



# CONCORDIA NEWS

A **free** publication of the Concordia Neighborhood Association

visit the website: **concordiapdx.org**

May 2012

## Concordia Tree Team Earns Bill Naito Community Trees Award

Fifteen years ago the Urban Forestry Commission, founded in 1974 by Bill Naito, created an award to honor his life as a builder and community leader who tirelessly worked to beautify Portland with trees.

Each year the award is presented to individuals, organizations, or projects that have continued Bill's work and reflect his dedication.

This year the Urban Forestry Commission unanimously moved to accept the Concordia Tree Team as well as Phyllis Reynolds, for her 40 years of advocacy for urban trees, and David Odom, in memoriam, for his dedication in protecting and educating about trees.

The ceremony took place Arbor Day, in the Shadow of the Elm on SW Park Ave. Bob Naito, Bill's son was the presenter, "To the Concordia Tree Team for leadership in their community and the city.

"We believe they showed their own neighborhood and any other that cares to look what can be accomplished when a handful of people are dedicated to increasing their own understanding, to educating others, and to actions that will benefit future generations who will be caring for neighborhood trees.

"We laud their remarkable achievement in forming a tree team to begin with, in completing an inventory of their diverse neighborhood's street trees, and in completing a neighborhood tree plan that reflects their neighborhood's



**Bob Naito (far right) presents the Concordia Tree team with the 2011 Bill Naito Community Trees Award, made from carved white Oak. Accepting for Concordia are Robert Pallesen (l) and Dove Hotz (r).**

Photograph Courtesy: Urban Forestry

needs...all while, inventing a way to communicate with their neighbors and following through on good communications at every step of the way with vision and imagination".

Their inventory and a stunning map of the Concordia Trees, the result of hundreds of volunteer hours by the Concordia Tree team, is here:

[www.portlandonline.com/parks/treeinventory/](http://www.portlandonline.com/parks/treeinventory/)

In 2005, this award was presented to Jim Gersbach for the Ainsworth Linear Arboretum. A link to this project and a map of the trees is [www.portlandonline.com/shared/cfm/image.cfm?id=101779](http://www.portlandonline.com/shared/cfm/image.cfm?id=101779)

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**Do you live near Concordia University** and want to know when their major events parking will have an impact your front-of-the-house parking?

Are you planning for your own event, like an office party, graduation party, out of town guests, etc. and are concerned as to whether your guests will find parking?

To know in advance what's going on, sign up today to get the latest notices.

<http://www.cu-portland.edu/events>

This link will be reserved solely for this purpose. The University won't contact you for any other reason. You may add or delete your name at any time.

## Four of Five Concerts Funded Fernhill Park Summer Concert Series

A warm hearted Thank You! to every business and resident who has donated to the Concerts in Fernhill Park for 2012. This summer series of live music begins July 6th and then on every Friday at 6:30 p.m. in July, and National Night Out on August 7th, people gather in the natural amphitheater in Fernhill Park for an evening of good companionship with the neighborhood.

Funding is needed for the fifth of these five concerts. Last year saw the biggest crowds ever for these Friday nights of picnicking, music and dancing.

**Please help by sending your donation, large, small or everything in your pocket, it adds up quickly.**

These concerts happen entirely through the support of the community.

Payments are sent to Portland Parks and Recreation, Judith Yeckel.

email: [judith.yeckel@gmail.com](mailto:judith.yeckel@gmail.com), or call: 503 249-8159.

### 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 Tornadoes (Blues)**

**Tuesday, August 7 (NNO) The Underscore Orkestra (Eastern Euro/Gypsy Balkan)**

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

## May’s Neighborhood Meetings

### General Meeting

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

### Board Meeting

TUES. MAY 8, AT 7 P.M.  
McMenamin’s Kennedy School in the Community Room.

Next Board mtg: June 12, 7 p.m.

### Wellness

WED. MAY 9, AT 7 P.M.  
Caff  Vita, 2909 NE Alberta St.  
Next Wellness mtg.:  
June 13, 7 p.m.

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

**These committees can have direct results on the livability of our neighborhood only with your participation.**

### Tree Team Meeting

THURS. MAY 3, AT 6 P.M.  
New Seasons dining area

Next Tree Team mtg:  
June 7, 6 p.m.

### Land Use, Livability and Transportation Committee

TUE. MAY 15, 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.:  
June 18, 7 p.m.

## Chair’s Corner

## CNA Quarterly Meetings in Planning

by Robin Johnson, CNA Chair

In March the general membership, with the recommendation of the Board, voted to change the bylaws to allow quarterly general meetings. This action is one of the items that came from our Board retreat held back in the fall.

Many on the Board made the observation that our attempts to have general meetings on a monthly basis, while many times quite informational and helpful, were difficult to organize and often times failed to attract all but a few neighbors each month.

We believe that by switching to quarterly events that these meetings, events and other get-togethers will be more content rich, more relevant to our neighborhood, better planned and, we trust, will result in better attendance.

A planning committee is organized and a schedule is currently being discussed.

To begin, the Board approved, at their last meeting, the June general meeting concept which is titled: Pioneering Food Security and Sustainability in Concordia: Local Resources and Visions.

This topic will be an expansion of

the excellent article presented in the April *Concordia News* and will provide the added opportunity for an exchange of ideas between neighbors, advocates and providers .

This meeting is scheduled for June 5th at the Community Room at the Kennedy School.

The planning committee will recommend to the Board that the fall general meeting surround the issue of emergency preparedness at the neighborhood level. The planning group has tentatively entitled this session as: “Concordia Emergency Preparedness and Neighborhood Resiliency”.

We also anticipate that the Neighborhood Social, Health and Food Services Asset Mapping System that the Wellness Committee is collaborating on can also be presented in draft form at this meeting. The tentative date for this meeting is October 2nd.

Northeast Coalition of Neighborhoods (NECN) is currently working on this issue with the help of a group of Portland State University students (go to the NECN website, [necoalition.org](http://necoalition.org) and read “On Solid Ground:How Prepare Your

Community for A Major Disaster” for more information ).

We will ask NECN to share the information they are gathering, as well as asking other Portland neighborhood associations that have organized effectively around emergency preparedness to tell us how they plan on addressing emergencies in their neighborhoods.

In addition, here are some other quarterly meeting topics we could consider for 2013.

- Living Wage Jobs & Neighborhood Economic Development Panel & Forum
- Health & Wellness Fair & Forum
- Affordable Housing/Foreclosure Prevention Panel & Forum
- Gentrification Forum: How do we Enhance Diversity & Economic Resilience

But what are your ideas? Please let the neighborhood association know if you have suggestions of other topics you believe would be worthwhile and that would empower neighbors to help one another solve important neighborhood challenges.

Email your ideas to: [contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com)

**CONCORDIA NEWS**  
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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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[www.concordiapdx.org](http://www.concordiapdx.org)

Need Neighborhood Association help?

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

### 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)



# Concordia’s Neighborhood Clean Up Day is Saturday, June 9th

*Dance with the dumpsters and lighten your load*  
**NE 42nd and Killingsworth, 8 a.m. - 12:30 p.m.**

Bring your trash to your neighborhood cleanup drop boxes in the PCC WorkForce Training Center parking lot. We’ll take metal, plastic, furniture, clothes, lamps, batteries, old computers/electronics, and other stuff. This year we will have a “You Price It” area for reusable household goods, and we will be collecting bicycles to reuse/recycle that are in decent condition.

**Please no yard debris, rocks, concrete, food waste, hazardous waste, tires, paint or oil.**

–\$10/car –\$15/truck/van/SUV –\$20/large truck  
–\$30/oversized load  
Extra \$5 Donation for Electronics

Sponsored by the Concordia Neighborhood Association.

Volunteers needed to help unload, organize and direct traffic.

Call Katie Ugolini at 503 449-9690

Thank You to our sponsors: Cloudburst Recycling, Northeast Coalition of Neighborhoods, City of Portland - Office of Sustainable Development, Metro Metals.



## YardSaleGarageSaleMovingSaleRummageSale

**Neighborhood-wide Yard Sale Coming in July** by Jeff Hilber

*If you have never done a yard sale before, but have wanted to walk on the wild side, here are some tips for having fun and success.*

So, you’ve tried Craig’s List and you still have a pile of stuff. The most neighborly thing to do is price it for \$1.00 and sell it to the passing stranger or one of your neighbors – as long as you don’t buy it back next year. But it is more than tossing the stuff on the lawn and stuffing money in your pocket (never use a cash box, your pocket is safe).

After consulting with the Yard Sale Oracle, 14yrs of experience, the most propitious dates for a Yard Sale are July 27, 28, 29. Okay, now you have that important decision out of the way. These tips are already helpful.

Start in your closets and work through the cabinets, especially the ones that you have to open the door to remember what’s inside. You will be so happy seeing it drive away with someone who will put it in his or her cabinet untouched for the next few years. Know this ahead of time and don’t skimp on choosing items for your sale.

These are things that you can’t sell any other way, so price accordingly.

You want them gone, right? Be more flexible in negotiating as Sunday rolls around. If you color code your items you can post a menu that says all items with red stickers are \$1 on Friday, then change the menu to 50 cents on Sunday, without re-tagging your items.

While most of your lawn will be yard sale priced, you could have one table of “premium” items selling for more. You might be surprised at what people would pay for items on your “Best Stuff” table.

We all know how to let everyone in Portland know what we are doing – social media advertising – but how do you get enough of them to come to your house, way out here in NE Portland? Not many would for just one lawn full of stuff –that’s why we have Malls!

If you were a part of a yard sale mall, these tips might be useful.

The Concordia Neighborhood Association in cooperation with hundreds of people who like to buy other people’s stuff from front lawns will sponsor the 2012 Concordia Yard Sale. The sign-up coupon, to become listed in the advertising and neighborhood maps, will be published in the June issue of

Concordia News.

This is enough to get started thinking about your yard sale; next month we will have a list of Yard Sale to Dos and to Don’ts.

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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 knowing 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



Robin Johnson’s photo of the egg hunt captures the crazy, chaotic fun of that sunny morning in Fernhill Park.

**No Clipping Required.**

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108000



Land Use, Livability and Transportation

Meetings Planned For Traffic Issues by George Bruender, CNA Land Use Chair

Concordia’s Land Use, Livability and Transportation joint committees meet monthly on the third Tuesday of the month with a crowded agenda. April was no exception. The meeting was held at Concordia U since a number of the issues dealt with concerns of folks in that area. Here are some of what was presented and discussed:

New stadium parking

Concordia U’s new soccer/baseball field recently opened, the site for college games and a variety of local organized sports teams. (Incidentally the field is not open to drop-in, ad hoc, pick-up games, but any organized group may request permission to play there.) Neighbors were generally positive about what has happened so far. Field lighting, while bright, has not impinged on nearby homes because of shielding agreed to by the college and neighbors who crafted a Good Neighbor Agreement several years ago. Noise did not seem to be an issue. The only concern was baseballs landing in front yards, on cars and on pedestrians (One resident has had 18 balls land in her yard). Gaps in the fencing will be corrected and neighbors with problems –as well as illegal parking that blocks their driveways– are to call the college’s 24 hour hot line at 503 280-8517 and/or Portland Parking Enforcement at 503 823-5195.

The college also reported on their annual parking survey whose main goal is to reduce the number of vehicles parking in front of residences. College student and staff numbers have been increasing roughly 100 a year but on-campus parking has also increased, so there were few complaints. Requirements are for the college to provide parking for 34% of its people and that has been just met. Calls to City parking enforcement has lead to tickets for drivers who block sidewalks and driveways and

those violations are way down. Teams using the college fields and large visiting groups also have a list of parking sites that they are restricted to. The major obstacle has been overflow parking for special events at the college when a lot of the



Looking west along NE Killingsworth St. across the intersection with NE 33rd Ave. The parked cars at the curb restrict east bound through traffic when cars are turning left onto NE 33rd, because there is no left turn signal for Killingsworth at this intersection.

Photograph: CNews

blocks around the college are packed with vehicles. The current solution is for residents to list their email addresses with a college site that will notify them of heavier-than-expected parking (<http://www.cu-portland.edu/events>). Residents did not want notice flyers left on their front doorsteps, so they are encouraged to sign up asap.

A good portion of the meeting was spent on traffic issues, with some perhaps correctable in the very near future. Matthew Machado of the Portland Bureau of Transportation (PBOT) reported on studies that his office has been doing for the past several months.

NE 33rd Ave.and Killingsworth

To ease the congestion and to make left hand turns more possible at Killingsworth and NE 33rd, it

may be possible to ban parking on Killingsworth at key heavy traffic times and actually create another through lane for traffic that now often gets backed up. It may then be possible to create an unloading zone along the Subway block where trucks

now park in the street to unload. This may get traffic off other streets and alleys where drivers now go to avoid that intersection.

NE MLK and Ainsworth

Similar left hand turn problems exist where Ainsworth and

Killingsworth cross MLK Blvd, but will be much more expensive and difficult to solve. There would need to be new signals and poles, some re-construction, and an entire re-configuration of timing along the whole length of MLK. This would be a middle level priority for the City, but studies will continue to explore less expensive solutions.

NE 22nd Ave. and Dekum

A final traffic issue concerns a short block on NE 22nd between Dekum and Lombard. Residents report that traffic comes off Lombard, which has no turning lane but a speed limit of 45mph, and goes up their steep street at well above residential speed limit. This endangers small children in particular. The solution may be to permanently close off NE22nd at Lombard with jersey walls.

NE 30th Ave. and Ainsworth

Concordia Neighborhood Association’s Land Use committee met several years ago with neighbors and businesses in the Concordia University/Ainsworth Church area to decide what to do with the small commercial area at NE 30th and Ainsworth. At the time it was rapidly deteriorating with vacancies and a disreputable 2nd hand store where there had once been a flourishing market and popular drug store. The meeting led to remodeled buildings, an English language school for foreign college students, a college bookstore, a pizza restaurant, and a mom and pop grocery market.

Hard economic times led to the demise of the pizza spot and most recently of the market. But the vacancies will soon be filled. Concordia U will now lease the entire building and move some of its departmental offices into the empty space. The land use committee is glad that the site will be fully utilized, but is well aware that our original hopes for neighborhood-focused businesses have not been realized. There is still time for the college bookstore to become also a neighbor-friendly bookstore and perhaps also there could be room to squeeze in a small neighborhood coffee shop.

NE 15th Ave. and Killingsworth

A final note on local issues. Concordia U is currently negotiating with private developers who will build an apartment complex near 15th and Killingsworth to be rented out to graduate and married students. Similar arrangements have been made between colleges and private investors at U of Oregon, Portland State and the U of Portland as a good way to get student living space close to campuses and guarantee the investors a steady supply of renters.

Motorists! Don’t Turn Right! Don’t Turn Left! Keep Going!

The two Bike Blvd./Greenways in Concordia on Holman Street and on Going Street are in various stages of completion with a finishing up date of this July in the offing. Most of the stop signs for crossing traffic are in place and the “sharrows” (arrows to remind drivers to share the streets with bikers) have been painted for some time to give everyone time to get used to the changes.

Many drivers and bikers are still not clear as to how they work and who has the right of way and when. We’ll address those problems in forthcoming issues of this paper.

Right now, the Portland Bureau of Transportation is asking for the public’s help at one particular site where there have been many near collisions –NE 33rd and NE Going. The last block of Going is one way as it and the bikers and drivers enter the intersection with NE 33rd. Bikers actually have their own raised concrete lane to separate themselves from heavy traffic before crossing and continuing up Going.

Drivers going south and north on NE



Motorized vehicles traveling on NE 33rd can no longer turn onto Going St.

Photograph: CNews

33rd are prevented from turning onto Going as the Going traffic is coming directly at them. Notice the several signs to this effect. However tire

marks and reports to PBOT indicate that a few drivers have actually cross the raised concrete and come straight at Going traffic. So far no injuries have been recorded, just angry phone calls.

PBOT believes these errant drivers are deliberately short-cutting; that it is not “accidental” given the signage and concrete berms. Take a look at the area and report the

license numbers of any scofflaws to 503 823-SAFE.

They are dangerous.



# World Labyrinth Day is May 5th

by Ansula Press

<http://labyrinthociety.org/world-labyrinth-day>

There are many labyrinths in the Portland area that are free and open to the public, and Labyrinth Network Northwest (LNN), a regional group, is inviting the public to participate by walking one on World Labyrinth Day May 5.

WLD is a day that brings people from all over the planet together in celebration of the labyrinth as a symbol, a tool, a passion or a practice. As part of this celebration you are invited to “Walk as One at 1” to effect a rolling wave of peaceful energy as the world turns.

With well over 120 labyrinths, Oregon’s labyrinth community is evolving into one of friendships, cooperative activities, mutual interests, labyrinth sharing, and regular events.

Labyrinths are becoming more and more sought



after as a means to meditate, to contemplate, to work through life changes, and to renew the spirit. LNN is devoted to supporting activities and practices centered on the labyrinth, bringing together labyrinth walkers, facilitators, healers, sacred and secular counselors, consultants, artists and others, all united in our passion for the labyrinth and the possibilities for transformation.

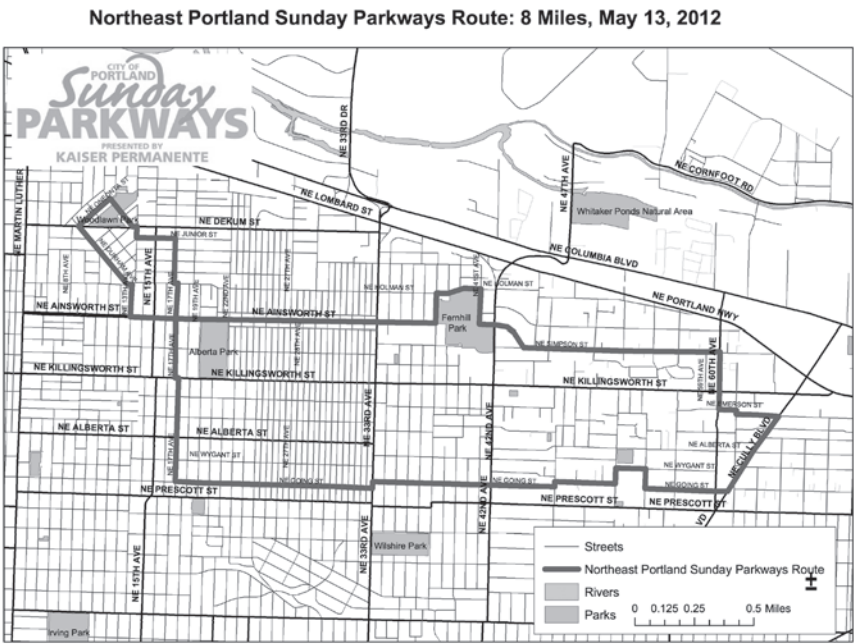
Walk as One at 1 p.m. on Saturday, May 5th. You will be walking with hundreds of people around the globe.

Find a labyrinth near you:

<http://labyrinthnetworknorthwest.org>

Labyrinths in NE Portland: Parkrose Community Peace Labyrinth, at Parkrose High School; The Grotto; and the Metanoia Peace House. ▲

## Northeast Portland Sunday Parkways –May 13th



11 a.m. - 4 p.m.

Since 2008, Portland’s Sunday Parkways has highlighted the city’s premier neighborhood greenway network and world-class park system by opening streets and connecting neighborhoods so Portlanders can walk, bike, ride, or roll uninterrupted through the 7 to 9.5 mile loop routes.

2012 marks the fifth year of Sunday Parkways in Portland

[www.portlandonline.com/transportation/index.cfm?a=385330&c=51515](http://www.portlandonline.com/transportation/index.cfm?a=385330&c=51515)

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Crossword

by Chris Yensan

Puzzles are produced exclusively for CNews by our neighbor Chris.

### LOCAL RECREATION

- ACROSS**

1 \_\_\_ feeling

4 Oil org.

8 Roscoe \_\_\_ (Western actor and musician)

12 Fire remains

13 Pepsi

14 Local park

16 Local park

18 Complete viral particle

20 More at liberty

21 Aware of

23 Danish money (Abbr.)

24 Dined

25 “We \_\_\_ Family”

26 Adolescent

27 Have your \_\_\_ about you

29 Type of Isle

32 Poem

33 Late

34 Cleans the floor

38 \_\_\_ School (local hangout)

40 Local park

41 Relieving

43 \_\_\_ Quentin

44 She writes poems

46 Anxiety disorder

47 Christmas meats

50 Hoopla

51 WWE program

52 \_\_\_ carte

53 Desire

55 Set of moral principles

58 Toe

60 Local park

63 What a tree makes

64 Great Lake

65 Sonny

66 Dunking cookie

67 Sheriff’s sidekick (Abbr.)

68 Compass point

**DOWN**

1 Fish hook

2 Consumer

3 Looms

4 Orange-yellow

5 Luau dish

6 Annex

7 Unit of energy

8 German body-building program (Abbr.)

9 Small musical group

10 Corn portion

11 Derogatory

15 What a Joker or a Space Cowboy might do at midnight?

17 Earns

19 NZ radio stn.

22 Web

25 Crafty

26 Biblical pronoun

27 Rise out of sleep

28 Belief

29 What 67 Across might carry

30 They could be deserted

31 Compass direction

33 Late-night host

35 From an earlier time

36 Parent gps

37 Make smooth

39 Pinches

40 Ditto

42 Made wet

45 Type of dance

46 Lane

47 Held

48 Alack’s partner

49 Masculine

51 Go back to zero

53 Jekyll’s alter ego

54 Tub spread

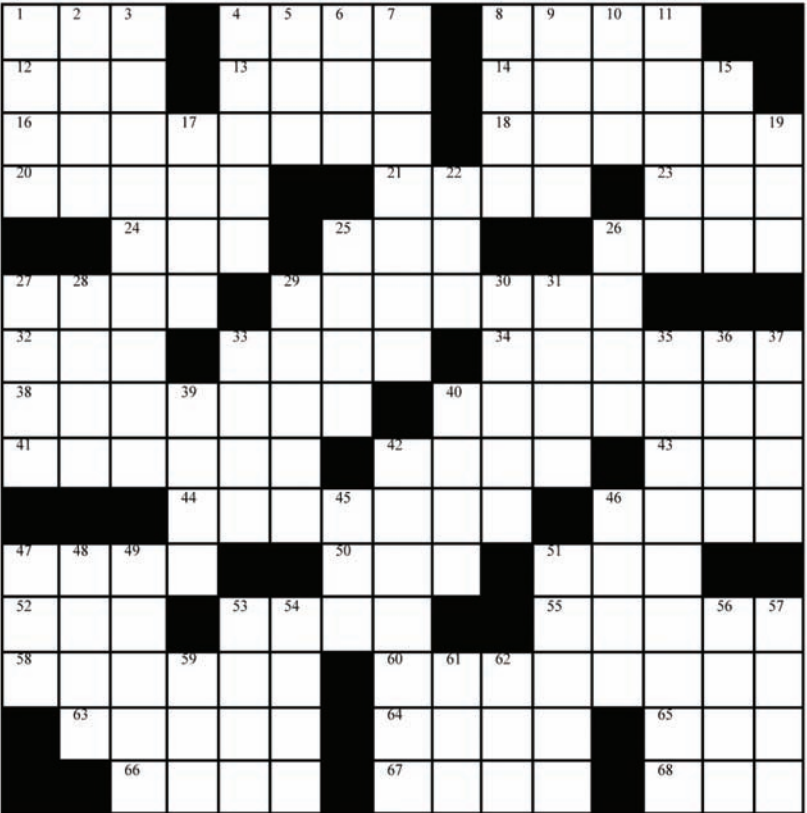
56 Nation on the Persian Gulf

57 Surrender

59 Type of pit

61 Anger

62 Rim





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what it takes to take  
what you’ve got

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is just yesterday’s  
nut that held its  
ground.

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destroy the other  
planets later.

Save the Whales!  
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set.

Forget world peace;  
visualize using your  
turn signal.

When everything is  
coming your way,  
you’re in the wrong  
lane.

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last minute, nothing  
would get done.

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there is an equal  
and opposite  
criticism.

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distance between  
two points is under  
construction.

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rather be certain  
they’re miserable  
than risk being  
happy.

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mistakes, some  
of us are getting  
one hell of an  
education!

Speak when you  
are angry and you  
will make the best  
speech you will  
ever regret.

Talk is cheap  
because the supply  
outweighs the  
demand.

When you’re  
arguing with a fool,  
make sure he isn’t  
doing the same  
thing.

Would a fly without  
wings be called a  
walk?

Warning: I have an  
attitude and I know  
how to use it.

Wellness

Ask Your Neighborhood Health Counselor

Dear Jill,

*Do you have any advice for a healthy pregnancy diet? I really like your idea of clean eating so I was wondering if that is appropriate for pregnancy too: avoid all dairy, gluten, sugar, processed foods etc. or is pregnancy the time when I get to relax and eat whatever I want? I’m so confused and just want to do what is best for my baby while enjoying an opportunity to indulge in sweets, too!*



Jill answers your questions about clean eating during pregnancy.

Congratulations on your pregnancy!!!! Welcome to the Pregnant-Ladies-of-the-Concordia-Neighborhood Club! As a pregnant lady myself, I can relate first hand to the confusion over what to eat and what to avoid during pregnancy. In one ear we hear that, “this is the most important time to really pay attention to your eating because you are creating a life here – so no junk food whatsoever!” while through the other ear we hear, “now is the only time in your life when you can just let go, indulge every craving and eat like you’ve never eaten before!”

As a holistic nutrition counselor I preach that we are indeed what we eat and our baby will be created out of the foods we put into our bellies. Avoiding sweets, refined and processed foods, (ie. anything that comes in a wrapper) hydrogenated oils or trans fats, white flour, caffeine, limiting gluten and dairy, and loading up on fermented foods, organic fruits, veggies, free range, grass fed poultry and meat, wild caught fish, and healthy fats is the way to go.

This is easier said than done. In my second trimester of pregnancy (when the appetite comes back) I found myself indulging in a sweet treat daily, sometimes two or three times a day! (One of the many perks of living near Alberta Street with all the amazing bakeries and coffee shops is that I can indulge whenever I want!) All that added sugar in my diet led to other cravings, which then led to even more cravings... At first I tried to convince myself that

cravings are completely normal and must be given in to, and because I was taking my prenatal vitamin, and supposedly eating for two, everything would be fine. Soon however, I found myself more tired than I’d ever been, really moody, and feeling like I couldn’t get through a day without a dose of sugar.

Of course feeling lethargic, moody, and full of cravings is widely considered a normal part of pregnancy, but this, in fact does not have to be the case! I decided that something had to change for me. I didn’t want to continue my pregnancy feeling fat, lethargic, tired and moody.

Based on extensive research in the world of holistic nutrition for pregnancy, I created a pregnant lady friendly version of a clean eating challenge for myself and several of my clients and I’m happy to say that I’ve been enjoying more energy, a calm(er) and more stable mood, and zero cravings for several weeks now! Every body is different so if you’d like specific help in creating a plan for your unique body’s needs, please contact me at [healthymuhm@gmail.com](mailto:healthymuhm@gmail.com).

Until then, read below for 3 tips that you can implement now for a healthy and happy mamma and baby. Due to limited space for this article, I am not able to include all my tips so please please, please, contact me for more information. I am teaching a workshop on nutrition for pregnancy in June at the Zenana Spa and Wellness Center and am happy to provide more information about that as well.

1)Removing processed and industrial foods from your diet will take you a long way towards true health & wellness in your pregnancy and beyond. Often the challenge comes when you’ve got to find tasty replacements for the industrial foods you’ve grown to love. If you’re not buying Lay’s potato chips anymore, what do you replace them with?

These kinds of obstacles are often just a

by Jill Muhm-Glover

matter of sourcing. Instead of buying Lay’s potato chips, why not buy potato chips from a local organic farm that fries them up in lard or tallow from pastured animals? Instead of buying factory-farmed “natural” ground beef, consider ordering up a side of grass-fed beef from a local rancher and store the cuts in your deep freeze.

3) Supplementing with Magnesium can really help reduce cravings and nausea. Make sure to take it at night if it is combined with calcium. This is because the calcium will bind with the iron that is in your pre-natal vitamin and neither will be absorbed properly. I found that my back aches and insomnia also went away when I started taking magnesium supplements at night. Food sources for magnesium include: Artichokes, whole grains, almonds, cashews, white beans, black beans, pumpkin seeds, and spinach. If you can’t stomach any of these and you have trouble getting a pill down, you can rub magnesium oil on your forearms.

1) Adding Probiotic rich foods like Kombucha, homemade sauerkraut, kefir, or yogurt to your diet can reduce your child’s risk of having ADD, autism, or allergies. That’s because these foods help populate the gut with healthy bacteria and other micro-organisms so that you can properly digest your food, have a highly functioning immune system, and efficiently eliminate toxins that otherwise build up along neurological pathways.

Babies inherit their first dose of gut flora from their mothers as they pass through the birth canal. That means that the state of your own internal flora at the time of birth can affect your child’s own gut development (and subsequently their neurological and psychological development.) Having a properly functioning digestive system also provides you with abundant energy at a time when you need it the most.

-Jill

*Do YOU have a question about nutrition or holistic wellness? Get it answered by your neighborhood Health Coach by submitting your question to:*

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

A Guide to a Fun, Safe and Sustainable Last Thursday

May 24th Alberta St. will be closed for Last Thursday. Please keep in mind the following:

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

Support Friends of Last Thursday, [lastthursdayonalberta.com](http://lastthursdayonalberta.com)

Open containers of alcohol are not allowed.

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

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

Better yet, don’t drive. Five bus lines serve Alberta St.: Lines 73, 72, 9, 8 and 6. Line 9 stops at NE 27th and Alberta.

Leave no trace: Please clean up after yourself.

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



**Northeast and North Portland Farmers Markets**

**King Portland Farmer’s Market**  
Sundays May 6 - October 28th  
10 a.m. - 2 p.m.  
7th & Wygant between NE Alberta and NE Prescott  
[www.portlandfarmersmarket.org/markets/king/](http://www.portlandfarmersmarket.org/markets/king/)

**Cully Community Market**  
Sundays June 3 - September 9th  
10 a.m. - 2 p.m.  
NE 42nd & Killingsworth  
[www.cullycommunitymarket.org](http://www.cullycommunitymarket.org)

**Woodlawn Farmer’s Market**  
Wednesdays June - Sept/Oct?  
3 - 7 p.m.  
817 NE Madrona Street on the campus of Classic Foods  
503 234-9387  
[www.wednesdaysinwoodlawn.org](http://www.wednesdaysinwoodlawn.org)

**Lloyd Farmer’s Market**  
Tuesdays October - May  
Thursdays June - September  
10 a.m. - 2 p.m.  
Oregon Square Courtyard 830 NE Pacific St  
[www.lloydfarmersmkt.net](http://www.lloydfarmersmkt.net)  
10 vendors

**Boise-Eliot Outdoor Markets**  
Tuesdays 3 - 7 p.m. mid July - early October  
Saturdays 9 a.m. - 3 p.m. mid July - early October  
Fremont St between N. Vancouver & N. Williams Ave

**Kenton Farmer’s Market**  
Fridays June 1 - September 28  
3 - 7 p.m.  
McClellan Street at Denver Ave  
35 vendors

**Interstate Farmer’s Market**  
Wednesdays mid-May - end of September  
3 - 7 p.m.  
3550 N. Interstate Ave, across from Kaiser, just south of Overlook Park  
[www.localharvest.org/the-interstate-farmers-market-M11128](http://www.localharvest.org/the-interstate-farmers-market-M11128)

**Hollywood Farmer’s Market**  
Open year round Saturdays  
8 a.m. - 1 p.m. May - October  
9 a.m. - 1 p.m. November - April  
NE Hancock between 44th and 45th Avenues

**Irvington Farmer’s Market**  
Sundays End of May - End of October  
10:30 a.m. - 2:30 p.m.  
NE 16th and Broadway  
22 vendors  
[www.irvingtonfarmersmarket.com](http://www.irvingtonfarmersmarket.com)

# Throw a Block Party in Five Easy Steps

by Signe Todd

A neighborhood block party is an excellent way to enjoy a warm summer day, socialize with your neighbors and meet new people who live on your street. When I lived in the Irvington neighborhood, my neighbor Dana Griggs taught me the nuts and bolts for planning a successful block party in 5 easy steps.

**Step 1, Plan Ahead!**  
Block parties require a street closure permit and liability insurance from the neighborhood coalition. When selecting a date for your event, you will want to allow 4-6 weeks for completing the application and to ensure you give the City two weeks advance notice of your permit request.

The application process is not as daunting as it may sound and speaking from experience, the folks at the neighborhood coalition really support block parties and are available to help.

Other points to consider are: Permits are typically not issued for parties that are longer than one block or extend past 10 p.m. You cannot have a block party on a street that is on a bus route, has a bus layover, or is a signalized traffic intersection. Also, the City won’t allow alcohol in the street, so plan for drinking to take place on neighbors’ private property.

Finally, if you’re planning to have amplified music that someone could hear (and possibly complain about) more than 10 houses away, be prepared to also fill out a noise variance application, found at: [tinyurl.com/noisepermit](http://tinyurl.com/noisepermit)

**Step 2, Contact Northeast Coalition of Neighborhoods**  
Once you have decided upon a date, visit NECN’s website, [necoalition.org](http://necoalition.org). Click through “Services” > “Neighborhood Social Support” > “Host a Block Party” to download two sets of forms you will need in order to get your permit:

**NECN’s Event Application Packet**  
This serves as a request for NECN to provide insurance coverage for your event. NECN requests a \$15-35 sliding scale donation for insurance

coverage.  
**Block Party application packet**  
This is your permit application.

NECN staff is available to answer questions about the application process. Call 503 823-4575 or email [katy@necoalition.org](mailto:katy@necoalition.org)

**Step 3, Fill Out the Petition**  
Your block party application will include a petition, which must have signatures from all the residents and businesses on the street you wish to close. This is the fun part of the application process, because it gives you a positive talking point to greet neighbors without asking them for money.

If a house is vacant, indicate that on the petition. You need to account for all of the houses on the block and its adjacent properties, including side yards.

Once you have all of the signatures, mail or drop-off your completed applications, the Event and Block Party packets to NECN; upon approval. NECN will submit your application to the City and the City will send you your street closure permit.

**Step 4. Rent Barricades**  
For our block parties we rented from American Barricade Company, located at 173 NE Columbia Blvd and can be reached at (503) 285-6616. Barricades (ask for six, “Type 1” barricades) should be placed at both ends of the street with a copy of the permit attached.

**Step 5, Coordinate Entertainment and Food**  
Distribute a flyer two weeks in advance of the event to remind neighbors and request donations of food, beverages, tables, chairs etc. Consider having an activity especially if there are young children

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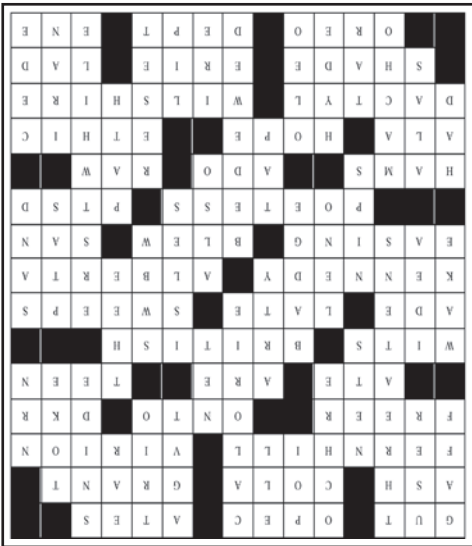
in the neighborhood. Inviting the local fire department to bring one of their fire trucks is always a big hit with the little ones plus they hand out cool stickers!! If you decide to rent a bouncy house or climbing wall you need to be aware that NECN’s insurance will not cover these items. Instead you will need to have the vendor to supply NECN with a copy of their insurance. Alternatively, you can have the bouncy house on your property and your homeowners insurance will cover injuries.

Another great option is to hold your block party in a park. To begin, you need to reserve a park and obtain a park permit for a modest fee. Parks can be reserved by calling 503 823-2525. If have your party in the park, you can skip steps 1 and 2 on this list.

Really it is that easy!! I have coordinated two block parties and the rewards of building social connections with my neighbors far outweigh the time spent in planning. Dana, if you are reading this, thanks for teaching me how to throw a block



Larry Halvorsen, “Round Table” ceramic at Guardino Gallery, 2939 NE Alberts St.







for helping Vernon School raise \$63,000! Community support & volunteers are returning music & art education to our school.

East Portland Rotary

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Enzo’s Caffè Italiano  
Erica Melton Piano Studio  
Erin Berk Photography  
Every Day Wine  
Exhale Yoga Studio  
Extracto Coffeehouse  
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Footwise  
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Frame Central  
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Green Cascadia Adventure Guide  
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Handmade Gardens  
Healthy Pets NW  
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Hendrickson/Hoskins  
Hollywood Bowl  
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Hopworks Bike Bar  
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Learning Palace  
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Luscious Jewelry  
Malcolm Law  
Marigold Coffee  
Mattress Lot  
McCurdy OR LMT #4123, Colleen  
McMenamins  
Me Fitness Center  
Michael Flowers Architect  
Milagros  
Miller Paint  
Miss Zumstein Cakes & Desserts  
Mississippi Pizza Pub  
Mississippi Studios  
Modern Domestic  
Mountain Girl Silver  
MPH Specialties

My Bartender  
Myoptic Optometry  
Navarre  
NE Community Center  
Neil Kelly  
Next Adventure  
North Portland Bikeworks  
North Star Ballroom  
NW Natural  
Oaks Park Roller  
Skating Rink  
Of The Way  
Olhausen Billiards  
OMSI  
Opera Theater Oregon  
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Oregon Ballet Theatre  
Origin Flowers  
Pacific Northwest  
College of Art  
Papa G’s  
Pastini  
Pediatric Dentistry, P.C.  
Peerless Restoration  
Peter Bluett Sculpture  
Pine State Biscuits  
Popina Swimwear  
Por Que No  
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Portland Opera  
Portland Trail Blazers  
Portland’s Culinary Workshop  
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Tyrus Evan  
Vault Martini  
Vibrant Table Catering  
Vin de Garde  
Voodoo Doughnut  
WillaKenzie Estate  
WILLCO  
Yakuza  
YedOmi Jewelry  
Yoga Shala of Portland  
Zahara

The North Star Ballroom





# Vernon’s Auction Gavel is Music to Students’ Ears

In March, the Vernon PTA sold-out its second annual auction at the beautiful North Star Ballroom raising \$63,000 to keep the music program going at Vernon. Business sponsors covered the event expenses and over 200 donors provided auction items ranging in value from \$15 - \$3000. Each Vernon student contributed to the fundraiser through art submissions that were put up for auction. Fused glass, self portrait collages, lino prints, and ceramic dishes were just some of the art pieces that the students created in class for attendees to bid on.

The auction proceeds - including a generous \$12,500 matching grant from long-time Vernon partner, the East Portland Rotary - go toward continuing music and art at Vernon. Professionally led choral classes are part of the curriculum for all students and beginning this spring, middle students will participate in a new drumming program. This year’s event had increased participation from school staff and teachers building on the feeling that great things can happen when a community comes together.

## Cully Community Market Has Expanded

Cully Community Market is gearing up for a fantastic summer. Starting June 3rd we’ll be at the PCC Workforce Training Center at NE 42nd Ave. and Killingsworth, Sundays, 10 a.m.-2 p.m. We’ve got more than twenty vendors selling everything from amazing fruits and veggies to Columbia River salmon, beautiful blooms, goats milk soap, super local honey products, and more! You’ll recognize Albeke berry farm, Amaro Produce, and Subtle Origin Farm from last season, but there will be lots of newcomers including two new homegrown Cully favorites Domo Domo Okonomiyaki, and Magpies Baked Goods!

We’ve also got lots of workshops, kids’ activities, and cultural performances planned through out the summer.

June Market Day themes are

6/3 “Get Your Garden Growing,” Kids of all ages will enjoy the USWC Taekwondo demo

6/10 “Market Kick-off Special Event,”

by Amanda Romero



6/17 “Food Security,” and Oregon Food Bank Learning Garden seedling take-home

6/24 “Fabulous Fruit.” cooking class from The Merry Kitchen

New this year –weekly raffles! In June we’ll raffle loads of compost –including delivery– donated by Recology; a complete bike tune-up donated by the Missing Link bike shop and other great prizes.

As always, there will be toe-tapping music, delicious treats and space for you to sell your produce and crafts at the Community Table.



## WALKING SCHOOL BUS

Each Friday before school, families and students walk to Vernon from the intersection of Northeast Alberta Street and 21st Avenue. The goal is to foster a sense of community, reduce traffic and get some fresh air. We’re communicating to the neighborhood that Vernon Owl children are here, safely walking to school. Students and parents are welcome to join us for the walking school bus. It is a great way to get the kids bodies moving before school starts and reduce vehicular traffic near the school. If you would like to drop off your child before you go to work, feel free. There will be several adults to help supervise the 2 block journey. ▲

We accept SNAP and thanks to New Seasons Market, we’ll match the first \$5 in SNAP/ Oregon Trail purchases.

We need volunteers, raffle prizes, and performers- get tapped in and make this your market!

Visit our website:

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

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<http://www.facebook.com/CullyCommunityMarket>

E-mail:

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5501 NE 30th @ Killingsworth

## Vernon Events

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

**Month of May** – Walk, Bike, Scoot to School Month

**Every Friday Morning** – Vernon Walking School Bus. Meets at NE 21st and Alberta at 8:20.

**May 2** – Vernon PTA meeting , 6-7 pm, Vernon MPR.

**May 12** – Vernon Garden Work Party, 9-noon. Vernon Garden.

**May 18** – Vernon Annual Family Carnival, 6-8pm, Vernon Gym.

# Active Play and Healthy Education at Faubion School

by Mika Hilbers and Paul Wilkins

**April 16 to 20 was Let’s Move! Faubion Week at Faubion School**, a week-long focus on active play and healthy activity. Lessons included a Thursday session guided by OSU Extension Nutritionists called “Think Your Drink” promoting water as a healthful drink choice. The week kicked off with a Monday assembly with Zumba for kids and culminated with a fun run on the playing field on Friday. Zumba combines a Latin-based music beat with a fun fitness dance, no strain exercise for all ages.

On Monday, the pre-K and Kindergarten students were invited

to Concordia University where they had the opportunity to “Walk Some Blocks, Read Some Books” with a march to the gymnasium, where hula-hoops were a favorite activity, along with scooter-boarding and basketball. Each day, the students rotated activities, learning fun ways of staying active and learning how and why to stay fit. Thursday was “Jump Start Day”, where the kids were offered jump ropes during their brain breaks.

Along with all of the activities planned, which includes ongoing Zumba classes for parents, all grades had the opportunity to play soccer, guided by volunteers from the

Northeast United (NEU) Soccer Club, a community based not-for-profit.

For over an hour, the children all warmed up, learned some basic skills, and had the opportunity to scrimmage against each other. The highlight of the week was a planned Wednesday visit from Portland Timbers player, Lovel Palmer.

NEU, whose mission includes providing health, fitness and sportsmanship, is looking to develop a strong soccer program at Faubion School and keep our children active. Tom Sincic of NEU, a retired nurse and President of NEU, talking about why he works with the children said, “Bring some kids, get them active and

get them healthy.”

According to information found at letsmove.gov, Let’s Move! is an initiative started by the First Lady, with the goal of reducing childhood obesity and aiming towards a lifetime of healthy behavior and fitness. This includes more than physical activity, it includes ensuring families have access to healthful food choices that are within their budgets, educating parents, and cultivating healthy choices.

The whole community – including parents, churches, businesses, charities, doctors and nurses – has a role in helping to ensure a healthy future.



Restaurant Spotlight

Portland’s Premier Vegan Bakery is in Concordia  
Dovetail Bakery

3039 NE Alberta St.  
503 288-8839  
dovetailbakery@hotmail.com

Morgan Grundstein-Helvey’s Dovetail Bakery has been in the neighborhood since January 2010. They do special events and weddings in addition to the storefront.

Did you have a bakery before opening Dovetail?

I’ve always baked, but this is my first professional bakery, my first business. I grew up in a family that ate dinner together every night. My mom is a really good cook and my uncle is a chef. He was always trying new recipes and planning them out, so I was used to having recipe testing and experimenting going on all the time. My sister and I couldn’t have been happier, one more peach cobbler!

I like fine-tuning the recipes.

You just started off being a vegan baker?

I was vegan and there weren’t a lot of recipes. When I wanted to do some baking on my own, I wasn’t happy with the pastries. So, I started developing my own recipes. There weren’t ready-made products at that time, not like we have now. I had to start from scratch, and it wasn’t just straight substitution. I asked, ”What do I want these to be?” Then used my arsenal of information and developed a collection of recipes that I was happy with. My sister and I published a vegan cookbook. That was my first foray into formalizing recipes; trying to make them usable for other people.

What was the turning point, where you said, “I have to have my own store front.”?

I did a little side project when I lived in San Francisco with the neighborhood produce market next door. My roommate asked if they would sell my treats. They said yes and I was hooked. I worked one day a week; it paid my rent. I went to school and did other jobs with the rest of my time. When I moved to Portland, I kept talking about baking. I said, “Take the leap.” I started in my house which was certified for food handling. I outgrew that quicker than I expected. I moved to a commercial kitchen in St. Johns. There I was, I’m in this

basement kitchen making treats for small cafes and businesses. I was doing the baking, the sales and distribution. But I really missed that interaction with the customers. It is more than the food; I wanted a place that was warm and cozy, a nourishing environment. It is really important to me that the bakery feels really welcoming

What attracted you to this location?

I was open to looking around, but I really wanted a location that was part of the neighborhood. I know there is a lot of shopping energy around the mid twenties [streets]on Alberta Street. I wanted to be more a part of the neighborhood than in a shopping destination. It felt really good to me. I see my customers’ kids growing up. That

standing wholesale orders that need to be filled on certain days. We come in early and bake for the shop; we try to keep the standards on hand, the muffins, sticky buns and cookies. We make the coffee and open at 8 a.m., then we start our prep for orders going out that day. There are three people that will bake during the day. We all help the customers. It is important that everyone to be able to do all of the jobs. Then everyone has an understanding of how the shop works, overall

How has your menu changed from the day you opened to now?

When we opened the menu was pastries, coffee and Kombucha. In addition we now have more pastry offerings, biscuits and gravy, a chili everyday, two kinds of granola and more beverages.



Morgan with Christy Hall (r) in the kitchen of vegan delights.

Photograph: CNews

is so special to me. I knew if I was going to be on Alberta Street, I wanted to be in a less busy, more residential area.

Did you go to college to study food?

Not at all. I studied language acquisition and child development focusing on American Sign Language I spent a lot of time with deaf children. My life pulled me in a different direction.

Your baking is 100% vegan, but not gluten-free?

A lot of people have that link, but I think gluten-free is a specialty business. I am focusing on vegan.

What’s the day like at the bakery?

Our cycle is weekly, because we have

I am collaborating with Clary Sage Herbarium [a new Herb shop on Alberta St.]. She is going to make custom blend teas for us.

What is vegan?

At its base, vegan is no animal products, eggs, dairy or honey. We follow that strictly for people that are vegan. I don’t want anyone to be confused about the ingredients. We use vegetable oils; I like coconut oil and palm oil. For sweeteners I love brown rice syrup and molasses.

There are so many ways to look at vegan baking. The finished product reflects the quality of the ingredients that go into it. You can’t cover that up with any amount of sugar.



A sweet spot in the neighborhood. Vegan baker Morgan Grundstein-Helvey opened Dovetail Bakery two years ago.

Photograph: CNews

When I get asked about the vegan recipes, I say, ”You probably have all of these ingredients in your cabinet already.”

Is it hard to source your supplies?

It can be, the challenge is not so much that it is vegan, but the size of the business. Meeting minimums. So sourcing has been more challenging than I thought, and we have refrigerated storage. The wholesalers want the same thing and in the shop we want to be more creative for retail, finding the sweet spot where it all works has been challenging. Most of our ingredients are straightforward. We use sustainably grown flour from grain in the NW. If the ingredient available is not my first choice then I don’t want to bake with it. The ingredients need to be as clean as possible.

Do you personally find the ingredient suppliers?

I have done most of it. I have my hands in ...everything. It can be frustrating working out all the details. But I like to do it; it’s important to me.

How has this location worked out?

Because there are so many small businesses, it feels like we help each other. The Alberta Rose Theater buys cookies for the shows.

I’d like to expand the pastry offerings and food menu. I am working towards having picnic lunches to go in the summer. I am looking forward to the summer produce and fruit. They will be here soon.

We are at the upper end of NE Alberta at the corner of 31st. It is not just for vegans; there is a tasty morsel and a cozy spot for everybody.

Stop in, try a sample and say hello. It’s a neighborhood bakery.



Artist Spotlight - Todd Mylet

Portland Fret Works

Guitar repair, restoration and construction

3027 NE Alberta St. 2nd Floor  
503 249-3737

www.portlandfretworks.com



Todd Mylet, owner of Portland Fret Works, restoring a 1955 Fender Esquire electric guitar in his luthier's studio on NE Alberta St.

Photograph: CNews

Todd invited me to his shop, Portland Fret Works, and we started out talking about a 1955 Fender Esquire electric guitar that was occupying the bench where he works. The guitar was originally painted transparent yellow but a previous owner refinished the top dark brown. Todd repainted the top of the guitar yellow to match the rest of the body and was in the process of aging the finish on the top to match the wear and tear the rest of the guitar displayed. -Editor

**Do you notice individual differences in the old guitars that were made by craftsman using less machining used today?**

There are individual differences from one guitar to the next, but less than you might think considering how guitars used to be built. For instance, necks were carved by hand with chisels and drawknives, but with the better manufacturers, the consistency is remarkable.

I like looking at these old guitars and noticing what the craftsmen were really paying close attention to and what they took to the point of functional and then didn't fuss anymore over it.

**Did you start woodworking prior to becoming a luthier?**

This is the first fine woodworking I've done professionally, though I did spend a couple years framing houses and doing commercial construction

after college. Growing up, I was always interesting in making things in general and in carpentry in particular. My dad had the basic woodworking tools in the garage and he had a system that dictated at what age I could begin using each tool - the more dangerous the tool, the older I had to be. So I could use the finish sander first, then the drill, then the jigsaw, and finally the skill saw. I never had any training, but my parents were encouraging and let me build things around the house.

I started playing guitar while in college. A couple years later my guitar needed a new bridge so I took it to a guitar shop.

Until this point, it never occurred to me how guitars were made. But looking around the repair shop was a revelation. I could see the type of woodworking involved in luthiery and was immediately smitten. I began to devour information about building and repairing guitars. Eventually going school to learn the trade at Redwing Technical College in Redwing, Minnesota.

**A guitar leads you into luthiery, what happened next?**

There aren't a lot of luthiery jobs. But my girlfriend (now wife) was living in Portland so I moved here. I tried without success to find a job in an established shop. After only studying luthiery for a year, I was still pretty green. But I knew what I wanted to do and where I wanted to do it, so I called my instructor back in Minnesota and said, "I'm thinking of hanging out my own shingle, is that crazy?" He was encouraging, so I opened up shop in the basement of my house. Business was very slow for the first few years and I had a day job.

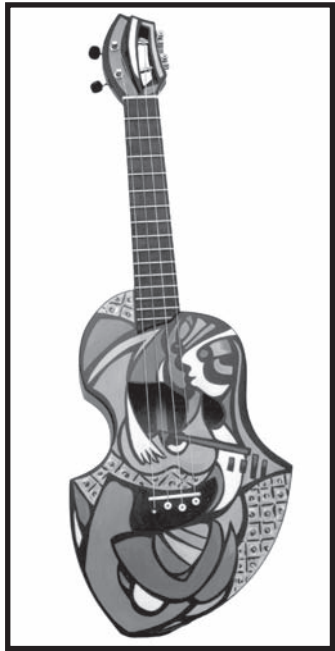
When my wife and I bought a house off of NE Alberta and 27th, again, I worked in the basement. I'd work all day, hardly seeing any people and come up like a mole, blinking at the light. Business gradually picked up and I ran out of space.

I moved in to the old dry cleaners building at NE 31st and Alberta about

11 years ago; thinking that was all the space I would ever need. But eventually, I decided to build a new space that was big enough for current and future demand and designed to function as a guitar shop. Built with insulated concrete forms; it is very energy efficient, quiet and fireproof. I still live in the neighborhood.

**Your storage room is full of well-traveled instrument cases.**

Most of my work revolves around repair and restoration. But I do build two or three new instruments a year and almost always on commission. Usually they are unique instruments conceived by the client and designed and built by me.



**The ukulele pictured, back (r) and front (l), was conceived by the client, a graphic designer. He came to me with a concept drawing and I turned it into a functional instrument. He did all the Picaso-esque painting on it himself."**

One time somebody brought in a sitar, which is basically a dry hollow gourd. That was little outside of the norm. I didn't know sitars, nobody else in town did either, but I understand wood.

Every year I see something new.

**How do you source your materials?**

Guitar specific hardware we get from guitar supply houses domestically. The spruces that are prized for acoustic instrument tops come from suppliers in Oregon, Washinton, Alaska, and Canada. These suppliers

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**The ukulele pictured, back (r) and front (l), was conceived by the client, a graphic designer. He came to me with a concept drawing and I turned it into a functional instrument. He did all the Picaso-esque painting on it himself."**

specialize in cutting tonewood, wood that is specifically for musical instruments. It has to be cut, dried, and milled in a fairly specific way. Other parts are made from exotic woods from all over the world and these are sourced from a handful of exotic wood suppliers both locally and nationally.

**How many craftsmen do you employ?**

I have three now, my newest has been with me for about a year and half.

They all have some guitar building experience. They bring the aptitude and personality for a small shop.

A lot of the repairs are not just woodworking. We do electronics, soldering, spraying finishes, and re-fretting. Most of the work is small and tedious. You have to want to take that kind of time to be good at it.

We have really great customers.

And it is nice to be building something that is a tool for further art.





**ALBERTA ROSE THEATRE**

GREAT FOOD MUSIC BEER & WINE  
**MAY 2012**

5/1 **VOCALDENTE**  
A CAPPELLA SUPERSTARS FROM GERMANY

5/2 **Jerry Joseph**  
WITH STEVE DRIZOS

5/4 **3 LEG TORSO**  
presents **Ménage à Trois**  
with Jessica Fichot and French Cabaret

5/5 **THE PORTAL**  
A MYTHOLOGICAL JOURNEY INTO THE HEART OF HUMANITY. FILM WITH LIVE SOUNDTRACK

5/6 **SHOWTIME AT THE ROSE**  
SUNDAY SOUL REVUE WITH OCEAN 503

5/8 **Leaky Roof**  
Comedy Open Mic  
30th Anniversary show

5/9 **Trace Bundy**  
**Josh Garrels**

5/10 **FOUR BITCHIN' BABES**  
PRESENT:  
**HORMONAL IMBALANCE**

5/11 **LIVE WIRE**  
**Kelly Carlin • Philip Margolin**

5/12 **THE SUGAR BEETS**

5/13 **KELLY CARLIN** in  
**A Carlin Home Companion**

5/16 **Gold Label Artists Showcase**  
with **Pat Boone!**

5/17 **MATT WERTZ**

5/18 **JAMES HARMAN**  
BAMBOO PORCH BLUES REVUE  
WITH NATHAN JAMES AND KEVIN SELFE

5/19 **THE BIG SHOW**

5/20 **Old Weird Americana!**  
Harry Smith Tribute

5/24 **Hey Marseilles**  
**Lemolo**

5/25 **DiaTribe: from the Village to the Streets - Obo Addy, Mic Crenshaw, Alan Wone**

5/26 **MBilly** CD Release

5/31 **Pierre Bensusan**  
WITH CAROLINE AIKEN  
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(503) 764-4131  
3000 NE ALBERTA

## TALISMAN GALLERY

1476 NE Alberta St.

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

Talisman Gallery (located in Portland's lively Alberta Arts District) is pleased to announce its upcoming exhibit, chisel + brush – a sculpture and painting exhibit, a collaborative show with members from the Pacific Northwest Sculptors (PNWS) organization and Talisman Gallery.

Twenty-two PNWS members will be participating in the show with both floor and wall pieces displayed throughout the gallery. Paintings featured will be the work of Talisman members. This joint venture should provide an interesting variety for art lovers of all types.

## six days

ART CO-OP

2724 NE Alberta St.

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

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

Know where your art comes from.

Local artists are here and ready to help.

We are local, creative and priced right to help you easily decorate with beautiful art in your home or to wear about town. We have gorgeous cards, jewelry, fabulous paintings and recycled sculptures. Let us help you make your life more interesting and fun through art.

Stop on in during Last Thursday and see what we have that tickles your fancy.

Then get out there and show off your fabulous creative purchase.

**The Sprout Film Festival** – Join us for an evening of thought-provoking short films showcasing the lives, performances, and accomplishments of people with developmental disabilities. [www.theriotrocks.org/products/sprout-2012](http://www.theriotrocks.org/products/sprout-2012)

Saturday, May 12, 6:30 to 8:30 p.m.

McMenamin's Kennedy School Theater, 5736 NE 33rd Avenue

Tickets are \$10 each

## GUARDINO GALLERY

2939 NE Alberta St.

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

503 281-9048

Opening Reception: Last Thursday,  
Main Gallery through May 29.

**MAIN GALLERY** – **Larry Halvorsen's** ceramic sculptures are constructed using a combination of hand building techniques. All the pieces are coated with black glaze, and then using the classic technique of sgraffito, then he carves through the glaze. The result of a lifelong exploration of line and pattern.

**Mary Astarloa-Haley's** present work consists of abstract images in black, white and gray in oil pastel on canvas paper. By using a rag dipped in turpentine and using her finger she establishes a tactile contact with the surface. This enables her to “travel” physically with the medium as it sets up on the paper.

**FEATURE AREA** – **Amy Ruedinger's** creates copper vessels and bowls. Using hammers and stakes to shape the flat metal into vessel forms. The final patinas are heat, chemical & sometimes 24K gold leaf.

**Mason Bondi** works in oils on wood panels. A strong feature of his work is the wood grain that is integrated into the composition. They are stark and simple, yet detailed in paint.

**Northeast Portland Tool Library,**

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

5431 NE 20th Avenue,

503 539-1756

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.



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

Walk, shop, have some good food.  
See a show. No driving required.  
This is your neighborhood, enjoy it!

## KENNEDY SCHOOL

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Thursday, May 3

**JIMMY BIVENS**

The Barefoot Cowboy

7 p.m. • Free • All ages welcome

Friday, May 4

**Milagro Tequila Dinner**

7 p.m. • 21 & over • \$60

Reservations required

Enjoy a five-course menu paired with Milagro tequilas.

Tuesday, May 8

RACE TALKS: An Opportunity for Dialogue

**“Race: The Power of an Illusion Part II”**

7 p.m. • Free • All ages welcome

Thursday, May 10

**YARN**

as part of **GREAT NORTHWEST MUSIC TOUR**

Grammy-nominated Americana

from Brooklyn, NY

7 p.m. • Free • All ages welcome

Friday, May 11

The 10th Annual

**'80S PROM**

Live '80s music by

**RADICAL REVOLUTION**  
So, like, will you go to the prom with us, or whatever?

7 p.m. 'til 11 p.m. • 21 & over

\$15; tickets at [shopmcmenamins.com](http://shopmcmenamins.com)

Sunday, May 13

**Mother's Day Brunch**

Join us for a hearty feast in honor of moms everywhere! Thanks, Moms!

9 a.m. 'til 3 p.m.

All ages welcome; reservations required

\$25 adults; \$14 kids 5-12; free for kids 4 & under

Sunday, May 13

**Family Frolic**

**YOU-WHO KIDS**

Featuring

**Laura Veirs & The Tumble Bees**  
**sneakin' out**

1 p.m. show • All ages welcome

\$10 adults; \$5 12 years to walking age

Non-walkers free

Thursday, May 17

**SONNY HESS CD RELEASE**

R&B

7 p.m. • Free • All ages welcome

Thursday, May 24

**PAGAN JUG BAND**

Swampgrass

7 p.m. • Free • All ages welcome

Monday, May 28

**HISTORY PUB MONDAY**

**Topic To Come**

7 p.m. • Free • All ages welcome

Thursday, May 31

**SUGARCANE**

Island bluegrass rock

7 p.m. • Free • All ages welcome