



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | visit the website: [concordiapdx.org](http://concordiapdx.org) September 2011

## Who Isn't Concerned With Street Safety?

**Do You Risk Your Life Daily?**  
*Just How Safe Are You as a Pedestrian,  
a Boulevard Biker, or as a Driver on  
Concordia's Streets?*

**Join us at the general neighborhood meeting Tuesday September 13th at 7 p.m. We hope to have a good turnout for this important discussion.**

"I thought my family was safe when we went biking down Holman, until 2 separate times cars failed to stop at the signs, just about hitting my kids."

"Today I stepped off the curb at a striped cross walk, looked directly at the drivers coming down Killingsworth, and no one, not even a passing cop, would stop for me for at least 5 minutes."

"What good do the 2 bike boulevards do? Seemingly totally oblivious bikers still use narrow crowded streets and make it risky for both bikers and drivers."

"Just try to cross NE 33rd, walking or biking, drivers just zip by."

"At some of the busier intersections, cars line up waiting for the one driver who wastes more time than they need, as if they are the only one who needs to get through the intersection. Aren't they aware of everyone behind?"

You hear this kind of talk everywhere in the neighborhood. Concordia Neighborhood Association's Transportation Committee has heard the comments as well, so at our September CNA general meeting, we're inviting a variety of City and citizen transportation spokespeople

to take questions and maybe give answers. That will be on Tuesday, September 13th at 7pm in our community room at Kennedy School.

We will get updated on our bike boulevards, officially now called Neighborhood Greenways. NE Going Street should be dedicated as finished by the time of the Sunday Parkways for Northeast Portland on the 25th of September. NE Holman's completion (originally scheduled to be ready by the end of July) seems to be stalled for now and the pocket park/traffic diversion promised for NE 13th is in limbo. We had over 100 enthusiastic residents come to the Holman meetings last fall, so now is the time for an update. And it will be an occasion to give feedback on what bikers and drivers see going on, even with the only partial completion.

Portland's Bureau of Transportation claims that they have done a great amount of public outreach and education of drivers about the more than year old law requiring motorists to stop for pedestrians crossing at corners and crosswalks. What has your experience been like? Or does PBOT need to do a lot more public education for drivers to know when to stop and for pedestrians to know what they have to do to get noticed? And does this apply to bikers in the mix? And have newer improvements, like the signaled and marked crossing at 30th and Ainsworth, and 30th and Killingsworth improved pedestrian safety? Ask and enlighten the PBOT folks.

Where are the riskiest crossings in our area? Are students walking to and from Faubion and other schools safe? What about speeding school bus drivers who, after dropping off students, take short cuts through our residential streets?

### Inside this issue

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Our major emphasis at this meeting will be on making our streets safer for everyone involved. Our transportation committee will prioritize your concerns.

Along with our own traffic safety concerns, we plan to hear from people involved with the Williams Street bike controversy. Originally planned to reduce car traffic to one lane and expanding bike lane widths to accommodate 3000 bikers per day, the project has now been put on hold. The local news organizations keep labeling it as a "gentrification" issue, while many residents say that it is another example (among many) of the City disrupting neighborhood patterns without local input, without consideration of side effects of yet another change imposed "from above". We hope to add clarification to the issue because many neighborhoods, including Concordia, have felt that the City decisions have been made without considering the impact on residents.

**Meetings are held at the Kennedy School Community Room. 5736 NE 33rd Avenue**

## How's your Petiquette?

Portland Parks & Recreation launches Petiquette for Parks, a campaign to encourage healthy, respectful off-leash recreation

Fernhill Park's off-leash area (OLA) is a popular spot for Concordia residents to exercise their dogs off-leash. But off-leash dogs in sports fields, the playground, and other leash-only areas are an ongoing source of frustration for park users and neighbors.

In August, Portland Parks & Recreation (PP&R) launched its Petiquette for Parks campaign, which helps dog owners learn more about off-leash recreation and respectful use of parks with pets.

PP&R staff was at Fernhill Park during the last two weeks of August, educating dog owners about off-leash area rules and boundaries. A series of rotating signs, focusing on obeying leash and scoop laws, as well as safe off-leash play, are also displayed at the park.

Starting in September, PP&R and Multnomah County will be stepping up enforcement of leash laws in the park. Off-leash citations come with a \$150 ticket so be sure to keep dogs on-leash outside the OLA.

For more information about dogs and parks, call PP&R's dog information line at 503-823-DOGS.

### Fernhill Park: Petiquette 101

Play off-leash in the off-leash area only. Take a minute to re-familiarize yourself with the OLA boundary map, which is posted on the rules sign. By law, dogs must be on leash when not in a designated OLA. Keep an eye on your dog. Always call back pets that are approaching the OLA boundaries. Leash up outside the OLA. Dogs should be on leash to and from the OLA, and all handlers must bring a leash to the park. Scoop the poop. Save the paws and shoes of all park visitors from poop by scooping. Per Multnomah County law, pet waste must be scooped and disposed of properly.

JOIN US FOR:

EVERYONE IS INVITED!

SEPTEMBER'S

NEIGHBORHOOD MEETINGS

General Meeting

TUES. SEPT 13 AT 7 P.M.

Topic: Are the streets safe?

Meet with Portland Bureau of Transportation representatives to discuss traffic safety for vehicles, bicycles and pedestrians.

Next Meeting Oct 5.

Tree Team Meeting

THURS. SEPT 1, AT 6 P.M.

New Seasons dining area

Land Use, Livability and Transportation Committee Meetings

THURS. SEPT. 15 AT 7 P.M.

McMenmins 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.

Board Meeting

TUES. SEPT 13 AT 6 P.M.

McMenamins Kennedy School, Community Room

Next Board meeting: Oct 11.

Wellness Committee

WED. SEPT. 14, AT 7 P.M.

Caff  Vita, 3023 NE Alberta St.

The wellness committee is planning a neighborhood survey on wellness topics

Chair's Corner

From: Concordia Neighborhood Association

To: Mayor Sam Adams

Commissioner Dan Saltzman

City of Portland

1221 SW 4th Ave.

Portland, OR 97204

Dear Mayor Adams and Commissioner Saltzman:

The Board of the Concordia Neighborhood Association held our regularly scheduled Board meeting Tuesday evening. A number of people attended this meeting to give us their input and request our assistance regarding the installation of a T-Mobile wireless antennae/equipment at 31st and Prescott Streets. According to the group, T-Mobile began work at this location without a valid permit (they indicated that the permit had lapsed since granted a number of years ago). It is uncertain to us from their presentation, whether or not a public process was part of the approval at the time the original permit was granted.

In any event, the Board of the Concordia neighborhood took action last night to encourage the City of Portland to require that T-Mobile submit a new application to permit the construction of a wireless antennae/equipment at this site. This new process, we trust, would then give the immediate neighbors and affected neighborhood associations (Alameda and Concordia) the opportunity to

speak to the issues of a wireless installation of this type in a residential area. The Board was most interested that residents in this area be provided "due process" in any consideration to permit a use of this type in our area.

The Board went on to say that we are also concerned regarding a use of this type being considered appropriate in a residential location. We were made aware that, according to city policy, this area appears to be in a location designated as a low priority – Zone 4 for siting cell equipment.

Thank you for considering our concerns. We would appreciate being notified of any future consideration or action on this matter.

Sincerely,

Robin Johnson

Chairperson

Cc:

- Scott Rider, Chairperson, Alameda Neighborhood Association
- Paige Coleman, Executive Director, Northeast Coalition of Neighbors
- Commissioner Amanda Fritz
- Jennifer Li, Utility Program Manager, Communications and Franchise Management

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

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concordianews@yahoo.com

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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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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.

Rent the Neighborhood Community Room

The Concordia Negihborhood 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.





Live Music on the Advantis Stage during the Alberta Street Fair



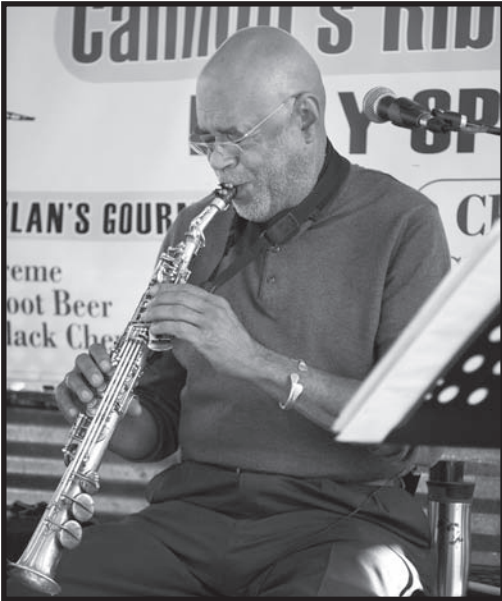
Colorful clown and balloon art - Alberta Street Fair.  
Photograph: R. Dailey



Seven year old Imani McRae, busking at her mother's booth, during the Alberta Street Fair



The Ty Curtis Band, award winning blues band, rocked the audience at National Night Out.



Reggie Houston and the C'EX Allstars play every Sunday evening at Cannon's Rib Express  
Photograph: Robert Pallesen



First animated neon sign on Alberta St. Caffé Vita coffee house.

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(Jennifer, moving from North Carolina)

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## Building Thomas Cully Park

Verde, a non-profit dedicated to improving the economic and environmental health of the Cully Neighborhood through environmental job training is leading a community coalition to build Thomas Cully Park at NE 72nd Avenue and Killingsworth. The Cully neighborhood has the smallest amount of parkland per resident of any neighborhood in Portland. Cully Park represents a long awaited developed park in the neighborhood and is the centerpiece of a community-based eco-district

designed to create economic and environmental wealth and health benefits for a predominantly low-income neighborhood.

It will be located on a 25 acre site, formerly operated as a sand and gravel quarry turned landfill until 1991, owned by Portland Parks and Recreation from a master plan developed in 2008. The main access will be from NE 75th Avenue. More information and questions can be directed to Tony DeFalco, 503 309-7385, or [tonydefalco@yahoo.com](mailto:tonydefalco@yahoo.com)

### A Guide to a Fun, Safe and Sustainable Last Thursday

**How to Ensure Last Thursday Continues**

The street is closed to vehicles from 6 – 10 pm. No parking after 5 pm, 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.

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



Wellness

by Kelly Schneyer

Food Allergic Families: Sanity Saving Tips& Brain Boosting Recipes

Summer has been a tranquil time for our family. We’ve enjoyed simple meals outside, eating grilled skewered fruit, fresh vegetables, and marinated meats. With the school year starting soon, I’m feeling nervous about lack of simplicity that comes with having a food-allergic and special needs child. What challenges me most of all is keeping my son’s typically healthy diet intact.

My four year old son has Aspergers Syndrome, and diet is an integral part of his therapy. This includes keeping all meals and snacks free from gluten, dairy, corn, cane sugar, and many other things. One wrong ingredient means his speech will regress or he’ll be a hyperactive motor mouth for several days. With rushed mornings and longer days at school, I want to be sure he is eating foods that feed his brain and keep him full for longer periods of time.

To nourish your family and keep food prep simplified, here are some tips for getting the most mileage out of your meals this upcoming school year:

- Cook once. Use twice or more. Double recipes as your budget allows. This applies to roasting meats, parboiling vegetables, and making desserts. Store leftovers in small or large storage containers in the freezer and label with freezer tape. They can be converted into something else, quickly thawed and added to someone’s lunch, or put in the oven for dinner another night.
- Block out ‘cooking frenzy’ time. When I’m on top of my game, Sunday afternoons are blocked out for making snack and breakfast foods for the week. If I’m up for it, I’ll also make a double batch of a casserole or soup. This means I make my

- meal list on Friday, grocery shop on Saturday, and clean up the kitchen Sunday morning so I can get to work. When I’m done, I usually have two batches of raw energy balls, lots of muffins, my hot cereal mix (recipe below), and a few dinners in the freezer. An investment of 3-4 hours saves hours of sanity throughout the week.
- Get your veggies. I have a motto: Keeping (some) things the same keeps (some) things sane. This applies to our family’s vegetable consumption. I chop up a lot of red cabbage and chard – stems included – and parboil them for five minutes. From this batch of vegetables, I can make a green smoothie for breakfast (recipe below) or sauté them with garlic and ginger for dinner. I can also sauté some shredded rotisserie chicken with onion, veggies, and marinara sauce, and spoon the mixture into a teff tortilla for an easy healthy lunch.
- More allergy friendly recipes and cooking tips can be found on my website: [www.nutritionalist.com](http://www.nutritionalist.com).

HIGH MILEAGE ALLERGY FRIENDLY RECIPES

Glorious Green Smoothie

This is my son’s favorite way to drink his veggies. Think of this as green applesauce mixed with juice. In a blender, add two handfuls of parboiled vegetables (see above), 2 cups of water, 1/3 cup honey, 2 chopped apples or pears, and 1 to 2 lemons (juiced). Blend until smooth and creamy. Add more water for desired consistency. Add more honey or apple to sweeten.

Gluten Free Three Grain Cereal

This breakfast cereal is a family favorite. I make a giant batch of it at night while I am doing dishes, and have enough dry mix to last use 2-3 weeks in a large container. It is packed with protein and fiber, low glycemic and Candida friendly and is completely gluten free. Kids love

- it! Serve with a green smoothie and some sausage, and you’ll be raring to go for the next several hours.
- Ingredients**
- Equal amounts of:
    - Buckwheat, amaranth, & millet (start with 2 cups each, add more if desired)
    - A few handfuls of nuts and/or seeds (choose from the following):
      - Cashews, almonds, hazelnuts, walnuts, and/or pumpkin seeds
      - A few handfuls of dried fruit (choose from the following):
        - Currants, raisins, blueberries, and/or cranberries
        - Cinnamon to taste
        - Salt to taste
        - Butter or coconut oil
        - Garnish ideas: maple syrup, fresh fruit, yogurt, milk
      - Prep (Can be done several days ahead):
        - Optional: rinse your grains, nuts, & seeds with water in a sieve or soak overnight.
        - Toast your grains, nuts, and seeds in a dry frying pan using medium to high heat. Stir frequently to avoid burning.
        - Transfer mixture into a food processor or blender to grind nuts, seeds and grains.
        - Transfer mixture into a bowl. Add cinnamon, and dried fruit.
        - This mixture can be stored in an airtight container for a few weeks.
        - Cook (can be done day of or night before):
          - Fill a pot with grains and water using a 1:2 ratio (1 cup cereal to 2 cups water, for example). Add 1 tsp salt per 1 cup cereal and 1 T fat to prevent sticking.
          - Bring to a boil, then reduce heat and stir occasionally. Cook for 10 - 15 minutes. Add more water if necessary.
          - Serve! Add fresh fruit, maple syrup, yogurt, raw cacao coconut

- sugar, and/or milk.
- This can also be made in a crock pot overnight on low setting.
- Sloppesh Joes**

(adapted from Feeding the Whole Family by Cynthia Lair)

- 2 tsp. olive oil
  - 1 chopped onion
  - 1 green pepper chopped
  - 1 clove garlic, chopped
  - ½ tsp sea salt
  - 1 (8 oz) package tempeh, crushed, or lean ground beef, chicken, or turkey.
  - 2/3 cup fruit-sweetened organic ketchup
  - 2 tsp whole grain mustard
  - 1 tsp brown rice vinegar
  - .5 tsp cloves
  - 4 gluten free hamburger buns.
- Alternately, use lettuce, gluten free English muffins, or teff tortillas (gluten free!).
- Heat oil in a 10” skillet. Add onion, pepper, garlic, and salt; sauté until soft. Add tempeh or meat to onion mixture; let brown. Mix ketchup, mustard, vinegar and cloves in a small bowl. Add to tempeh mixture, mixing well. Warm buns in oven or tortillas in a skillet. Spoon mixture onto buns or wrap and serve with your favorite garnish.

Kelly Schneyer is a practising holistic health counselor with a focus on family health and nutrition and a member of the CNA Wellness committee.

Please Take The Wellness Survey

Available on line

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 at the Sunday Parkway Fair,

in local businesses in the Concordia Neighborhood and by going to the following link:

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

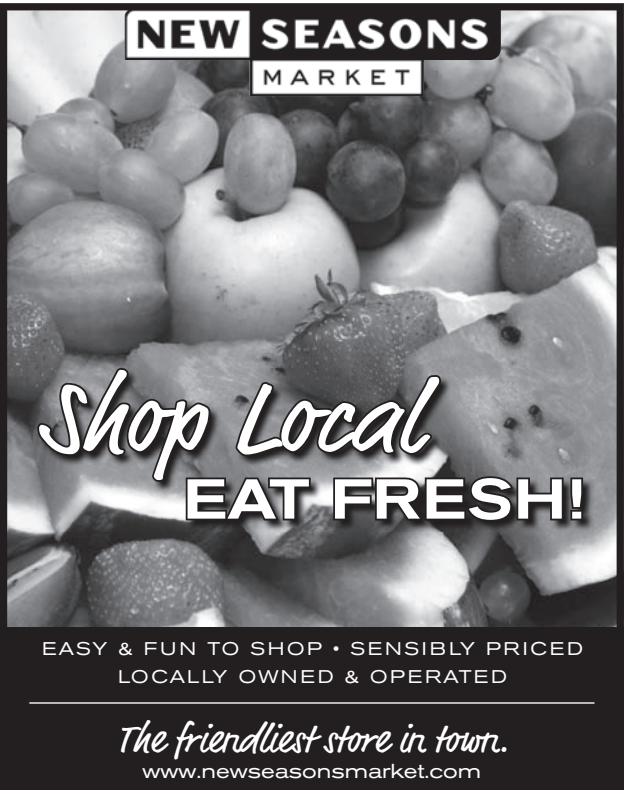
Once we get an idea of the kinds of services you’d like us to provide, you can be sure to start hearing about our progress in creating them! For more information about the survey or about potential upcoming

wellness events please contact:

Jill Muhm at [healthymuhm@gmail.com](mailto:healthymuhm@gmail.com)

—

Jill Muhm-Glover chairs the CNA Wellness committee  
Holistic Health Coaching  
[www.healthymuhm.com](http://www.healthymuhm.com)



Poets

in the Concordia neighborhood

Submit your poems for the December CNews issue. Deadline is November 1. Please type ‘poem’ in the subject line.

concordianews@yahoo.com



# Block Party Success

...*Where was I?* Oh that’s right, telling you about the process of planning a block party. In the previous article, I explained that one needs to have a petition signed by all of your neighbors okaying that the streets will be closed and the party is happening, a permit from the city, and to reserve blockades . So what was the next step? Well, waiting for the permit, planning a party and the hope of a successful first block party result.

Admittedly, I like to plan parties. Okay, “like” is not the best word choice. ”LOVE” is the most appropriate word. So I thought having all the neighbors over to discuss the interworkings of this first block party was a fabulous idea. However, a quick dose of reality of my, daughter’s first cold, a major sprained ankle and time got away from me. T minus 14 days and I realized that I had a problem. I knew only a handful of neighbors and could count on them for some of the essential items. However my inner party planner began to panic. Thoughts raced through my mind like “What if we don’t have enough grills, tables, too many potato salads.” Just then my neighbors, Matthew and Tanya, stopped by on their evening bike ride to share what they had been hearing from our neighbors. For one, everyone was excited. One neighbor even has a completely vegetarian grill. I eat meat, but I love this! They detailed a few more things that set my inner planner at ease and I delivered a flyer that said: “We will be setting up at 4 o’clock for block party day. Bring your ideas, a dish to share and be ready to share a grill, a table, chair etc”. Sometimes you just need to let things be organic and magically it all was.

Nine days till the block party and I received a lovely voice message from the city that our permit was approved and was put in the mail.

by Katie Transeth



Mike, Justin and Nonga seize the moment and the available grill space to cook up some delectable bites.



Dustin and son, Asher, take a break and switch the ping pong table to a dinner table.  
Photographs: Katie Transeth

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the week before and we were able to enjoy the parade and even a refreshing IPA in the beer garden. By 5:00, we had the five BBQs full of food, surrounded by our neighbors.

What fun! How many times a year can we do this?

Crossword

by Chris Yensan

Puzzles are produced for CNews by our neighbor Chris.

## HORSIN’ AROUND

*In honor of my horse, Teaspoon, this month’s puzzle contains famous horse names from movies/TV and literature.*

### ACROSS

- Hopalong Cassidy’s horse
- Richard Boone’s horse from Have Gun Will Travel
- Too pudgy?
- Old-fashioned aircraft
- Freshly made Greek aperitif?
- Took no notice
- It takes a hundred to make a cent.
- Collection agents’ words
- Mesoamerican flatbread
- Norma \_\_\_\_ (1979 film)
- Astonish
- Bulgaria’s Eng. Lang. news
- Odor
- Shallow Gulf between Trinidad and Venezuela
- \_\_\_\_ Scott Heron (self-named “bluesologist”)
- \_\_\_\_ Bayram (Miss Germany 2005)
- Mattie Ross’s horse in True Grit
- Where to get a book in Cape Town? (Abbr.)
- Brian \_\_\_\_ of Roxy Music
- Thin material
- First generation Japanese
- Single pilot aircraft (Abbr.)
- British WWII submachine gun
- Singapore time zone
- Concept for a short play?
- Sheldon \_\_\_\_ (on-and-off member of rock’s Adler’s Appetite)
- Ag. club for youngsters
- “And desire shall fail, because man \_\_\_\_ his long home . . .” (Ecclesiastes verse)
- Pilot
- Anagram of SIN MENU

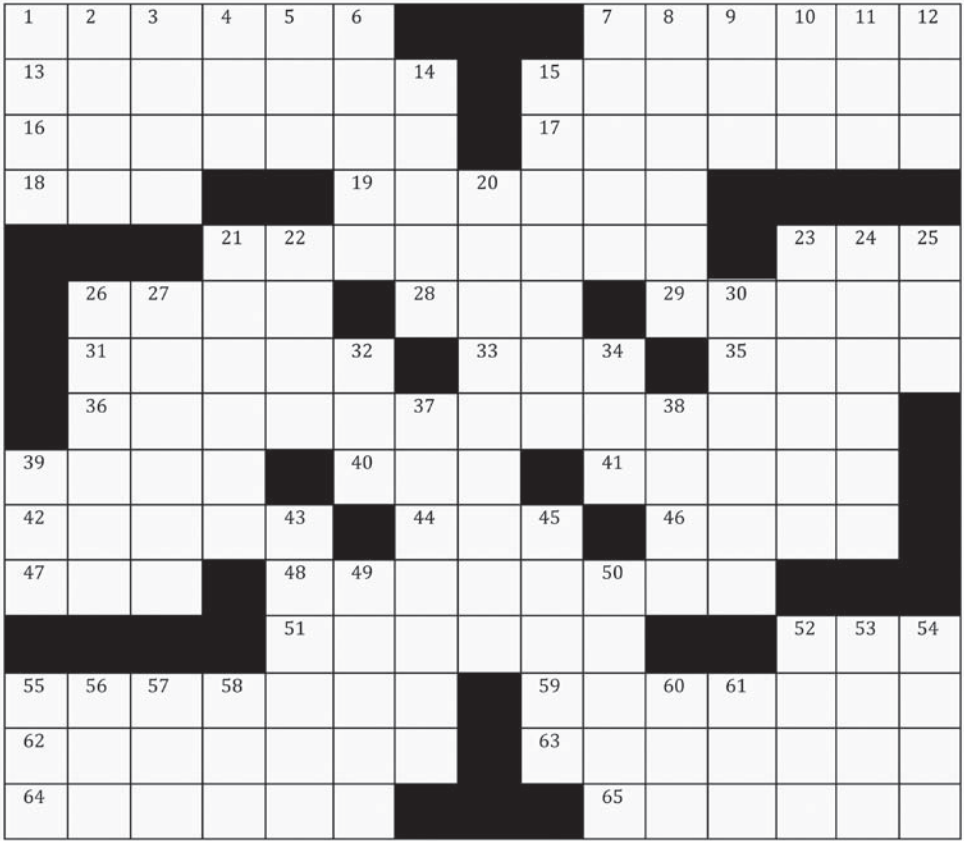
- Kitchen cloth
- Col. Potter’s horse (from MASH TV series)
- The Cisco Kid’s horse

### DOWN

- Tom Mix’s horse
- Walkie-talkie word
- Church benches
- Paid athlete
- Rural land zoning code (Abbr.)
- The Rifleman’s horse
- A Horse from Ben Hur
- Sleep disorders
- Character from Alice TV series
- Road paving substance
- Compass dir.
- \_\_\_\_ Fox (Jesse James’s horse)
- Emphasizes the merits of
- Medieval weapon
- Circular irons
- Slow-moving aquatic reptile
- “I’m \_\_\_\_!”
- Make bigger or smaller
- Lonely in Holland
- Book of \_\_\_\_ (2010 movie)
- “Splish-\_\_\_\_ I was takin’ a bath . . .”
- \_\_\_\_ Duthus (long-running Scottish football club)
- Brotherhood of \_\_\_\_ (Bionicle species)
- Schooner filler
- Fall behind
- Surround
- It follows book or suit
- Small drink
- Connecting strips of land surrounded by water
- Holy war
- The Kid’s horse in The Young Riders TV series

- One of the Ingalls’ work-horses from Little House On The Prairie
- The slide doesn’t lower completely, in gun lingo (Abbr.)
- A young colt
- Xena’s horse from Xena: Warrior Princess
- Peg Leg \_\_\_\_ (Children’s book about horses by Martin Duffy)

- Lennon’s lady
- Mind-reading letters
- Indonesian word for tea
- “See, it \_\_\_\_ who created the blacksmith . . .” (Isaiah verse)
- “Gotcha!”









# Updates from Friends of Last Thursday

We hope you're having fun in the sun this summer! The Friends of Last Thursday team is excited to announce what we're doing to make Last Thursday great!

Freinds of LT represents a broad spectrum of residents, businesses, vendors, performers, visitors and passionate people working to ensure community ownership and fiscal oversight of Last Thursday. Our goal is a vibrant neighborhood event that positively impacts all stakeholders.

## Become an Ambassador!

We need your help to keep Last Thursday free, fair & respectful! Consider joining our Ambassador team. We have shifts, before, during and after the event. It's a blast! Here's how it works: A pair of Ambassadors will be assigned to a 2 block area during the 6 to 10 pm street closure to help artists, vendors, musicians, and participants have a fun, safe and sustainable Last Thursday. Ambassadors keep sidewalks clear, check food vendors, communicate LT expectations, mediate disputes, and aid in moving vendors along at the close of the event. Ambassadors are also a link to city & county agencies. Please feel free to call on them if you are in need of assistance during the event and keep our lead Ambassador phone number handy to call or text at any time: 503-888-2934.

Next Ambassador training: Sept. 22, 7 pm, Talisman Gallery, 1476 NE Alberta.

info@lastthursdayonalberta.com

## Too Loud?

We're dialing in our sound compliance component in order to ensure Last Thursday volume is in tune with neighborhood needs. Street performers are asked to limit audibility to a 100ft range. "If I can hear you a 1/2 block away, please turn it down," warns our friendly Ambassador (twice) before calling the on duty Noise Ordinance Officer. A ticket for the offense runs \$500 per each offending musician/DJ. We enjoy listening to the great musicians who serenade us during the event and we thank them for hearing our message!

Thank You! Tavi and the Cruz Room for your contribution. The garbage bill is paid!

## Meet and Greet

Want to reach the Friends of Last Thursday face to face? Are you a potential volunteer, do you have a question, comment, concern or hug for us? Come talk to us the 1st Wednesday of every month, May thru Oct. at 7:30 pm, Talisman Gallery, 1476 NE Alberta St.

## Take our Survey

Please visit our website, lastthursdayonalberta.com and take our Community Survey. Your feedback is vital to our success! Happy Last Thursday!

KIDS' HAPPY HOUR  
5:00pm - 6:00pm Wed, Thur & Sun



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# TOO MUCH, TOO FAST, TOO SOON

“Simplify Your Child’s Life”

Simplicity Parenting coach, Leader Parent coach and group leader Yvonne de Maat shares the simplicity formula with parents in a new workshop series starting this fall. Yvonne became a trained Simplicity Parenting Coach this summer and has been a Waldorf teacher for 20 years.

“Many of today’s behavioral issues come from children having too much stuff and living a life that is too fast”

Through coaching and parenting groups, Yvonne helps parents simplify their routines and lives, allowing parents to see an improvement in their child’s behavior. The simplicity parenting philosophy teaches that many of today’s child behavior problems come from TMS - Too Much Stuff.

Simplicity Parenting is for all families living in today’s modern, fast-paced American culture.

*Yvonne de Maat runs a neighborhood pre-school: HEARTIN-HANDPRESCHOOL.COM*

PNCA

Pacific Northwest College of Art

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pnca.edu/classes



KENNEDY SCHOOL ... THE DARK SIDE

by Clifford Dimoff

Remembering some items that might not be on your back to school list.

Much has been written about Kennedy School, but until now the focus of the writing has been primarily on how the school came into being and the notable principals and teachers, however it has hardly scratched the surface of the daily routine experienced by those of us who went to school there. This article is written to expose once and for all the applied nonsense of our creative juvenile minds.

Some of the things we did took place in the classrooms, and others at various places in the school or on the grounds. Among those that could take place almost anywhere was the practice of collecting Levi tags, which was something all the cool guys tried to do. So anyone (who was smaller than you) wearing a pair of Levi Jeans with the tag still intact on the right rear pocket, was fair game for having it ripped out and added to your collection.

A non-profit public aid society called Community Chest was in practice in those days, who gave a red feather to anyone donating to their cause. The

twisted minds of my classmates and I used the feathers to make darts by taping a straight pin onto them. It was amazing how accurately they could be thrown, and it was not unusual at all for another kid to be the target.

Another way of launching a projectile was by putting a rubber band between two fingers held in a V-shape like a sling-shot and using it to shoot what we called spit-wads, which were made by rolling a strip of paper into a tight roll, then bending it them half. Yet another weapon in our arsenal was pea-shooters, which were nothing but plastic tubes that we used to blow virtually anything that would fit into them.

The desks in use at that time were constructed of open cast-iron sides with slanted wooden desk-tops with a storage area beneath the top for books and paper. One of the non-aggressive pranks we pulled

“...our teachers  
apparently imparted  
some knowledge  
without us even being  
aware of it.”

was to create a noise-maker by straightening a flat hair-pin, bending it at about one-third of its' length in a right angle, then about one-third of its' length further, bending it in an opposite right angle. We would then wedge one end of this device between the cast-iron support form and the wooden top of our desks inside the storage compartment where they could not be seen. Then by reaching in and plucking it gently with a finger it would vibrate against the bottom of the desk top, making

a subtle but very annoying buzzing/twanging sound. We would often enlist a classmate who sat in separate part of the room to also put one into action, so if the teacher looked or came in your direction, your buddy would twang his to confuse and mislead her. This was an especially effective tactic used on substitute teachers.

Since the desk-tops were slanted we also used them to create a pin-ball machine by using modeling clay to edge the top surface, make curved pockets, and hold a rubber band on the right front corner of the desk which was used to launch a marble or other small round object.

My best friend modeled the upper torso of two boxers in clay with their fists extended, and affixed them to the end of pencils. By holding his hands in the book storage space and sticking the boxers up through the hole in the top right-hand corner of the desk top (originally intended to hold an ink-well), he would spin the pencils back and forth making them appear as if they were punching each other.

Mrs. Palmer, the science teacher, had a stuffed swan with its' wings extended hanging from the ceiling in the center of her room. If she was called away from the room, or if there was a substitute teacher, we would

throw blackboard erasers at it to get it swinging. Once someone tossed an eraser that missed the swan and hit the substitute teacher, who had his back turned. We were fortunate there were no squealers, because being sent to the principal's office was not a pleasant experience.

When the school was in operation, the restrooms for both boys and girls went from the front hall to the back, the front halves having standard size fixtures and the back equipped with tiny little ones suitable for use by the little children in the lower grades. When McMenamin's acquired the property the boys' bathroom was modified by placing small bars at opposite ends and dividing the middle part into both men's and women's restrooms, with doors opening into the long hallway connecting the front hall to the back. The girls' restroom which ran parallel to the boys', with the front opening at the top of the ramp, was closed for public use and converted into the company brew house.

If the opportunity presented itself when we were at school in the evenings for cub scout or boy scout meetings a great thrill for us was to run through the girls' restroom from the front hallway to the back, and McMenamin's honored this tradition by having the image of a running boy painted on the new brew house wall when it was converted.

Considering all the diverse and disruptive nonsense we dreamt up it seems a wonder we learned anything worthwhile at all ...but we must have absorbed something in spite of ourselves, because many of us went on to successful high school, college, and business careers. One of my classmates became student body president in high school, and others reached the top levels of their chosen professions, so our teachers apparently imparted some knowledge without us even being aware of it.

Please send any improvements to these techniques to Clifford at CNews.

J-FELL.COM PRESENTS

80's MUSIC REVOLT!

The Soundtrack of the 80's Performed Live  
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Saturday  
Sept  
24<sup>th</sup>

Early Show (All Ages)

Doors 4pm - show 5-7pm

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Late Show (21 & over)

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Alberta  
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\$10 Adults  
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the  
Radical  
revolution

formerly known as  
'The Breakfast Club'

et  
EcoTech

ecoTECH  
environmental services

K103  
fm

MDM  
PRODUCTIONS  
SOUND & LIGHTING

Tickets: AlbertaRoseTheatre.com

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.



— Artist Spotlight Flora Bowley —

www.florasbowley.com

Tell us about your art.

I am an acrylic painter. I’ve been painting for 15 years. My style has developed over the years, because I am not really interested in doing the same thing over and over again. I try to do something new on every piece. This is a layered process. Acrylic paint dries fast. The beginning is really chaotic, explosive, a purging. As the layers build up I step back more, I make more choices. I look for something to emerge. I never know what the painting is going to be ahead of time. I don’t sketch before hand. I like to let it surprise me and not be something I am attached to before I start. It keeps me more in the moment of creating, finding happy accidents, letting the painting emerge as I go. It keeps the pressure exciting for me.

I went to three schools all in Colorado. I didn’t have a focused art school experience. I was doing a lot of art, but I was really interested in snowboarding.

Do you use your experience in other ways besides painting?

I’ve been teaching all year and writing a book.

The book is called “Brave Intuitive Painting”. It is partly about my approach to creativity: being brave and letting things unfold. Heavier on the philosophical approach rather than how to do it.

In the workshops it is about you finding your voice.

I thought that being a full time painter was my dream job. I got there about 7 years ago. After a few years I began to feel isolated and maybe not making as big of a difference as I wanted.

I connected with a woman who runs a company called Papaya. I mentioned that I might want to start teaching. She wrote a blog post about my art and the next day I had a full in-box from people who wanted to take a workshop. I was invited to New Hampshire to teach. Since then I have taught 15 three-day workshops in the past year, all over the world. This next year I want to teach longer workshops that offer more time for immersion.

Who attends your workshops?

I get full time painters and people who have never painted. The first thing we do is eyes-closed finger-painting to music. I try to get people into moving from the heart, to get out of their heads. I include lots of yoga and stretching. Then we try different tools to create an understanding that nothing is permanent. We work on what is working, rather than what



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Witnessing Skies of Birds, 48” x 60”

Photographs supplied by Flora Bowley

is not working, looking for the portal back into the painting. Painting on bigger canvases also tends to free up their technique.

What brought you to Portland?

After spending 6 months in New Orleans after Katrina, I was ready for a new place, still in the Northwest, but not Seattle, so Portland was a natural choice. I love hanging out on Alberta Street and riding my bike to Fernhill Park. I have shown my art at

Last Thursday, now I like to be part of the crowd. I noticed last month that it seemed more diverse with more people from the neighborhood participating.

This past year has taken me so many directions that I am looking forward to being at home. I miss painting.

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<sup>†</sup> 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.

<sup>†</sup> 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

Solution to September crossword

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A Time To Plant

by Suzinn Weiss

September Garden – a great time to garden again

After the lazy daze of August invited us to relax and enjoy the heat, (finally) the cooler days of September are the perfect time to tackle the gardening ‘to do’ list.

In the edible garden

- Do a tomato dance for a sunny September so that all that green fruit will ripen before the temperatures drop again. Harvest and enjoy fresh or learn to preserve this delicious crop before frost.
- Harvest winter squash when the “ground spot” changes from white to a cream or gold color.
- Harvest potatoes when the tops die down. Store them in a dark location.
- Before planting fall crops, turn & harvest finished compost and amend your garden plot.
- You can now sow new lettuce, spinach, radishes, shell or snow peas as well as parsley and root crops like rutabagas and turnips for late fall harvest.
- Plant starts for winter hardy greens such as kale, mustard, collards, chard & broccoli.
- Sow & mulch carrot, parsnip, and beets for winter harvesting.
- Reserve a place in your garden for October planting of garlic, shallots & onions.
- Remove any dying strawberry leaves and divide plants. Cut off runners to conserve the mother

plants’ energy for next years crop.

- Plant winter cover of annual rye or winter peas in any “resting” beds.

In the ornamental garden

- Plant, divide or transplant woody ornamentals and mature herbaceous perennials. Fall planting of trees, shrubs and perennials can encourage healthy root growth over the winter.
- Plant daffodils, tulips, lilies, alliums and crocus for spring bloom.

Lawns:

- (Early-September): Apply 1 lb. nitrogen per 1,000 sq.ft. to lawns. Reduce risks of run-off into local waterways by not fertilizing just prior to rain, and not over-irrigating so that water runs off of lawn and onto sidewalk or street.
- Stop irrigating your lawn after Labor Day to suppress European crane fly populations.
- Optimal time for establishing a new lawn is August through Mid-September.
- Aerate lawns.

Houseplants and Indoor Gardening

- Clean houseplants, check for insects, repot and fertilize if necessary; then bring them indoors.

Maintenance and Clean Up

- Apply beneficial nematodes

to moist soil beneath heuchera, rhododendrons and azaleas that show root weevil damage (notched leaves).

- Dampwood termites begin flying late this month. Make sure your home is free of wet wood or places where wood and soil are in contact.
- Prune any branches close or on the outer walls and windows.

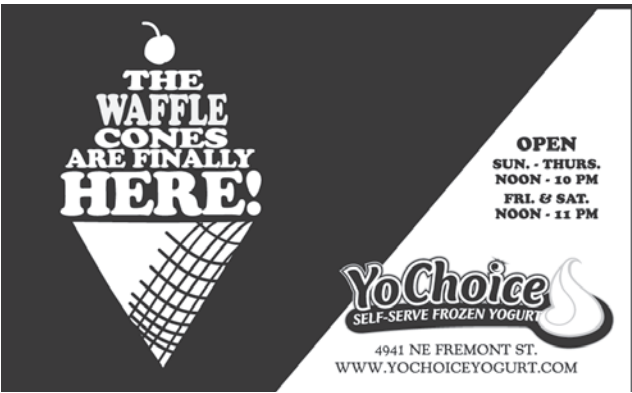
Sources: OSU Extension and Seattle Tilth

It may be dry in September (let’s hope so anyway), but that doesn’t mean you have to water as much as you think you do. I often see folks watering plants that, once established, are perfectly drought tolerant. Surprisingly even Portland’s venerable rose can take drought and bloom beautifully

For full sun, here’s my short list on what not to water:

Woody herbs such as rosemary, lavender and many types of sage.

Perennials: Agastache (a hummingbird favorite), Agapanthus, Asclepias (Butterfly weed), Baptisia, Caryopteris, Daylilies, Dianthus, Gaillardia, Gaura, Helenium autumnale, Helianthemum, Rudbeckia and Zauschneria to name but a few.



Many flowering bulbs including Crocus, daffodils, tulips, lilies & alliums.

The best way to grow healthy drought tolerant plants is to have well drained soil and to plant new additions in late fall or early spring so that you can take advantage of all the free water we are so fortunate to receive.

Suzinn has a drought tolerant garden in her parking strip.

Your Child Can Have Health Coverage

by Rachel Gilmer

Today, the challenges faced by parents have never been greater. Many working families are struggling to just make ends meet in this difficult economy. However, we know that when our children are healthy, they are equipped with the tools they need to guarantee their success. That’s why Healthy Kids, Oregon’s no-cost & low-cost health coverage program for uninsured kids and teens has partnered with the Urban League of Portland, to make sure every child in the state has access to health insurance parents can afford.

The Urban League of Portland is helping families apply for Healthy Kids coverage. Families can make appointments with Urban League staff to meet at their home or wherever is most convenient.

The Urban League has taken on several initiatives to get the word out to families that their child or teen can have health coverage. They partner with community organizations, faith-based groups, community assistance programs and the Housing Authority, conducting radio and print advertising as well as talking to families through mass transit and door-to-door canvassing. Those interested in volunteering to help get kids health coverage, should contact the Urban League!

Healthy Kids provides no-cost and low-cost health coverage for uninsured Oregon children and teens up to their 19 birthday. Coverage lasts for one full year and covers all health needs, including doctor visits and check-ups, dental, vision, mental or behavioral health services,

prescriptions and more. Children will not be turned away due to preexisting conditions or be put on a waiting list. No family makes too much money for Healthy Kids. Parent’s income will determine whether a child is eligible for the no-cost, low-cost or full-cost coverage option. For example, a family of four that earns as much as \$67,200 a year may qualify for low-cost coverage.

For more information, to enroll, or for volunteer opportunities with Healthy Kids, please contact Rachel Gilmer, Healthy Kids Coordinator at the Urban League by phone at 503.280.2600 ext.630, by email at RGilmer@ulpdx.org or in-person at 10 N. Russell St, Portland Oregon 97227. We look forward to hearing from you!



Salt & Straw, opening day for the ice cream scoop shop on Alberta St.  
(L-R) Ian Kane, Lauren Vermaas, with owners: Kim and Tyler Malek  
Photograph: CNews



The first Salt & Straw customers at the new shop.  
(L-R) Ally Nkwocha, Ian Petersen, Sarah Parker  
Photograph: CNews



Restaurant Spotlight

by Jeff Hilber

**Cannon’s Rib Express, Smoked Treats and Vegetarian Fare, 26 years in Concordia**

5410 NE 33rd Ave.  
971 270-2464  
Open at 11 a.m. everyday,  
weekends til 10 p.m.,  
weekdays til 9 p.m.

Wayne Cannon bought this business in October of 1995 from Chuck Hinton, when he first moved to Portland from San Jose, CA where he had been bartending for 30 yrs. “I was waiting for a job interview and I picked up the paper, saw the for-sale ad for a BBQ business. That’s how I met Chuck. He had it for 10 years. This business has been around for 26 years.”

After they closed the deal, “He [Chuck] gave me all of his recipes and his cooking style. Everything originated in the Concordia neighborhood. We might be the oldest BBQ place in Portland. I learned it all from Chuck. He stayed with me for four months and taught me the in and outs of the business.”

When the developer for New Seasons asked the neighborhood what businesses they wanted to stay; their response was for OLCC and this BBQ restaurant.

Wayne is the unofficial information booth for the neighborhood. “I get asked all the time about the Concordia Neighborhood. 70% of our business is from the neighborhood.”

He and his co-owner have been talking about expanding, but will

be here for at least another 5 years, “That’s when our lease is up. Expanding is hard because there are so many BBQ carts. At least they can’t park close to me here.”

Located in the New Seasons parking lot, a few years ago Wayne started offering vegetarian fare. “With New Seasons and all of the health minded people, we changed all of the side dishes. And they taste better now. We have eliminated all of the meat in them.”

There is a Veggie bowl and the Veggie sampler along with side dishes of red beans, rice, potato salad, corn on the cob, cole slaw, greens (mustard and collards), all with a vegetarian base.

Wayne has six employees; this summer he hired two school kids.

Everyone walking by the restaurant has heard the live jazz music. Wayne says, “Been going on for five years now.” Janice Scroggins, Reggie Houston and the C’EX Allstars play every Sunday, 5 to 8 p.m. through the end of September. “It is something everyone looks forward to.”

The main stay of any BBQ restaurant is the ribs. “We use hickory and mesquite charcoal. You get two different smoke tastes. Between the smoker and the grill it takes about four hours to prepare.”

Wayne serves beef and pork ribs covered with mild, medium or hot

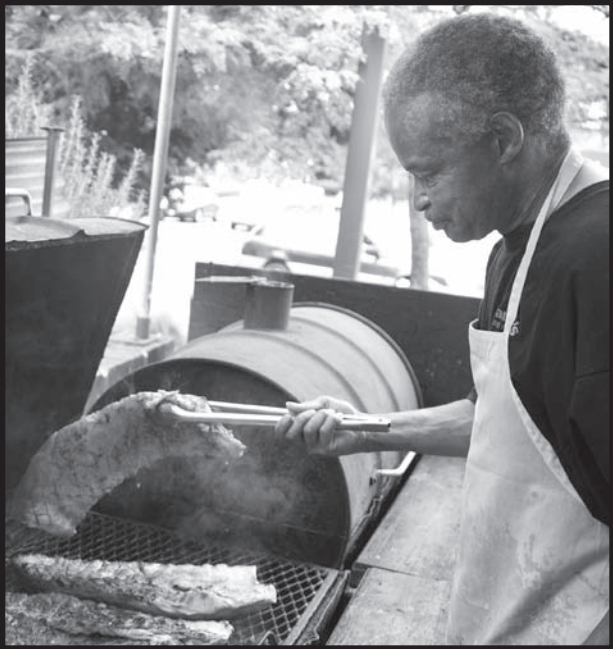
BBQ sauce. “I make 24 gallons a week. The last thing Chuck gave me was the recipe for the BBQ sauce. He just handed me a piece of paper with the recipe.”

In addition, Cannon’s serves chicken and catfish. He will also sell you the sauce to take home.

Wayne credits the neighborhood for his success, “I almost didn’t buy this business because there were no books. My tax guy told me to sit outside and see what happens. And I tell you; I almost didn’t buy it because after dark all of the monsters came out. Now you can walk the streets any time and feel safe. People used to drive through this area and not even stop. The neighborhood is so different now. This is one of the finest neighborhoods in Portland. The neighborhood support has kept me going even during the lean years. I want to thank the neighborhood for their support.”



(l to r) Frank Baker, Mr. Cannon, Reggie Johnson  
Photograph: Robert Pallesen



Frank Baker checking the pork ribs in the smoker  
Photograph: Robert Pallesen

**Sunday Parkways – September 25th**  
**See You There**

by George Bruender

Walk. Bike. Run. Stroll. Saunter. Skate. Strut. Dance. Exercise. Push baby vehicles. Just come out on Sunday, September 25th, rain or shine, between noon and 5:00, and meet your neighbors and enjoy all the activities along the route. This is the 3rd annual Sunday Parkways and the 3rd for the Concordia neighborhood. The idea is to get families and singletons out of their homes and out of their cars and to take a leisurely trip through our neighborhood, seeing everything first hand and up close on auto-free streets.

You can join the loop of closed streets from anywhere you decide to jump in the loop to anywhere

you decide to bow out. The main streets are Ainsworth and Going paralleled with 13th/17th and Cully Blvd so it encompasses practically all of Concordia and then some, 8 miles total of streets. Remember that Ainsworth was once going to be part of a city-wide system of boulevards with people going on Sunday strolls in their Sunday best. And this year, all of Going and sections of Holman have just been turned into neighborhood greenways. A little restoration of the “old times” that perhaps never was.

Last year we had thousands take the trek and thousands have already turned out for the other Parkways this summer. We suggest you get your

Church congregation to march en masse through our streets. Empty the college dorms. Get the school kids together. Abandon your computers and coffee shops for a couple of hours. Walk and bike with a group of friends and relatives. And enjoy your neighbors and neighborhood.

Sponsors this year include: the Portland Bureau of Transportation, Kaiser Permanente, Portland Parks, and Concordia University.

Just a note to residents living in the affected areas: Even though

the major streets will be closed, volunteers stationed at specific intersections will help you manage to get to and from your homes; however, why not postpone car trips and become a participant.

George is the chair of CNA Land Use Committee. Attend this event to see him on a bicycle.



Shelton McComb a new investor in the business with Mr. Cannon.  
Photograph: Robert Pallesen



**ALBERTA ROSE THEATRE**

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**Friday, Sept. 2nd**

**The Sugar Beets**

Chris Kokesh and Lincoln Crockett

**Wednesday, Sept. 7th**

**Folk Legend Ramblin' Jack Elliott**

**Thursday, Sept. 8th**

**Mary Gauthier & Slaid Cleaves**

**Friday, Sept. 9th**

**LIVE WIRE** Radio Show

**Saturday, Sept. 10th**

**Paul Cotton of POCO**

**Sunday, Sept. 11th**

**Peace Concert with KINOBE & The African Sensation**

**Tuesday, Sept. 13th**

The Past, Present and Future of Bluegrass

**Chatham County Line**

**Wednesday, Sept. 14th**

**Colin Hay**

**Friday, Sept. 16th**

**LAUGHTER IS THE BEST MEDICINE** • **A Night of Stand-Up Comedy**

**Saturday, Sept. 17th**

**Artichoke Music 40th Anniversary!**

**Sunday, Sept. 18th**

**Stellamara • Adam Hurst**

music and dance from the Middle East, the Balkans and beyond

**Thursday, Sept. 22nd**

**Mare Wakefield & Storyhill**

**Friday, Sept. 23rd**

**LIVE WIRE**

**Saturday, Sept. 24th**

**80's Music Revolt with The Radical Revolution**

**Wednesday, Sept. 28th**

**Absolute Guitar Mastery**

**Preston Reed**

**9/25 Catherine MacLellan**

**9/29 Sam Wegman CD Release**

**Tyler Stenson, Safire**

**9/30 Ellis**

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**NEFP - Northeast Emergency Food Program.** The First Annual Labor Day Rummage Sale, Labor Day, Monday **September 5**, 2011 8 a.m.-3 p.m. 4800 NE 72nd Avenue, between Killingsworth and Prescott at Wygant, Contact: Jeni Boussard, (503) 284-5470, E-mail: [nefp@emoregon.org](mailto:nefp@emoregon.org) Howard Kenyon, Program Manager, Jennifer Broussard, Project Coordinator at NEFP at Luther Memorial is open to clients from 1 to 4 p.m. on Tuesday, Thursday and Saturday. Robert Blake, Program Coordinator at Genesis, NE 27th and Killingsworth is open to clients every Thursday from 5 to 7 p.m. and every third Saturday from 9 a.m. to 12 p.m. [http://www.emoregon.org/NE\\_food\\_program.php](http://www.emoregon.org/NE_food_program.php)

Fernhill Park will be the site of the **Portland World Cup September 3-5**. This free, all-volunteer Labor Day Weekend event is organized through the Voz Workers Rights Education Project. In its second year, it combines soccer with a health/multicultural fair. Concordia residents are invited to attend and participate. There are many opportunities for volunteers and other non-profit organizations. For more information:

[www.portlandworldcup.org](http://www.portlandworldcup.org).  
or Eric Berg, Volunteer, Portland World Cup, 503 784-1197

**Portland Storyteller Guild** presents "Storython"--a rollicking evening of 5-minute stories told by guild members. Saturday, **September 10**, from 7:00 to 9:00 P.M. at the McMenamin's Kennedy School in the Community Room. Suggested donation: \$5.00/adults, \$4.00/c ldren 9 and older, \$10.00/families. Join us for a lively, fun evening.

The 7th annual **Vegfest** will be held at the Oregon Convention Center **September 17-18**, featuring Dr. Neal Barnhard and other speakers, chef demos, 100 exhibitors, free food samples and local restaurants. [www.portlandvegfest.org](http://www.portlandvegfest.org)



**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](http://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/>

Columbia Slough Watershed Council's **Aquifer Adventure**: a pirate-themed groundwater treasure hunt on Saturday, **September 17**, 12:00 – 4:00 p.m. NE 166th at Airport Way, Free! Big and little pirates alike are welcome to join the Portland Water Bureau and the Columbia Slough Watershed Council for a family festival all about groundwater! Play fun games and go on a canoe ride in search of hidden treasure - not gold, but groundwater, a precious resource that flows beneath your feet! Come dressed in yer finest pirate togs, or else the Cap'n might make ye walk the plank. Live music from 1-3 p.m., free t-shirts for kids. More information at [www.columbiaslough.org](http://www.columbiaslough.org) or 503 281-1132.

The 6th annual **Green Sprouts Organic Baby and Family Festival**, presented by The ReDirect Guide, Sunday, **September 25**, 10 a.m. – 5 p.m. at Peninsula Park, 700 N Rosa Parks Blvd. Families come celebrate a greener lifestyle! 100+ Vendors, Music, Activities & Seminars focusing on holistic pregnancy, childbirth, healthy and non-toxic homes, green products and early education. Featuring the Cotton Babies Diaper Dash, Baby and Children's Clothing Swap, Setting the World Record for the Most Person's Wearing Baby Carriers and Alma Midwifery Education & Movement Seminar Series. Admission to the festival is free. [www.GreenSproutsFest.com](http://www.GreenSproutsFest.com)

**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](mailto:contactcnaboard@yahoo.com)

## KENNEDY SCHOOL McMenamins

5736 N.E. 33rd Ave. • Portland  
(503) 249-3983 • [mcmenamins.com](http://mcmenamins.com)

Thursday, September 1  
**Family Frolic**

### KINDERQUEEN

A closet full of stories and songs  
6 p.m. • Free • All ages welcome

Thursday, September 15  
**GREAT NORTHWEST MUSIC TOUR**

### The DEFIBULATORS

Bluegrass, rockabilly, honky-tonk,  
and punk from Brooklyn, NY  
7 p.m. • Free • All ages welcome

Saturday, September 17

### Halfway to St. Patrick's Day Celebration

We love St. Patrick's Day  
and we love being halfway to it!

**KATHRYN CLAIRE & HANZ ARAKI**  
Traditional Irish • 1 p.m.

**MATTHEW HAYWARD-MACDONALD**  
Traditional Irish • 3 p.m.

**IRISH FAMILY HOOLEY**  
Celtic dance party • 2 p.m.

**IRISH DANCERS** • 5 p.m.

**FAST RATTLER**  
Fleet folk • 5:30 p.m.

**SUGARCANE**  
Island bluegrass rock • 8 p.m.  
Free • All ages welcome

Thursday, September 22

### The Fashion Nuggets

A tribute to the band CAKE  
7 p.m. • Free • All ages welcome

Thursday, September 23

### BRANDY DINNER

Enjoy a selection of fine brandies,  
paired with a multicourse dinner.  
7 p.m. • \$50; reservations required  
21 & over

Monday, September 26

### HISTORY PUB MONDAY

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

Thursday, September 29

as part of **Small Batch Tours**

### Pete Kartsounes Band

Folk, rock, blues, jazz & bluegrass  
out of Colorado  
7 p.m. • Free • All ages welcome



Sundays  
10 a.m. -  
2 p.m.  
NE 42nd  
&  
Killings-  
worth.

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Walk to shop locally.**

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