community knowledge and resources and creating sustainable, cost-free ways to obtain healthy, locally-grown food. Because money doesn't grow on trees -- but fruit does! We register fruit and nut trees throughout the city, bring people together to harvest and distribute thousands of pounds of fresh fruit each year to those who need it most and teach tree care and food preservation in hands-on workshops.
www.portlandfruit.org

KENNEDY SCHOOL McMenamins

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

OUTDOOR BBQ BEFORE THE MUSIC every Thursday at 6 p.m.!

Thursday, August 4
Family Frolic

**LARRY WILDER &
THE STUMPTOWN STARS**
Fancy and harmony yodeling!
6 p.m. · Free · All ages welcome

Tuesday, August 9

RACE TALKS:

An Opportunity for Dialogue
Each month, we host a presentation on ethnicity and racial elements in Oregon history, given by educators and experts on the topic at hand.

7 p.m. · Free · All ages welcome

Thursday, August 18
GREAT NORTHWEST MUSIC TOUR

THE DEVIL WHALE

Multi-layered indie-pop
from Salt Lake City

7 p.m. · Free · All ages welcome

Sunday, August 21

Craig Carothers

with
Randy Sharp & Tim Ellis
Award-winning
Nashville singer/songwriters
7:30 p.m. · \$10 · All ages welcome

Wednesday, August 24

SCOTCH & CIGAR DINNER

Featuring
MACALLAN & HIGHLAND SCOTCHES
paired with a multicourse meal
and fine cigars
7 p.m. · \$55; reservations required
21 & over

Thursday, August 25

SUGARCOLE

Country, Carribean, blues & bluegrass
7 p.m. · Free · All ages welcome

Monday, August 29

HISTORY PUB MONDAY

Every last Monday, hear a free history lecture and order a cool pint or two while you're at it.
7 p.m. · Free · All ages welcome



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