People assure support for others

**Increased tensions are causing people to think about how they relate to each other, even here in Concordia.**

That’s why the Concordia Neighborhood Association Board of Directors offers a letter of support to community members on Page 3. People from across Portland are talking more about how to support each other, and parents are tackling tough subjects with their children.

Ben Preacher, publican at Wilder Bar & Café, has noticed an increase in business at the neighborhood gathering place. “We’ve always wanted to be known as the place you can talk about things,” he pointed out. And people do.

He’s gratified to see the swell of support people show each other, but believes it’s always been available, albeit perhaps not discussed. “It should’ve already been out there.”

In America, it’s impolite to speak of politics and religion,” Ben has learned in his six years in Portland. That’s the opposite of his native Ireland. He encourages his customers and friends to keep talking, and to join him engaging in political and social action.

“We can get together to make things better by tackling difficult, complex issues that require people from all backgrounds,” agreed James Armstrong, a customer and friend of Ben.

Complex issues aren’t new to him as president of Alberta Main Street. “In recent years, we’ve been heavily focused on what lots of Portland is focused on – equity.”

“Living in a gentrified community, acknowledging the faults of the past is not enough,” he said. “We’re making it clear that moving forward, our organization is an ally to the entire community.”

Co-owner of Alberta Eye Care, James also keeps pulse on healthcare issues. “There’s a huge unknown there. Already, in recent years, our patients have been paying increasing premiums with higher deductibles and fewer options.”

Claire LaPoma also deals with complex issues. The Fashion Elementary School counselor and Trillium Family Services therapist provides an ear – and a shoulder – to children and their parents.

“The bigger picture stuff can feel pretty heavy to adults and to kiddos,” she said. “As adults, we have fully-cooked brains, reason and life experience to find our sources of resiliency. “For kiddos, their developmental level can make it challenging to cope with change.” According to Claire, the bigger picture can overwhelm them.

“Bring it home,” she said. “I urge parents to talk with their children about what they can do within their families and community to maintain a sense of safety.”

**Mission Statement**

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

**Website**

ConcordiaPDX.org

Concordia Neighborhood Association

P.O. Box 11194

Portland, OR 97211

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**EDITOR’S NOTE:** CNews printed stories are necessarily short to fit the format. For a more in-depth story, visit ConcordiaPDX.org/tensions.
2016 was quite a year; let’s top that in 2017

It seems that breaking with political and social norms has become an American trend lately, and your neighborhood association is keeping up with the times. So, beginning with this issue of Concordia News, we’re casting tradition aside and turning “Chair’s Corner” into “CNA Voices” where, instead of hearing only from the chair, we’ll offer the perspectives of Concordia Neighborhood Association (CNA) board and committee members.

CNA is led by many dedicated souls who show up to lead the board and to staff and support the various committees, where the real work gets done. Together with you – residents of Portland’s greatest neighborhood – we’re building a better community.

And just how much better? Well, the dawn of a new year calls for a quick review of 2016 accomplishments so we can be sure to outdo ourselves in a new year calls for a quick review of 2016 accomplishments so we can be sure to outdo ourselves in 2017. Here are some of CNA’s community-building events:

- **Spring Egg Hunt** – Combine 7,000 hand-stuffed eggs and more than 900 children, and you get 10 minutes of the best kind of pandemonium! CNA partnered with American Legion Post 134 for this smashing success.
- **Neighbor Cleanup** – We netted $1,998 for CNA community programs.
- **Sunday Parkways** – CNA volunteers distributed 720 energy bars and gallons of water to hungry and thirsty cyclists, walkers and skaters.
- **Concerts in the Park** – Bankrolled local business and community sponsors — and staffed and supported by CNA volunteers — we gathered some giant crowds at Fernhill Park to hear some of the best entertainment Portland offers.
- **National Night Out** – It featured a great children’s parade — complete with police escort — and the season’s final park concert.
- **December holiday party** – The food was fantastic at the HUGE party, children’s choirs were heavenly, the band was loud and attendees paid with nothing but their presence and some much needed food donations to Concordia Backpack Lunch Program. Thanks again to Cerimon House for the amazing venue.
- **McMenamins Kennedy School Community Room** – We earned a whopping $18,000 in rentals for CNA to reinvest in the community.
- **Concordia News** – We’re covering more issues, staying on schedule, reaching more people and continuing to invest in building CNews into the best neighborhood paper in the city. Our web and Facebook page made great strides too.
- **Land Use & Transportation Committee** – The group continues its amazing work on a wide range of topics deeply impacting life here.
- **Open letter** – One of the last actions of the board in 2016 was the letter you’ll see on the facing page.

Want to work as a beat reporter? As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers! Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.

CNA Board of Directors
Chair | Chair@ConcordiaPDX.org Chris Lopez
East 1 | East1@ConcordiaPDX.org Tyler Bullen
East 2 | East2@ConcordiaPDX.org Steve Elder
Northwest 1 | NW1@ConcordiaPDX.org Isam “Ike” Harris
Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
Southwest 2 | SW2@ConcordiaPDX.org Daniel Greenstadt

At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
At Large 3 | AL3@ConcordiaPDX.org Jody Polkak
At Large 4 | AL4@ConcordiaPDX.org Ali Novak
At Large 5 | AL5@ConcordiaPDX.org Truls Neal
At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Want to work as a beat reporter? As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers! Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.

CNA News
MEETINGS
Board Meeting
2nd Tuesday of the month
Tuesday, Feb. 14, 7:30 p.m., McMenamins Kennedy School Community Room

General Meeting
Tuesday, March 14, 7:30 p.m., McMenamins Kennedy School Community Room

Social Committee
If you’d like to volunteer for the April 15 Spring Egg Hunt or join the CNA Social Committee to help plan other fun, community-building events, contact Katie Ugolini, 503.449.9696, KTUgolini@gmail.com.

Media Team
1st Tuesday of the month, Tuesday, Feb. 7, 6 p.m.
McMenamins Kennedy School Community Room
Contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee
3rd Wednesday of the month
Wednesday, Feb. 15, 7 p.m.
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org Board Meeting

CONTACTS
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Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair
Daniel Greenstadt
ViceChair@ConcordiaPDX.org

CNA Secretary
Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer
Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator
Mary Tompkins, Mary.Tompkins@PortlandOregon.gov, 503.823.4764

Neighborhood Response Team Officer
Anthony Zoeller, Zoeller@PortlandOregon.gov, 503.823.0743

SUBMISSIONS & ADVERTISING
Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

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

Advertising: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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Multi-Media Graphic Designer: Tom Faulkner

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Website Manager: Michael French, Tami Fung
Facebook Manager: Eric Hoyer

Advertising Representatives: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178
Open letter from your CNA board

Concordia neighbors:

Recent political discourse, demonstrations bordering on violence and reports of attacks on individuals – both verbal and physical – have increased tensions across the country and close to home in Portland. We, the undersigned Concordia Neighborhood Association board members, believe very strongly in ensuring this community is welcoming to all families.

We believe everyone should feel safe and welcome here in Concordia, and we hope no one in this community feels their personal safety is threatened.

We believe Concordia residents should encourage respectful and thoughtful dialogue on controversial issues and demonstrate mutual respect. Contributions by everyone in our community are what make Concordia neighborhood where we live and thrive in peace and harmony.

If you are afraid, feel (or have experienced feeling) marginalized, believe your personal safety is threatened or think you are targeted, it is our hope that your neighbors and our community will not stand idly by. Perhaps you already feel safe to reach out to your neighbors for help and support.

If you see, hear or witness a neighbor being harassed or bullied, don’t hesitate to step up and stand with your neighbor to ensure their personal safety is not threatened, while being careful to ensure you both remain safe. Call on authorities if you believe a crime is in progress.

If you have ideas for how to make – and keep – our community safe and welcoming, please share them with us. You are always encouraged to contact your neighborhood association board for help and a listening ear. Contact any one of us with your thoughts.

Signed,

Your CNA Board of Directors:

Robert Bowles
Tyler Bullen
Donn Dennis
Steve Elder
Daniel Greenstadt
Isham "Ike" Harris
Chris Lopez
Amelie Marian
Trols Neal
Ali Novak
Heather Pashley
Jody Pollak
Garlynn Woodsong

Board email addresses on Page 2

CNA names new board member, four officers

Jody Pollak was appointed in December by the Concordia Neighborhood Association (CNA) Board of Directors to fill the unexpired At Large 3 term left vacant by Joe Culhane’s recent resignation.

Chris Lopez – elected CNA chair in November – is joined at the helm by three 2017 officers elected by the board in January:

Vice chair: Daniel Greenstadt, Southwest 2
Secretary: Steve Elder, East 2
Treasurer: Heather Pashley, At Large 6.

Volunteering to serve on the 2017 CNA Finance committee are: Robert Bowles, At Large 1 and former treasurer; Steve Elder, East 2; and Jody Pollak, At Large 3.

Concordia murals

42nd Avenue mural remembers Prince

Concordia News
February 2017 | Page • 3

The community has your back

Help is available if you feel marginalized or threatened. Your neighbors and the Concordia Neighborhood Association Board of Directors have your back. So do plenty of community resources, like these:

• 211: visit 211INFO.org/search-resources/ or dial 211 for listings (literally) from Anger Management to Gay/Lesbian/Bisexual/Transgender Advocacy Groups to Native American General Assistance to Refugee Resettlement Services to Youth Violence Prevention.

• Adelante Mujeres: 503.992.0078

• American Civil Liberties Union of Oregon: 503.227.3186

• Asian Pacific American Network of Oregon: 971.340.4861

• Black Parent Initiative: 503.284.8000

• Fair Shot: 503.383.9766

• Immigrant & Refugee Community: 503.234.1541

Visit your Neighborhood Florist for Valentine’s Day!!!
Neighbors support fire victims

On Halloween, Kenneth “Mr. Kenny” Baker and other tenants of Endelea Court at 27th and Killingsworth were threatened by a neighbor with a shooting or a fire. Kenneth called 911, which directed him to the non-emergency number. His concern was noted.

Two days later at 4:15 a.m., Kenny was outside his apartment for a smoke before he was to help his niece and two nephews prepare for school. As he returned, he and his mother heard popping and rumbling from next door. The adjacent apartment was on fire.

Kenny ran to all six units, as he claims anyone would, to wake everyone up. Neighbors and vendors nearby offered clothes, food and temporary storage to the displaced tenants from the four affected apartments. Money from the Red Cross and two GoFundMe campaigns led by Vernon and King Elementary schools – which raised $4,300 – helped the 20 children and adults find clothes, food and means to start new lives.

Kenny said he was able to pool some of his GoFundMe dollars with the Red Cross support to live comfortably in a hotel room, where he still resided in mid-January with his mother to wait until the winter weather subsides enough for them to move into a new home.

“It’s so sad to see people have to be this generous and loving when something happens. Even people who haven’t been here and just moved here have been so generous,” Baker offered. “It’s not always about the money. Everybody just needs somebody to be able to count on.”

Sabin Community Development Corporation, the low-income housing nonprofit which manages the building, estimates the two destroyed apartments may take 8 to 12 months to repair, and has been helping the displaced tenants find leads to helpful programs and continued support.

Three months after the fire, the dust has still not settled. While the tenant indicted for arson is still on trial and has spent time in jail, Tresha White, a 10-year Endelea Court tenant and mother of three has been separated from her two older sons while they all search for stable living arrangements.

Although there’s support available for struggling people, White praises the much more resilient support from true neighbors, friends and family. “It’s the regular people with low-income jobs – those are the ones who have been doing the most.”

“Kenny still calls me and talks to me. He really is my hero.”

By Riley O’Boyle
Chief Media Team

Riley, certified engineer in training, is new to Portland. He pursues a career in stormwater management while he continues the practice of written and visual media production. Contact him at RS0-Boyle@gmail.com.

Need a place for your baby shower? Check out the Community Room at McMenamins Kennedy School.

Pricing: $25/hr.

Learn more and reserve at: ConcordiaPDX.org/community-room-rental
Reduce water bills with greywater system

It’s hard to imagine now, but soon the heat of summer will be upon us. In western Oregon, this will bring a months-long seasonal drought, when the soils dry up and irrigation may be required to keep certain plants alive, healthy and productive. For those of us with yards, this presents both a challenge and an opportunity:

• The challenge is how to keep our yards looking beautiful, while minimizing our water bills.

• The opportunity is to re-use household water for irrigation for free, after the greywater system is paid off.

Although there are many designs of greywater systems, one of the simplest and least expensive is the branched-drain system, otherwise known as “straight pipe to yard.” It can collect water from basically all plumbing fixture types except toilets, and uses a separate system of pipes that lead to a 3-way valve.

Greywater is a powerful permaculture strategy, one that is often paired with urban food production.

As we all are well aware, there has been a noticeable increase in residential and commercial developments and development throughout the city as the influx of new people continues and the city’s zoning guidelines and code enforcement struggle to keep up.

Developers of all stripes and motivations have, for better and worse, rushed into the city and state departments through various formal and informal channels, there is still much to do.

One of the most useful lessons we’ve learned in addressing the issues and problems that have arisen is the dual importance of fully informed preparation and how best to engage in advance with key decision makers.

With this in mind, the Concordia Design Standards effort is finally launching. The resulting work product will provide a credible framework for proactively encouraging developers at the outset of the purchase and planning processes.

We will also continue responding to specific developments as appropriate, along with continuing to follow the Portland 2035 Comprehensive Plan as the new city council works to bring it to eventual implementation during the course of 2017 and 2018.

Traffic safety

There has been activity on a number of fronts to improve road safety for pedestrians, bicyclists and motorists.

• Highway 30/Portland Boulevard: We are encouraged by positive changes the Oregon Department of Transportation (ODOT) Safety and Active Transportation Enhancements project will bring to key aspects of the corridor of U.S. Highway 30/Lombard Street and Portland Boulevard. On the other hand, we are disappointed with the inadequate protections planned for the vulnerable Concordia interchanges at 33rd and especially 42nd avenues, where a bicyclist was killed in December. We will soon submit a letter to ODOT and distribute it to senior city and state officials.

• Speed limits: The LUTC is in the process of appealing the city of Portland’s rejection of Concordia Neighborhood Association’s (CNA) request to lower the speed limit on Killingsworth Street and following up on the Alberta Street traffic study delay.

Concordia University

The LUTC will also collaborate with the CNA Board of Directors to help re-establish a truly viable ongoing working relationship with Concordia University for the mutual benefit of the university, CNA and the entire community.

Concordia residents are always welcome at CNA LUTC meetings every third Wednesday – except December – at 7 p.m. in McMenamins Kennedy School Community Room. For more information, visit ConcordiaPDX.org/category/land-use-liquidity, send your questions to LandUse@ConcordiaPDX.org, or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.
He turned passion into self-made profession

Seven years ago Kol Peterson navigated the process to build his and wife Deb Delman’s dream home, an 800-square-foot accessory dwelling unit (ADU). Now he makes it easier for others to complete the same process.

When they bought a 1,700-square-foot home in nearby Sabin neighborhood in 2010, he began immediately to tackle the city processes, and the design and construction. There were no books or how-to videos to help. But the couple moved into the ADU the next year and turned the big house into a long-term rental, whose income paid off the $110,000 ADU just 4½ years later.

“Eight hundred feet is a pretty good size for us,” he said. “Actually, 400 feet per capita is the threshold for a well-designed home. Ours is pretty luxurious.

“We have an average-size bedroom, small office and a large great room that combines the kitchen, dining room and living room with a 12-foot movie screen.”

During the process, Kol tracked his activities and lessons learned on a blog at PDXADU.blogspot.com. A web manager for the U.S. Forest Service at the time, he created his business, Accessory Dwellings Strategies, and began moonlighting as an educator, advocate and consultant for Portlanders interested in ADUs.

His advocacy website AccessoryDwellings.org shares information about ADUs, the development processes, and designers and builders.

He now runs an annual citywide tour of ADUs—by partnering with the city, Metro, Oregon Department of Environmental Quality, Energy Trust of Oregon and Earth Advantage. The 2016 tour included two ADUs in Concordia, and the next tour is scheduled for September.

“Building an ADU is one of the biggest projects you’ll ever take on in your entire life.”

Kol Peterson

NE Village PDX extends charter memberships

Northeast Village PDX is extending the deadline to Feb. 15 for anyone who wants to become a charter member. As of mid-January, 25 charter memberships had been purchased, each with a $500 donation in addition to the membership dues. That donation guarantees annual membership fees for charter members will not increase through 2020.

Anyone who has already purchased a membership may still add a $500 donation to become a charter member. A special event to honor charter members is being planned for February.

For details about membership, drop by the Northeast Village PDX office that opened late last year at 5012 N.E. 42nd Ave., visit NEVillagePDX.org, call the office at 503-895-2750, call Vonnie Condon at 503-288-3290, or email her at VCondon100@gmail.com.

A new video, “Neighbors helping neighbors stay neighbors,” is posted at YouTube.com/watch?v=VQJDzE4f4gK&feature=youtu.be. It explains how the nonprofit group operates.

Part of the organization developing seven villages in the Portland area, Northeast Village PDX is an intergenerational group of residents committed to enabling members to age in place in their homes.

In addition to Concordia, the Northeast Village PDX includes the Alameda, Beaumont-Wilshire, Cally, Grant Park, Hollywood, Irvington Lloyd, Madison, Parkrose, Parkrose Heights, Rose City Park, Roseway, Sullivan’s Gulch, Sumner, Sunderland and Woodland Park neighborhoods, and the city of Maywood Park.

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By Marcus Murray

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Find more news on our website
ConcordiaPDX.org

By Nancy Varekamp

CNews Editor
The population of Portland is expected to grow by as many as 750,000 by 2035. Where will they live? One solution, urged by many developers and homeowners, and encouraged by government agencies, is housing in converted attics, basements or small houses built in the yards of existing homes. These are called granny flats, mother-in-law apartments or studio apartments. The long name is accessory dwelling units (ADUs). An ADU might be just the answer for some homeowners. They can increase habitable space without tearing down existing homes or making new subdivisions. They can even house mothers-in-law.

The county and city governments are responsive to residents who object to demolishing bungalows and replacing them with huge “McMansions” have made financial incentives for ADUs. The city of Portland has given those who build ADUs construction a pass on system development charges up to about $10,000. The fee break was recently extended into 2019. The Multnomah County tax assessor has recently backed off a reassessment policy that could have tripled a homeowner’s taxes.

If somebody has an ADU or other property available to rent in Concordia, he or she can figure on getting top dollar. A new survey said Concordia has the second highest rental in Portland, just behind the Pearl District. ADUs are touted as an answer to the lack of affordable housing. Not necessarily.

ADUs are good for some, not all, housing needs

Opinions expressed by this writer do not necessarily reflect the views of Concordia Neighborhood Association. Deadline is the 10th of the month prior to publication. Please contact CNEWSeditor@ConcordiaPDX.org earlier to discuss space limitations.
Business fosters healthy food, community

By Susan Trabucco

F

our business partners, Matt Kedzie and Katia Bezerra-Clark, and Matt Kedzie. All hail the quartet are Will Fain, Annie Moss, Katia Bezerra-Clark and Matt Kedzie. All hail the quartet are Will Fain, Annie Moss, Katia Bezerra-Clark and Matt Kedzie. All hail the New York college experience. Later Annie lured Katia to Portland from the Big Apple with a job making soup at Tabor Bread, where Annie was a manager. Will and Matt worked together at Will’s business, Handsome Pizza, formerly located on North Killingsworth, Will and Annie met and became a romantic item. Now 1½ years into their business venture, most bugs associated with merging Handsome Pizza into newly launched Seastar Bakery have been worked out. Duties are shared – mostly – and open communication makes for typically positive outcomes.

“There are definitely times we butt heads,” Will said. “But no one is opposed to listening.”

Annie, who long dreamed of opening her own bakery, is OK with the fact it isn’t exactly as it might be had she gone it alone.

“If I’d opened my own business, it would look different. But this is our collective dream, and it’s right,” she said.

The partners’ healthy business approach yields fruitful results, including a creative and locally-inspired array of whole-grain baked goods, Neapolitan-style pizzas with a Pacific Northwest spin, and sweet and savory “toasts” crisped in the custom-crafted copper pizza oven.

They also enjoy success as a neighborhood gathering space because they offer up the restaurant for activities like after-hours beer plus yoga classes for a twist on happy hour, and serve as a venue for Portland Underground Grad School sessions.

Other fun factoids about this dynamic enterprise are:

• All of the pizzans are named after local people the owners deem “handsome in character.”

• The bakery offers a community-supported bread program for each subscriber to pick up a different loaf of bread each week for $25 a month.

For more information visit SeaStar-Bakery.com or HandsomePizza.com.

Susan is a freelance communications consultant who lives in Beaverton-Wilshire. To reach her, email Susan@Trabucco.biz or call 503.440.7732.

For tickets, visit FrexTiX.com, click on “Find Events” and enter Bureau of Pizza Investigation into the search engine. Seating is limited to 45.

Main Street retailers share tips for success

Next up in Alberta Main Street’s “Live Long and Prosper” small business series is a panel Wednesday, Feb. 15. Featured are five business owners who have operated retail stores on Alberta Street for more than a decade.

Comprising the panel are: Maria Raleigh, collage and collage annex; Angie Heiney and Ali Wykhuis, Frock; and Laura Donovan and Maggie Yuan, ped. They plan to share tips for surviving and thriving, and to share advice to keep your business chugging along during the long – and often slow – winter months, discuss tips for overcoming challenges brick and mortar retailers often face, and respond to questions.

Sponsored by US Bank, the seminar is at the Aviary, 1733 N.E. Alberta St. and refreshments will be provided. It’s free and open to the public, but advance online registration is requested. Email RSVP@AlbertaMainSt.org or visit AlbertaMainSt.org/whats-happening/ seminar-series.

January weather took a toll on small businesses. Alberta Street businesses need you to shop local now to keep them alive!
“Everything isn’t bullying, but bullying is everywhere,” said Ben Keeler, Vernon Elementary School principal. “What we adults do about it makes the difference.”

It’s “any intense aggressive behavior (verbal or physical) which creates a power imbalance (physical or social) used repeatedly over time with the intent to harm a specific child.” Key terms for understanding the dynamics of bullying behavior are:

• “Aggressive, repeated over time”
• “Intent to do harm”
• “Specific child or targeted person”

Three-year-olds begin to use language to express their needs or get them met. Starting around age four, they begin to learn social interaction skills, which behaviors work (get their needs met) and which do not (need not satisfied).

Adults are key to them learning appropriate social and problem-solving skills. When parents or caring adults intervene in a conflict – “It’s mine!” – by modeling positive problem solving – “How about you have a turn first, then she can have a turn?” or “Is this a good idea?” – it teaches children their needs can be met in cooperative and collaborative manners.

When you hear about “You’re not my friend!” an immediate, calm, empathetic, compensative intervention is critical, “Oh what happened?” “May I help?” “Let’s talk together about what’s happening.” “We’re all friends here.” Congratulations! You’ve planted seeds for prosocial behavior in your child.

When you don’t intervene in children’s interactions which are obviously harmful – and repeatedly focused on a specific child – it allows a child to develop bullying behaviors. It signals to the child, “This is how I get my need met. Repeat next time.”

Bullying behaviors typically happen during free time, out of sight or hearing of adults. Boys display bullying to establish dominance in social groups. Girls engage in bullying to establish social group affiliations.

Bullying behavior is a complex social dynamic. It can be triggered for a variety of life circumstances, for which the child usually has limited control. Successful intervention strategies incorporate collaboration, empathy, problem-solving skills, cultural sensitivity and is appropriate for social-cognitive level of children involved.

I consider bullying to be a public health issue. It harms kids (perpetrators, targets and witnesses). Read CNews next month for my report on bullying and the middle school experience.

resources:
• National Association for the Education of Young Children, NAEYC.org
• National Education Association, NEA.org
• Portland Public Schools, PPS.net
• Technology, Entertainment and Design – “Stand Up to Bullying – Play It,” TEI.com
• StopBullying.gov

Karen, OCCD master trainer, early childhood education, conducts health and safety trainings for parents and child care staff via Child Care Resource and Referral of Multnomah County. She may be reached at 503.444.7892.

Karen Brown Wilson

By Karen Wells

Health & wellness
Research reveals effects of overloading the senses

What happens when you expose baby mice to a cacophony of light and sound for six hours per day for six weeks? That is exactly what scientists in Seattle did, hoping to learn something about how people might be affected by overstimulation at a young age.

Jan-Marino Ramirez and his colleagues at the Seattle Children’s Research Institute found that baby mice showed dramatic changes in their brains and behavior, including several reminiscent of ADHD in children: more activity and risk taking, difficulty with memory, and less patience. The effects were less dramatic in adult mice.

It may come as no surprise that bombarding young children with stimuli should have a dramatic effect. But, such research may help us answer questions about how people might be affected by overloading the senses.

Researchers at the University of Washington studied the effects of exposing mice to overstimulation at a young age. They found that the mice showed changes in their brain structure and function, which persisted into adulthood. The effects were more pronounced in mice exposed to the highest levels of stimulation.

What are the overall benefits and costs? What benefits to humanity is sufficient to justify the harm we inflict on our animal science subjects? Are we harming our collective psyche allowing and condoning such treatment of animals for our benefit?

Although the questions about the research findings and the research methodology may seem unrelated, they both come down to trade-offs. A certain amount of stimulus – especially when it is interactive – prepares and sculpts young brains constructively. In some cases it makes sense to sacrifice the good of one for the benefit of others.

But where do we draw the line?

Kim, L.M.T., may be reached via the ConcordiaMassagePros.com directory.

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Karen Brown Wilson

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Transplanted & thriving

It was a cold and icy morning in Portland

Meet our basic needs for food, shelter and clothing posed somewhat of a problem recently, with first record rain, ice storms and then inches (I did say inches!) of snow.

In my hometown in the Midwest our snow doesn't always fall in inches – a foot or two isn't an uncommon occurrence. Portlanders don't seem to own shovels or snow shovels, so many walkways and driveways were hazardous. That was a problem for school children's "snow days," since there was no safe transport for kids.

Mothers' enjoyment of their own snow days was tempered by schoolchildren whining, "There's nothing to do!"

I was concerned when our lights went out. The Big Guy — my husband — had been awake for an hour and filled our largest pots to heat on the gas stove. The other couple reported theirs had been intermittent throughout the day. The wife mentioned that she is a nurse and mentioned she didn't have electricity at home.

The other couple reported theirs was too much for me. So I suggested we enjoy breakfast where one could breathe — maybe a restaurant with electricity. At that restaurant, we sat, chatted with another couple and mentioned we didn't have electricity at home.

The next morning, I was awake for an hour and filled our largest pots to heat on the gas stove. The mirrors and windows were foggy, and the ceiling had droplets of beaded moisture. It was rather amazing, but breathing in our own little rain forest was too much for me. So I suggested a break-fast where one could breathe — maybe a restaurant with electricity. At that restaurant, we sat, chatted with another couple and mentioned we didn't have electricity at home.

Kathy is a recent transplant from the Midwest and, as she reports in CNews, things are a lot different here.

Concordia News

Nextdoor.com hot topic round up

Grant applications due Feb. 28

T

he U.S. Environmental Protection Agency (EPA) in early January released the final cleanup plan for the Portland Harbor Superfund Site.

"This is a very strong cleanup plan, thanks in large part to the quality of the public comments we received," said Dennis McLerran, EPA regional administrator for the Pacific Northwest and Alaska.

"Under the final plan, we’ll be removing more contaminated sediments, which means risks will be lower and the river will be safer faster," he added. "Input from the public, states, tribes and local governments, environmental groups and business and industry helped us hone our plan and make it more responsive to people’s concerns.

"We have been working very closely with the Oregon Department of Environmental Quality on the final remedy and with state and EPA leadership," the EPA administrator noted. "The stage is now set for cleanup work to begin in earnest."

The record of decision addresses contaminated sediments through dredging, capping, enhanced natural recovery and monitored natural recovery — including removal of more than three million cubic yards of contaminated sediments.

The record of decision also addresses contaminated groundwater that could recontaminate the river and river banks, according to the EPA. About 1,774 acres of the site with lower contaminant levels are expected to recover naturally across time. Active cleanup work at the site is now expected to take as long as 13 years and cost about $1 billion.

At the request of community groups and stakeholders, the EPA plans to host community information sessions in March to present the details of the final remedy. Watch for details on GOUSA.gov/3wfbz. For more information on the record of decision and the Portland Harbor Superfund Site, visit Yosemite.EPA.gov/10/cleanup.nsf/sites/pltdharbor.
Help wanted: 2017 CNA yard sale organizer(s)

The more the merrier – and the more customers when it comes to yard sales. That’s why the Concordia Neighborhood Association (CNA) is looking for a new yard sale leader.

Donna Mae Carrier, before her death in late 2015, organized the neighborhood-wide yard sale countless summers. Just 20 homes forged on last August with their yard sales, and Michelle Cheung provided a map that appeared on the CNA Facebook page and Nextdoor.com. For 2017, your CNA Social Committee hopes a new organizer will volunteer. If it’s you, you’re welcome to recruit helpers to accept sign ups from neighbors who plan to participate, provide signs, manage media promotion, create this year’s map and coordinate post-sale charity donations. You’ll even get to name the date for the sale. (And you’ll know ahead of time where to find the best treasures.) Interested? Email Social@ConcordiaPDX.org.

Twenty yard sales drew shoppers to the Concordia neighborhood last summer. If you’re interested in helping coordinate next year’s sale, your neighborhood association is interested in hearing from you.

Another side of the coin for resolutions

Did you make a new year’s resolution for 2017? Are you getting off to a bad start on them? Fifty-eight percent of Americans participate in this annual tradition, and 42 percent fail to accomplish resolutions each year.

“Generally, our first experience with the sense of failure occurs when we are very young,” explained Mary Amick, Concordia University assistant professor of health care administration. “It is likely you can even recall your first failure as an intense negative emotional experience.”

“Failure is a misnomer because it is not actually failing that creates negative emotions,” she pointed out. “Rather, it’s a fear of shame. Instead of feeling bad about our actions, shame makes us feel bad about who we are. Shame gets to the core of our egos, our identities, our self-esteem, our feelings of emotional wellbeing.”

Why is talking about the fear of failure and its consequences important? It’s particularly important to look at how you react to what you consider failure. Herein lies the other side of the coin, when you harness failure not as shame but as a natural process of trying something new or adventurous. Failure can make you more creative and successful.

“I failed my new year’s resolutions to exercise more in the first month, but I leveraged that failure to sign my family up for six 5K Fun Runs this year,” reported Sarah Switzer, dean of the Concordia University College of Health and Human Services. “I get to exercise and spend more time with my family, and that beats the gym any day.”

So turn your failed resolutions into health changes. If your resolution was to spend more quality time with your family and get healthy, visit Facebook.com/portlandsundayparkways or check out the 5K series in neighborhood parks at PortlandOregon.gov/parks/61144.

Contributed by Concordia University College of Health & Human Services

The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.

Pricing: $25/hr (nonprofit rates available)

Email: CNARoomKennedy@gmail.com

History takes a vacation

The CNews historian is taking a break this month. But he’ll be back in March, and he is looking for a question from you. What place, thing or element of Concordia tickles your curiosity? Doug Decker is skilled at sleuthing the back story for nearly any topic. So send your question to CNewseditor@ConcordiaPDX.org and look for the answer in March or another upcoming issue.

Ask the Historian

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Email: CNARoomKennedy@gmail.com

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Contributed by Concordia University College of Health & Human Services

Instead of feeling bad about our actions, shame makes us feel bad about who we are.

Contributed by Concordia University College of Health & Human Services
Concordia community events calendar

Through early April

THE SOUL OF PHILANTHROPY REFRAMED & EXHIBITED
Location: Concordia University George R. White Library & Learning Center
Wednesday, Feb. 1, 6 - 8 p.m

Details: cu-portland.edu/about/events/campus-calendar

February, Thursday, Feb. 2, 6 - 8 pm

ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church, 6700 NE 29th Ave.
Details: Join in the kitchen to cook & eat a variety of Chinese dishes.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2001

February 4, 6, 9, 14, 23

LEAD POISONING PREVENTION WORKSHOPS
Location: Various venues
Details: Participants learn how to prevent lead expo- sure in their homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.
Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

March 9: Tuesday, 6 - 7:30 pm

GREEN BUILDING SUSTAINABILITY SUMMIT
Location: Portland State Student Union
Details: A day of discussion and free workshops on green building, sustainability and healthy living.

February 9: Thursday, 6 - 8 p.m

STEWARDSHIP SATURDAY
Location: Saturday, Feb. 4, 9 am - noon

February 10: Friday, 9 am - 9 pm

MORTIFIED PORTLAND
Location: St. Charles Catholic Church gymnasium, McMenamins Ken- drick Pub, 6206 NE 31st Ave.
Details: A night of mortification in the original meaning of the word – the literal idea of mortifying the flesh.

February 11: Saturday, 9 am - 5 pm

INTERRUPTING RACISM ACTIONSHOP
Location: Resolutions Northwest, 2538 NE Broadway St., Suite A
Details: Presented by nonprofit Resolutions North- west, the actionshop is focused on interper- sonal, within the context of systemic & institutional oppression. It explores the workshop areas in everyday interactions, & offers tools & practice for interrupting it. Cre- ating systemic change requires interrupting the learned & daily behaviors that reinforce racism to move toward building healthy communities. The usual fee for this training is $250, however Resolutions Northwest welcomes everyone & asks participants to pay what they are able.
Details/registration: resolutionsnorthwest.org/events/interrupting-racism-actionshop-4/

February 12: Sunday, early April

LATINO HERITAGE ART EXHIBIT
Location: Concordia University George R. White Library & Learning Center lobby, 2nd & 3rd floors
Details: The exhibit features artists of Spanish origin, celebrates diversity, culture & community.

February 13: Monday, 3 - 5 pm

REGIONAL INVERTED stories
Location: St. Michael’s Lutheran Church, 6700 NE 29th Ave.

February 16: Thursday, 6 - 8 p.m

RACE TALKS
Location: Concordia University George R. White Library
Details/registration: race talks@portland.edu

February 17: Thursday, 6 - 8 p.m

TERRARIUM PLANTING CLASS
Location: St. Charles Catholic Church gym- nasium, 5310 NE 42nd Ave.
Details: Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is $7 per participant & first com- pании is free.
Details: offthecouchevents@gmail.com, 503.702.2394

February 23: Thursday, 6:30 - 8 p.m

SCHOOL OPEN HOUSE
Location: Trinity Lutheran Christian School, 5520 NE Killingsworth St.
Details: Tours are available for parents & children who are considering attending Trinity. Tours are available through 8th grade & Tigers, & year-round state-certified extended care & child care for ages 3 - 12 years.
Details: trinityportland.org

February 25: Saturday, 9 - 5 pm

BE MINE AUCTION
Location: North Star Ballroom, 635 N Kill- ingsworth St.
Details: The third annual auction raises funds for Faubion Elementary School. Suggested donation, sliding scale tickets are available online.
Details/tickets: faubionpta.org/fundrais- ers/auction

February 26: Sunday, 1 - 5 pm

RAIN GARDENS 101
Details: Join the Columbia Slough Water Council & East Multnomah Soil & Water Conservation District for this workshop. Learn how to build your own rain garden, explore the benefits and potential rain gardens can play in urban stream resto- ration, & how they add beautiful landscaping to your yard at the same time.

February 27: Monday, 7 - 9 p.m

KENNEDY SCHOOL HISTORY PUB
Location: McMenemy’s Kennedy School, 5738 NE 33rd Ave.
Details: These monthly, free events are open to ev- eryone interested in Oregon & Pacific North- west history. Experts, scholars, first-person experiences & historians expound on topics from Lewis & Clark to shipwrecks to hop growing to women pioneers & more. History Pub is cosponsored by McMenemy’s History, Oregon Historical Society & Holy Names Heritage Center. Doors open at 6 p.m.
Details: mcmenemy.com/events/163358-kennedy-school-history-pub

February 28: Tuesday, 6 - 8 pm

BE MINE AUCTION
Location: North Star Ballroom, 635 N Kill- ingsworth St.
Details: The third annual auction raises funds for Faubion Elementary School. Suggested donation, sliding scale tickets are available online.
Details/tickets: faubionpta.org/fundrais- ers/auction