Welcome to Ben Keefer, Vernon School Principal!

Mr. Keefer, a product of PPS schools and graduate of Benson High School, began his education career as a teacher in Beaverton from 1997 to 2003, teaching 5th grade, 1st grade, Title I reading/math/inquiry/science support and support at the Lab School and teaching and coordinating after-school programs for incoming middle and high school students. From 2003-2011, he was principal at Skyline School where he implemented International Baccalaureate Primary Years Program’s Middle Years Programmes and focused on service learning, greening up the school building, building increasing student voice and collaboration with families, staff, and the community.

For the last four years, Mr. Keefer has led George Middle School, building relationships with students, families, and staff in order to make a shift to restorative rather than penalty-based practices. He also began a four-year transformation into a Science/Technology/Engineering/Math (STEM) Lab School with the support of staff and a state Department of Education grant in partnership with Roosevelt High School. He used the school district’s equity work to help facilitate ongoing conversations about how staff could best serve the needs of all students.

Mr. Keefer believes in the power of modeling positive change through collaboration. He can’t wait to meet the Vernon students, families and staff, learn more about Vernon’s IB program and all the hard work to work side-by-side with students, staff, and teachers to do the best that the school can be.

Welcome Brad Parker, Vernon’s new Assistant Principal!

Brad Parker studied education at the University of Iowa, have master’s degrees in Educational Leadership and Curriculum and Instruction and am a National Board Certified Teacher and mentor. Brad spent the last 10 years teaching at an International Baccalaureate World School in Chicago Public Schools, seven years as a seventh grade Individual’s Societies & Language & Literacy teacher and three years teaching the IB Middle Years Program. Mr. Parker states on the Vernon School website, “I’m passionate about IB, vocational education, and the two schools and was fortunate to study education in Costa Rica, Haiti, Japan and England. I also am very interested in environmental sustainability. In Chicago, I led the charge to help our school go solar and to design and build a new community garden. I’m really looking forward to getting our hands dirty together at Vernon’s monthly Saturday garden sessions! I’m now in Portland and to be part of the Vernon family.”

September is Child Obesity Month

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than fourfold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one third of America’s children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke — conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and children of color.

But there are opportunities every day to change these trends. And this September, there is an extraordinary opportunity to build awareness and take action — nationally, as well as in your state, city, workplace and home. The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Concordia Neighborhood Association encourages your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.
Board Meeting
Second Tuesday of the Month
September 8th at 6:30pm
McLennan’s Kennedy School
Community Room

CNA Annual Meeting
Board Elections
November TBD at 7:00pm
McLennan’s Kennedy School
Community Room

Finance Committee
For meeting times and location, visit our website or email:
ContactCNABoard@yahoo.com

Chairs Corner
by Isaac Quintero, Concordia Neighborhood Association, Chair

Hi neighbor,

Hope you had a great summer... and expect many of you will be going back to life as normal when the kids are back in school. My wish to all of you students heading back to the classroom is for a great school year.

September also means your Board is back in action and ready to take on the business of improving our neighborhood. At our August Board meeting we discussed a number of very important issues which have an impact on all of us. First, was our very important resource, the Concordia News. Over the years, Mary Wiley has been doing a fantastic job putting the paper out each month. While she always gets the paper out, she rarely has time to act as editorial chief. What this means is the paper has become a posting site with a few interesting articles. The lost art of editorial has been missing for lack of a person or people who have the desire to take our newspaper from a posting site to a real community newspaper providing neighborhood-oriented reporting. Most articles posted in our newspaper pertain to upcoming activities and events of interest to all. What we need in addition is investigative reporting on those political, social and economic conditions affecting our entire community. So if you are interested in journalism and want to be our very own Perry White, please contact me or another Board member to find out how you can become our hero/heroine.

We also have a mini crisis brewing with 3 and perhaps even 4 of our Board members leaving at the end of this year. Some, who have been on the Board for a very long time, have moved or have been pulled away by other obligations. This will leave us with lack of a quorum at times and, importantly, leadership. Board continuity is also important. When there are large vacancies, a tremendous amount of accumulated history and information is lost. Sometimes a new Board has to reinvent the wheel. Let’s not lose the strides we have made in improving our community. Nothing is more painful than starting over again. Being on the Board does not require anything more than being a resident of this community who is ready to listen impartially to our concerns and decide what is the “better” good when making decisions. If you are a single-issue person, you also have a place on one of our special-issue committees where you can focus on what you are passionate about. We (meaning the Board and your neighbors) ask that if you are interested in serving on the Board or a Committee, please step up to the occasion and make a difference for all of us.

The Board also deliberated on other issues such as updating committee bylaws, the Portland Spirit Award nomination, and safety crossing issues of Going Street Greenway. The Board also reviewed progress of the Alley Improvement Project and fiscal sponsorship campaign. (Look for specific article in this and future issues for details.)

The Board meets again on Tuesday, September 8th from 7:00 to 8:30pm in the Kennedy School Community Room. You are all invited to attend to observe your Board at work. Please particularly plan to attend our next General Meeting where we will be addressing the State of our Community, goals for the upcoming year and, MOST IMPORTANTLY, nominating and electing new board members who will provide direction for the next 2 years. Hope to see you soon.

Happy trails,
The big neighborhood event in August was Concordia Alley’s “Eat For Alberta Street.” August 4. Neighbors and families were invited to get together to listen to reggae music and support crime prevention. "The event was prominent in the August issue of the Concordia News," says CNA’s Tom Flesher. "The problem with getting the word out was that the August issue of the News wasn’t even printed until a week or two after Concord happened. Reasons don’t matter. There was no paper.

If you go to the Association website, concordiaodp.org, you see a pretty good, well crafted website, but it’s out of date. You first got an announcement of a meeting that was held the previous week. If you click the link to the News, you are directed to papers published in 2014 but not later. Other links go back to 2011. Information is a like a ripe tomato somewhere in a compost heap: it’s there, you just can’t get to it.

This is not to cast aspersion! There is an unfortunate and totally unproductive tendency to say media is deficient, to point fingers, to cast blame. Acronym never works. The CNA wants to go forward.

Is the service provided good enough? Can media be improved? Can you ever care enough to do something? CNA leadership thinks so and has set about to do something. It has decided to appoint a committee.

CNA leadership has determined to evaluate neighborhood media. This is a special time – our monthly volunteer talent pool is going back in much of the community. So we should rejoice. If there might be room for improvement and better communication, CNA wants to consider how and what might be done.

One of the CNA directors, Steve Elder, has been tasked to head the rejuvenated association media committee. Elder needs help. "Volunteers are needed," says Elder. "There is no pay and little gratitude, but there is a chance to make visible changes in the paper or the website. Must volunteers don’t get to see the results of their good work. We can see our progress.

There are no prerequisites to media committee service. It is only necessary to have a background in newspapers or website technology. It is not necessary to be a present or prospective board member.

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Cerimon House: Grand Opening Gala  October 24, 6 P.M. - 10 P.M.  Purchase Tickets Now!
By Judith Yeckel  Judith.yeckel@gmail.com

Concordia neighbors, have you wandered down NE 23rd Ave. between Alberta and Killingsworth recently and noticed the building surrounded by construction trucks and sidewalk barricades? It’s a majestic, 92 year old, art deco structure finally receiving the TLC it deserves. Maybe you have a memory of going there with your family years ago when it was The Alberta Masonic Lodge or the Fellowship Church of God. Or perhaps you’ve been a recent guest: attending a reading of Cottonwood in the Flood, or joined us for a Conversation Dinner or Night Salad. And now you’re wondering, “Who is renovating it and what is it going to be?”

Well, wonder no more! Welcome to Cerimon House, a non-profit Humanities organization and an inclusive convening space for innovative programming, celebration, and ceremony, community partnerships, educational workshops and event rentals. This lovingly restored building seated at the crossroads of NE 23rd Avenue and NE Summer Street, includes a beautiful auditorium, a gathering hall, conference rooms, classrooms, offices and gallery space.

Want to be among the first to get a peek at the transformation and have a magnificent and memorable evening? Tickets are now on sale for THE RESTORATION CELEBRATION: a grand opening gala to benefit Cerimon House. The date is October 24, 2015 and the festivities start at 6 pm.

Put on your dancing shoes and frelic to the tunes of the quick and wonderful SHANGHAI WOOLIES, offering a new twist on le jazz hot, the irresistible music of Chicago and New York City in the 1920s and 30s. The eight-piece ensemble revels in the romance of Louis Armstrong, the mystery of Duke Ellington, the whimsy of Paul Whiteman, and the swing of Benny Goodman.

Indulge in DINNER and DRINKS. Enjoy the first exclusive viewing of CHAS ADDAMS: FAMILY AND FRIENDS, an exhibition of 52 original works by the unparalleled New Yorker cartoonist, creator of The Addams Family. And check out the SILENT AUCTiON featuring gift baskets full of treasures from Concordia area businesses and a special basket check full of Charles Addams art and memorabilia.

The event is semi-formal – you only have one grand opening, after all – and Addams-inspired attire is optional. Tickets are $100. Space is limited so make your reservation now reservation@cerimonhouse.org or 503.307.9599.

Who better to share this special evening with than the friends who made the restoration possible, and you, our neighbors, who will collaborate with us to keep the building filled with vibrant programming that creates space for a renewed humanity? For information about Cerimon House’s mission and programming and it’s opening week events, visit cerimonhouse.org

Trinity Lutheran Events

Weekend Anniversary Celebration For Trinity Lutheran Church & Schoolland Concordia University-Portland • September, 11-13 • 2015

September 11-13th will mark the start of a year long celebration of the 125th Anniversary for Trinity Lutheran Church and School and mark the 110th year of Concordia University, Portland. This special three-day-weekend celebration with activities and festivities at Trinity Lutheran Church & School and the Concordia campuses will offer the opportunity for the community to gather and reminisce their Tiger, Blue Jay, and Cavalier days. It’s also an opportunity to recognize their shared beginnings – Concordia began 1903 as Concordia Academy in the basement of Trinity Lutheran Church and School.

It all began in the late 1800s with Pastor Edward Doering, a young pastor from Illinois who had arrived in Portland in the summer of 1881. He made many hazardous and difficult trips throughout the Willamette Valley on horseback, making contacts with Lutherans in Salem, Albany, Eugene and Mt. Angel, but it was in Portland, Missionary Doering saw his work culminate in the founding of Zion Lutheran Church in 1888 and Trinity Lutheran Church on December 10, 1889.

The horses are long gone from NE Portland except for a few tie down rings found on the curbs but there will be activities to mark the journey of Lutheran education in Portland all weekend. On Friday there will be two special chapels, tours, alumni choir practice, a CU soccer game, and visiting at the Concordia Ale House.

On Saturday, the day will start early at 9 am at Trinity Lutheran Church and School with “The Luther Lap” a 2.28 mile Walk/Run with the Tiger Marching Band leading it off and ending with a final lap around the Concordia stadium cheered on by the CU Cross County team. After crossing the finish line alumni are welcomed to the rehearsal for the Sing Again Alumni Choir in the CU Fine Arts Building from 11:00 to 12:00 pm. Everyone is welcome to take a step back in time with a walk through display of history in the CU library and of course there will be birthday cake for all at the end.

The Education Sunday Service will accent the festivities at 10 am and all alumni and friends are invited to enjoy special guest speaker, Northwest District President Rev. Paul Linnemann an alumnus of PLS and Concordia University. The Sing Again Alumni Choir will practice at 9:00 am and will be made up of Trinity Tigers, Blue Jays from Concordia, LuHi, PLS, and Cavaliers will perform under the direction of retired music teacher, Dick Wye (1972-99). The service will be followed by a potluck picnic at Trinity Lutheran Church & School at 5520 NE Killingsworth.

Join The Sing Again Alumni Choir! Contact Dick Wye directly to be counted in to sing in the choir. Sing up pdf forms will be on both websites. It is open to all Tigers, Blue Jays and Cavaliers Email: alumnichoir9132015@gmail.com

Help Rebuild The Past By Loaning Your Mementos For The Walk Through History Display!
Do you have letterman jackets, trophies, uniforms, newspaper clippings, awards, or anything else from your Tiger, Blue Jay, and Cavalier days that you would like to loan to the history display? Contact Becky Specher, Concordia’s Director of Alumni & Parent Engagement at 503-493-6454, or bsprecher@cu-portland.edu

Contact and Full Celebration Weekend Outline: TrinityPortland.org and CU-Portland.edu Trinity Lutheran Contacts: Sue Campbell, hjuescampbell@comcast.net and Linda Kohlmann, lkohlmann.alumni@gmail.com • 503-218-6403
New Portland maker of upscale loudspeakers seeks to share the joys of hi-fi - Icono Audio

Icono Audio, Portland-based designer and builder of unorthodox but high quality loudspeakers, wants more people to enjoy the treasures of the luxury audio world. In its workshops in the Southeast Industrial District, Icono is building highly non-traditional speakers using an open baffle design – the speakers are literally outside the box. The result is a form that suggests abstract art, and a listening experience that stirs the senses and engages the imagination.

Icono Audio is appealing to thoughtful, style-minded people who love their music but are exhausted by media saturation, moving images, and low-quality, compressed sound files. “Try this antidote: a three-dimensional experience of sound,” says Jay Elder, founder and chief designer. “The sound is physically present around you, and while stimulating, it leaves room in your consciousness for your own imagination.”

That the most rewarding listening experience reflects the sophistication of the playback system is old news to audiophiles, but they’re a small population. “What resonates with audiophiles can resonate with any music lover, and we want a wider audience to know that,” says Elder.

The open baffle (box-less) design and the unique sculptural shape of the IAQ-1, Icono Audio’s debut speaker system, are the very qualities that enable the speakers themselves, “resonate with audiophiles can resonate with any music lover,” says Elder, and that is what the company wants more people to share the joys of hi-fi - Icono Audio.

Icono Audio invites interested listeners to schedule a visit to the Portland neighborhood. Their website, www.iconoaudio.com, is full of technical explanations of the speakers’ design and performance, and Icono can also be found on Facebook and Twitter.

OLCC Survey

The Oregon Liquor Control Commission is measuring how well it serves key customer groups by asking a set of standard questions, which all state agencies are required to ask. We have many key customer groups and your response is important to provide a more complete picture of how we are doing.

Please take a moment to complete our Customer Service Survey and let us know how we are doing:
http://ow.ly/Q6cXh

We sincerely appreciate your time and value any additional comments you may have.

The survey closes Friday, September 11, 2015.

Catch the Orange Line

The Grand Opening Celebration of the Orange Line September 12, 2015, 11 a.m.–8 p.m.

It’s time to catch, and enjoy, the MAX Orange Line! All rides on MAX, TriMet buses, Portland Streetcar and the Aerial Tram will be free on September 12, bringing riders and families from all over the region to a day of adventure and fun. A variety of activities and entertainment will be offered at many of the newly opened MAX Orange Line stations.

At more than 1,700 feet in length, the Tilikum Crossing, Bridge of the People, is the only bridge of its kind in the U.S. The bridge will carry MAX trains, buses, streetcars, cyclists and pedestrians starting in September 2015 with the opening of the MAX Orange Line.

MAX Orange Line, TriMet’s fifth MAX line, will travel 7.3 miles between PSU, inner Southeast Portland, Milwaukie, and Oak Grove in north Clackamas County. With 1 million new residents expected in the region by 2030, the Orange Line will provide an efficient high-capacity transit option to underserved communities in the congested McLoughlin Blvd/Hwy 99E corridor.

Eighteen new-and-improved MAX vehicles will join the fleet soon to accommodate the new service on the Orange Line. Along with a slightly different look, the new trains have more priority seating for seniors and people with disabilities, an easier-to-use boarding ramp, and a better air conditioning system. They’ve also improved the seating layout in response to feedback from riders.

Effective Sunday, September 13, TriMet is bringing back Frequent Service on Sundays, with buses running every 15 minutes or better most of the day. After the economy took a dive in 2008, they had to cut back frequency on buses and MAX due to budget shortfalls. TriMet has been gradually adding back service, and, with this change, they are finally back up to pre-recession service levels.

“We advertise here because we live here...”

Mark Charlesworth is a long time Concordia resident who participates in this community. You would be hard pressed to find an agent who sells more homes in Concordia or even on the east side of Portland.

Our team cares about people and about working hard to get you the most money possible. It makes sense to hire Mark – a top producer in your neighborhood.

Call today to schedule a free sellers consultation.
503.807.9911
charlesworthhomes@gmail.com
Planning for Harvest

Portland’s warm fall and mild winter temperatures make an ideal climate for food growing into winter. If you have not yet this summer planted your garden for a fall and winter harvest, you still have time in September.

According to the farmer’s almanac our average first frost date has now shifted to November 15th. When thinking about planting fall and winter edibles, in general you want them to be at harvestable maturity by this average first frost date. So if you are interested in planting broccoli and the variety you select says 90 days to maturity you need to count back 90 days from November 15th and plant on August 15th. Other factors that effect plant growth to consider are the shorter day lengths and farther position of the sun during fall and winter.

If you are planting in September, look for crops with quicker dates to maturity. For crops to be mature by our average first frost in November you should be planting varieties with under 60 days to maturity. September may be too late to plant long maturing crops like brussels sprouts and parsnips; however, you still have much of choice to plant now.

Some crops that do well in the cooler weather of fall and winter are: arugula, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, chervil, cilantro, endive, kale, kohlrabi, peas, lettuce, mustard mix, mustard greens, parsnips, radishes, radicchio, rutabaga, 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 garden planning is the Territorial Seed Company. Check out their very informative winter planting chart: http://www.territorialseed.com/product/4053

To extend your growing season by providing some frost protection you can purchase a frost blanket from your local nursery. Row covers like a frost blanket are placed directly on plants and freely pass air and water. You can also construct a simple hoop house or cold frame over your raised bed. Directions for these DIY projects abound on the Internet.

Planting now means an abundant harvest through fall and winter. Happy planting!

For more information: www.missjoelannkitchengarden.blogspot.com or www.joelandonahue.com

"This is what differentiates Experience Corps from other literacy programs" according to McLaren "We not only understand the needs of the children, but also of volunteers in this special group, and we provide exceptional support for them." Applications for the 2015-16 school year are currently being accepted. A limited number of positions are available, so potential volunteers are encouraged to apply early.

For more information, contact 503-698-1782 or email volunteer@MetFamily.org.
By Kim Magraw, LMT

Balance is a key to health. We have balancing mechanisms for digestion, immunity, growth, and to keep us from toppling over on our way down the stairs. One of our fundamental balancing mechanisms concerns the divisions of the involuntary nervous system that determine whether we are ready to act quickly and decisively in face of threats and opportunities (sympathetic nervous system), or relax, digest, and recover from bouts of activity (parasympathetic nervous system).

A glance at the masses hurriedly driving to and fro, from one chore to another, tells us that the sympathetic state is the dominant state for most of us. We run from one activity to the next, getting too little sleep, with anxiety spilling over the brim.

To maintain health and happiness over the long term we must also spend time in the parasympathetic state, which is also known as the “rest and digest” state because it activates digestion and is characterized by lower blood pressure and slower heart rate. When we allow the parasympathetic nervous system to enter our lives more fully we invite greater bodily health and wellbeing. A surprising array of benefits arises such as creativity, calm, solutions to sticky problems, and perspective.

Once we’ve got our minds set, it’s quite simple to dwell more in the parasympathetic state. You might get a massage, soak in a warm bath, engage in focused breathing exercises, or meditate. Try spending quality time with your pet. Take a slow walk in nature or around your block simply absorbing the sights, sounds, smells, and the feeling of the ground beneath your feet. Read a “mindless” book or do some artwork with no intent other than to see what comes out.

Finally, as we seek more balance, let us be forgiving of ourselves. Indeed, forgiveness is another wonderful intent other than to see what comes out.

Whether “Back to School” heralds excitement or dread for your family, the transition from summer fun to a regular schedule is a challenging one. Focusing on homework, earlier bedtimes and keeping a healthy immune system are all common struggles for children of all ages this time of year. Using essential oils to help transition through this period offers a natural and safe solution to support your family’s health and wellbeing during the school year.

Essential oils are basically a plant’s immune system, and through their extraction we are able to benefit from their healing properties. Essential oils are 50-70% more potent than their dried herb equivalent. One drop of peppermint essential oil is equivalent to 28 cups of peppermint tea. Due to their potency, using only certified pure therapeutic grade oils is of utmost importance. Essential oils are not something new and have been used for thousands of years for therapeutic benefits.

One common concern this time of year is relearning how to focus and stay on track after a long summer break. For instance, Rosemary is the Oil of Knowledge & Transition according to the Essential & Aromatherapy Oil Reference Guide. Renowned for enhancing memory, Rosemary is also beneficial for increasing alertness. Shakespears got it right in Hamlet, when Ophelia says “There’s rosemary, that’s for remembrance.”

We all know that being well rested is vital to success in school, and many children and teens find it difficult to adjust to an earlier bedtime this time of year. Using essential oils such as Lavender, Cedarwood, Vetiver and Ylang Ylang have shown to have a relaxing and calming effect, and are perfect for winding down the day.

Lastly, immune support might just be the most important part of the back to school regimen. Among the oils that are high in anti-oxidants are Clove, Cinnamon, Frankincense, and Wild Orange. Keeping kids present and healthy in school is a foundation for achievement and happiness.

There are many ways to incorporate essential oils into your daily wellness routine. Whether used aromatically, internally or topically, essential oils offer simple, safe and effective tools to support your child’s transition back to school, and can provide benefits to your entire family.

If you would like to learn more about essentials oils, feel free to contact me directly at liz.borowski@gmail.com. You might also be interested in registering for one of my “Make & Take” essential oil classes, being offered at Heart in Hand proshul right here in the Concordia neighborhood. More information at www.gnomeshome.org.

Learn more at: http://bikecommutechallenge.com/

Back to School with Essential Oils 101

by Liz Borowski

Whether “Back to School” heralds excitement or dread for your family, the transition from summer fun to a regular schedule is a challenging one. Focusing on homework, earlier bedtimes and keeping a healthy immune system are all common struggles for children of all ages this time of year. Using essential oils to help transition through this period offers a natural and safe solution to support your family’s health and wellbeing during the school year.

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~ Health & Wellness ~

Rest & Digest for Health

By Kim Magraw, LMT

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Once we’ve got our minds set, it’s quite simple to dwell more in the parasympathetic state. You might get a massage, soak in a warm bath, engage in focused breathing exercises, or meditate. Try spending quality time with your pet. Take a slow walk in nature or around your block simply absorbing the sights, sounds, smells, and the feeling of the ground beneath your feet. Read a “mindless” book or do some artwork with no intent other than to see what comes out.

Finally, as we seek more balance, let us be forgiving of ourselves. Indeed, forgiveness is another wonderful intent other than to see what comes out.

Whether “Back to School” heralds excitement or dread for your family, the transition from summer fun to a regular schedule is a challenging one. Focusing on homework, earlier bedtimes and keeping a healthy immune system are all common struggles for children of all ages this time of year. Using essential oils to help transition through this period offers a natural and safe solution to support your family’s health and wellbeing during the school year.

Essential oils are basically a plant’s immune system, and through their extraction we are able to benefit from their healing properties. Essential oils are 50-70% more potent than their dried herb equivalent. One drop of peppermint essential oil is equivalent to 28 cups of peppermint tea. Due to their potency, using only certified pure therapeutic grade oils is of utmost importance. Essential oils are not something new and have been used for thousands of years for therapeutic benefits.

One common concern this time of year is relearning how to focus and stay on track after a long summer break. For instance, Rosemary is the Oil of Knowledge & Transition according to the Essential & Aromatherapy Oil Reference Guide. Renowned for enhancing memory, Rosemary is also beneficial for increasing alertness. Shakespears got it right in Hamlet, when Ophelia says “There’s rosemary, that’s for remembrance.”

We all know that being well rested is vital to success in school, and many children and teens find it difficult to adjust to an earlier bedtime this time of year. Using essential oils such as Lavender, Cedarwood, Vetiver and Ylang Ylang have shown to have a relaxing and calming effect, and are perfect for winding down the day.

Lastly, immune support might just be the most important part of the back to school regimen. Among the oils that are high in anti-oxidants are Clove, Cinnamon, Frankincense, and Wild Orange. Keeping kids present and healthy in school is a foundation for achievement and happiness.

There are many ways to incorporate essential oils into your daily wellness routine. Whether used aromatically, internally or topically, essential oils offer simple, safe and effective tools to support your child’s transition back to school, and can provide benefits to your entire family.

If you would like to learn more about essentials oils, feel free to contact me directly at liz.borowski@gmail.com. You might also be interested in registering for one of my “Make & Take” essential oil classes, being offered at Heart in Hand proshul right here in the Concordia neighborhood. More information at www.gnomeshome.org.

Learn more at: http://bikecommutechallenge.com/
Guardino Gallery
August 27-September 22
MAIN GALLERY
Christopher B Wagner and Paul X Rutz have worked from the same model to create their new show entitled “The Tattooed”. Christopher works with carved and painted wood and Paul X uses an oil painter.

FEATURE AREA
Jennifer Joyce is a painter whose work is whimsical and colorful. She has named her show “Imaginary Landscapes”.

2939 NE Alberta St | 503-281-9048
www.guardinogallery.com

Alberta Street Gallery
August 27-September 22
The Untold Story: Featuring the art of KAT

Emotions, dreams, the spiritual exploration of life and death are the focus of KAT’s illustrative works on paper. This Chicana artist works in watercolor, ink and acrylics in conjunction with hand carved printing blocks. KAT’s visions show an internal strength and mystery stemming from her cultural background and life experiences as a woman. 2724 NE Alberta St | 503-280-6329
albertastreetgallery.com

Community Energy Project
Lead Poisoning Prevention Workshop
Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies!

Register for the workshop at www.communityenergyproject.org or call 503.284.6827 x109.

Tues, Sept 1, 6-7:30pm
Community Energy Project
2900 SE Stark St, Suite A
Mon, Sept 28, 6-7:30pm
Holgate Library - 7905 SE Holgate Blvd

Lead-Safe Home Projects Workshop
Before any demo, scraping, sanding, or remodeling in pre-1978 housing, check out this class! Great for people who want to do a small project that may involve exposure to lead paint, such as sanding down an old window frame or a reused door with potential lead paint, or a small construction project in an older home.

Register for the workshop at www.communityenergyproject.org or call 503.284.6827 x109.

Tues, September 22, 6-7:30pm
Community Energy Project
2900 SE Stark St, Suite A

Do-It-Yourself Insulation Workshop
This free workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, ventilation, installing insulation, and incentives to help cover the cost of your project. Learn more and register for the workshop at www.communityenergyproject.org or call 503.284.6827 x108.

Sat, Sept 19, 3-5:30pm
Kenton Library - 8226 N Denver Ave

Help for Pet Owners
Help is Here for Pet Owners
OHS Classes for September
Portland, OR - The Oregon Humane Society’s Behavior Department offers an expanded range of classes and workshops to assist owners with their pet’s behavior issues. Contact the OHS Behavior Dept. at (503) 285-7722 x225, or visit our website at www.oregonhumane.org/training for more details.

CALMER CANINE VET VISITS
Saturday, September 26, 4 – 5:30 pm
OHS - Manns Hall (AMLC)
1067 NE Columbia Blvd.
No need to RSVP. Please leave your pets at home.

PROBLEM POOCH CLASS:
Sunday, September 20, 1 - 2 pm
OHS - Ehrman Classroom (AMLC)
No need to RSVP. Please leave your pets at home.

PUPPY ROMPS:
Saturday, September 12, 4:30 - 6 pm
Friday, September 25, 4:30 - 6 pm
OHS - AMLC
No need to RSVP. Romps are divided into two sessions – visit our website at www.oregonhumane.org/training to find out which one is right for your pup.

BASIC MANNERS:
Tuesdays, September 22 – October 27, 7:15 - 8:15 pm
More class times available online.
OHS - Manns Hall (AMLC)
Register at www.oregonhumane.org/training

REACTIVE ROVER:
Tuesdays, September 8 - October 13, 6 - 7 pm
OHS - Manns Hall (AMLC)
Register at www.oregonhumane.org/training

Portland Storytellers Guild
STORYTHONS! 30th Season Openers
Saturday, Sept 12 & Oct 10
7:30 PM. Doors open at 7:00 PM.
Hipbone Studio, 1847 E. Burnside St.
Buy advance tickets online (www.portlandstorytellers.org)

Buy advance tickets online (www.portlandstorytellers.org)

Portland Magic Festival
WORKSHOPS & LECTURES
+ GALAS + SHOWS

Fielding West • Ariann Black
Jay Scott Berry • Paul Draper
Michael Goubreau • Hank Morfin
Mario Morris • Eric Stevens

Alberta Rose Theatre
2000 NE Alberta
503.764.4131
www.albertarosetheatre.com

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Eva Aigner, Holocaust survivors
• Sept. 11 – Berlin Wall remnant survivor
• Sept. 10 - Skype presentation from George R. White Library & Learning Center. The “Never Again” travelling exhibit from Hiroshima, Japan’s Ground Zero Museum; brought to Concordia University-Portland’s George R. White Library & Learning Center. The “Never Again” travelling exhibit comes from Hiroshima, Japan’s Ground Zero Museum; brought to Concordia University by the Wholistic Peace Institute.

The series of events includes:
• Sept. 10 - Skype presentation from Hiroshima, Japan featuring a Hiroshima survivor
• Sept. 11 - Berlin Wall remnant piece dedication
• Sept. 20 - Presentation by Les and Eva Aigner, Holocaust survivors

Neighborhood Events
Submit events to CNewsEditor@ConcordiaPDX.org

KENNEDY SCHOOL McMenamins
5736 N. 133rd Ave. - Portland
(503) 249-3983
mcmenamins.com
Free - Brewery Tour (limited seats)

NEW MONTHLY MOVIE SERIES!
Visit mcmenamins.com for showtimes

7:30 pm

THURSDAY, SEPTEMBER 10
BEACH FIRE
Indie soul
Gym • 7 pm

THURSDAY, SEPTEMBER 10
OCTOBERFEST
Annual Celebration
Hahlmann’s Oompah Boys • Three For Silver
Gym • 7 pm

THURSDAY, SEPTEMBER 10
THE TARA NOVELLAS
Dance
Gym • 7 pm

SUNDAY, SEPTEMBER 13
CRAG CAROTERS
SONGWRITERS IN THE ROUND
Gym • 7 pm

MONDAY, SEPTEMBER 14
HISTORY PUB:
“Portland Communists, A Longshotman Strike, and The United States Supreme Court: Oregon v. DeJonge and the Right to Form of ‘Assembly’” Theater - 6 pm doors; 7 pm event

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