



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association |

visit the website: concordiapdx.org

October 2011

Empowering Our Neighborhood's Most Valuable Resource

A Vehicle For Change: Community Cycling Center, the SUN Schools, and a Bike Club

For three years, Concordia neighbor, Josh Eddleman has been teaching the Bike Club at Faubion School. He started by volunteering at the Community Cycling Center, and now along with another teacher and a volunteer works for the Schools Uniting Neighborhoods, SUN, in their after school program. The on site coordinator at Faubion is Ashley Coltin.

There are some qualifications for the kids. Bike Club is for 4th and 5th graders who do not have a bike, first of all. Some kids may have a bike, but it has been broken for some reason and they can qualify also.

Bike Club happens twice a year, two times a week after school for six weeks in the fall and spring term. At the start of the school year Ashley and Josh do outreach to make sure kids know about the program.

"We are looking for children that don't have a bike, access to a bike or have a bike, but are afraid of riding on the street or have a flat tire they don't know how to fix. We want to empower these kids." Josh goes on to explain, "The first thing they get is a helmet. Then we match them up with a bike that has been donated

to the Community Cycling Center, totally stripped down and refitted with new parts by CCC volunteers.

"We take fifteen kids in each six week session, thirty a school year at each participating school. They get a helmet, a bike, a lock, lights, a tool kit and a patch kit. They are not only ready for the road, but also ready to take care of their bike."

One exciting thing about the kids that graduate this program: Not only are they commuting to school, they are teaching their friends how to fix their bikes, how to ride on the road safely, to do a bike safety check and a personal safety check.

"It is word of mouth at a ten-year old level."

The first week in the program in addition to the helmet, they are given an assessment survey to judge their level of bike knowledge. This happens at their school and there is no cost to the children who participate. The program is funded by grants and donations. SUN Community Schools is a collaboration between Multnomah County Department of School, Portland Parks & Recreation, and Centennial, Reynolds, Parkrose,

David Douglas, Gresham-Barlow, and Portland Public School Districts.

The kids get fitted for a bike and they use it during bike club meetings. After graduation they can take the bike home. It is entirely attainable for these kids. From day one they have sense of ownership.

"We get some kids that are a little shaky on a bike. Six weeks is enough time for them to develop the skills necessary to ride confidently and safely. We require that they attend at least ten of the twelve sessions to qualify for the bike," says Josh and continues, "A girl came to us that was older than the age group we usually work with. She had graduated from Bike Club a couple of years before, but had out grown her bike. We created a position for her, "leader in training", to help teach the kids, along with us, in the program. Her old bike was donated and a new one was fitted for her."

Curb A Peel and More Old System Scrapped

New collection rules take affect October 31, 2011.

Portland Mayor Sam Adams proposed the addition of curbside food scrap composting for Portlanders following a successful, year-long pilot program.

"Portlanders want curbside composting and the City of Portland is ready to deliver. Each year, thousands of pounds of food scraps needlessly go to landfills when they could be turned into nutrient-rich compost. The 2,000-household pilot was an overwhelming success, and it's time to take action and bring this easy, common sense composting solution to everyone," Mayor Adams said.

This fall, residents will be provided a sealable kitchen counter composting pail, which they will be able to empty into their existing green "Portland Composts!" roll cart, which is only used for yard debris right now.

Other changes to the curbside collection service will include the collection schedule for garbage and the green roll cart. In the proposal, compost will be picked up weekly and garbage every-other-week. This change would allow the green roll carts to be removed more frequently without raising collection prices for most residents.

Many Portlanders already compost some food scraps in their backyards. With the new Curbside Collection

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October General Meeting:
Ali Ryan, Program Specialist with **Portland Parks**, manages the **off-leash program**, will speak and answer questions.
Oct 4, Kennedy School Community Rm.

By the third session, the club members and teachers go off campus. After all of the permission slips are in, they ride to the CCC bicycle shop at 17th and NE Alberta St., close to Faubion School, and public parks in the neighborhood. The volunteers at CCC want them to know that for the life of their riding career this is a place where all kids are welcome and can find anything needed for their bike.

As you can imagine, there is rarely a vacancy. Other elementary schools have Bike Clubs, including Vernon, King and Rigler.

continued on page 3

Service, many items that should not be composted in backyards, such as meat, bones, dairy, grains, seafood, eggshells, cooked foods and pizza delivery boxes, will be accepted in the green roll cart.

Collection of the blue "Portland Recycles!" roll cart and yellow bin will remain weekly. These changes, approved unanimously by the City Council, would affect all single-family households and residents living in buildings with four or fewer units and begin on October 31.

www.portlandonline.com/bps/index.cfm?c=52380

JOIN US FOR:

EVERYONE IS INVITED!

OCTOBER'S NEIGHBORHOOD MEETINGS

General Meeting

TUES. OCT. 4 AT 7 P.M.
Topic: Ali Ryan, Program Specialist, manages the off-leash program for Portland Parks & Rec.

November's Meeting will be a volunteer night at the Oregon Food Bank.

Board Meeting

TUES. OCT 11 AT 6 P.M.
McMenamins Kennedy School, Community Room
Next Board meeting:
Nov. 8.

Tree Team Meeting

THURS. OCT. 6, AT 6 P.M.
New Seasons dining area

Wellness Committee

WED. OCT. 12, AT 7 P.M.
Caffè Vita,
3023 NE Alberta St.

The wellness committee is conducting a neighborhood survey on wellness topics

Land Use, Livability and Transportation Committee Meetings

THURS. OCT. 6 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.

Contact the Editors
concordianews@yahoo.com

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Contact the CNA Board
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Transportation Chair Jean Keady 503 477-5575	Livability Chair Julia Baumann Sarver 503 841-6529
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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

September 7, 2011

Dear Chairs Johnson and Rider,

Thank you for your letters regarding the unpermitted installation work associated with a wireless antennae at NE 31st and Prescott. We are grateful to the neighbors that identified this unpermitted construction activity and for reporting it to City authorities. The City depends on citizens to be our "eyes and ears" in our neighborhoods when contractors are conducting work without the proper permits. We promptly issued a stop-work order to the contractor on August 3, 2011.

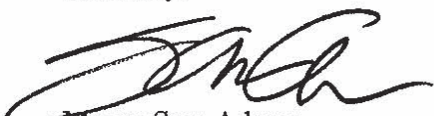
We concur with the Boards of the Concordia and Alameda Neighborhood Associations in regard to the concerns articulated about public notice and the process for wireless facility sitings. We can assure you that there will be opportunities for neighbors and the affected neighborhood associations to ask questions and raise concerns about the site. City Council enacted a process in January 2009 that requires public notice to the neighborhoods and residents of proposed wireless attachments that would be in streets located in residential zones.

If T-Mobile decides to proceed with a wireless attachment at the site of NE 31st and Prescott, there is a pre-application process that the company must follow. A wireless carrier is required to schedule a meeting with the neighborhood and must send notice to the neighborhood association, business association, neighborhood coalition and all residents and property owners within 400' of the site. The notice must include information about the proposal and contact information for the wireless carrier, the pole owner (since this is an attachment on a utility pole) and the City. This notice must be sent 14-30 days before the meeting date. All of this must take place before the City considers issuing a permit.

Providing neighbors with notice is an important component to citizen involvement of the siting of these facilities. As to be proposed in the City's Portland's Broadband Strategic Plan, the City is planning on convening a wireless roundtable with citizens and industry to discuss wireless policy and process and develop recommendations. We look forward to your continued involvement.

Thank you again for contacting us on this important livability issue.

Sincerely,



Mayor Sam Adams



Commissioner Dan Saltzman

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.

www.concordiapdx.org

Visit the website of the Concordia Neighborhood Association for:

- Community News
- Neighborhood Information
- Events
- Services
- Blog

www.concordiapdx.org

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

Interested residents can submit names to:

contactcnaboard@yahoo.com.

“Don’t Get Killed”

The September CNA General Meeting Told Drivers, Bikers and Walkers How to Avoid That Fate

by George Bruender

Concordia’s September general meeting was attended by 30 folks. The other 4000 households in our neighborhood unfortunately missed some important messages and information about how to survive on our local streets. Concordia’s Transportation Committee and Portland Bureau of Transportation (PBOT) traffic safety expert Greg Reisman stressed personal safety for bikers, walkers and drivers, presenting information and fielding a wide range of questions.

It quickly became obvious that there was a general lack of clarity about current legal expectations of everyone involved in the daily mix on our streets. It became clear also that, except maybe for school students and civic group meetings, there is very little education going on. For example DMV does no driver education – they are interested in us passing a not very up to date test and our being covered by insurance but they spend no money on education of the general public. Oregon has recently passed a number of new laws, many of them covering pedestrian and biker right of way issues, but the public only learns about them by hit or miss in the press.

A lot of work, a lot of education, needs to be done.

Actually, despite this, Portland has been bucking national trends with traffic accidents, deaths, and injuries greatly decreasing over the last 30 or so years. In 1970 Portland had 15 pedestrian deaths; in 2010, we had none. In the same span, 61 people died in motor vehicle crashes then versus 6 last year. These decreases were noted across the board in all categories, so Portland is doing something right. The greatest decreases were noted on streets that were redesigned with different signage, speed bumps, bioswales, lower speeds, controlled traffic flow in one direction, etc.

One effort to improve Concordia’s safety is the 2 new greenways (once called “bike boulevards”) on NE Holman and NE Going which separates car from bike traffic. The mix of slower moving bikes and faster cars on major through streets like Ainsworth and Prescott is dangerous for both bikers and drivers, so diverting the bikes one block away to “their own through street” makes it safer for all. The work on these greenways should be done early next year, so we will be able to judge whether they are

as safe as other similar configurations in southeast Portland.

Incidentally, if you live along either Holman or Going, PBOT and Friends of Trees will help you plant free trees in your parking strip. Contact Kyle Chisek at 823-7041. Street trees have been shown to slow traffic down.

Going through a long list of regulations, Raisman said that for pedestrians and drivers every street corner, marked or not, is a crosswalk and cars have to stop. Walkers should indicate they are going to cross by giving definite cues: stepping off the curb, looking directly at the drivers, even by waving a hand. After that the rules become more complex with bikers going at pedestrian speed considered to be pedestrians, etc, rules that we all need to learn about and that need to be clarified. That’s why Concordia’s Transportation Committee is going to make education for all their primary goal. Meet with us on Thursday

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Oct. 6 at 7pm and become part of the process. And, in the meantime, be very cautious since many folks do not yet know the rules. As Greg Raisman said at the start of the meeting: “Don’t get killed.” “Don’t get hurt.”

George Bruender is the CNA Land Use Chair.

His committee meets the Thursday following the first Tuesday of the month’s general meeting.

A Vehicle for Change

Continued from page 1

Everybody needs bike education. Parents that want to apply for their children can talk with Ashley.

Through the SUN program there are other clubs available after school: math club, drama club and soccer are just a few.

Ashley describes the kids that are involved in SUN as an elite group that spends an extra two hours at school because they really want to learn beyond the regular school day.

TriMet meets with kids during the week long bike camps in the summer offered through the CCC. They bring a rack to practice loading the bike on the bus. TriMet also give the kids free passes on MAX, so they can get familiar with how to travel with their bikes. The Portland Police also give talks about bike safety, bike patrolling, and security.

A SUN Community School is a place and support hub where

schools and communities work together to support the success of children and families and provide a comprehensive array of services. They serve as the vehicle to link community institutions, such as libraries, parks, community centers, neighborhood health clinics and area churches and businesses.

Additional information about these programs can be found on the internet.

www.communitycyclingcenter.org

The SUN Community: <http://web.multco.us/sun>

And through Ashley Coltin, Site Manager Portland Parks & Recreation Faubion SUN Community School, 3039 NE Rosa Parks Way,

Ashley.Coltin@portlandoregon.gov or 503 916-5694.

Concordia University Community Athletic Complex at a Glance:

TOTAL COST: \$7.5 million

GROUND BREAKING:
February 24th, 2011

GRAND OPENING:
March, 2012

SQUARE FEET: 138,300

SEATING CAPACITY
TOTAL : 1,770

Soccer: 989

Baseball: 780

CONCRETE POURED: 1,100 yards

BRICKS LAID: 100,000

HOURS RESERVED FOR
CU ATHLETICS: 1,307

HOURS RESERVED FOR
COMMUNITY USE: 1,397

NUMBER OF KIDS
PARTICIPATING IN CAMPS:
1,000

TEAM TRAINING ROOMS

INDOOR BATTING FACILITY

INDOOR FUTSAL SPACE

COMMUNITY PARTNERS:

- Alameda Soccer Club Inc.

- Autzen Foundation

- Coca Cola Of Oregon

- Columbia River Miracle League

- Hollywood Soccer Club

- NIKE USA, Inc.

- Northeast United Soccer Club

- Pacific Power Foundation

- Portland Timbers

- Wilshire Riverside Little League

www.bringtheteamshome.com

compiled by Matthew Turner

Wellness

by Kelly Schneyer

Nurture Your True Nature in the Neighborhood

We're heading into a time of year where nature becomes dormant, animals store food for the winter, and humans – ironically- start to get busier. With the school year in full swing and the abundance of holidays coming up, now is a great time to gather your figurative winter stores to help you sustain a sense of well being until the days get longer again.

If you are feeling a sense of dread about the upcoming months, take some time to check in with yourself. There's a saying, "That which you resist, persists." Ignoring that important little voice long enough means that other symptoms will surface: emotionally eating, burnout, depression, anxiety, and emotional outbursts.

No matter what your plans are for the next few months, take some cues from nature to keep your sanity in check:

Prune the to-do list: Make weekly goals instead of daily goals, and then be sure to reward yourself for checking things off your list. Delegate or hire out tasks that you aren't good at or simply don't want to do. When finished, be sure to follow through on your reward. Ideally, rewards are tangible objects or memorable experiences. If you reward yourself with food, make it a spiritually uplifting experience like artisan chocolate instead of a candy bar. If you opt for spending money

on your reward, here are some ideas that don't require much money:

Speaking of chocolate: **Missionary Chocolates at Cork** (2901 NE Alberta, www.corkwineshop.com) are worth every penny. Buy a nice bottle of port to go with it.

Soften up: Take a soak in the **Kennedy School pool** (5736 NE 33rd, www.mcmenamins.com) or at **Common Ground Wellness Center**

“No matter what your plans are for the next few months, take some cues from nature to keep your sanity in check.”

(5010 NE 33rd, www.soakandsauna.com). No matter what your plans are for the next few months, take some cues from nature to keep your sanity in check: com).

Fill up your 'emotional reserves' cup: Make a list of things you love to do and then take yourself out on a regular date. Get dressed up, have a simple itinerary, and revel how good you feel. Here are some fun ways to spend quality time with yourself:

Sharpen up your crafty skills: Both **Collage** (1639 NE Alberta, www.collagepdx.blogspot.com) and **Modern Domestic**

(1408 NE Alberta, www.moderndomesticpdx.com) have a variety of classes most days of the week.

Learn to play an instrument: **Rock 'n' Roll Camp for Girls** has a Ladies Rock Camp weekend October 21-23 (www.girlsrockcamp.org).

Learn an instrument, write a song, and perform it with your band! **Sound Roots** (3954 N Williams, www.soundroots.com) and **Trade Up Music** (1834 NE Alberta, www.tradeupmusic.com) also teach adults.

Include your pack in hunting & gathering. Sounds obvious, but it was a forehead smacking moment when I realized that I wasn't factoring in my son's rituals when I made up my daily/weekly agenda. Some days we are operating on his schedule, which means I get way less done.

Entertain their little brains: **Milagros** (5433 NE 30th, www.milagrosboutique.com) has children's entertainment throughout the week. Like them on Facebook and you'll get daily updates about events happening there! The Kennedy School has free all ages shows on Thursdays at 4pm and 7pm in the Gymnasium. Go to www.mcmenamins.com for detailed information.

Ventilate your brain: Sometimes being a good parent means putting



Jill with her mug of Pumpkin Spice latte

your oxygen mask on first. I will be leading a New Parent Wellness Group (0-9 months) at **Zenana Spa** (2024 SE Clinton, www.zenana-spa.com) on Wednesdays from 12-2, and a Toddler Parent Wellness Group (10 – 24 months) at Milagros on Thursdays from 12-2. First workshops are free. \$18 thereafter. Discounted punch cards available. (more info on www.nutritionalist.com)

Work is play: Where else can you get amazing help from the owner and staff, and also buy a mustache from a vending machine? **Greenbean Books** (1600 NE Alberta, www.greenbeanbooks.com)! They have story time every Tuesday at 11am. You can also hang out like a gnome under a tree in the yard and read books to your little buddy.

Kelly Schneyer is on the CNA Wellness committee

by Jill Muhm-Glover

FALL IS IN THE AIR... AND IN OUR MUGS

Remember back when we could identify the change of season by the telltale signs of leaves changing color, nights getting cooler, days getting shorter, the air getting crisper? ...Nowadays the biggest indicator of the change of season that seems to be bombarding me from every direction is...the infamous Pumpkin Spice Latte - as seen at every coffee shop and gas station you look at!

I associate the pumpkin spice latte with warmth, fall leaves, cozy days, sweaters, boots, umbrellas, great times with friends, and delicious smells wafting through the air...

The dilemma... many of you reading this may have heard me lecture about the dangers of refined sugar – which is as addictive as many drugs and contributes to a whole host of health problems that I don't have space in this article to get into... and now

I also stay away from caffeine as much as I possibly can. Both sugar and caffeine led me to hormonal imbalance, PMS, digestion issues, sleep complications, acne, and just plain feeling crappy (and sometimes like I was on crack).

Both of these ingredients are LOADED into all of those fancy holiday drinks that will pop up in the neighborhood in the coming months beginning with the favorite Pumpkin Spice Latte...

Being a resident of the Concordia neighborhood, I LOVE our local coffee shops! Who doesn't love walking into Extracto, Random Order or the Fulel Café to be greeted with that delicious aroma of freshly roasted beans, baked goods, and friendly barristas? I would be a complete liar to say that I don't enjoy a cup of frothy, sugary delight every now and then. But this year rather than splurging on every opportunity

to pump more sugar and caffeine into my body, I found a recipe that quenched my craving, freed me from feeling like I was on crack, and didn't make my body take a roller-coaster ride of hormones. It is fun to make and you can try it at home!

Please also drop me a note if you tried this recipe! I'd love to hear how you enjoyed it.

Recipe: **Free Pumpkin Spice Latte**

Free of bloat inducing, grumpy mood producing, anxiety pumping, sugar craving, nightmare occurring)

Serves 1

Ingredients:

- 1 ½ c. almond milk (unsweetened, vanilla)*
- 2 heaping T. pumpkin puree (not pumpkin pie puree)
- ½ tsp. ground cinnamon

- ½ tsp. ground pumpkin pie spice
- ½ tsp. vanilla extract
- stevia to taste (or 1-2 tsp. maple syrup)
- 1 tsp. slippery elm powder (optional - great for digestive aid)
- *If using coffee - use ½ c. coffee and 1 c. almond milk.

Directions:

Heat almond milk on stove until boiling (or temperature desired). Remove from stove and pour into blender. Add remaining ingredients and cover blender lid opening with towel so as to let steam escape when blending. Blend for 10-15 seconds. Pour into a favorite shmancy mug and top with a sprinkle of cinnamon. Enjoy!

*Visit Jill's website www.healthymuhm.com and read the blog article titled *Caffeine, Pick-er-Uper (and Drop her)*.*

Jill is the Chair of the CNA Wellness committee.

Do You Have Questions? Do You Have Problems? Walking Safely, Biking Safely, or Driving Safely?

by George Bruender

At our September general meeting of CNA on traffic problems, put on by the Transportation Committee, it became obvious that a lot of us need to be updated and educated on changes in driving rules and protocols. Many of us got our licenses some time ago, but traffic since has gotten heavier and more complex and with bikes and new pedestrian rights thrown in, it's not always clear how all 3 modes are expected to interface. Therefore we are planning to add a new monthly feature to this newsletter that will clarify specific Concordia neighborhood traffic situations.

Our new transportation chair Jean Keady and her committee members will highlight one issue a month in these articles so contact her with your questions. (JeanKeady@comcast.net) You could perhaps help her research some questions at DMV and PBOT yourself. And we hope that you respond to some of the answers.

According to PBOT, there are four "E"s to better traffic safety:

- **Equity** – cars, bikes, and walkers all have equal rights and responsibilities
- **Enforcement** – that's what DMV and PBOT and Portland Police are supposed to do
- **Engineering** – that's PBOT's job also, hopefully with neighborhood input
- **Education** – that's should be everyone's job, so that's the goal of our committee. Join us at our monthly meeting, Oct. 6 at 7pm .

As a quick kick-off to these articles, we'd like to put forth one just-as-quick step to improve our traffic intermix. This one is for pedestrians.

As the rainy, dark months approach, it becomes obvious that often walkers are not seen on sidewalks and when crossing streets. We've all had close calls. We're told to wear light clothes to be seen but most winter clothing is dark, so that doesn't

work too well. Few folks wear jackets with reflecting tape and markings.

We insist that bikers light up. Now let's ask pedestrians to light up as well. Flashlights are great, particularly the thin, small ones that often have a blue "flashing light" setting. They can be seen fairly well, the blue contrasting the bright car lights and overhead street lights. Many stores carry them and they're inexpensive and usually fit in a jacket pocket or purse.(More folks walking their dogs have flashing night time collars which is a step in the right direction, but they are located too low to be seen by drivers.)

So: Don't walk at night without a light". It's not a law; it's common sense.

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A Poet?
Let everyone know it.
Submit your poems for the December CNews issue.
Deadline is November 1.
Please type 'poem' in the subject line.

Crossword by Chris Yensan

Whirled Surreys

Puzzles are produced exclusively for CNews by our neighbor Chris.

It's October, and baseball is winding down and heating up at the same time. I love this time of year, so here is a little puzzle dedicated to the American sport. (Say the title aloud while considering the theme, and it might make sense . . .)

- ACROSS**
1. The King and I governess
 5. French clergymen
 10. Greeting for Caesar
 14. Attitude
 15. Garfield's invisible friend
 16. Ancient Andean empire
 17. Speedy, multi-hull boat
 18. Smoke from Havana?
 19. Jetty
 20. One-baggers
 22. Two-baggers
 24. Charged particles
 25. Cypress currency
 26. Start the system over
 29. Alarm option
 33. In crowd
 34. Prestigious violin brand (Abbr.)
 35. Born, in Bordeaux
 36. Paid work, for musicians
 37. Professor ____ (1905 Heinrich Mann work)
 40. Stock portion
 42. Already gone
 44. When they roll, they gather no moss
 45. Merit
 47. British WWII submachine gun
 48. Three-baggers
 51. Four-bagger
 55. Monthly payment, for many
 56. Many Texans remember it
 58. Days gone by
 59. Inca Sun God
 60. East Coast Univ?
 61. Famous lioness
 62. Village on the island of Cebu
 63. Toilets, in Tijuana
 64. Letter starter

- DOWN**
1. Sound blasters
 2. Sushi wrap
 3. It might be high, in the Old West
 4. Compositions to be played slowly
 5. Difference in pronunciation
 6. Ignorance, for some?
 7. 1988 Tom Hanks movie
 8. Slip past
 9. Pale and yellowish (of a fluid)
 10. Wader
 11. Blue plant dye
 12. Popular frozen drink brand
 13. ____ And The Real Girl (2007 Golden Globe winner)
 21. Illicit goods
 23. Pitchers
 26. Charged, as a card
 27. 1859 Cavalli opera
 28. Coffin holders
 30. It may be vital
 31. The Congo, previously
 32. Borders
 38. Free of infection
 39. Small dabbling duck
 40. Flower part
 41. Pleasantly sweet
 43. ____ Little Dream of Me
 44. Three-legged seats
 46. Dep't of Ed central database
 47. Al Capp's amiable cartoon creature
 48. The ____ (1967 Peter Fonda movie)
 49. Gambling city
 50. Division word

52. Actor's part
53. It can be major or minor
54. Not far
57. Flying expert

1	2	3	4		5	6	7	8	9		10	11	12	13
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BORDERLINE FUNNY

Taking the edge off of humor:

One summer evening during a violent thunderstorm a mother was tucking her son into bed. She was about to turn out the light when he asked with a tremor in his voice, "Mommy, will you sleep in my room to night?" With a reassuring hug she said, "I can't dear... I have to sleep in Daddy's room." A long silence was broken at last by his shaky little voice, "The big sissy."

Good: Your husband understands high fashion.

Bad: He's a cross dresser.

Ugly: He looks better in the clothes than you do.

Good: You give the "Birds and Bees" talk to your children.

Bad: They keep interrupting.

Ugly: With corrections.

NEWS FROM FRIENDS OF LAST THURSDAY

by Rochelle Saliba

Greetings from Friends of Last Thursday, your eminently user-friendly Last Thursday resource. Our new website is up and running and chockablock with the juicy details needed to ensure a fun, safe and sustainable Last Thursday for all. Please drop by and take our community survey, and do feel free to give us your feedback at any time about anything: lastthursdayonalberta.com

AND SPEAKING OF RESOURCES

FoLT has created a budget for the 2012 warm weather season to ensure we cover a majority of the street closure costs. We will be entirely responsible for building and placing the street closure barricades; hiring private security; providing public toilets; removing garbage—currently we leave the street better than we found it. (Donations to cover port-a-potties and trash already have been pledged.)

In 2012 FoLT will continue its education and outreach campaign to increase public safety and community respect through our ambassador program—on the day, and throughout the season.

We are pleased with the degree to which our ambassadors already have instilled strong participant awareness of neighborhood needs during the 2011 season. A culture of community respect has been increasing each month—nuisance reports are down and during August, the street reopening time was halved—a record 40 minutes!

ARTS, CULTURE & KIDS

During September's Last Thursday, Kwa Franklin, a prominent local artist and Cameroon native, will be leading a participatory children's art event at our information booth. We plan to continue a monthly guest artist-led children's public art experience in 2012.

Also in the pipeline for 2012: A Youth Ambassador Program that will encourage and enable local teens to serve with us (a pilot program we launched in 2010 made it possible for 6 Jefferson high school students to receive college letters of recommendation). In May we will display an extensive installation on the history of Alberta and, after viewing, visitors will be able to record their impressions--a tandem art/history experience. We also are working to return more of an art-centric focus to the event and develop greater avenues for public art participation.

WE CARE

Our mandate states that we are working to maximize the needs of all stakeholders--residents, businesses, vendors, artists, visitors, neighborhood associations & city, county and state agencies--with the lightest level of intervention necessary. FoLT stands at the center of a very important Portland institution. We know there are thousands of supporters who look to us to preserve the spirit of the event and others seeking solutions to

LT-related issues. We are diligently and cheerfully working for all of you. Please remember that the majority of programs we oversee have been developed to meet the needs of concerned neighbors.

VOLUNTEER SHOUT OUT!

Our volunteer base is greatly expanded; however, we still need you! Though September is the last planned street closure of the season, there is much ongoing work during the off season and we'd be thrilled to have your energy and enthusiasm on board! In the works: a planned music benefit/art auction. This will be our main fundraiser of the year. If you have fundraising experience (or just enjoy them!) please join us.

THANK YOU

As we turn toward the 2012 season, we want to thank all 2011 Last Thursday participants. No matter your relationship to the event—resident, business owner, artist, vendor, visitor—we hope you had fun! FoLT will be back again next year to serve you!

"Friends of Last Thursday (FoLT) is committed to facilitating a fun, safe and sustainable monthly public art festival that culturally enriches the community while fostering neighborhood respect."

Rochelle co-chairs Friends of Last Thursday.



How to Ensure Last Thursday Continues

The street is closed to vehicles from 6 – 10 p.m.. No parking after 5 p.m., May – September.

Open containers of alcohol are not allowed.

Every two blocks is a port-a-potty. The neighbors don't appreciate you watering their lawn.

Pack out your trash, and please clean up after yourself.

Illegal parking is illegal, even at Last Thursday. Don't block driveways or alleys.

Better yet, don't drive. Five bus lines serve Alberta St, Line 73, 72, 9, 8 and 6.

Last Thursday ends at 10 pm.

Support Friends of Last Thursday, lastthursdayonalberta.com

Thank you for respecting the peace of the neighborhood that hosts this event.



Driving Distractions -Don't be a Statistic

by Pharoah Fluker

Driving is a skill that requires your full attention to safely control your vehicle and respond to events happening on the road around you.

Driving involves a constant and complex coordination between your mind and body. Events or things that prevent you from operating your car safely are distractions. There are three types of distractions and they are anything that takes your:

Eyes off the road (visual)

Mind off the road (cognitive)

Hands off the steering wheel

When you think about the decisions and actions you make in your vehicle, other than just driving, you can see that it often involve more than one type of distraction.

For example, if you change your radio station, you take a hand off the steering wheel to press a button, and take your eyes off the road to look at what button you want to press.

According to the Associated Press,

last year the Obama administrations reported that nearly 6,000 people died and half a million injured in crashes due to people being distracted, but the top distraction was talking and texting on the cell

“On any given day 800,000 people, nationwide, were driving and using a hand held cell phone.”

phone. In 2008 5,870 were killed and 515,000 were injured due to distractions. They also reported last year that on any given day 800,000 people, nationwide, were driving using a hand held cell phone during the day.

You might ask why I choose to talk about this subject in as much as I don't drive or should I say, I am not at the driving age.

Well, it goes like this:

One day I was in the car with my mom and we were going to the grocery store and I looked out my window and saw this woman in her car trying to multitask while driving. She was putting on make-up(eye liner, eye shadow, lip stick, foundation), eating a hot dog, talking on her cell phone while her head was leaning on her shoulder which indicated the position of the cell phone; and she appeared to be listening to music. Her distraction caused her to almost run over a pedestrian and a bicyclist having failed to have her blinker on.

When you are driving, the condition of the roadway you are on and the behavior of other drivers can change abruptly, leaving you little or no time to react. When you are driving, follow these rules:

Stay focused

Pay attention

Expect the unexpected

My message is, drive safe and stay alive. Keep your mind on your driving, keep your eyes on the road, and your hands on the wheel!

Pharoah lives in Concordia and attends Benson High School

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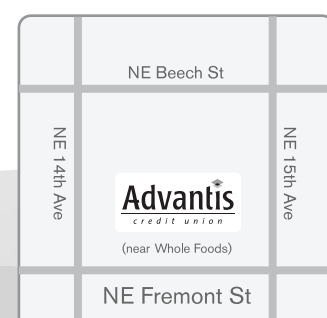
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The U.S. Postal Service is Adapting to Changes

By Fredric Rolando

Few institutions touch more Americans than the U.S. Postal Service, whose role is spelled out in the Constitution and which delivers to 150 million homes and businesses six days a week. Letter carriers get to know our communities, occasionally saving elderly residents who are ill, finding lost children and stopping crime. We conduct the nation's largest single-day food drive every year, replenishing food pantries across the country.

And yet, the misinformation circulating about the Postal Service is startling, such as the notion that in delivering the mail, the USPS has a massive imbalance between revenues and expenses for which taxpayers are footing the bill.

Let me provide some facts -- all easily verifiable -- about the USPS, so readers will have context the next time somebody cites multibillion losses or proposes ending Saturday mail delivery.

For starters, the Postal Service doesn't use a dime of taxpayer money and hasn't for more than a quarter-century. Its revenue comes from selling its products and services -- at the best rates in the industrialized world. Customer satisfaction and on-time delivery are at record highs,

and labor costs are declining because of mutual cooperation.

Furthermore, USPS financial problems have surprisingly little to do with delivering the mail. In the past four fiscal years, despite the worst recession in 80 years, despite Internet diversion, revenues from postal operations exceeded costs by \$611 million.

The problem lies elsewhere: The 2006 congressional mandate that the USPS pre-fund future retiree health benefits for the next 75 years, and do so within a decade -- an obligation no other public agency or private firm faces. The roughly \$5.5 billion annual payments since 2007 -- \$21 billion total -- are the difference between a positive and negative ledger.

Remove that unreasonable obligation and the Postal Service would have been profitable even during this economic downturn, and periods with losses would be manageable.

But we're not even asking that it be

"The Postal Service doesn't use a dime of taxpayer money and hasn't for more than a quarter-century."

removed. What USPS management, unions, the Postal Regulatory Commission and key Republican and Democratic legislators on postal issues ask of Congress is simply this: Let the Postal Service stop depleting its operating funds to make these

payments, and instead allow an internal transfer of funds from its pension surpluses -- a

responsible business move.

This is earned USPS revenue, with zero taxpayer involvement. The transfer would leave pensions and retiree health benefits fully funded well into the future, while putting the USPS operational budget back on sound financial footing on paper -- as it's been all along in practice.

Several bills filed by Senate and House legislators of both parties would accomplish that, though not the one from Rep. Darrell Issa (R-CA), which would drastically reduce services to the public. Addressing the pre-funding problem has no downside, while ending Saturday delivery would eliminate 17 percent of service to save 2 percent in costs -- a formula no sensible business would adopt. Moreover, it would inconvenience

many residents who rely on delivery of medicines on Saturdays and small businesses that are open Saturday, while reducing future USPS revenue by decreasing market share.

Once the immediate financial hurdle is overcome, the postal community can focus on continuing to adapt to society's evolving needs. The Internet offers both challenges and opportunities. For example, more people now pay bills on line but also order on line -- and those goods must be delivered. Already, last-mile Postal Service delivery of packages for FedEx and UPS, inexpensive given its universal network, is a profit-maker. Moreover, the Postal Service is the central element in a \$1.3 trillion U.S. mailing industry that supports seven-eight million private-sector jobs.

Since Benjamin Franklin's days as the first postmaster general, the Postal Service has been adapting, and it'll keep doing so. Letter carriers will continue to devise proposals for a USPS that serves ever better the needs of residents and businesses, even as we carry out our jobs with the dedication that's led residents of the entire country to name us the most-trusted federal workers six years in a row.

Fredric Rolando is president of the National Association of Letter Carriers. Used with permission from Letter Carriers, Branch 82

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Still bothered by the noise? A Reminder:

As reported in past issues of CNews, the re-construction of the South runway at the Portland Airport, just north of the Concordia neighborhood, will conclude in October. At that time the large turbo-prop airplanes will no longer fly over the neighborhood; resuming their normal east - west landing pattern on the South runway. If you need more clarification, call the noise Management Hotline at

503-460-4100.

Solution to October crossword

R	V	E	D		S	O	E	S	V		C	O	O	P
V	S	L	E		T	O	C	D	M		I	T	N	I
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					N	E	T		S		N	R	V	E
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—Artist Spotlight Maquette Reeverts—

Maquette Reeverts- Performance Artist,

What is your background in art?

I do both fine art and performance art. In college at Ft Collins, Colorado, I got my undergraduate degree in ceramics, then my masters and a teaching certificate. I taught in the high school and at the college in Steamboat Springs.

Moving back to the big city, (Denver) I taught through galleries and private workshops. I was making a living as a visual artist, but then learned fire performing. I've been a fire performer since 2001, hooked up with a group that performed at the City Parade, Burning Man (a summer event in the Nevada desert), and parades in other cities. We always had a great time. Through that I started meeting other really fabulous performance artists. I met my husband through Burning Man connections. By then I was helping run regional events in Colorado and attended the statewide events to observe how they worked through their problems and how they "made it happen".

Once here I made a connection with the fire performers and started Rose City Vaudeville. Performers were asking me, "How do I join?" and I said, "Well, you need to come up with an act." Stilt walkers, fire performers, belly dancers and jugglers. It is a great outlet to discover what it is you can do. It is so much fun to sit among your friends and be thoroughly entertained by them: this one swallowing a sword; this one juggling.

What brought you to Portland?

I was living Colorado; my future husband was in Arizona. We decided to move to Portland where there is a thriving Burning Man community. This is the most creative city I have ever found. We checked out every neighborhood. It took some time to figure out where we wanted to be. We came to a Last Thursday and said we have to do this and immediately started looking for a house. The creativity! These are our people. Who doesn't like living with art?

How did you first get into performance art?

I grew up doing plays and musicals and going to see them. My focus though was on fine arts until I saw my first fire performers. It blew my mind. So I gave up my past hobby of rock climbing; fire dancing it is a great workout.

You learn with beanbags. I studied under one performer; not only learning the moves, but also about the fuel. It is best to learn from an artist that has mastered the craft. There is a lot more to it.

I used to do the fire dancing with Rose City, but I now MC, paint the backdrops, write and help the directors with the shows.

Where can we see the vaudeville troupe?

We mostly play local theaters. The shows are setup to do a run in one theater. We even do private parties. It is an old show set in turn-of-the-Victorian-century costume. A few clowns short of a circus, but no animal acts ...except humans.

Is vaudeville making a come back?

The west coast is now full of these types of troupes, aerials, fringe acts.

Portland is the factory for all of these performers.

We are setting up a performing arts school for kids; we have the space and will be up by January. This will expose kids to all kinds of diverse performing arts, and

access to these arts. Then they can come up with their own ideas. With it right here in the neighborhood, we can create community around the arts. Then Rose City Vaudeville will do a parade and we can invite all of the kids from the school to join us. This will expose them to larger venues and possibilities. It is a love of art, and to get that out to our kids is very important.

How did you become involved with Friends of Last Thursday?

I was helping the co-op gallery by setting up a stage for buskers. I've also sold my own artwork at Last Thursday. When I heard of this group, I wanted to be a part of it. I want to insure that Last Thursday keeps happening. It is an event of and by the people, in a creative way. You can go to any old art fair. Last Thursday is not an art fair. It is something beyond. Everyone can participate. It encourages anyone to do art and provides a venue in which to show. This was a somewhat forgotten neighborhood until the Arts brought us this attention. We became the alter ego to first Thursday.

What is coming up in your creative life?

I let it come to me. I live as creatively as I can. We are setting up a performance and school space and will see what that attracts.

Where do you like to hang out?

My favorite place is just walking up and down the street. I am not a coffee drinker, but like the breweries. The neighborhood allows you to know every body and we watch out for each other.

www.onewithdirt.com/Maquette_art_page.html

www.rosecityvaudeville.com

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Maquette Reeverts
 Performance artist and founder of
 Rose City Vaudeville



Maquette performs the famous teacup skit



Rose City Vaudeville Troupe performs with the trapeze at Last Thursday.

Photographs: supplied by Maquette Reeverts

The October Garden

by Suzinn Weiss

Autumn in the garden, a new beginning

The fall season need not signify the end of a beautiful garden for the year. There are many plants that have significant winter interest and even dormant perennials can add beauty to the landscape as well as valuable food sources for wildlife if you allow them to just “be” rather than cut everything down as soon as the weather changes.

Did you know that many insects like to hide within the dead foliage of perennials and since birds are attracted to the dried seed heads of most flowers they will naturally start to scavenge among plants picking at the seeds and leaves, finding insects as well. Both the bugs and the seeds are an important food source in winter when there is less food available to birds. Which is a great reason to put out feeders too. Our local Backyard Bird Shop on NE 14th & Fremont has an array of feeders and seed, as does Garden Fever at NE 24th & Fremont.

Fall is a great time to renovate an old garden or dig a new one if you can manage to do the digging during dry periods so as to avoid compacting the soil. After planting, you'll get several months of free rain water to establish your new garden before summer starts. But remember new plants -even drought tolerant ones- need regular water during their first year. If there are several dry days in a row you should water them especially if it's windy -wind can dry out new plants as fast as heat can.

As always, I recommend having a plan in hand rather than just plunking down plants casually. There are lots of great deals to be had at nurseries, just be sure those sale plants fit your needs, sun conditions and space, not just your wallet.

I want to give a shout out to one of my favorite organizations: The Xerces Society, which recently relocated to NE Portland (628 NE Broadway, Suite 200). Their mission is to protect wildlife through the conservation of invertebrates and their habitat. Invertebrates include; bees, butterflies, moths, dragonflies, beetles, flies, worms, starfish mussels, and crabs to name a few...

Why are invertebrates so important? Well, many provide a great service to us by pollinating food crops and being at the bottom of the food chain they provide sustenance for bigger animals as well.

Check out www.xerces.org for lots of interesting articles and cool photos of these amazing creatures.

Here is a short plant list of late blooming perennials that also provide food for birds and pollinators which need a late season nectar source to build up food stores for winter hibernation:

Caryopteris: an under utilized woody perennial with whorls of beautiful blue flowers from late summer to early fall. The leaves alone are pretty and fragrant. Some varieties have deep green foliage while others are vibrant chartreuse, a color that adds a great contrast to the usual array of greens tones. Bees adore this plant.

Rudbeckia: The standard bearer for fall with deep yellow petals and a big “nose” that provides lots of nectar & seeds for late autumn foraging. There are many varieties some of which are tender and others 10 ft. tall. All coneflowers are attractive to bees, butterflies, moths and certain birds.

Heuchera: (also known as Coral Bells) are small evergreen plants that



Dahlias decorate the garden until the frost.

Photograph: Suzinn Weiss

come in a variety of colors, from light green to near black. They thrive on various amounts of sun or shade depending on the variety and all are drought tolerant once established. They grow tall wands that bear tiny bells in tones of white to deep red (depending on type). Bees are attracted to these tiny bells and return to them again and again. Although they are evergreen, I like to cut the foliage hard to the ground every four months to encourage new leaves and flowering wands (deadheading spent wands helps). This plant can look great all year long by doing so.

More plants that bloom until the first freeze include: **Dahlias:** Single & anemone types provide the most pollen to bees.

Salvias: Many varieties and colors, all are attractive to hummingbirds and bees.

Hardy Fuchsias: Look for single, upright types that hold up well until frost. Plant them deep and cut back hard in mid spring.

Rosemary: Many varieties bloom in late winter.

Can't resist listing a few winter blooming plants including: Hamamelis: (witch hazel), Hellebores, Daphne odora & Corylopsis to name a few...

Hope this helps you fall into Autumn gardening!

Suzinn has been gardening in our Concordia climate for 20 years.

Knowing Your Dog's Needs, Unleash Yourself

by Gina Micciulla

Dogs are not pack animals and are not happiest when they have lots of company!

The belief that dogs are status seekers causes humans to believe that if they are their dog's “boss” the dog will respect them, obey them, and cooperate with them. People are not given any incentive to become good facilitators by spending time:

- Training dogs how to respond to cues
- Training dogs how to tolerate handling and manipulation

- Respecting dogs personal space and safety issues
- Seeking to learn the truth about their behavior.

Dogs are master problem solvers as well as opportunists. They explore and investigate the environment with their nose and mouth. It is important to let your dog run, sniff and play with you daily, implementing several short mental & physical exercise sessions a day, unless you don't mind them finding something to do on their own.

Many orthopedic specialists warn

people not to run with their dogs on leash until the dogs are 8 months to 2 years old. The reason for this is because regular trotting/running on hard surfaces for miles will injure the joints of an adolescent canine because their growth plates are not closed yet.

If people want to run on trails, and their dogs are off-leash and running here, trotting there, stopping to sniff, running to catch up, etc, that's different. It's the on-leash, staying at the human's side, trotting for miles that can be harmful.

People need to be creative in exercising their dogs, until the dog is old enough to run long distances on leash.

The biggest conflict is you cannot ask the dogs if we are right or why they do what they do. However the results of listening to the dog rather than labeling the dogs based on fear and misinformation is darn good proof.

A Concordia resident, Gina is not your typical dog trainer.

www.unleashyourself.biz

Concordia University's Community Athletic Complex

November 2 Forum to Explore Community's Access

by: Matthew Turner

After more than 5 years of planning, preparation and construction, Concordia University's new Community Athletic Complex is nearing completion. The \$7.5 million project is scheduled to be finished in late November with the official grand opening slated for March 2012. The university hopes that the 1,770 seat stadium will grow to become the new epicenter of activity for collegiate athletics, campus life and community involvement.

The complex will be the official home of Concordia's baseball team and men's and women's soccer teams, with the field and facilities carefully designed to allow for dual use. Administrators, coaches and athletes are all excited for the university's teams to have a place to call their own, after years of struggling to find field space and competing with countless other metro groups to schedule practices and games. They have dubbed the project and its capital campaign "Bring the Teams Home," and the stadium will serve the vital purposes of keeping the athletes close to campus for training, allowing the teams to develop a home field advantage near their fan base and relieving pressure on other Portland and metro area fields.

It will be an easier transition to be able to go to practice straight from class," said Junior goal keeper Tori Talbutt. "This field will help us to have a better home field advantage, both with being accustomed to the playing surface and with having our spectators there."

The university is also placing importance on cooperation with the

neighborhood by partnering with numerous community groups to bring the greatest possible benefit to the area. The stadium will become the practice venue and home field for the Northeast United and Alameda Soccer Clubs. Approximately 1,100 families have children involved in the two clubs and the new field will provide a much-needed local facility.

The proximity and predictable practice and game schedules will be easier on families and will allow the university "to extend opportunities to children in this neighborhood. Maybe they can't get to the West Side for soccer, that's not practical," said Kevin Matheny, chief development officer for the Concordia University Foundation. "Our plan is to have programming available for kids here in north and northeast Portland that allows them to have access and participate in ways they've never been able to before." That programming includes ideas like a proposed "community field day" and the new Cav Kids Club, which offers benefits such as free admission to regular season sporting events and discounts on Concordia athletic gear.

The Central Catholic High School baseball team will also play its home games at the new field and Concordia will expand its relationships with Faubion Elementary, Wilshire Riverside Little League, the Columbia River Miracle League and the Special Olympics by offering sports clinics, summer camps and the use of the space for events. The facility will also serve as an expanded platform for Concordia's

Champions of Character program, a service corps that encourages student athletes to serve in the community. Recently, Champions of Character partnered with Faubion Elementary to provide supervision in structured recess, a program that saw disciplinary rates among the elementary school students drop by as much as 85%.

The agreement to install lighting at the complex, which initially caused some concern among residents, may also be a significant advantage for the neighborhood. Matt English, University Athletic Director, figures that the lights, along with the high quality artificial surface being brought in from Georgia, will increase the field's usable hours by 83%. Northeast United and Alameda Soccer Clubs' use of the facility will be concentrated in the winter months when the lights will be most necessary. English stated that, without the lights, it would have been difficult to offer the clubs the 500-800 hours of use per year to which they will now have access. Overall, 52% of the field's functional time will be devoted to use by community groups.

It is unclear if the facilities will be opened for individuals in the community to use. "So far community cooperation has focused on specific sports and clubs and getting youth in the community field time. We will have an open forum, a town hall sit down... to discuss how the community would like to use the field. What 'open time' would look like is still in process but the idea



of a father and son coming out and playing catch or a family kicking the ball around is something we want to embrace," said English.

Located next to the university library, the facility supplements the resources available to the community. "Athletics will draw in people who maybe wouldn't normally come onto campus, and they can learn about the other benefits available at Concordia," said English. School officials are hoping that the new stadium and programs like Champions of Character will raise awareness of Concordia University and its involvement in the neighborhood.



Looking toward left field from behind the first base dugout. The circle is where the pitcher's mound will be built.

Concordia University Community Athletic Complex.



Getting ready to roll out the turf. Looking toward the infield from the corner of right field.

Photographs: Jeff Hilber

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Classical Revolution PDX

Friday, October 7
WHY? • Serengeti

Saturday, October 8
"The Portal"
Film with a live musical score

Wednesday, October 12
Baaba Maal

Friday, October 14
Matt Braunger
Live Taping for Comedy Central

Saturday, October 15
Priscilla Ahn

Sunday, October 16
All-Ages Show!
Kye Kye, The Ember Days, Painted Grey, Brandon Bee

Wednesday, October 19
FAR-West Folk Alliance All-Stars: Jim Page, Teresa Tudury, Anne Weiss, Sky In The Road, Joanne Rand, Tom May, Caroline Aiken

Thursday, October 20
AJ Croce

Friday, October 21
Third Angle New Music Ensemble
One Mississippi

Saturday, October 22
LIVE WIRE!

Sunday, October 23
Dead Men Tell No Tales
Halloween Dance Show

Tuesday, October 25
Jerry Joseph & Stevie James Wright

10/27 **Ruth Moody Band**
10/28 **Night Flight Aerial**
10/29 **Kate Clinton**
10/30 **New Monsoon, Fulero/Lehe Band**

ALBERTAROSETHATRE.COM
(503) 764-4131
3000 NE ALBERTA

Concordia University Hosts Free Community Events in October. All events are free and open to the public. The Concordia University campus is 2811 NE Holman Street in Portland, visit the Concordia University website at www.cu-portland.edu.

Portland Storyteller Guild presents "Storython", Part 2--a rollicking evening of 5-minute stories by members of the guild. The program is scheduled for Saturday, **October 8th**, at 7:00 p.m. in the Community Room at McMenamin's Pub in Portland. Suggested donation: \$5.00/adults, \$4.00/members, \$10.00/family. Plan to be there for a lively, fun evening.

October Show at **Guardino Gallery**, **September 29-October 25** Opening Reception: Last Thursday, Sept. 29, 6-9 p.m. 2939 Alberta St,

www.guardinogallery.com

503 281-9048

Tuesday 11-5, Wed-Sat 11-6, Sun 11-4

Main Gallery: Mark Clarson works in sculpture using fabricated steel, cast bronze, aluminum, and cast glass to create large semi-monumental pieces. Clarson's work often relies heavily on whimsy and humor. Kim Hamblin's art is a unique blend of paper cutting, painting and nails. The work appears industrial, yet also has a delicate feel. Her theme is for this show natural science.

Feature Area: Tim Timmerman will be showing his unique mixed media assemblages. He creates paintings and combines them with found objects, adding clay, bronze and glass.



Invest in the future of your neighborhood.
Walk to shop locally.
PLEASE SUPPORT OUR ADVERTISERS

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/>

Portland Fruit Tree Project, Fermentation and drinking vinegars workshop **October 8**, 3 - 6 p.m.

In this hands-on workshop you will learn about various methods of fruit fermentation, with a focus on drinking vinegars! These healthy and delicious fruit products are rich in nutrients and probiotics, and can be easily made at home. We will walk through the process together, and everyone will get to take home a sample. There is an event fee. Phone:

The Wellness Committee has been hard at work! We want to provide information and services that neighbors will find useful and interesting – and in order to do that, we need to know what you want! So we created a survey that should only take you a few minutes to fill out. Tell us how we can best work for you! Please look for surveys in local businesses in the Concordia Neighborhood and by going to the following link:

<http://tinyurl.com/cna-wellness>

Adopt a yard sign; help get the word out about neighborhood meetings and local events. They are easy to take care of: They don't eat, flake, mold or shed. E-mail: contactcnaboard@yahoo.com

KENNEDY SCHOOL McMenamins

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

FREE LIVE MUSIC EVERY THURSDAY NIGHT

All ages welcome

Tuesday, October 11

RACE TALKS:

An Opportunity for Dialogue YOUTH AND RACE

7 p.m. • Free • All ages welcome

Thursday, October 13

BACK TO SCHOOL 14th Anniversary Celebration

KINDERQUEEN

A closet full of stories and songs • 4 p.m.

HANZ ARAKI & CARY NOVOTNY

Traditional Irish • 4 p.m.

dirty mittens

Licks that hearken as much from the Talking Heads as from the MG's as part of **GREAT NORTHWEST MUSIC TOUR**

7 p.m.

Thursday, October 13

Hall Pass to Scotch

Drinkin' in the Boiler Room and no need to hide from the principal. \$20 VIP pass includes tokens & appetizers 4 p.m. 'til 8 p.m. • 21 & over

Thursday, October 20

BOURBON DINNER

Try a variety of spirits paired with a bourbonific dinner.

7 p.m. • 21 & over

\$50; reservations required

Friday, October 21

'80s Homecoming Dance Featuring RADICAL REVOLUTION

Got a date for the dance yet?

7 p.m. • \$10 • 21 & over

etix.com

Sunday, October 30

YOU WHO

Kids' Rock Variety Show featuring THE FRUIT BATS

Bring the kids for live music, silly games, activities and more.

12 noon doors; 1 p.m. show

All ages welcome

\$10 adults; \$5 12 and under; non-walkers free

Sunday, October 30

THE CELTIC CONSPIRACY PRESENTS Songs of Love and Murder

A one-of-a-kind Celtic concert series.

7 p.m. • \$7 • All ages welcome

Monday, October 31

HALLOWEEN

with **FREAKMOUNTAIN RAMBLERS**

Trick or Treating • 4:30 p.m.–6:30 p.m.

Willamette Radio Workshop

4 p.m. & 6 p.m.

Dance Party • 9 p.m.