



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association visit the website: [concordiapdx.org](http://concordiapdx.org) April 2012

## Local Solutions To Food Insecurity

### PIONEERING FOOD SUSTAINABILITY and SECURITY RESOURCES

by Bart Church

January saw a record number of Oregonians applying for food stamps and the largest number of people on food stamps in the state's history –800,000– that is 22% of the state's population.

Here in the Concordia area of NE Portland, we are working on a number of fronts to respond creatively to create more food security and sustainability in this and surrounding neighborhoods. Here is a list of some of the resources and organizations empowering neighbors in or near Concordia to get and grow food affordably.

#### FOOD BANKS/FREE FOOD

**Sharon Community Services** Seventh Day Adventist serves N and NE Portland and has food boxes available. They are located at 5209 NE 22nd Ave. Their schedule is Sat 2:00 - 4:00 p.m. the last 2 Saturdays of the month.

503 880-3065.

**Genesis Community Fellowship** Food Pantry provides food boxes to NE. Their address is 5425 NE 27th Ave.

The weekly schedule is Mon and Thurs 4:00-7:00 p.m. 503-281-9472.



Early spring at the community garden plots along NE 35th Ave. east of the Kennedy School. With changes to the zoning code, local organic farming collectives and access to food and markets are a priority in some NE Portland neighborhoods.

Photograph: CNews

**St. Vincent De Paul** at St Andrew serves those in NE that need food boxes. They are just south of Alberta St. at 4940 NE 8th Ave. and are open Wed and Fri 9:00 a.m. - 1:00 p.m. 971 244-0339. Call for referral.

**Trinity Lutheran Church** located at 5520 NE Killingsworth St, serves the 97218 zip code for those who need food boxes on Wed, Thurs, and Fri 4:00 -5:00 p.m. 503 288-1055.

The headquarters for the state-wide **Oregon Food Bank** and warehouse is just north of Columbia Blvd, on NE 33rd. They do not give out food

there, but use a system of local food banks, like those mentioned above for distribution. You can, however, volunteer to work at this food warehouse. It's fun to put together food boxes. The warehouse address is 7900 NE 33rd Dr. They are open Mon- Fri 8 a.m. to 5 p.m.

Please call for a referral to a partner agency. 503 282-0555.

**The National Association of Letter Carriers Food Drive is Saturday, May 12.** Last year, 600 volunteers helped to bring in 650,000 pounds of food through this food drive in just

## Terra Firma Planning

by Andrew Parish

There is a significant chance that Portland will experience a magnitude 9.0 earthquake in the coming years. Such an event would overwhelm the city's emergency capabilities, and community members would necessarily be their own first responders and caretakers for some time. Fortunately, North/Northeast Portland has a wealth of businesses, faith-based organizations, and nonprofit groups whose civic focus and commitment to sustainability can be helpful in

preparing for, responding to and recovering from a disaster.

We believe your participation would be extremely valuable for our effort. The easiest way to get involved is to fill out our brief online survey. We hope to gain a deeper understanding of the skills, assets and needs of organizations that would come to the fore in a time of crisis. We also hope to elicit feedback about what roles NECN and its neighborhood associations could play in building greater community trust, communication and collaboration.

Refreshments will be provided!

The focus groups will be at NECN 4815 NE 7th Ave.

**Wednesday, April 4, Noon-1:30 p.m. Saturday, April 7, 10:30 a.m. to noon. Tuesday, April 10, 10 - 11:30 a.m.**

Please let us know if you can attend e-mail: [solidground@necoalition.org](mailto:solidground@necoalition.org). You can find more information about the project at <http://solidground.necoalition.org/> or on Facebook at <http://www.facebook.com/solidgroundne>.

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**Spring Egg Hunt**

**Earth Day Clean-up –pg. 6**

**The Concordia Clean Up June 9,** in the parking lot at NE 42nd and Killingsworth. We will be taking almost anything you want to get rid of, details in next month's CNews.

### Hey, Kids!

**Don't disappoint your parents; they have been looking forward to the Spring Egg Hunt all year.**

**Saturday, April 7, 10 a.m.**

**NE 37th at Fernhill Park.**

mail stamp area below

Get the latest updates at [concordiapdx.org](http://concordiapdx.org)

## April's Neighborhood Meetings

### General Meeting

The General Meetings are no longer held monthly. Look for quarterly announcements.

### Board Meeting

TUES. APRIL 10, AT 7 P.M.

McMenamin's Kennedy School in the Community Room.

Next Board mtg: May 8, 7 p.m.

### Wellness

WED. APRIL 11, AT 7 P.M.

Caffé Vita, 2909 NE Alberta St.

Next Wellness mtg.:  
May 9, 7 p.m.

**Everyone is invited to every neighborhood meeting!**

**These committees and your participation have direct results on the livability of our neighborhood.**

### Tree Team Meeting

THURS. APRIL 5, AT 6 P.M.

New Seasons dining area

Next Tree Team mtg:  
May 3, 6 p.m.

### Land Use, Livability and Transportation Committee

TUE. APRIL 17, AT 7 P.M.

Mcmenamin's 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.

Next Land Use mtg.:  
May 15, 7 p.m.

**CONCORDIA NEWS**  
Concordia News is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered residences and 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  
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Concordia Neighborhood Association  
PO Box 11194  
Portland, OR 97211

Contact the CNA Board  
[contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com)

Community Room Rental  
[contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com)

<b>CNA Chair</b> Robin Johnson 503 477-6807	<b>Land Use Chair</b> George Bruender 503 287-4787
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<b>Transportation Chair</b> Jean Keady 503 477-5575	<b>Livability Chair</b> vacant
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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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Visit the website of the Concordia Neighborhood Association



[www.concordiapdx.org](http://www.concordiapdx.org)

**Need Neighborhood Association help?**  
[contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com)

## Chair's Corner

At the March general meeting, your neighborhood police officer Heidi Brockmann brought to our attention proposed budget cuts to the police bureau. All of which include a reduction in street officers: Tactical, Vice, Traffic, Forensics and School Resource officers.

At this meeting those who attended were unanimous in asking Concordia Neighborhood Association to send the city a letter opposing any cutbacks in our current

**The City of Portland's Bureau of Planning and Sustainability (BPS) is accepting applications through Monday, April 16, 2012,** for community members to serve on eight Policy Expert Groups (PEGs) for the Portland Comprehensive Plan Update. The Comprehensive Plan helps the city prepare for and manage expected population and employment growth, as well as plan for the major public investments to accommodate that growth. It provides direction for City decision-making on land use, transportation, sewer and water systems, and natural resource management programs, while ensuring that investments in major city systems are coordinated.

Policy Expert Groups advise City staff on the development of the Comprehensive Plan Update and related programs. PEG members will work collaboratively with City and agency staff to develop policy that will contribute to the first draft of Portland's updated Comprehensive Plan.

levels of service. We are in process of composing this letter and will publish upon submission.

The Mayor has challenged all departments to trim their budgets by at least 4% next year. While we agree some cuts may need to be made, our current staffing levels are adequate at best. Significant cuts in the police department will have an impact on our neighborhood.

In the link below lists some of the cuts proposed by Chief Mike Reese.

The PEG membership will be composed of approximately 12 members. An effort will be made for a balanced group of community members and city/agency staff. Each PEG will have a professional facilitator and meetings will be open to the public.

Applications will be reviewed by BPS, in consultation with the Community Involvement Committee (CIC), and additional public agency staff.

The selection committee will work to ensure diversity of members, including but not limited to, field experts, neighborhood groups, business and institutional associations, persons with disabilities, communities of color and interest other groups.

Final appointment to the work groups will be made by the director of the Bureau of Planning and Sustainability in April 2012.

To apply to one of the eight Policy Expert Groups for the Portland Comprehensive Plan Update, please

Send your thoughts and comments to Mayor Adams: [mayorsam@portlandoregon.gov](mailto:mayorsam@portlandoregon.gov). The budget is due to be submitted to city council on May 15th. At the time of this publication, their will have been 2 public meetings on the proposed budget, but your voice can still make a difference.

[http://www.oregonlive.com/portland/index.ssf/2012/02/portland\\_police\\_chief\\_submits\\_1.html](http://www.oregonlive.com/portland/index.ssf/2012/02/portland_police_chief_submits_1.html)

-Belinda Clark, CNA Co-Chair

fill out an Interest Form by Monday, April 16, 2012, 5:00 p.m.

Policy Expert Groups information:

Marty Stockton Community Outreach and Information City of Portland, Bureau of Planning & Sustainability 1900 SW 4th Avenue, Suite 7100, Portland, OR 97201.

**Phone: 503-823-2041**

**Fax: 503-823-7800.**

**E-mail: [marty.stockton@portlandoregon.gov](mailto:marty.stockton@portlandoregon.gov)**

For more information about Portland's Comprehensive Plan Update, please visit

**[www.portlandonline.com/bps/pdxcomplan](http://www.portlandonline.com/bps/pdxcomplan).**

We will make reasonable accommodations for people with disabilities. Please notify us no fewer than five (5) business days prior to the event by phone 503-823-7700, by the TTY line at 503-823-6868 or by the Oregon Relay Service at 1-800-735-2900.

## Rent the Neighborhood Community Room

The Concordia Neighborhood Association rents the Kennedy School Community Room for \$25/hour and to non-profit organizations for \$15/hour. [contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com)

# Concerts Depend on Community Support

## Summer Concert Series in Fernhill Park

by Katie Ugolini

The Fernhill Summer Concerts grew out of the Neighbor's Night Out celebration; where there are parades, kids activities, live music and picnics.

In 2005, the community sponsored four live music concerts in the natural amphitheater of Fernhill Park. Since then, with support from the community, this series has expanded to five nights of music. Free to all that enjoy good companionship at a natural outdoor venue and the musicians get paid!

In addition to the generous support of the sponsors, passing the bucket at the concerts last year gave us a balance of approximately \$3,600.00 to build on.

There's hardly a better way to spend a summer evening than music, dancing and family fun at the Fernhill Concert Series

The Fernhill Concert Committee in conjunction with Portland Parks and Recreation has been hard at work trying to raise money for the series of five concerts.

**However, we very much need your help!** Fund-raising has been off to a relatively slow start this year. Any amount helps. Make the concerts happen! We need you to help raise the money to produce another memorable concert season in Fernhill Park.

Any contribution (e.g., \$5 or \$10) is greatly appreciated. Contributions are tax deductible.

If you are a business, institution, or individual and feel you can become a Fernhill Concert Sponsor by contributing \$250 or more, please see below for the benefits of sponsorship!

The benefits to you and your business:

- A chance to give to your neighborhood

- A tax deductible contribution staying "close to home"
- The option to display, give away or sell items at the concerts
- Your Business Name Recognized: and personally thanked from the stage at each concert.



The summer concerts will host Diana y Bamba (above) July 13th, in Fernhill Park.

Photograph: PhoenixLotus Photography

Any sponsor may have a promotional table at their sponsored concerts.

**Champion Sponsor:** \$2,500 or more  
Business name included as presenting sponsor of one night of the concert series with opportunity to MC and welcome audience to the concert.

**Major Sponsor:** \$1,000 and up  
Your logo or name on the concert banner displayed at all concerts.

**Contributing Sponsor:** \$500 and up  
Your name in bold on the concert banner displayed at all concerts.

**Good Neighbor Sponsor:** \$250  
Your name in the citywide printed schedule.

**Concert Fan:** under \$250  
For anyone that would like to contribute.

Every sponsor is invited to have a presence at the concerts to vend or give away products or just meet your neighbors. Please talk to us, as some restrictions apply.

Sponsorship commitments are payment is not due until May 15, 2012 to be included in the promotional material.

Let us know how you would like to participate as a sponsor or to make a **donation by phone, credit card or mail:**

Judith Yeckel,  
Parks and Recreation

1120 SW 5th Ave.,  
Ste.1302, Portland,  
OR 97204 503-  
249-8159 or judith.  
yeckel@gmail.  
com.

Please make checks payable to: PP & R/ Fernhill Concerts

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## Fernhill Summer Concerts Schedule

- Friday, July 6 The Dirty Syncopators (Soul/Funk)
- Friday, July 13 Dina y Bamba su Pilon D'Azucar (Latin)
- Friday, July 20 Stumptown Aces (Cajun)
- Friday, July 27 Kevin Selfe and the Tornados (Blues)
- Tuesday, August 7 (NNO) The Underscore Orkestra (Eastern Euro/Gypsy Balkan)

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<sup>1</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 on 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. Benefit currently not available in Hawaii, Michigan, New Hampshire, and North Carolina.

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<sup>1</sup> In Texas, the Program is underwritten by Southern County Mutual Insurance Company, through Hartford of Texas General Agency, Inc. Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.

# ANNUAL SPRING EGG HUNT

**SATURDAY, APRIL 7th**

**Hunt begins at 10:00 a.m. SHARP !!**

**Rain or Shine!**

**Free**

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**Association and**  
**American Legion**  
**Post 134**



Photograph: Bob Pallesen

**Land Use, Livability and Transportation**

**Special Meeting Planned For Traffic Issues**

**April 17th, Concordia University**

by George Bruender

**A Busy March and April, too.**  
 These three committees Land Use, Livability, and Transportation meet monthly at 7 p.m. on the third Tuesday of the month with everyone from the community being invited. We usually have a full agenda of pressing issues that neighbors and situations bring us, and March was no exception.

Last month we heard in detail from PortlandBasketball and its proposal for the “White Church” at 5131 NE 23rd. Many neighbors in attendance approved the proposal if there were noise controls and if parking were not intrusive. That proposal has been put on hold when the more expensive than originally estimated remodeling costs to create a high quality gym were confirmed.

Since then, the price on the foreclosed structure has been lowered considerably and a second proposal was just introduced to the committees. Obukan Judo, which now meets and practices in the crowded Peninsula Park Building, is looking for a new home in our area, so they approached CNA to assess their compatibility with the neighborhood just off Alberta. If their proposal advances further, they will return to talk to the immediate neighbors, who will need to approve land use changes.

The committees endorsed a request from AlaskaAirlines to open a

direct route between Portland and Reagan airport in Washington, DC. They need citizen and neighborhood support as the US Congress will allow only 4 new routes for the West Coast. We are writing that letter of support.

The committees voted to support the Board’s resolution to oppose TriMet’s truncating of bus route 9. (See the article in this issue).

In April, on the 17th we will have a special meeting at 7pm in the community meeting room at Concordia U Library because we have several issues involving both the college and the immediate neighborhood:

1. The completion of the soccer field and its effects on the neighboring residences.
2. The annual parking survey at the college and the impact of the new parking facilities.
3. Traffic patterns around the college, Faubion School, NE 27th and 29th
4. Traffic studies done on intersections at NE Killingsworth and 33rd and on MLK and Ainsworth and Killingsworth.

Denny Stoecklin, CFO of the college, and Matthew Machado of PBOT will be in attendance. We encourage you to also attend. First floor at the right (east) end of the Library. ▲



**Bus Route 9 is Saved!  
 Last Minute Reprieve**

After several weeks of waffling and changing their minds and leaving contradictory messages on their website, TriMet has issued the following statement: “Based on rider feedback we have decided not to combine Line 9 with Line 70 in NE Portland. That means the service on Line 9 as it travels through NE Portland will stay as it is today. Customers will still be able to ride from Downtown Portland to NE Portland without making any transfers using the Line 9.”

The original proposal was for Line 9/Broadway to go only to the Rose Quarter, passengers going downtown would disembark and transfer to Max or another bus line to go downtown, and the number 9 would continue on the eastside of the river, probably along NE 12th. This proposal immediately generated a lot of opposition particularly here in Concordia.

The Concordia University and its student government has been putting a fair amount of money into making bus passes available to its students in order to alleviate students parking in front of close by residences. Most of its ESL students go by bus, as do

**Would you like to be instrumental in improving the Livability of the Concordia neighborhood? Who wouldn't?**  
 The Land Use Committee has a vacant Livability Chair. This is one of the most effective and respected Land Use committees in the city.  
[contactnaboard@yahoo.com](mailto:contactnaboard@yahoo.com)

additional students who attend the ESL program at 30th and Ainsworth. That’s why the college adamantly opposed the original proposal.

Likewise Ecumenical Ministries’ HIV Day Center, also at 30th and Ainsworth, which serves about 50 clients each day whose only means of transportation is the bus, was quite upset at that original proposal. Most of its clients live downtown, many are ill, and the idea of transferring buses could prove daunting. The Day Center spends a good part of its service budget on buying bus passes. Lines of clients often show up two hours early on the day monthly passes become available.

Ordinary bus riders going to work or meetings downtown would have to allow more time and be more inconvenienced, transferring. It would make travel much more inconvenient for the elderly and mobile handicapped, as well as families and students depending on the most direct route possible. That’s why the Concordia Neighborhood Association Board issued a strong protest against the original proposal and why it is also relieved that TriMet has responded positively to community pressure.

Cutting routes, cutting service, cutting hours and adding transfers and spreading route stops further apart, has been TriMet’s response to budget shortfalls. But it is not the way to provide good service to those who need to use the bus or who should be switching to alternate means of transportation. Our route 9 was saved this time. ▲

*George Bruender is the CNA Land Use Chair.*



(Top), Beth Kerschen’s “Alberta Arts District” Etching (intaglio solar-plate)  
 (Bottom), Jerri Bartholomew’s Photographic/mixed media glass collage through April 27th at Guardino Gallery 2939 NE Alberta St.

**Safe Routes to School –Free Parent Bike Classes**

Portland Bureau of Transportation  
[scott.cohen@portlandoregon.gov](mailto:scott.cohen@portlandoregon.gov)

Surveys will be going out to parents in early May. We encourage families to fill these out to help get an accurate look at the way students travel to school.

This data also helps secure necessary funding to keep Safe Routes moving forward.

To see your school’s fall survey report go to [www.saferoutesportland.org](http://www.saferoutesportland.org) - Resource and Reference Materials – Partner Schools Evaluation Reports Fall 2011.

Ride Confidently in Portland - Come to our **FREE Parent Bike Class**

Throughout the spring, Safe Routes to School will be offering FREE parent bike classes. In this class you will learn:

- The rules of the road for cyclists.
- Available resources to get you and your family on a bike.
- How to safely ride with children.

We’ll loan bikes and helmets, and childcare will be provided.

by Scott Cohen

For those who don’t know how to ride, we offer personal instruction to get you confidently pedaling.

For more information, please call Carolina 503-823-1189 or e-mail:

[Carolina.Iraheta@portlandoregon.gov](mailto:Carolina.Iraheta@portlandoregon.gov).

Find Bike Safety manuals here:

[www.portlandonline.com/transportation/index.cfm?c=40561&a=379918](http://www.portlandonline.com/transportation/index.cfm?c=40561&a=379918)

# Meek School's Tree Planting Expands

**Students show a growing interest in trees** by Dove Hotz

In early March, the Concordia Neighborhood Tree Team completed a third planting at Joseph Meek Professional

Technical High School (Meek Pro Tech), 4039 NE Alberta Court. Together with the previous events, this totals about three dozen trees planted in the past two years. This project is intended to be a part of the educational programming at Meek, so a very diverse group of trees has been selected. This recent addition of eight trees included three evergreen oaks, one deciduous oak, two pearlbloom trees, one osage orange, and one *Emmenopterys henryi*. Students will be able to observe how these different trees grow and change over time in our Northwest environment.

partners – Meek Pro Tech, Friends of Trees, and Urban Forestry – for their commitment to this project. We invite you to visit the school grounds and watch as this small urban forest thrives in years to come!



**Matt Kilgore Brown and Larry Light mulch and repair the staking of an Umbrella Pine planted last year.**  
Photograph: Bob Pallesen



**Students broke out into small groups to learn how to plant and care for trees.**

Photograph: Bob Pallesen



**Tree steward and Concordia Tree team member Jim Gersbach working with Meek's students.**

Photograph: Bob Pallesen

Many thanks to our

For information on other Tree Team projects, and how you can help protect and improve Concordia's tree canopy, see our web site at [concordiatreeteam.wordpress.com](http://concordiatreeteam.wordpress.com).

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## This Isn't Scrapping, Is It?

I came home to the sound of clunking in my back yard and found this person (photo at right) had loaded just about everything metal from my yard into his truck. After an absurdest conversation about the difference between finding metal in the alley and taking it from my yard, he obligingly let me photograph him. If you see him or any suspicious behavior report it to 911. *—The Editor*



## Crossword

by Chris Yensan

**SPRING FORWARD**

Puzzles are produced exclusively for CNews by our neighbor Chris.

*Ah, Daylight Saving. Long afternoons and ridiculously early mornings. Whose bright idea was this, anyway? For those who can keep their eyes open after getting up an hour early all month, here is a puzzle with a quote that sums up Spring in all it's complicated splendor.*

- ACROSS
- How your mobile device connects to the WLAN
  - Alda and Ladd
  - Series of loops
  - Controversial Russian girl pop duo
  - Turkish tulips
  - \_\_\_ Night (Tom Waits song)
  - Part one of a Hal Borland quote
  - "\_\_\_ to you, sir!" (Rebuff to an impudent Englishman?)
  - Bests, in a competition
  - Heartier than LOL, in texting
  - They can be low or high
  - "\_\_\_ of the tongue . . ."
  - Passover \_\_\_
  - Brings home, as a paycheck
  - "A \_\_\_ divided cannot stand . . ."
  - One thing you can do on Craigslist
  - The ratio of concentration of solute to solvent, in chemistry
  - Pirates leg?
  - Shopkeepers excuse for not selling you an item?
  - Spills the beans
  - Gusto
  - \_\_\_ Kekilli (Award-winning German actress)
  - Standard
  - Hangman's rope

- Went hunting in Africa
  - Part two of quote
  - Gilbert Gottfried, as a parrot
  - Chicken's sleeping place
  - Between I and V, in old Rome
  - The bow, above the waterline
  - Queensland pine
  - End of quote
- DOWN
- RR stop
  - Tree stuff
  - If you're lucky, you might get a nice one from the IRS
  - They might take away your lic for this
  - Aflame
  - Cowboy's rope
  - Many Texans remember it
  - Kathmandu's land
  - It might ease your sleep apnea (Abbr)
  - Targets of McCarthyism?
  - Oxford-based grp. studying the societal implications of the Internet
  - Those guys, in Paris
  - Used to make soap or biodiesel
  - Speech impediment
  - Horse feed
  - Prohibit
  - Compass pt.
  - Keyboard key

- "\_\_\_ The Season . . ."
- He commanded the Allies in WWII
- Slippery swimmer
- Monogram for 1980s "Boxer of the Decade"
- Thoughtful sound?
- The scoreboard, at the start of the baseball game
- Inuit knife
- Reclined in a chair
- Jeff Lynne's band
- Free TV?
- Manning or Whitney
- Blabber on and on
- Muslim religion
- Ballet movement
- In addition
- Org. providing managed health care
- School org. for Atlanta or Albuquerque
- Definite article
- Confer upon
- Louisiana marshland
- Fiery crime
- Beverly Cleary title
- Derogatory term in the historical re-enactor subculture

- Non-profit org. concerned with the drafting of European Technical Approval Guidelines
- Gratuity
- Hardy \_\_\_-har

- Earlier than now
- It follows beat or neat
- Manufacturing tool
- Neckwear
- Univ. body that oversees studying

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70						71						72			

**BORDERLINE FUNNY**

*Taking the edge off of humor.*

**Places I Have and Have Not Been:**

*I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.*

*I've also never been in Cognito. I hear no one recognizes you there.*

*I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to friends, family and work.*

*I would like to leap to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.*

*I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.*

*I've been in Flexible, but only when it was very important to stand firm.*

*Sometimes I'm in Capable, and I go there more often as I'm getting older.*

*One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!*

*And, sometimes I think I am in Vincible, but life has shown me I am not.*

*People keep telling me I'm in Denial, but I'm positive I've never been there!*

*I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't have signed up in the first place!*

*I always wanted to be somebody. Now I see I should have been more specific.*

**Notice:** Due to current economic conditions the light at the end of the tunnel has been turned off.

**Wellness**

**Ask Your Neighborhood Health Counselor**

**Dear Jill,**

What is the deal with all the spring cleanses/detoxes that I hear about everywhere? What exactly is a cleanse/detox and why are people so into them? Is it just a bunch of hype?

Sincerely,  
*Squeaky Clean*

Dear Squeaky Clean,  
Great question! Yes, there is a lot of hype out there about cleanses! And there are a LOT of different types of cleanses to choose from. The basic idea behind a cleanse is to help the body do what it is meant to do – eliminate toxins. Every day we are exposed to toxins that find their way into the air we breathe, the water we drink, and the food we eat. The body does its best to rid itself of these dangerous substances by excreting them through the lungs, liver, kidneys, skin, and bowels. Unfortunately, many times the toxic load we encounter is so great that those toxins don't make it all the way out of the body. They get circulated back into the bloodstream and body tissues and many times deposited in our fat tissues. As these toxins accumulate in the body, they can become an underlying cause of a variety of health problems and obesity.

Once a toxin is stored in fatty tissue, the body will hold on to that fat as long as it can and many people find that they simply can not lose weight no matter how much they exercise until they go through the process of detoxing the body and expelling these toxins. If you find that you have a really hard time losing weight in your belly or thighs, it very well could be that you are storing some toxins there enclosed in a nice layer of fat to keep them from harming the rest of your body.

Spring is nature's detoxification season. The heavy stores of winter no longer serve us, and nature presents us with a special



**Jill answers your questions about a healthy diet.**

Photograph: Jill Muhm-Glover

harvest of bitter roots, sprouts, greens and berries to help detox any excess fats and proteins out of the system. According to Ayurveda and other healing philosophies, failing to detox properly during the seasonal transition may result in allergies, congestion, fatigue, depression, and/or weight gain during the spring months.

Here are some reasons people engage in a spring cleanse program:

Weight loss, Lifted, lighter mood, Better Digestion, More energy, Curb Cravings

By eating clean, detoxing, or cleansing, you can give your body a break and allow it to finally get rid of those toxins that have been stored up over time. Many cleanses are designed to give your digestive system a rest which re-sets the metabolism and kick starts healthy, sustainable weight loss. You want to be very choosy however with the different cleanse programs. Some programs are based on liquids alone while others focus on eating whole foods. If you have never tried a cleanse before, I would

by Jill Muhm-Glover

suggest you find a program that is based on whole foods.

I have guided many people through whole foods based cleanses to help them get rid of those nasty toxins and feel great for the coming season. If you'd like more specific information or guidance about a cleanse program that might be right for you, please contact me at [healthymuhm@gmail.com](mailto:healthymuhm@gmail.com). In the mean time I will leave you with three simple tips that you can implement today to get started cleansing your body from the inside out!

1) Give your immune system a spring break. 80% of our immune system lives in our intestines, and because of the damage caused by modern toxicity, it is constantly in a state of alert and in attack mode. There is a list of foods that really stir things up for the immune system and create a damaged intestine. Dairy, sugar, coffee, and gluten are the obvious culprits so I suggest you eliminate them from your diet for 1 week.

2) Cleanse your kitchen by eating with the seasons. Nature knows what it is doing. Any time of year, animals all over the planet are eating whatever is in grown locally and in season, and we'd be wise to do the same. Go to the farmer's market, learn what is in season, and eat whole foods when they're fresh and abundant.

3) Drink lots of water. Filtered water is best. Not distilled, unless you know what you are doing. Water with lemon is great for cleansing, as lemon is nature's magic cleaner. In the spring, the ice melts and the rivers run strong. Imitate spring in your body with fresh water flowing through it constantly. Ideally you want to consume half of your body weight in ounces of water every day.

**-Jill**

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



**2nd Annual Earth Day Clean-up**

**Saturday, April 21st on NE Alberta St.**

by Sara Wittenberg

The Second Annual Earth Day District Clean Up & Golden Garbage Awards, hosted by Alberta Main Street, will take place rain or shine on Saturday April 21, 2012. Volunteers will be assigned sections of the street when you register the morning of the event at UMOJA/Lifeworks NW (4941 NE 17th Avenue - corner of NE 17th Avenue & Alberta Street).



Please bring your own

gloves and any tools that will aid in the clean up. Some tools will be provided.

After the Clean Up we'll celebrate our accomplishments at the Golden Garbage Awards, complete with prizes.

Alberta Main Street, advancing efforts to develop Alberta Street as a vibrant, creative & sustainable commercial district serving residents and visitors to the community.

**Volunteers can pre-register online:**  
<http://albertamainst.org/whats-happening/earth-day/>

## Local Solutions

has hundreds of gardening and other tools neighbors and groups can borrow, as well as an extensive Seed Exchange Library containing 50-60 different varieties of free seeds. Stop by the Tool and Seed Library any

Wednesday 5:30 - 7:30 p.m. or Saturday 9 a.m. - 2 p.m., or check them out at [www.neptl.org](http://www.neptl.org).

**Growing Gardens** (see listing below under classes and education) offers free gardening tools, seeds and supplies to low-income people who enroll in one of their programs.

### GARDENING CLASSES/ EDUCATION

**Growing Gardens** offers free supplies and classes to low-income families wanting to learn to garden, as well as to children in after-school programs; also offers gardening education classes to any new gardeners on a sliding scale. They are offering two cool classes in April:

\* Building Raised Garden Beds, Saturday, April 14 - 10:00 a.m. - 12:30 p.m.

\* Introduction to Permaculture, Wednesday, April 18 - 6:00 - 8:00 p.m.

Register by calling 503-284-8420 or online at [www.growing-gardens.org](http://www.growing-gardens.org)

**Food Web and Gardening Educational Series**, Kim McDodge Memorial Fund of the Oregon Sustainable Agriculture Land Trust (OSALT) provides hands-on classes in Northeast –often in conjunction with the Urban Farm Collective or the Ariadne Garden– on how to use the principles of the food web and permaculture in practical back-yard gardening. To get on the email list of upcoming classes, contact: Ari Rosner, [aretzr@gmail.com](mailto:aretzr@gmail.com) or visit [www.osalt.org/events](http://www.osalt.org/events)

**Manifest Men's Gardening and Food Sustainability Team** at 4906 NE 22nd Ave, invites a different master gardener to teach men practical organic gardening techniques and principles on the 1st and 3rd Saturdays monthly (March-October), 1:00-3:30 pm, \$5-\$15 sliding scale donation. No one turned away for lack of funds. They also offer an eight-week Herbalism and Nutrition Course on Wednesdays, 7:30-9:30 p.m., that teaches men how to use herbalism and practical nutrition to prevent and address common ailments that typically damage men's health, like heart disease, diabetes, cancer, colds and flus, chronic pain, allergies, depression/anxiety, addictions, and stress. Learn more at 503-223-8822 x1 or [www.manifestpdx.org](http://www.manifestpdx.org)

**Portland Fruit Tree Project and Sabin Community Orchard** teach gardeners about Guild Planting: how

...continued from the Front Page

to choose plants that like to grow together to create mutual synergies, like strawberries and blue berries in acidic soil. No experience is necessary, and all are welcome –kids included! Located in the abandoned roadway of NE Mason Street between NE 18th and 19th Aves.

Please RSVP to Rachel, [trecare@portlandfruit.org](mailto:trecare@portlandfruit.org) or 503 284-6106.

### COMMUNITY GARDENS



The raised beds outside of the Kennedy School Community Garden plots are surrounded by bales of straw.

Photograph: CNews

**Kennedy Community Garden**, NE 35th Ave. and Jessup, currently has a long waiting list of people wanting to get plots in the garden, but they do offer volunteer/educational opportunities for neighbors who want to learn about gardening by helping in work-parties or special projects. Contact Volunteer Garden Manager Denissia Withers at 503 284-0289 or [denissiae@gmail.com](mailto:denissiae@gmail.com).

**Urban Farm Collective** has nine community gardens in Northeast, and is looking for landowners in Concordia who would like to donate part of their yard to start community gardens, as well as gardeners in Concordia who would like to collectively work in a community garden, and in exchange get part of the produce from the Urban Farm Collective network of gardens. If you're interested in donating land or becoming an Urban Farm Collective Gardener where you will work with an experienced Master Gardener contact Jeanette Kaden, [urbanfarmcollective@gmail.com](mailto:urbanfarmcollective@gmail.com) or check out [www.urbanfarmcollective.org](http://www.urbanfarmcollective.org).

**Killingsworth Community Food Forest**, next to Portland Fruit Tree Project, 1912 NE Killingsworth, is an educational and demonstration site for home-scale organic food cultivation, with an emphasis on fruit trees and perennial fruits and vegetables. Become a Community Food Forester and apply permaculture to home-scale perennial gardening. Most of the produce is donated to the local food bank or local neighbors in need. Learn more at 503-284-6106 or [trecare@portlandfruit.org](mailto:trecare@portlandfruit.org) or at the

Orientation Meeting 4/5/12, 7:00-8:30 pm.

**Koinonia Garden** 5431 NE 20th Ave. is a community garden on the front lawn of Redeemer Lutheran Church. "Koinonia" is a Greek word meaning "deep communion by intimate participation." Through this garden we are discovering our deep spiritual communion with one another and the biosphere, and learning how to garden, harvest, and enjoy the harvest as a community. All are welcome. Learn more about becoming a garden volunteer: Andrew 323 445-0255 or [ultimate9@gmail.com](mailto:ultimate9@gmail.com) or Melissa at 503 381-1358.

**Oregon Food Bank, Eastside Learning Garden** - 7900 N.E. 33rd Drive, includes more than 17,000 square feet of growing space, a container garden, four laying hens, 24 fruit trees and a compost demonstration area. Beginning and experienced volunteers work together to grow nutritious produce for food bank clients to enjoy fresh produce, enjoy physical activity, increase gardening skills and support Oregon Food Bank. Weekly shifts are: Tuesdays 9 a.m. to Noon, April through September, Thursdays 9 a.m. to Noon, year-round

Learn more with Lisa Waugh, Learning Gardens volunteer coordinator, [lwaugh@oregonfoodbank.org](mailto:lwaugh@oregonfoodbank.org) 503-439-6510 Ext. 3314 or [www.oregonfoodbank.org](http://www.oregonfoodbank.org)

**TELL US MORE:** If you know of other food sustainability and food security resources in the Concordia Neighborhood, please contact Bart Church, Concordia News, [yogibartpdx@gmail.com](mailto:yogibartpdx@gmail.com) so he can request they be included in an upcoming Online Wellness Matrix and Map the Concordia Wellness Committee is developing for the Concordia Neighborhood Association Website.▲ [concordiapdx.org](http://concordiapdx.org).

**The Media Team that publishes the Concordia News is looking for some help with the publication of the paper. If you have an interest in getting to know the Concordia neighborhood, there is no better way than joining the volunteers on the Media Team. Most of the work can be done from your home. E-mail the Editor before he comes knocking on your door, [concordianews@yahoo.com](mailto:concordianews@yahoo.com)**

## Best NW Chef Nomination

For the second time, Naomi Pomeroy, the chef of her restaurant Beast, located in the Concordia neighborhood at 5425 NE 30th Ave. is one of five finalists for Best Chef Northwest Category by the "Oscars of Food", the James Beard Foundation Awards.▲

# You Have A Vote - Use It In The May Primary Election

## Candidates speak in Concordia



Running for re-election, Councilwoman Amanda Fritz (center) posed with Concordia Neighborhood Association Board members, (left to right), Co chair, Belinda Clark; Chair, Robin Johnson; Social committee Chair, Katie Ugolini, and Robin's husband, Jim Johnson.



Moderated by Carl Talton (left), the Council candidates responded to questions previously submitted by the neighborhood.



The top three Mayoral candidates in a field of 23 who have filed for the job. (left - right) Eileen Brady, Charlie Hales and Jefferson Smith.



Eileen Brady



Charlie Hales



Jefferson Smith



Mary Nolan



Steve Novick



Teresa Raiford

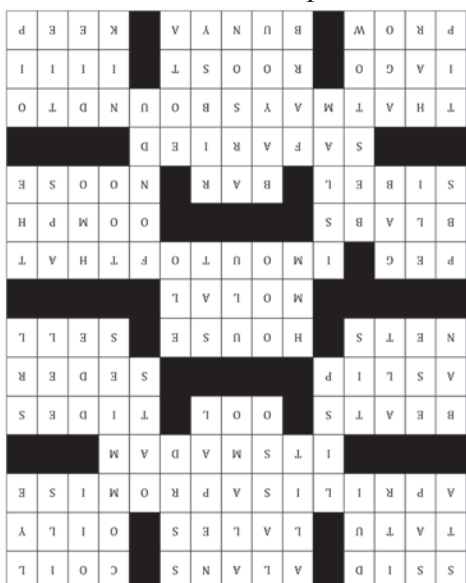


Mark White



Jeri Williams

### crossword



The *Concordia News* cannot endorse any candidate above another, but if you heard them speak at Concordia University in February, or again in March, you know they all had some excellent points. We can encourage you to vote in every election. If you want diversity in your City government, you must participate. Use your vote wisely; get to know the candidates and not just by the advertising. They are all accessible and willing to talk about your issues. -The Editor

### The Election schedule issued by the Oregon Secretary of State:

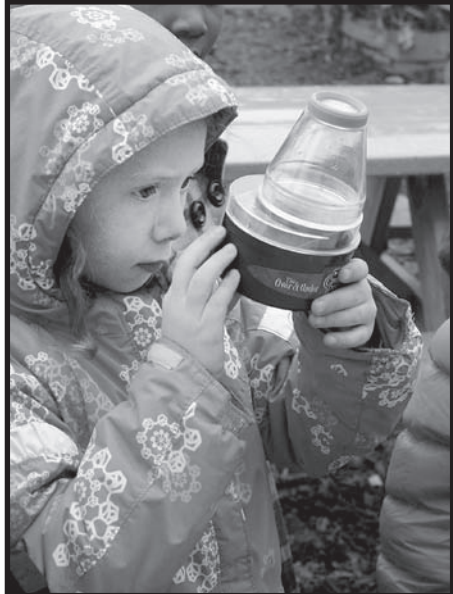
- March 31, 2012 Ballots mailed to long-term absent voters (overseas and military)
- April 3, 2012 Seven day reporting begins for campaign finance transactions
- April 16, 2012 Ballots mailed to out-of-state voters
- April 24, 2012 Voter registration deadline
- April 27 - May 1, 2012 Ballots mailed to voters other than long-term absent and out-of-state voters
- May 15, 2012 Election Day
- June 14, 2012 Certification of election results





# Vernon First Graders Work Out The Bugs in Their New Curriculum

## Learning from Insects



Taking a closer look at a garden soil sample and its inhabitants. Photographs this page: Vernon PTA

Class lessons on insects followed with children conducting deeper research on specific bugs of their choosing. This research helped form the knowledge base for other subjects. For example, in language arts the children wrote reports based on their readings. For math the concept of symmetry was woven into their knowledge of insect anatomy. The



The curriculum takes the students from what they see in the garden to crafting insect tiles in class.

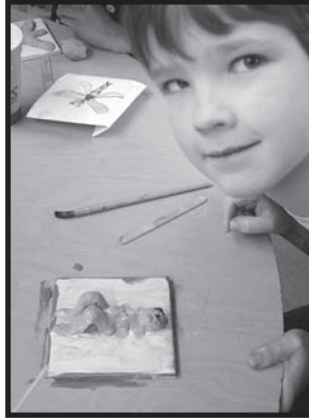
After years of training and hard work, Vernon K - 8 School recently received International Baccalaureate (IB) status and is now certified as an IB "Primary Years Programme" (PYP) school. Curriculum at an IB PYP focuses on the development of the whole child as an inquirer, both in the classroom and in the world outside. Part of this means that students do in-depth investigations into topics for five-week blocks, then proceed to take action to solve a related issue in the school, community, and beyond.

If you were to peek in or outside of a Vernon classroom, you would see this IB work in action. This past month, Vernon's two 1st grade classes, led by Ms. Wendy Wager and Ms. Kristi Kucera and assisted by Vernon parent, Jennifer Hulford Odell, have been studying insects through a variety of disciplines: reading, writing, math, science, art, and social studies.

science component led the classes outside to do an analysis of existing insects in our local area. And over the course of five sessions, children completed an array of colorful paper mache insects that will decorate the Vernon halls.

The culmination of the five-week unit will be a practical project in the school's native garden where kids will apply their knowledge about insects and get their hands in the dirt. Children will spend the morning identifying insects that are beneficial

by Vernon PTA



Putting the finishing touches on an insect tile.

to the school garden and "solve a problem" by adding native plants that will attract these insects. This garden project is the result of a newly formed partnership that has been developed between the 1st grade community, the school's garden coordinator Sarah Canterbury, who is a Vernon parent as well as an employee from the Bureau of Environmental Services, and the West Linn native plant nursery Bosky Del Natives. The efforts and collaboration between these parties and the strong support of Vernon principal, Tina Acker, has created a robust, streamlined approach toward addressing Vernon's educational and school improvement goals throughout the five-week unit.

Vernon students, faculty and parents are excited about the potential for integrated learning and the Vernon first grade classes' implementation of IB into their curriculum is an example of this potential. Both Ms. Wager and Ms. Kucera have commented that they could not get over how many kids were taking books out of the library about insects. In the classroom, rather than having to "make" the kids read, the teachers

actually had to "stop" their students reading in class. This is perhaps the best result of inquiry-based learning: kids excited about learning.

If you have any questions about Vernon School, please visit the school's website and the PTA website. Members of the community are also welcome to attend our PTA meetings which are held the first Wednesday of the month at 5:45. Childcare available. [www.vernonowls.org](http://www.vernonowls.org)

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### Vernon Events

These events that are open to prospective Vernon parents and the general community.

Vernon School is located at 2044 NE Killingsworth St.

Wed. April 4th – PTA meeting and PTA board elections 6 p.m.

Tue. April 17th – Multi-cultural Celebration Night 6 p.m.

Fri April 27th - Principal Coffee Hour 9 a.m.

### King Market to Open in May

We're in your neighborhood

**Sundays, 10 a.m. - 2 p.m.**

**May 6 - October 28**

**NE 7th and Wygant at King School**

[www.portlandfarmersmarkets.org](http://www.portlandfarmersmarkets.org)

## Concordia Cavaliers April Baseball at the new Hilken Stadium

<b>Sun.</b>	4/1 <b>The College of Idaho (DH)</b>	<b>11 a.m. Hilken Stadium</b>
<b>Tue.</b>	4/3 <b>Linfield College</b>	<b>6 p.m. Hilken Stadium</b>
<b>Thu.</b>	4/5 Lewis-Clark State College	6 p.m. Lewiston, Idaho
<b>Fri.</b>	4/6 Lewis-Clark State College	6 p.m. Lewiston, Idaho
<b>Sat.</b>	4/7 Lewis-Clark State College (DH)	12 p.m. Lewiston, Idaho
<b>Tue.</b>	4/10 Puget Sound	3 p.m. Tacoma, Wash.
<b>Fri.</b>	4/13 <b>University of British Columbia</b>	<b>6 p.m. Hilken Stadium</b>
<b>Sat.</b>	4/14 <b>University of British Columbia (DH)</b>	<b>2 p.m. Hilken Stadium</b>
<b>Sun.</b>	4/15 <b>University of British Columbia</b>	<b>11 a.m. Hilken Stadium</b>
<b>Fri.</b>	4/20 Seattle University	6 p.m. Bellevue, Wash.
<b>Sat.</b>	4/2 Seattle University	1 p.m. Bellevue, Wash.
<b>Sat.</b>	4/28 Oregon Institute of Technology (DH)	12 p.m. Klamath Falls, Ore.
<b>Sun.</b>	4/29 Oregon Institute of Technology (DH)	11 a.m. Klamath Falls, Ore.

DH = Double Header, **Home games in bold**, Hilken Stadium, 2811 NE Holman

## Restaurant Spotlight

# Celebriano il nostro primo Anno di Enzo's Caffè

## Celebrating Our First Year of Enzo's Caffè

### Happy Anniversary, Enzo's!

2529 NE Alberta St.

Tuesday - Sunday 11 a.m. to Close

503 222-1601

www.enzoscaffaitaliano.com



With an atmosphere that matches Enzo's smile and made-from-scratch Italian food, Enzo's is like no other Caffè.

A year ago this month, Enzo's Caffè Italiano opened on NE Alberta Street, embodying the ambience and cuisine of a Southern Italian Caffè. Practically everything is prepared on the premises – such as the fresh pasta made daily, Italian cheese and sausage, and authentic Italian desserts.

Starting April 15th, 11 a.m. to 3:30 p.m., experience a real street-side Caffè, as if you were in Italy, with choices from Enzo's new lunch menu. Light and flavorful items include pasta dishes, salads, Panini, and pizza made with their in-house mozzarella. The pizza appears again at dinner, along with traditional and regional pasta selections, creative main dishes, and weekly specials such as gnocchi or cioppino.

The Italian beers and wines are carefully selected to complement your meal.

In fact, feel free to start with a tasting at the new wine bar, then take your bottle with you to your table and enjoy the friendly and casual atmosphere of Enzo's Southern Italian ristorante.

Enzo and his family welcome you anytime – drop in to catch a “football” (soccer) game, check out their weekly wine pairings, or attend one of the monthly events focused on a particular Italian food or region. If you are in the neighborhood and need a little something to fortify yourself for the rest of your day, treat yourself with a refreshing gelato or espresso.

**Enzo's will celebrate their first anniversary on Last Thursday April 26th. If you are in the area, come on in and say, “Buon Anniversario, Enzo!” Enjoy complimentary Pugliese food from 6 until close.**



Enzo invites you to sample the weekly wine and food pairings with your friends in the relaxed ambience of the wine bar.

Photographs: KCPhotog.com

This spotlight is paid for by Enzo's Caffè Italiano. Text by Dove Hotz.

## "Last Things First"

A Last Thursday Fundraiser will be held April 29 at the Alberta Rose Theatre!

3000 NE Alberta St. 3:00-9:00 p.m.

Artists, Creatives, Performers, Musicians, Restaurants, Businesses, Neighbors,

It's Time To Unite

Behind Last Thursday!

To keep our Last Thursday thriving, please consider donating to the fundraiser.

Be creative--everyone potentially has something cool to offer!

All donations are tax deductible.

Checks can be made out to

NAO (Non-Profit Association of Oregon).

Donations may be dropped off by April 15:

info@LastThursdayonAlberta.com

or call Rochelle 503-888-2934

Friends of Last Thursday wants to thank you for being part of the solution and a friend of the neighborhood!

## St. Michael's Installs New Pastor

by Robert Schmidt

St. Michael's Lutheran Church, next to Concordia University, will be installing a new pastor on April 29th at 3:00 p.m. in the church sanctuary. The new pastor is Rev. Bob Martinek from Alexandria, Louisiana.

Pastor Martinek was born in Chicago, Illinois. He began thinking of the ministry while in eighth grade. To pursue that goal he attended a Lutheran High School in Chicago and Concordia College in St. Paul, Minnesota.

After a brief stay at the University of South Florida he joined the Navy in 1975. Soon he was assigned to the Narwhal, a fast attack nuclear submarine. He served aboard the Narwhal for 2 and ½ years as a Quartermaster involved in the navigation of the boat.

While on shore duty in Key West, Florida he decided again to pursue God's call to go into the ministry. He changed his rating in the Navy to become one of its first Religious Program Specialist (RP), where he was the only submarine qualified RP in the US Navy. Upon

completion of eight years in the active Navy, he joined the reserves and went into the seminary in Ft. Wayne, Indiana. Upon graduation from the seminary in 1988 he was ordained at Trinity Lutheran Church in Richmond, Virginia, where he had served his internship. From there he went on to pastorates in several parishes in Illinois. He has been a pastor at Redeemer Lutheran Church in Alexandria, Louisiana for over ten years. In addition to serving congregations he has also been active as the President of several Ministerial Associations and served the wider church as a circuit counselor and member of the Southern District's Board of Education. He has been very involved in mission work in Alaska through the Alaskan Mission for Christ and has continued making repeated trips there.

He is single and has a cat named Bailey. He loves camping, swimming, hiking, white water rafting and reading. His passion is for outreach and mission work.

## Artist Spotlight - Kierstin Oliver

### Dirty Dishes – A Potter's Collective

3012 NE Alberta Street

Wednesday-Saturday: 11 a.m.-6 p.m.

Sunday: Noon-5 p.m.

[dirtydishesstudio@gmail.com](mailto:dirtydishesstudio@gmail.com)

541 870-6551

*Dirty Dishes is a collective of over thirty local potters showcasing their work along side the ceramics and paintings of store owner Kierstin Oliver.*



The clean lines of Kierstin's functional ceramic art in her Dirty Dishes style.

Photographs this page: CNews

#### Your painting has become a part of your ceramic style.

For the last two years I find that I am going back to my illustrative roots. That is way, way back. Yes, even my ceramic work has started to look like my paintings. I am letting myself paint again. I cycle through a bunch of mediums. I went to school originally as an illustrator, became a jewelry maker for one year, moved to Oregon, fell in love with textiles did my BFA from University of Oregon in textiles and while I was doing my final show in textiles, I was escaping to the ceramic studio. There I was working my butt off with the textile show and then I would go and throw a couple of pots.

I lived in Maine through high school then went to Georgia, but after two years there I decided, "I hate Georgia."

My best friend and I decided to "do the country". We zigzagged back and forth with two futons strapped to the roof of the car; with no plan to go back or where to end up. We were looking at a map, my friend had an uncle in Eugene and we said, "Let's go to Oregon."

I was admitted to U of O where I took my first weaving class. While the teacher was talking, I had the loom strung, colors picked and cloth woven before any of the others have theirs strung. It was so bizarre. I just "saw" how it worked.

#### Had that happened before?

The first time was when I was in high school with painting. One particular painting, I remember. The difference

here was this was with a machine.

My degree was about my work with multi-media art quilts, hand painted, dyed fabric, with waxes and textures poured all over it. Essentially they were fabric paintings. Then I started throwing pots and I am still a novice 12 years later.



Dirty Dishes shares the storefront at 3012 NE Alberta with Verabel Jewelry.



Multi-talented artist Kierstin Oliver with a display of ceramic art crafted by thirty local potters. Discover something for the casual purchaser or the collector.

#### Well, we don't want to peak too early.

I found I couldn't deal with the tiny, every thread in place or the detail of jewelry. I loved the results, but not the process. I love the process of clay, but the results... you just learn to let go.

#### Which muse did you follow after graduation?

I bought a wheel and started throwing pots. Saturday Market in Eugene was a great launch pad for emerging, young artists. I was immediately successful. I started selling pots; I did whatever random artistic job I could get. I worked on an all-woman construction crew and learned how to build cabinets, plaster walls and lay tile. I did what I could to supplement my pottery.

I bought my first house in Eugene, turned it from a garage into a dwelling, sold it and moved to Portland.

#### What happened when you from Eugene to Portland?

I applied for jobs and worked at Queen Bee for five years. The

economy hit the fan and everyone was laid off. I know how to scrap and get by. But when I had this job: I got comfortable; I had health insurance; I stopped working for myself. I was pouring all of my creativity in to Queen Bee. Then it was gone in an instant.

I forgot the last twenty years of my life I was doing whatever I had to get by. I was crushed because I loved the job. I thought, "I am crazy to feel bad. I know how to get by, I know how to be resourceful and take care of myself. So quit crying about it and get back to work!"

Now I am back to who I was, before I had a job, as an artist trying to support myself, feed my family and keep a nice home. Comfort can be so detrimental. My mind stopped reaching for all of the creative outlets that make me happy.

#### It takes a lot of inner drive.

You need motivation and discipline. Even if you are not selling your art, customers are not coming in the store, even if no one is looking at what you are making, you still work.

Starting Dirty Dishes in this

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economy I have learned to not be too attached. I saw a successful company, almost hit rock bottom.

I love what I'm doing right now. I work with 30 other potters and I'm happy to be able to give them a place to sell.

#### How important is the connection between artists and their clients.

None of us on Alberta would be here if the people that lived in the neighborhood didn't want us here. Those personal connections are keeping us alive.

I have fallen in love with this community. My customers come in because they want to support me and all of these other artists. Retail has changed so much with the Internet. We need to make the intentional choice to buy from our artists.

#### Many businesses take advantage of Last Thursday.

It is a great way to advertise. One of the benefits of Last Thursday is people-watching. The entertainment, there is so much entertainment. I love that Stilt-walkers are in my world, now. I forget I am living in this funny bubble of Portland.

#### How would you describe your work?

I am good at drawing trees on my pottery. I look on these ceramics as functional items. My style is children's book illustrative. It's graphic, simple and colorful.

#### How are your pottery classes set up?

The first class is \$55, where I demonstrate the materials and techniques, with time for some first pots from the students. This class is for those without prior experience with clay. Each class after that introduction is \$45 per hour. I then help the student follow whatever path they want, with my help. What's exciting is I have started working with home-schooled kids who don't have access to art classes. ▲

**ALBERTA ROSE THEATRE**

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4/3 **SETH GLIER**  
THE CABIN PROJECT

4/6, 7 & 8 **PORTLAND UMBRELLA FESTIVAL**  
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SATURDAY - THE STOLEN SWEETS  
SUNDAY - WANDERLUST CIRCUS  
AND A LEGION OF VAUDEVILLIAN LUMINARIES

4/9 **CHILLY GONZALES**  
DOUBLE T PRESENTS

4/12 **GLEN PHILLIPS**  
OF TOAD THE WET SPROCKET  
AND JONATHAN KINGHAM

4/13 **KORY QUINN**  
CD RELEASE  
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4/14 **LIVE WIRE!**  
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4/21 **Flat Foot Follies**  
Swing Time Vaudeville  
meets the Shanghai Woolles

4/22 **RACC PRESENTS:**  
YOUR CAREER IN MUSIC  
A PANEL DISCUSSION

4/26 **SALMON POET**  
ART-MEETS-NATURE FILM  
WITH LIVE PERFORMANCES  
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SHOEHORN  
DUSTY SANTAMARIA

4/27 **VICTOR LITTLE AND FRIENDS**  
"PAST AND PRESENT"

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4/29 **LAST THINGS FIRST**  
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## TALISMAN GALLERY

March 19 - April 22

1476 NE Alberta St.

Artists Reception – Last Thursday, March 29th,

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

Talisman Gallery (located in Portland's lively Alberta Arts District) is pleased to announce its upcoming show featuring new work by members **Suzanne Flynn** and **Ken Walker**.

Flynn's new series entitled "Wall Shadows" Her mixed media canvases contain large areas of neutrality and use only minimal color to capture the mysterious and fleeting shadow images witnessed.

Walker's photographic works are from "the working series". Walker focuses on both workers and the tools of their trade – separately, together, during work, and post-process. Literal and abstracted forms –Walker captures "clues" for his viewers to decipher and enjoy.

## six days ART CO-OP

2724 NE Alberta St.

Tuesday-Saturday noon-8 p.m.,  
Sundays noon-6 p.m.

We invite you to join us for the opening of the first annual 6x6(x6) Show our first public art show, featuring small works from local artists and Six Days Members.

It will be up to you to vote for your favorite artwork. A cash prize will be given to the winning artist.

These small works will be available for sale and may be taken home at the end of the Last Thursday Opening.

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



[www.portlandfruit.or](http://www.portlandfruit.or)

## GUARDINO GALLERY

March 29-April 27

2939 NE Alberta St,

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

503 281-9048

Opening Reception: Last Thursday, March 29.

Main Gallery through April 24.

**Jerri Bartholomew** creates collages in glass. She combines photographic screen prints with more free-form imagery, and using a variety of fusing and cold-working techniques.

She will present three separate themes: "Bridges" about Portland, "Pages from a Naturalist's Notebook" Pacific Northwest images and "Graffiti".

**Beth Kerschen** creates unique prints to express her vision.

She uses a blend of photography and solar plate Intaglio printmaking techniques to create urban landscapes. She combines several plates into a single scene that builds a narrative that represents a feeling of nostalgia, permanence and personality.

Feature Area –through April 22

**Louis Delegato** is a sculptor working with steel, adding elements of gypsum board, some glass, graphite and a little oil paint. He will be showing a variety of sculpture ranging from very organized free-standing steel arrangements (clean) to more organically assembled ones (dirty).

**Erinn Kathryn** works with mixed media on Rives BFK paper. She calls her paintings for this show the "Hybrid landscapes" series. She employs a bird's eye view of landscape, asking the viewer to question the scale of the view.

**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. 5431 NE 20th Avenue, 503 539-1756

[www.neptl.org](http://www.neptl.org),

## KENNEDY SCHOOL McMenamins

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Thursday, April 5

**Family Frolic**

**NEVER STRANGERS**

Bluegrass/Americana/roots

6 p.m. • Free • All ages welcome

Sunday, April 8

**Easter Brunch**

Join us for a seasonal feast with

maple-glazed ham, homemade

biscuits and sausage gravy,

a waffle bar and more!

9 a.m. 'til 3 p.m. • All ages welcome

Reservations required

\$25 adults; \$14 kids 5-12

Free for kids 4 and under

Tuesday, April 10

**RACE TALKS:**

An Opportunity for Dialogue

**"OCCUPY PORTLAND:**

**Coalitions of Color"**

7 p.m. • Free • All ages welcome

Thursday, April 12

**The Shook Twins**

as part of **GREAT NORTHWEST MUSIC TOUR**

Not your average Portland folk band.

7 p.m. • Free • All ages welcome

Saturday, April 14

**Mo Phillips/Monster Suit**

CD release of the new indiependent

album *Monster Suit*. With Little Sue,

Lincoln Crockett & Johnny Keener!

5 p.m. • \$10 per family • All ages welcome

Thursday, April 19

**ADAM SWEENEY AND THE JAMBOREE**

Jangle and harmony

7 p.m. • Free • All ages welcome

Thursday, April 26

**THE NORTHSTAR SESSION**

Country-pop

7 p.m. • Free • All ages welcome

Monday, April 30

**HISTORY PUB MONDAY**

"SUPREME COURT JUSTICE

**William O. Douglas:**

**ENVIRONMENTALISM AND OREGON"**

7 p.m. • Free • All ages welcome

Tuesday, May 1

**HAPPY MAY DAY!**

Enjoy kids' entertainment, live music and

more. Go online for the full schedule.

4 p.m. • Free • All ages welcome

Friday, May 4

**TEQUILA DINNER**

Enjoy a selection of Milagro tequilas

paired with a super fantastic menu.

7 p.m. • \$60; reservations required • 21 & over

**CYPRESS ROOM**

Now serving a menu of rum & reggae!

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