



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org

September 2016

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Concordia News

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

Mission Statement

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

Website

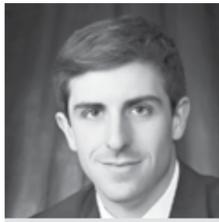
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Concordia Neighborhood Association
P.O. Box 11194
Portland, OR 97211

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

Non Profit Org
U.S. Postage
PAID
Portland, OR
Permit No. 452

Black lives matter to shop, shoppers



By Ryan O'Connor

The owners of an Alberta Street flower shop know black lives matter. An artistic, handmade sign on the front door of their shop says so.

Beneath the words, "black lives matter," Elie Wiesel is quoted. "Whenever & wherever human beings endure suffering and humiliation, take sides. Neutrality helps the oppressor never the victim. Silence encourages the tormentor, never the tormented."

When news broke of the deaths of Alton Sterling and Philando Castile, two black men killed by police in Louisiana and Minnesota, respectively, shop owners Mary Anne Huseby, Pat Hutchins and Lily Hutchins said they were devastated.

They believe they have the privilege of not worrying about how their white skin might affect their interactions with police and others in authority. They agreed they could not remain silent.

Lily proposed making the black lives matter sign, and Pat suggested adding the Holocaust survivor's quote. Lily said she worried briefly the sign might cut down on walk-in traffic.

"But we all feel really empowered by stating our beliefs so clearly on the front door," she explained. Overall, reactions from neighbors and customers have been positive.

Customers and passers-by have taken notice. John Middleton, a Concordia resident and longtime customer who is black explained, "The sign shows that ignoring and keeping a silent voice through all oppression is not OK."

John started doing business with Flowers in Flight for the quality of the artistry. He believes some people have negative reactions to the sign, and that Flowers in Flight's decision to retain the sign despite possible negative reactions means to him the owners care about people of color.

Mary Anne and Pat are sisters who have lived in northeast Portland for about 30 years, and started their business in 1984. Lily is Pat's daughter, who joined them at work in 2012.

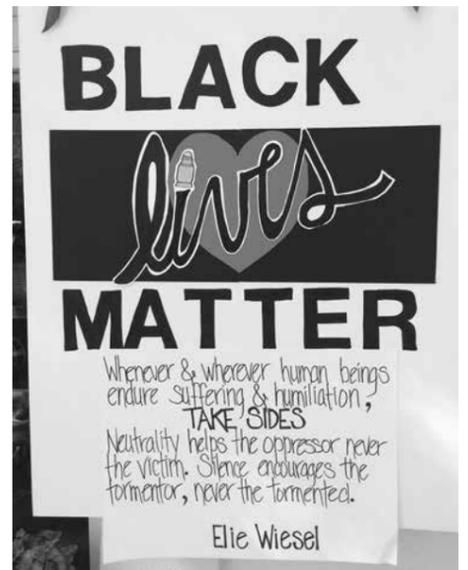
They have a racially diverse family, so they are aware of the issues facing people

of color in Portland. Concordia's history of diversity and the challenges presented by gentrification propelled them to post their sign.

Although the women did not post the sign to increase business, John reported he takes note of any store that posts one.

"I try to find a reason to go into that business," he said. "It has a huge influence on where I go, and it makes me feel better about the people who go to that business."

Ryan O'Connor moved to Portland for college in 1997, and he and his family moved to the Concordia neighborhood a year ago. Most weekends, you can find them playing in Fernhill Park or walking to one of Concordia's many excellent coffee shops or restaurants.



(Left to right) Florists Mary Anne Huseby, Lily Hutchins and Pat Hutchins say they're receiving positive reactions from customers to the black lives matter sign in their shop door.



Time running out for Bighouse building improvements

See Page 6



CONCORDIA MURALS

Check out CNews' latest feature, Concordia murals.

See Page 2



FITNESS BOUTIQUE

Sensible Fitness is open for business, and your fitness.

See Page 8



PRESCOTT JOG

What's with that jiggity jog on Prescott Street?

See Page 11

CHAIR'S CORNER

ISAAC QUINTERO
Chair
Concordia Neighborhood Association



Newspaper and the entire community keep improving; let's keep up all our efforts

Welcome back neighbor! Glad to see you are checking in. As you read through this month's issue, you'll quickly find that Concordia News reporters have been busy collecting the stories and information you really care about...or have they? Ultimately, this community newspaper belongs to you, and the best way to be sure that it's meeting your needs is to let us know what captures your interest and serves you best. Please visit ConcordiaPDX.org/survey/ to take our reader survey.

But timely news and good reporting are just half of the story. As a free publication, CNews relies on its wonderful advertisers to keep us afloat. These are the folks who want to get their products and services noticed by people like you and they trust CNews to get the word out.

Our community is not just those of us who live in Concordia, but includes all of the business people who have made significant investments and, more often than not, bet their entire savings on enterprises that serve you, many within walking distance. When we patronize those businesses, we're letting them know that their CNews advertising dollars are well spent. In turn, their support keeps the news and information flowing to you. Let those businesses know that you saw them here. Empowering this

community starts with cooperation, but real money keeps the wheels going 'round.

And around we go indeed! Are we moving in the right direction? Is Concordia the model community of your dreams? I think we're well on our way. I feel at ease and inspired when I look around and see a diversity of people, and when I hear my native Spanish being spoken...or Japanese or German or Farsi. I'm sure I've missed a few. Speak up!

Empowering this community starts with cooperation...

If you were fortunate to attend any of our free summer concerts at Fernhill Park, you may have thought you were inside one of those old Coca Cola commercials with people from all over the globe singing, "I'd Like to Teach the World to Sing (In Perfect Harmony)." It felt like a real step toward a model community we can all be proud of.

What do you think we need to be the place you would call perfect? Commissioner Amanda Fritz is coming to our general meeting Nov. 8. So think about what you would like her and other commissioners to know about where we want to be in 2030. For those of you with young children, this is an opportunity to secure a better world for them and beyond.

Thanks again and Semper Fi.

Isaac

Concordia Neighborhood Association

MEETINGS

Board Meeting

Sept. 13, 7 - 8:30 PM
2nd Tuesday of the month
McMenamins Kennedy School Community Room

General Membership Meeting

Nov. 8, 7 PM
McMenamins Kennedy School Community Room

Social Committee

If you'd like to join the CNA Social Committee to help plan fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team

Sept. 20, 6 PM
3rd Tuesday of the month
4910 N.E. 34th Ave. (private home)
Contact CNewsME@ConcordiaPDX.org

Land Use & Transportation Committee

Sept. 21, 7 PM
3rd Wednesday of the month
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org

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Submissions to CNA Website: Submit nonprofit news & events to CNewsME@ConcordiaPDX.org

Advertising: CNewsBusiness@ConcordiaPDX.org, 503.440.7732

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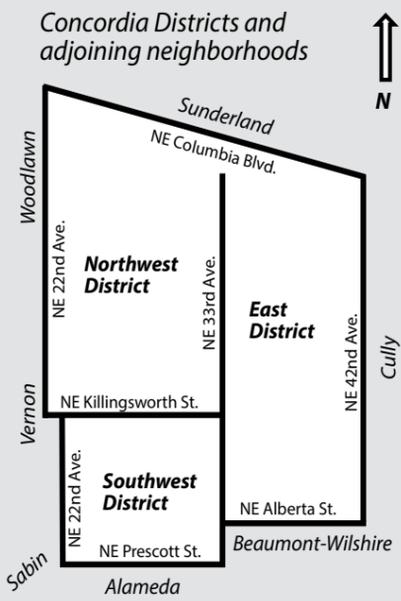
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Concordia murals

“La Fertilidad de la Tierra” / “The Fertility of the Earth”



Editor's note: This month launches a regular CNews feature by Carrie Weninger to highlight the murals in the Concordia neighborhood.

Mural location/age: La Sirenita Taqueria, 2817 N.E. Alberta St. / about 1 year

Artist: Pablo Garcia, a Portland mural artist with roots in Mexico and more than 50 pieces of work on view around our city, in collaboration with friend Consuela Del Moral

Representation: The eclipse surrounding Quetzalcoatl, the feathered serpent, is telling us that we are running

out of time. At the same time, Quetzalcoatl is giving the energy from the sun to us, to help us grow along with the Tule tree, an enormous and ancient cypress. The earth is strong because of the energy of this nature god.

Business Owner: Luis Moreno, La Sirenita, proprietor

Fun fact: Pablo is also responsible for the mermaid La Sirenita – the business's namesake – on the front of the building, whose shimmering scales were fashioned from recycled CDs.

See more murals by Pablo at: PablosMurals.com.

National Night Out draws crowds to parade, concert

National Night Out was a hit again this year. More than 30 children, adults and dogs started the Aug. 2 evening at Dekum Court. They barbecued, watched Dragon Theater's Snow Queen and her Sister, indulged in balloons and bubble machines, and decorated their vehicles.

They traversed the 1½ miles to Fernhill Park – escorted by motorcycle police officers – astride their bikes, trikes, wagons, skates, scooters and skate boards. At the park, they were greeted by Collage's

art activities, a balloon artist, a henna artist, more than 600 additional neighbors, and the Wanderlust Circus accompanied by the band Three for Silver.

Thanks to National Night Out sponsors New Seasons, Safeway and Umpqua Bank, and partners Home Forward Dekum Court Community and Trash for Peace. Thanks for another successful series of five Concerts in the Park go to the Fernhill Concert Committee: Robert Bowles, Jim & Robin Johnson, Chris Lopez, Anne Rotherth and Katie Ugolini.



Parade goes took to a variety of vehicles for the Aug. 2 National Night Out parade.



Owen Randall won all 1,506 Skittles for making the closest guess. The contest was sponsored by Trinity Lutheran School, at Concordia Neighborhood Association's National Night Out booth.

Farmers market collects recipes

By Jessica Jazdzewski
Our 42nd Avenue

Collecting and sharing recipes that use ingredients available at Cully Farmers Market is the latest program the market is providing in its focus to provide local access to fresh, local food.

The market has several additional programs to make healthy produce affordable, including Neighbor Vouchers for people facing food insecurity, Double Up Food Bucks for SNAP recipients, and Senior Volunteer Vouchers. The recipe collection began recently to battle one of the greatest barriers when trying to incorporate more produce into the diet – a lack of knowledge of how to prepare it well.

Several neighbors have already submitted their tried-and-true recipes,

which are available as free recipe cards each week at the market and online at CullyFarmersMarket.org. If you have any recipes you would like to contribute, bring them to the market, email CullyFarmersmarket@gmail.com, or mail to 5140A N.E. 42nd Ave., Portland OR 97218.

If there is a story behind your recipe, please include it! The goal is to build a diverse collection of recipes for all occasions that showcase the wide variety of foods produced locally. The market also has a weekly cookbook and gardening book swap, where you can take some or leave some.

The Cully Farmers Market is open from 4 to 7 p.m. every Thursday through September, 5011 NE 42nd Ave. A final market and harvest picnic is scheduled for Oct. 8.

We really need a TREASURER!

Join the CNA Board as Treasurer. Be a critical part of helping your neighborhood association run smoothly, while building your credentials as a nonprofit manager.



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www.concordiapdx.org/get-involved/volunteer

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Award-winning Nashville singer-songwriter
Gym • 7 p.m.

Thursday, September 22
FALCON HEART
Americana-folk
Gym • 7 p.m.

Monday, September 26
HISTORY PUB:
"National Parks Roads: A Legacy in the American Landscape"
Theater • 6 p.m. doors; 7 p.m. event

Thursday, September 29
Kelsey Mousley and The Next Right Thing
Alt-soul-groove
Gym • 7 p.m.



Transplanted & thriving

Northwesterners wear their babies

Editor's note: Although Oregon replaced its "Things look different here" slogan in 2004, recent transplant Kathy Crabtree (pictured at the right) proves it still rings true. Watch for her impressions of her new home in this and future CNews columns.

Having recently moved to Portland from the Midwest, I enjoy a spectator's view of current Northwest trends. The latest colors, styles and fashion statements – for example, how you wear your baby – can be observed while sipping a latte at any coffee shop on Alberta Street.

The baby-wearing trend fascinates this transplant. Not only does there appear to be a wide selection of baby-wearing apparatus – backpacks, wraps or slings – but one also has a choice in baby accessorizing: front or rear views.

Then there is an additional choice of wearing your baby facing inward or outward. From my unofficial survey, it appears mothers have a tendency to wear their babies in front with the babies facing inward, at least until they are somewhat older. Fathers, on the other hand, wear the children on their backs facing outward. Analyzing this trend one could conclude that mothers tend to keep close

eyes on their offspring; whereas, fathers appear more confident the babies won't try to escape while they aren't looking.

I've also become aware of multiple ways to travel on a bicycle with your child. Many bikes have child seats behind the pedallers' seats – much like I've seen used in the Midwest. In my new neighborhood, I have witnessed several very creative contraptions.

One style has a basket in front with the baby facing the driver. Another has an older child pedaling a connected wheel

and frame. My favorite, though, is the front-loaded, cart-like equipment complete with helmeted kid, groceries and the family dog.

These sights to homegrown

Portlanders are not uncommon, and more seasoned transplants have become assimilated to the culture. Those of us new to the area, however, often have to take some time to minimize the effect of the differences.

For instance, in pondering the baby-

...mothers have a tendency to wear their babies in front with the babies facing inward...



wearing phenomenon, I wonder if how one was worn will influence one's outlook on life later on. Will those front-loaded, forward-facing babies be in the forefront of the future – looking ahead and anticipating new directions and paths? Will those backpack babies value their past and where they have come to bring a historical perspective to the future?

My best guess is they will probably grow into secure and confident adults, having spent so much time cuddled close to those who love them the most.

Help 500 families chase away hunger

The Northeast Emergency Food Program (NEFP) needs help to chase away hunger from 600 local families monthly. Financial contributions are welcome. So are your volunteer time, food donations and nickels from New Seasons' Bag It Forward program.

That latter – the donation of 5 cents for each paper bag a customer declines – is at the 33rd Avenue New Seasons. Last quarter NEFP received \$1,000.

Volunteers are especially needed to help clients select groceries from non-profit's shelves at Luther Memorial Lutheran Church, 4800 N.E. 72nd Ave. Food donations may be delivered there Tuesdays, Thursdays and Saturdays between 10 a.m. and 12:30 p.m.

For details about the NEFP and/or to volunteer, call 503.284.5470 or visit the Ecumenical Ministries site at EMOregon.org/NE_food_program.php.

Nextdoor.com hot topic round up



By Carrie Wenninger

Doug update:

The dachshund at Madison Square G... No. Madison Park. Possible Doug sighting near 78th and Siskiyou Aug. 7. Loving mom, Naomi Painter, continues to search for him, as, I imagine, do we all!

Lots to love despite those teeth: The possum, North America's only marsupial, garners local love. Eats ticks, snails, small rodents and more, gets billed as nature's pest control and clean-up crew!

Lock 'em up! Concordia residents note an uptick in prowlers – day and night – checking car door handles, scanning properties for unlocked goods, even digging up flowers. Sadly, one resident was burgled during his own backyard

dinner party. Be aware, be safe.

Ask and you just might receive! Sam, looking for odds-n-ends weekend work, gives a shout out to neighbors and is inundated with offers. Way to go, Sam!

Ride like a girl? Gladys Bikes on Alberta gets high marks as a woman-owned and focused bike shop.

Neighborhood density a weighty issue: The Residential Infill Project keeps neighbors talking. One resident counsels wisely, "The question isn't, 'How do we keep things the same?' That never happens. The question is, 'How do we want things to change?'"

Carrie is a Concordia resident and lives on 29th Avenue. She is also a freelance writer with a penchant for poetic prose who tries to look for the humor in everyday life. She also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at WurdGurl@gmail.com.

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Letters to the Editor

The opinions expressed by these writers do not necessarily reflect the views of the Concordia Neighborhood Association. Submit opinion pieces (250 words maximum) to CNewsEditor@ConcordiaPDX.org.

Making the case for a community recreational center

The former Whitaker school site near 42nd Avenue and Killingsworth Street is well situated for a Concordia/Cully recreational center. A quality recreation center is a valuable asset to any community. A thriving hub of activity, a well-run community center serves the needs of area's youths, families, senior citizens, parks and recreation departments, civic organizations and more. A confluence for building unity in any neighborhood, a unified community equals a brotherhood.

A vibrant community recreation center can have a stabilizing effect on the lives of young people, by providing safe and adequately equipped space for physical activities like dance, martial arts, yoga, basketball and other sports.

Community centers instill discipline, healthy exercise habits and teamwork in area youths.

A top-notch recreation center will also have dedicated rooms for social clubs and academics to supplement the school experience for students. Best of all, these opportunities are afforded to local youths and their parents at little or no charge.

I am aware this type of facility will require a significant investment of money and time. It will also take the cooperation of individuals, community organizations, the business community, the Concordia and Cully neighborhood associations, the city of Portland, Portland Public Schools, Concordia University and others to make this vision a reality.

I challenge our local leadership to begin the process today for a more unified community tomorrow.

Ike Harris
CNA Board Member

Why does half-baked pass for acceptable these days?

Why does Concordia University creeping into the neighborhood have to bring Concordia cheap with it?

In the February CNA land-use meeting, the university's builder and developer were asked, "Why didn't you aspire to do something good?" after the LUTC was shown the elevation drawings for

the new student dorm building on 30th Avenue and Killingsworth Street.

The developer agreed to review suggestions from the neighborhood.

This neighborhood team, five professionals working in the architecture and legal fields, convened and discovered, in addition to the arid design, the building was specified with the cheapest, short-lived materials.

Nonetheless, this team focused on the exterior design, suggested upgrading the materials to withstand the weather and normal wear and tear, and expanded the token retail space.

When this package was delivered to the university, the developer and the builder, their collective response was emphatic. How can I say this delicately – the ornithological gesture?

The neighbors who share the alley adjacent to this building were informed, for the convenience

of the builder, the alley's south end will be closed. As a pacifier to the neighbors, and without input, they would adjust the north end, making it "easier" to use. Instead, they did a substandard job. Their adjustment made the alley unsafe and unimproved.

Why does half-baked pass for acceptable these days?

Two city commissioners and the mayor wrote in support of the neighborhood, encouraging the university's development team to accept the suggestions for improvement. No response yet.

Anyone into "bird" watching?

Jeff Hilber
5603 N.E. 31st Ave.

Pieces shine light on character of town being destroyed

The July letter from Ariel Singer misses the point of Luke Griffin's series of opinion articles. I was glad to see him shine a light on greedy developers, and the negative changes that outweigh anything positive with the demolitions of perfectly good homes in exchange for unsustainable houses that don't fit into the neighborhood nor reflect Portland values. The character of our town is being destroyed by greed.

Ariel's suggestion to "sort out our differences through dialogue" is exactly the point of Luke's opinion pieces. In article



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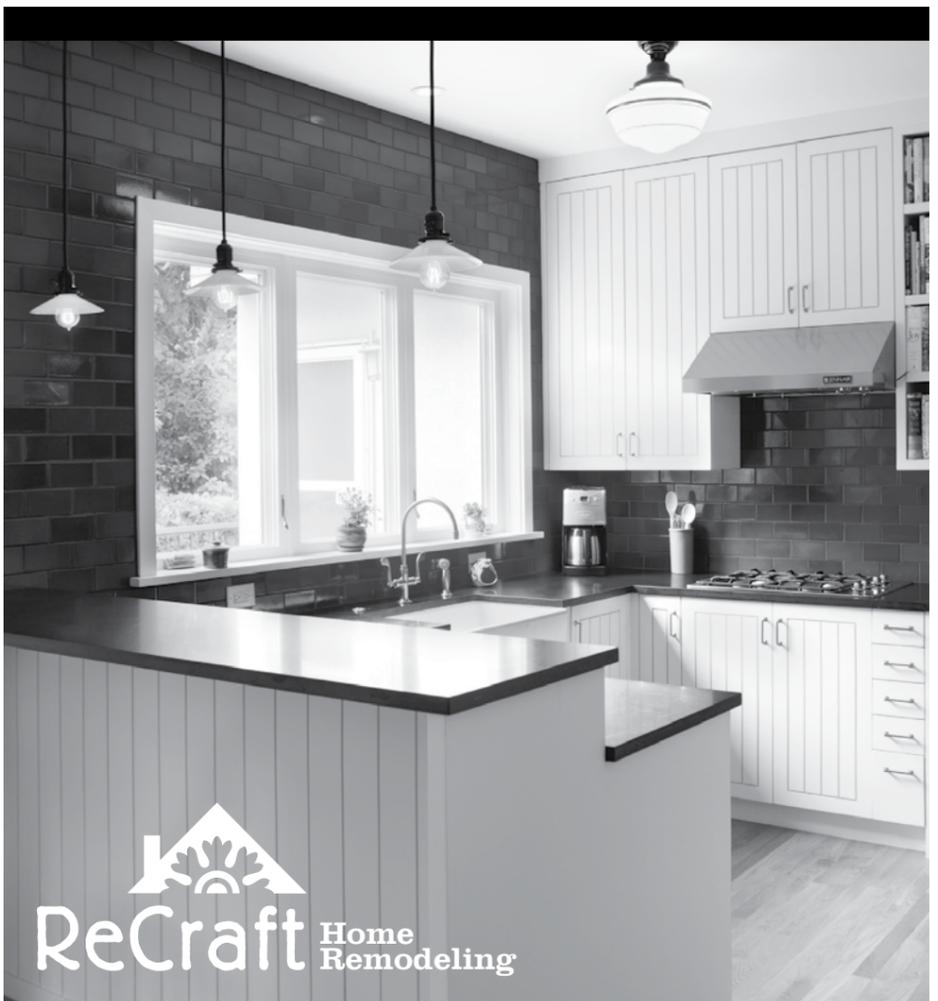


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Save our 30th & Killingsworth commercial district: Bighouse Development has city's attention - now it needs yours

Land use, transportation & livability update



By Ben Earle
Secretary, CNA LUTC

Things are sure sizzling on the land use front, with the hottest activity being a ramp up of community advocacy for improving the Bighouse building design and for deciding which Residential Infill Project (RIP) proposal the LUTC will recommend for CNA to support.

Bighouse Development

Unfortunately – despite letters from the mayor and commissioners Saltzman and Novick supporting the CNA's recommendations regarding the design deficiencies of the four-story

apartment building slated for the northeast corner of 30th Avenue and Killingsworth – developer Brian Spencer has so far yet to respond.

Although we remain hopeful he will see the value of all the Redesign Team's professionally-crafted improvement suggestions, the construction clock is ticking and it is now time for as many neighbors as possible to tell him, "Our neighborhood deserves better."

At the least, he should accept optimizing the ground floor units currently restricted for residential use by converting them for use by either retail or residential tenants, as the current commercial storefront zoning guidelines clearly intend – and our city leaders agree.

With a point of no return projected for mid-September, it is not too late to implement the recommended changes. Not only are these types of change orders very common, achieving them can be expedited with minimum project impact with commissioner Saltzman's support since he oversees the Bureau of Development Services.

Be sure to see the "Bighouse" track of the CNA's website at ConcordiaPDX.org/tag/bighouse-project.

Residential Infill Project

Although the RIP process has completed its formal public review and comment phase, there is still an opportunity to provide input on the three different proposals from the Stakeholders Advisory Committee (SAC), on which LUTC chair Garlynn Woodsong served.

The LUTC will recommend at the Sept. 13 board meeting that CNA send a letter supporting a modified version of the SAC's Housing Diversity Perspective proposal to the Portland Planning Commission as they agree on a preferred proposal for city council's approval before year's end.

To refresh your memory, the RIP's purpose is to establish new code, before the full 2035 Comprehensive Plan is completed in 2017-18. The intent is to reduce house size and increase the range of housing types to address community concerns about the scale of new homes and the current housing supply challenges.

Our recommendations will be distributed via the LUTC Community email list and the CNA website so interested people can comment at the board meeting. For more info, see PortlandOregon.gov/bps/article/580581. Email questions to LandUse@ConcordiaPDX.org.

LUTC membership

Jay Fesler was approved to fill the open committee position created when Ken Forcier moved to Rainier, Washington. Jay is a project manager for Ankrom Moisan Architects, served on the Bighouse Redesign Team and is looking forward to helping with the launch of the Concordia Design Standards initiative this fall.

Concordia residents are always welcome at CNA LUTC Meetings, 7 p.m. every third Wednesday in the Community Room at McMenamins Kennedy School. For more information visit the LUTC section of the CNA website at ConcordiaPDX.org/category/land-use-livability, send your questions to LandUse@ConcordiaPDX.org or email LUTC_Secretary@ConcordiaPDX.org to be added to the LUTC notification list.

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July 28, 2016
Mr. Brian Spencer
PO Box 87908
Vancouver, WA 98687
brian@ascendholdings.com

Dear Mr. Spencer,

The Concordia Neighborhood Association (CNA) Land Use and Transportation Committee contacted my office and asked me to encourage you to provide more retail space on the ground floor of your development at NE 30th and Killingsworth.

Active ground floor retail at key locations is an important ingredient in livable, walkable neighborhoods. The intersection of NE 30th and Killingsworth already has great local retail, restaurants and character. Your development will complete the picture.

I'm impressed that CNA is offering a positive, constructive suggestion for how your development can contribute positively to the character of the neighborhood. I hope you will give their input your full consideration.

Sincerely,
Charlie Hales
Charlie Hales
Mayor
Concordia NA Land Use and Transportation Committee

"...active ground floor retail at key locations is an important ingredient in livable, walkable neighborhoods."

Mayor Charlie Hales
City of Portland

August 5, 2016
Mr. Brian Spencer
P.O. Box 87908
Vancouver, Washington 98687
brian@ascendholdings.com

Dear Mr. Spencer,

The Concordia Neighborhood Association (CNA) asked me to contact you regarding your planned development at NE 30th and Killingsworth Street. I share CNA's interest in ground floor retail in high quality mixed use developments that create vibrant hubs and main streets needed for complete communities where people to meet all of their daily needs. Thank you for taking the time to review and consider my letter.

The intersection of NE 30th and Killingsworth is at the heart of the Concordia Neighborhood, and it already has great local shops and restaurants. The development you plan for a long underutilized property is the final piece. My understanding is that your plans include a planned retail location but that additional retail locations could be considered along both NE 30th and Killingsworth. The neighborhood association would prefer to see more mixed use locations, and I share their view. I'm glad the neighborhood association has worked to engage constructively with respect to their concerns about the project, and I hope you'll reconsider your plans.

Thank you in advance for your consideration of this request.

Sincerely,
Dan Saltzman
Steve Novick

"I'm glad the neighborhood association has worked to engage constructively with respect to their concerns about the project, and I hope you'll reconsider your plans."

Commissioner Steve Novick
City of Portland

Call to Action – We Deserve Better!

Please be respectful but resolute when you contact Bighouse developer Brian Spencer at 360-256-9432 or Brian@AscendHoldings.com.

Please also thank mayor Hales and the commissioners for their support:

Mayor Charlie Hales: 503-823-4120, MayorCharlieHales@PortlandOregon.gov
Commissioner Dan Saltzman: 503-823-4151, Dan@PortlandOregon.gov
Commissioner Steve Novick: 503-823-4682, Novick@PortlandOregon.gov

July 12, 2016
Mr. Brian Spencer
P.O. Box 87908
Vancouver, WA 98687
brian@ascendholdings.com

Dear Mr. Spencer,

Thank you for taking the time to read this letter and consider this request. My office has been contacted by the Concordia Neighborhood Association Land Use and Transportation Committee and asked to weigh in on your development at NE 30th and Killingsworth.

While there is no doubt that this property has been underutilized for quite some time and was ripe for redevelopment, the neighborhood has active ground floors that interact with pedestrians and a big part of this is making sure buildings have active ground floors that interact with pedestrians and facilitate community engagement. It is my understanding that the building you plan on constructing at NE 30th and Killingsworth has a planned retail location but that additional retail locations could be considered along both NE 30th and Killingsworth. This additional retail is what the neighborhood association is hoping you would consider and I share that hope as well.

Thoughtful design and creative architecture can be hallmarks of a successful development and I'm confident you and your team have considered this. I would merely ask that your team take one more look at the proposed building and see if additional retail could be feasible. Thank you again for taking the time to consider this and thank you for your energy and investments in Portland. It is appreciated.

"...I would merely ask that your team take one more look at the proposed building and see if additional retail could be feasible."

Commissioner, Dan Saltzman
City of Portland

Boutique fitness studio opens in Concordia



By Susan Trabucco
CNA Media Team

Seeking an injury-free fitness regime sans crowded classes? Look no further than Sensible Fitness, a new, boutique fitness enterprise tucked into a charmingly-

repurposed garage in Concordia.

In the studio, watermelon-washed walls and abundant skylights provide a cheerful, light-filled ambiance. Brightly-colored floor mats and hand weights of various poundage are scattered about – inviting their use. Toby, the owner’s dog, watches from a corner, his tail wagging gently.

Proprietor Chris Pike is no stranger to the business of exercise. Using a science-based approach, he ran his fitness program under a different name for six years in Davis, California. A medical condition exacerbated by too much sunshine led him to relocate to Portland this year. Because he’s committed to sustain-

ability, he chose the Concordia neighborhood.

“I don’t own a car, and I bike or walk everywhere, so this neighborhood works out perfectly for me,” Chris said.

His Sensible Fitness program uses a blend of strength training, stretching and movement to provide class participants – there are six maximum per class – a full range of exercise. Chris’ program incorporates elements from yoga and Pilates as well as ballet and African dance.

Former Davis client, Ellen Dean, is a die-hard Chris fan. She now leads a group in Davis that continues to meet to exercise according to the program he taught them, using a CD with Chris’ voice and his music.

“Chris is a very talented teacher with a lot of knowledge about body mechanics. He could be famous for his routine, but he isn’t someone who brags or puts himself out there in a competitive way,” she said.

Kylie Mendonca, also a former class participant from Davis, learned Chris had moved here and looked him up so



Chris Pike, a fitness instructor with extensive experience, opened Sensible Fitness recently in the Fernhill Park area. Photo by Susan Trabucco

she could go to his Portland studio for workouts while she was on an extended summer visit. Now she is gearing up for a move here.

“Chris is so sweet. He makes an effort to learn people’s names, and he pays attention so he can help those who might need help with the poses. And you really see results from his classes – not only do you feel strong – you look fit,” she added.

Chris does what he loves. Although he earned a Ph.D. in physics, he has invested an enormous amount of time learning the art and science of fitness.

“They say you can do anything well if you put in 10,000 hours,” he said. “Well,

I’ve put in that much time reading, learning from dance and fitness instructors, and trying new ideas to help people be fit without injury.”

Sensible Fitness classes, appropriate for participants of all genders and fitness levels, are offered at 10 a.m. and 6:30 p.m. daily by reservation.

Prices vary depending on class size, and \$15 for a single session. Private or customized small group classes are also available.

For a class schedule or to register, visit SensibleFitnessPDX.com or contact Info@SensibleFitnessPDX.com or call 503.757.6656.

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Cottage Pantry marks a year in business

By Susan Trabucco
CNA Media Team

The Cottage Pantry at 30th Avenue and Ainsworth Street celebrated its one-year anniversary with food and fun Aug. 8. The Concordia neighborhood coffee and baked goods café is the brainchild of proprietor and native Portlander Judy Louie, a self-taught baking aficionado who had always wanted her own restaurant. Now, with a year of experience under her belt, she’s feeling positive about her entrepreneurial adventure.

“I love the location and the people,” she said. “It’s awesome, and I can bike to work from where

I live near Alberta.”

Judy also enjoys the café’s location near an English language school, which attracts students from all over the globe who are intent on learning English, which is required for local college enrollment eligibility.

“When I dreamed of opening my own place, I imagined I would do it in another country,” she explained. “With proximity to this school and the many types of wonderful people that brings to my café, I feel like I’m in a foreign land.”

Cottage Pantry is open 7:30 a.m. to 3 p.m. Mondays through Saturdays, and 9 a.m. to 3 p.m. Sundays.



Customers and friends gather to celebrate Cottage Pantry’s first anniversary Aug. 8. The Concordia coffee shop and bakery is located at 30th Avenue and Ainsworth Street. Photo by Cottage Pantry

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Artist adds coloring books to his repertoire

Alberta Street coloring book debuts at Alberta Street Fair



By Nancy Varekamp
CNews Editor

A coloring book for all ages – and that’s all about Alberta Street – debuted at the Alberta Street Fair.

Aaron Trotter, known for his Illustrated Playing Cards, enlarged and simplified 18 drawings from the deck of cards he created in 2013 in partnership with Alberta Main Street. “Color Alberta” is the second coloring book he has produced – following the May release of one that’s based on the 2010 Portland Landmarks playing cards. He plans to follow it this year with another that uses illustrations from his Mississippi Avenue deck.

Although he toyed with the concept of coloring books early on, Aaron didn’t get serious about it until this year.

“In the past year, they’ve crept into Portland big time, and no one had developed any actually about Portland,” he explained.

It took discipline for a pen-and-ink artist who revels in details to delete some

details from his illustrations for the coloring books. But it was necessary for customers to enjoy the coloring experience. He should know.

“One of the ways I learned to draw was from coloring when I was a kid,” Aaron pointed out.

The coloring books are the latest venture for the artist based at Alberta Studios. What started with a studio in the basement of his home – and selling pen and ink drawings in restaurants, cafes and bars – developed into printing his illustrations onto postcards to sell to local stores.

Sales encouraged him to pursue his art full time in 2010, when he began finding success selling 52 illustrations at a time in the form of playing cards.

“This is the longest I’ve ever had a job,” he said with a smile. “Working for myself is the best job I’ve ever had.”

The first deck, Portland Landmarks, was a tribute to Aaron’s hometown, and a Kickstarter campaign financed the printing. That deck just completed its 100th printing – of 100 decks each.

Aaron has 27 more decks to his credit, and he plans to complete five

more this year. They range from Portland scenes and Oregon ones to major U.S. and foreign cities. Those decks – and now his coloring books – are available in stores throughout Oregon and eight other states, and online at IllustratedPlayingCards.com.

His playing cards and coloring books are at Portland Saturday Market – including Sundays – through Dec. 24. His work is also available at five Alberta Street locations. A variety of cards are at his studio and Local Discoveries. The new coloring book and the Alberta Street playing cards are available at Frock, Alberta Main Street and Collage.

Right: Aaron Trotter debuted “Color Alberta” Aug. 13 at the Alberta Street Fair. The second in his new series of coloring books – along with the first book and all 28 decks of his playing cards – tempted local shoppers. They’re available in stores near and far, and at Portland Saturday Market.



There’s still time to plant



By Jolie Donohue
The Gardening Goddess

Portland’s warm fall and mild winter temperatures are an ideal climate for growing food into winter, and you still have time to plant in September.

According to the farmer’s almanac, our average first frost will be Nov. 15. When thinking about fall and winter edibles, you want them to be at harvestable maturity by then.

So, if you are interested in planting broccoli and the variety you select says 90 days to maturity, count back 90 days and you should’ve planted by Aug. 15. Other factors that affect plant growth are the shorter daylight hours and the farther position of the sun during fall and winter.

September may be too late to plant long-maturing crops like Brussels sprouts and parsnips; however, you still have lots of choices. Look for crops with less than 60 days.

Some crops that do well in the cooler weather are: arugula, beets, Brussels sprouts, cabbage, carrots, cauliflower, chervil, cilantro, endive, kale, kohlrabi, lettuce, mesclun mix, mustard greens, parsnips, peas, radishes, radicchio, rutabagas, salad greens, scallions, spinach, Swiss chard and turnips.

Many crops are intended to overwinter. You plant them in the fall and they mature for harvest the following spring

or summer. Fava beans, garlic, onions and shallots are all overwintering crops. There are also many overwintering varieties of broccoli, cabbage, carrots and cauliflower.

A great resource for timing your fall/winter planting is the Territorial Seed Company’s very informative winter planting chart at TerritorialSeed.com/product/14053.

To extend your growing season by providing some frost protection, you can purchase a frost blanket from your local nursery. Row covers like frost blankets are placed directly on plants and pass air and water freely. They can typically protect plants down to 26 degrees.

You can also construct a simple hoop house or cold frame over your raised bed. Directions for these DIY projects abound on the internet.

Happy planting!
Jolie Donohue is a Concordia neighborhood resident offers garden design and consultation services, and teaches workshops about therapeutic horticulture, floral design and seasonal recipes. For more information, visit MissJolieAnnKitchenGarden.blogspot.com and JolieAnnDonohue.com.

September may be too late to plant long-maturing crops.

Cupping is the ancient twist to modern massage



By Penny Hill
Rising Sun Massage

The news and Twittiverse are abuzz today about the cupping bruises – they are actually called kisses and are not bruises – on various Olympic athletes. If you missed it, and are new to cupping, it is the therapeutic application of a cup to the skin in which a vacuum is created. This vacuum creates a localized suction of the tissues up into the cup and stimulates a healing response.

All of the news coverage I saw focused on Chinese fire cups, which are used by acupuncturists and are stationary. But there is a different kind of cupping. In Massage cupping, the cup is plastic or even silicone, and the vacuum is achieved by means of a pump attached to a valve.

The value and use of cupping has been known since very ancient times. Massage therapists are getting in on the action. Incorporating this ancient technique into massage, cupping is sort of the Ginger Rogers of massage techniques. It does everything regular massage does, just backwards.

In a usual session of massage, all the

pressure is directed inward but, with cupping, the force is outward. This lifting separates tissue layers for more mobility. The cups can be used to break up other muscular adhesions and scar tissue, collect and drain lymph and increase blood flow. The process is very soothing to the nervous system and induces a deep calm and relaxation.

In general, cupping feels very like massage does. Some areas feel lovely, some not so much. The vacuum cups allow for regulation of the suction if an area of discomfort is found. The cups also stimulate the flow of stagnant energy.

The addition of cupping to your massage sessions can be transformative.

Penny Hill, LMT and certified EFT coach, can be reached by visiting concordiamassagepros.com.

The value and use of cupping has been known since very ancient times.

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Combine labor of love with sense of purpose



Keren Brown Wilson

Labor Day is upon us. Started in 1882 to recognize the contributions of men and women in the U.S. workforce, in 1887 Oregon was the first state to make it a legal holi-

day.

Today it's widely viewed as the unofficial last weekend of summer. But it's still a celebration of the dignity of work,

largely of the contributions that benefit society – like building things, caring for others or supporting the work of teams. And work implies a state of being worthy of esteem or respect.

Last month I mentioned that having purpose is an important element of successful aging. To me, that's related to dignity of work. Consider the phrase "labor of love." Typically that's something one does based on one's interest in the work itself rather than any payment – work for one's own enjoyment, or for the benefit of others.

For anyone who is retired from paid work – or sufficiently disabled to not work in the paid labor market – there is no barrier to being involved in a labor of love. It can give purpose to one's life.

There is much to be done in our communities and for others in acts large and small. Imagine not only benefitting others, but yourself by various activities in which you get involved.

Look around as you enjoy the last weekend of summer and ask yourself, "Where am I needed?"

Never think you are too old, too used

up or too out of date to be able to contribute meaningfully as a part of aging gracefully... with purpose and with dignity.

Keren is president of the Jessie F. Richardson Foundation. Based in Clackamas, the nonprofit helps elders live full lives with dignity. Its strategies focus on bridging the gap for elders, families and communities throughout the United States and around the globe. Contact her at 503.408.4088 or KWilson@JFRFoundation.org, or visit JFRFoundation.org.

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Help your kids transition back to school



By Jennifer Allison
Gnome's Home

Summer seems to slip away so quickly. The air gets cooler, plants go to seed and school beckons our children. I've found a few things that have helped

ease the transition back to school for my family.

Set up your rhythm: Design a routine that works around what is important in your day. It is easier for children, especially the younger ones, if there is a consistent rhythm to the day. When do

you need to get up so there is enough time to get ready? Try to eat breakfast at the same time every school day, and after school be ready with a snack and activities to allow your child to relax and refresh before they take care of other responsibilities. Keeping it the same most days will help a child stay grounded.

Seek sustainable sleep: This is so important for your child. Sleep allows children to process what they take in during the day and integrate it, and it's essential for a healthy immune system. Give your child a calming, consistent bedtime ritual, like brushing teeth, reading a story and lightly rubbing their feet

or backs. This can bring children back into their bodies and get ready for sleep. Keep to a regular bedtime.

Support the transition: An anxious child who does not want to leave your side will do well knowing what to expect when they get to school. You can say something like, "Mommy will walk you to your classroom, and then I am going to give you a hug and I will see you at the end of the day." Keep it short and sweet. Lingering only makes the parting harder for your little ones.

Jennifer is an early childhood educator at Gnome's Home. Please visit GnomesHome.org for more information on classes for children and adults.

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Stop! Look! Listen! You could save a life



By Karen Wells

It's back to school time. You can feel the excitement, the anticipation in the air. The shopping trips to get the new school clothes, gear and electronics – the stuff that makes it

all possible.

If you do the traditional, round robin of shopping malls and outlets, you drive there and back, right? If you're lucky, the ideal parking space awaits, right?

Remember to Stop! Look! Listen! Check for your children or other kids around your car before you park, after parking and before pulling out.

Kids are short. Parents are distracted. Kids are excited and curious. Parents are in a hurry. Cars have blind spots. Kids are oblivious to cars, both parked and moving. Parking lots and driveways are dangerous places, ripe for tragedy.

Stop! Look! Listen! Check where chil-

dren might be before getting into your car. It takes seconds and could save a life.

According to KidsandCars.org, about 114 children younger than age five were killed in 2015 from backovers – cars that backed over unseen children – and frontovers – cars that moved slowly forward over unseen children.

Don't leave a child younger than five unattended in a car, even for a minute. Heatstroke or another medical emergency can occur in moments. If the outside temperature is 70 and the windows are closed, it's 125 inside that car.

We're good parents. Let's do our best to keep our children safe. Stop! Look! Listen!

Karen is a master trainer in early childhood education at Oregon Center for Career Development in Childhood Care and Education. She provides health and safety training to parents and child-care staff via Child Care Resource and Referral of Multnomah County. Reach her at 5CornersFamily@gmail.com and 619.244.7892.

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Historian identifies reasons for Prescott jog



Prescott Street jogs at its intersections with 37th and 33rd avenues for reasons steeped in time, technology and development strategies.

The Question:

Why does Prescott Street jog between 33rd and 37th avenues? There must be a reason.

– Dave Lynch, 35th Place

The Historian Reports:



By Doug Decker
Historian

In this case there is no one single reason. There are multiple reasons related to changes in surveying proficiency, the passage of time, the helter-skelter nature of development and developers operating at the edge of the city limits in 1900, and a complete absence of planning in our turn-of-the-last-century city.

Let's look at

scape into big boxes and small boxes, known as townships, ranges and sections. In northeast Portland, our main east-west streets are organized on section or half-section lines. Prescott – all but the stretch we're talking about here – rests on a half section line.

The plats

Portland has more than 900 of these, basically plats that divide the land into lots and streets. Developers were in charge of their own plats, and they gave them unique names – some of which are pretty interesting, but that's a subject for a future column. A plat called Willamette Addition, drawn and filed in 1888, contains the area from Skidmore to Killingsworth streets and from 33rd to 37th avenues. Of particular note, running along the bottom of that plat, is our mystery stretch of Prescott between 33rd and 37th.

So here's what happened

The Willamette Addition was anchored on the south boundary to what in 1888 was thought to be the half-section line, the future Prescott. Actual development of the Willamette Addition didn't happen until the 1920s and, in many cases, much later.

Both Alameda Park (the neighboring

plat to the west) and Wilshire (the neighboring plat to the east) were laid out in 1909 and 1921 respectively, by different developers using different survey technology. And guess what? The location of the real Prescott (in alignment with the more-recently-surveyed half-section line) moved about 75 feet to the north.

Meanwhile, the Willamette Addition was still just a drawing and the raw land was owned by different developers. Its southern boundary, referred to as Columbia Street, was stuck on the grid of 1888 and quickly became irrelevant.

The developers of Alameda and Wilshire weren't in control of the Willamette Addition, but they had to build streets around it and needed to tie their

new neighborhoods into the actual half-section-line-based street we know today as Prescott. So, build they did, marooning this yet-to-be developed stretch of what they called Columbia Street 75 feet to the south, and necessitating eventual construction of the s-curves we know today when development of the Willamette Addition finally followed years later.

Thanks for asking!

Have a question for the neighborhood historian? We love solving mysteries. So, if you have a question for the neighborhood historian, email it to CNewsEditor@ConcordiaPDX.com and we'll ask Doug Decker to do some digging.



the basic ingredients.

The grid

Back in 1850, surveyors used a grid to map Oregon and to organize our land-

Cultural empathy is to walk a mile in another's shoes

An old proverb says you can't really understand another person's experience until you've walked a mile in their shoes. Concordia University associate professor of social work Julie Dodge, Ph.D., studies the application of this proverb to the modern world in the field of cultural empathy.

"Every day in the news we hear another story of violence that outrages us. It's easy to pick a side," she said. "It is much harder to actually listen to the stories of people who may face unique challenges in our society. Too often, we rush to blame."

In her anticipated iBook, titled "But I Wouldn't Do That! Teaching Cultural Empathy," Dodge suggests we often fail in our work with people of different backgrounds because we lack cultural empathy. As a society, especially within our health and human service professions, we still struggle to understand why another person behaves differently than we would.

Cultural empathy is defined as the ability to consider the thoughts or per-

spectives and feelings of another person given their cultural background – values, experiences, beliefs – and to communicate this understanding effectively.

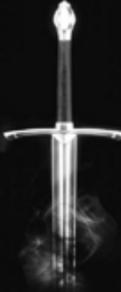
Brain research shows we are all capable of expressing empathy; however, we have to choose to activate those empathy pathways in our brains. So how can we do this?

"One way is to stop, listen, reflect and ask for clarification – especially if you hear something with which you disagree," Dodge said. "Listening to another person's story, instead of arguing another perspective helps build understanding of why a person thinks and feels the way they do. And that results in a better understanding of differences."

To learn more about cultural empathy, visit Blog.Education.NationalGeographic.com/2015/02/04/teaching-cultural-empathy-stereotypes-world-views-and-cultural-difference/. To learn more about Concordia's College of Health and Human Services, visit CU-Portland.edu/chhs.

Contributed by Concordia University College of Health & Human Services.

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Sept. 1 & 8, Thursdays
ST. MIKE'S COMMUNITY KITCHEN COOKING GROUPS

Location: St. Michael's Lutheran Church, 6700 NE 29th Ave.
6 - 8 PM

St. Michael's is partnering with nonprofit Kitchen Commons to build community and to empower people to cook healthy meals from scratch. Participants eat the meals they cook together. September's kitchen groups meet in the church kitchen. Suggested donation: \$0-\$15 sliding scale - contributions help cover the cost of the food, but no one will be turned away due to lack of funds. Details/RSVPs: stmikeslutheran.org/kitchen-commons/; contact Rachel at 503.997.2003 or st.mikes@kitchencommons.net.

Wednesday, Sept. 7 & Monday, 12
LEAD POISONING PREVENTION WORKSHOPS

Locations: See below

Sept. 7: Community Energy Project, 2900 S.E. Stark St. Suite A, 11 AM - noon

Sept. 12: East County WIC, 600 N.E. 8th St. (2nd floor), Gresham, 2 - 3 PM

Learn to prevent lead exposure at home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive free kits of safety & testing supplies. Details/registration: communityenergyproject.org, 503.284.6827, ext. 109

Saturdays, Sept. 10, 17, 24
STORY TIME

Location: Jody Thurston Northwest Center for Children's Literature, Concordia University
10:30 AM

All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes, followed by themed crafts. Each session is on a drop-in basis.

Sept. 10, Saturday
EXHIBIT AWARDS RECEPTION

Location: George R. White Library & Learning Center, Concordia University
7 - 9 PM

The awards reception is free & open to the public for Portland Photographer's Forum 2016 Group Exhibit "Think in Threes." The exhibit features work in groups of three on a common subject, interesting place, idea or concept, personal diary, exposition or narrative story, or an extended portrait. The exhibit continues to be on display during library houses through Sept. 30. Details: cu-portland.edu/academics/libraries

Sept. 14, Wednesday
OREGON HUMANITIES CONVERSATION PROJECT
Location: Student Events & Activities Center in Hagen Center, Concordia University
7 PM

The Conversation Project, sponsored by Oregon Humanities and hosted by Concordia University, brings Oregonians together to talk across differences, beliefs, and backgrounds about important issues and ideas. The topic this month is "Northwest Mixtape: Hip Hop Culture and Influence." Participants may visit youtube.com/watch?v=TiQnTY-qjNI prior to the conversation. Details: OregonHumanities.org/programs/conversation-project/

Sept. 18, Sunday
CULLY CAMINA

Location: Portions of Alberta Ct., Alberta St. & Cully Blvd. from 42nd Ave. Plaza to Cully Plaza, including Khunamokwst Park
11 AM - 4 PM

Cully Association of Neighbors & Oregon Walks partner in this first of a series of free, pedestrian-focused open street events. Booths for food & art vendors, as well as local nonprofits, will be located near both plaza areas. Sponsors include: Metro, the city of Portland, Our 42nd Avenue, Living Cully, Verde, Hacienda CDC, Andando en Bicicleta en Cully & City Repair & individuals who live & work in the neighborhood. Details: oregonwalks.org/programs/oregon-walkways/oregon-walkways-cully-camina

Sept. 19, Monday
NECN CRIMINAL JUSTICE FORUM

Location: 4815 N.E. 7th Ave.
6:30 - 8:30 PM

Northeast Coalition of Neighborhoods' Safety & Livability Team hosts a criminal justice forum. The panel comprises people who work on advocacy & education issues. The forum is free & open to the public. Details: info@necoalition.org, 503.388.5004

Sept. 20, Tuesday
TIES THAT BIND

Location: Concordia University, George White Library, Room 120
2 - 4 PM

Join support & resource meeting for grandparents, foster grandparents & family members caring for grandchildren. Details: 503.408.4088

Sept. 24, Saturday
WEATHERIZATION WORKSHOP

Location: St. Johns Library, 7510 N Charleston Ave.
1 - 3 p.m.

Free workshop for participants learn how to stop drafts in their homes, especially around doors and windows, to save energy and increase comfort. Great for renters too. Each qualified participant receives a free kit of weatherization supplies. Details/registration: communityenergyproject.org, 503.284.6827 x108

Cully Camina invites you to 'walk, go, trot, wend your way'

The Cully Association of Neighbors and Oregon Walks are partnering Sept. 18 for the first of a new series of free, pedestrian-focused open streets events. The 11 a.m. to 4 p.m. Cully Camina will encourage participants to explore the Cully neighborhood on foot and use the streets for play in Oregon Walks' new Oregon Walkways program.

What's a camina? Loosely translated, it's the Spanish word to walk, go, trot, home in on and/or wend one's way.

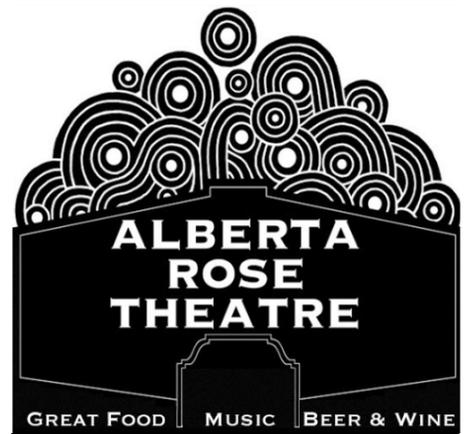
Inspired by the success of the city of Portland's Sunday Parkways, this event will close off portions of Killingsworth Street and Alberta Court to cars and open them to people. The route will highlight the newly minted Living Cully Plaza and the forthcoming 42nd Avenue Plaza, with activities along Cully Blvd, Alberta Street and Alberta Court, especially in and around Khunamokwst Park. Booths

for food and art vendors as well as local nonprofits will be located near both plaza areas.

Volunteers, vendors and participants are all invited. Volunteers are needed on the planning and outreach teams, and to direct traffic.

Potential vendors may email Inna Levin, Inna@OregonWalks.org. Sponsors already include: Metro, the city of Portland, Our 42nd Avenue, Living Cully, Verde, Hacienda CDC, Andando en Bicicleta en Cully and City Repair and individuals who live and work in the neighborhood.

Oregon Walks is a pedestrian advocacy organization that works to ensure walking and the conditions for walking are safe, convenient and attractive for everyone. For details about Cully Camina, visit OregonWalks.org/programs/oregon-walkways/oregon-walkways-cully-camina.



GREAT FOOD MUSIC BEER & WINE

SEPTEMBER 2016

- 1 **MORTIFIED PORTLAND**
- 2
- 3 **SAM BAKER • THE GOOD TIME TRAVELERS**
- 6 **SESSION AMERICANA • KRISTIN ANDREASSEN**
- 7 **RUTHIE FOSTER**
- 8 **MIPSO • SAM LEWIS**
- 9 **AN EVENING WITH TRACY GRAMMER**
- 10 **BACK FENCE PDX : MAINSTAGE - LEAP OF FAITH -**
- 11 **UKULELE ROAD SHOW**
- 12 puddles pity party
- 13 **TOM RUSH**
- 14 **TRUTV PRESENTS ADAM RUINS EVERYTHING LIVE! WITH ADAM CONOVER**
- 15 **LIVE WIRE RADIO BRUCE CABBELL & COLIN O'BRADY**
- 16 **MATT BROWN "WALK INTO THE LIGHT" ALBUM RELEASE + CARYN JAMIESON**
- 17 **JOSEPH ARTHUR + MATT THE ELECTRICIAN + REUBEN HOLLEBON**
- 20 **TAYLOR JOHN WILLIAMS • CAROLINE GLASER**
- 22 **ELIZA GILKYSON + NINA GERBER**
- 23 **YOGOMAN'S ROCK STEADY REVUE STARRING WINSTON JARRETT**
- 24 **HUUN HUUR TU**
- 29 **LIVE WIRE RADIO DR. EMBRIETTE HYDE & DAVID BAZAN**
- 30 **BLACKSTAR RISING 2 ALL-STAR TRIBUTE TO THE MUSIC & LIFE OF DAVID BOWIE**

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