A race to the finish!
Hundreds attend the 2016 Spring Egg Hunt

The Concordia Neighborhood Association and American Legion Post 134 sponsored this year’s Spring Egg Hunt on March 26. Volunteers spent several hours the night before, filling and hiding around 7,000 candy-filled eggs in Fernhill park.

The event started at 10 a.m. under sunny skies. As usual, when children and a quest for candy are involved, the event was over in minutes as hundreds of children raced to find the brightly-colored plastic eggs.

The candy and prizes delighted children and caused trepidation in parents who feared sugar meltdowns later in the day.
Hello Neighbor,

It’s been a busy month for your Board so let me take a moment to get you caught up with what your Directors have been up to.

### Homlessness & Toxic air

At the General Membership Meeting on March 8th speakers addressed the latest events connected with the Mayor’s Homeless Plan and provided an update on Toxic air issues. Adam Lyons, Associate Director-Neighborhoods Program and Manager-Northeast Coalition of Neighborhoods, spoke to both issues. Officer Anthony Zoeller with the Portland Police Bureau’s North Precinct (and a regular attendee) gave additional perspective to the Homeliness issue.

In order to address some immediate needs, the Mayor has been active in coming up with solutions for the Homeless issue with little input from the community. However, Lyons has been very active in championing alternative solutions with a focus on neighborhood input. We expect to be hearing more in championing alternative solutions with a focus on neighborhood input. We expect to be hearing more.

### Toxic air potential in Concordia

Toxic Air in Southeast and North Portland should not be seen as some other neighborhood’s issue when the likelihood of the Concordia Neighborhood hearing about its own bad air is pretty high. Given our proximity to the Columbia Industrial Corridor, we should not be surprised to learn that we face a similar situation.

Adam Lyons identified straightforward answers and real transparency with the Department of Environmental Quality as being the biggest obstacles in confronting the issues. He believes that once there is some real communication from DEQ and related agencies, we will learn how deep this problem really is. We will be providing additional information as it is uncovered and will keep you posted.

### Use it or lose it & other items

While this newspaper has gone through a major upgrade in professional journalism, it sits on very brittle ground. We now have a temporary volunteer Editor through June of this year. If we do not find a replacement, we will see the end of our neighborhood newspaper, i.e., the lights go out. Same can be said for our Board of Directors. Many are now in the last 6 months of their tenure with no new volunteers in sight.

We need to hear from those of you who are willing to step up to the plate for all of us.

We did get a Board Member to volunteer as Vice-Chair (Chris Lopez). Chris has been extremely active in our community, and we welcome his assistance in moving us forward. We are still down two Board Members, and I certainly see an under-representation of women.

Use it or lose it, isn’t that the way the saying goes and never so true as today. We need to keep this paper going to make your wishes known. The alternative is to let someone in an office downtown or an unknown in government position make our decisions for us.

Thanks for listening in; let’s make this neighborhood great by YOU becoming a force of one.

Happy Spring!

Isaac Quintero, Chairman CNA

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### Board News

**Concordia Neighborhood Association**

**Meetings & Updates**

**Board Meeting**

4:00 PM - 6:00 PM

Second Tuesday of the Month

McMenamin’s Kennedy School Community Room

**General Membership Meeting**

May 10 | 7:00 PM - 9:00 PM

Second Tuesday Bi-Monthly

McMenamin’s Kennedy School Community Room

**Social Committee**

If you would like to volunteer to help organize the CNA Neighborhood Clean-Up kit to unload vehicles and direct the traffic the day of the event, or volunteer to help with the Fernhill Concerts in the Park, please email Katie Ugolini at kgugolini@gmail.com or call (503) 449-9690.

**Finance Committee**

Procedures/Procedures visit our website or email: Treasurer@ConcordiaPDX.org

**Media Team**

April 19 | 6:00 PM

2nd Tuesday of the Month

Volunteer and join the Media Team to work on the newspaper or website. Skills in InDesign, Photoshop, or newsletter layout writing at printing are desired. For more info & meeting location contact Susan Trabucco at susan@trabuccobleu.com or call (503) 440-7732.

**Land Use, Livability and Transportation Committee**

April 20 | 7:00 PM

Third Wednesday of the Month

This month only our meeting will be held in the Concordia University Library, room GRW 310. Find the library (#191) on the Concordia University map. View the map by visiting www.cu-portlandoregon.edu/documents/campus_map.pdf

**For more info email LandUse@ConcordiaPDX.org**

The land use committee grants approval for neighborhood projects. We learn of, and attempt to solve, Concordia neighborhood issues brought to us by community members.

**CNA Chair**

Isaac Quintero

(503) 352-4585 | Chair@ConcordiaPDX.org

**CNA Vice Chair**

Chris Lopez | ViceChair@ConcordiaPDX.org

**CNA Secretary**

Ali Novak | Secretary@ConcordiaPDX.org

**CNA Treasurer**

Robert Bowles

(503) 490-5133 | Treasurer@ConcordiaPDX.org

**Concordia Community Room**

Rental | CommunityRoom@ConcordiaPDX.org

**Crime Prevention Officer**

Mary Tompkins

(503) 823-4764, mary.tompkins@portlandoregon.gov

**Neighborhood Response Team Officer**

Anthony Zoeller

(503) 823-0743, Anthony.Zoeller@portlandoregon.gov

**Policies/Procedures**

Visit our website or email: Treasurer@ConcordiaPDX.org

**Projects/Procedures**

Visit our website or email: Treasurer@ConcordiaPDX.org

**Board of Directors (Elected Jan1. 2016)**

NorthWest1 | met1@concordiaPDX.org

Shim “Tike” Harris

NorthWest2 | met2@concordiaPDX.org

Vacant

SouthWest1 | sw1@concordiaPDX.org

Garlynn Woodsong

SouthWest2 | sw2@concordiaPDX.org

Daniel Greenstadt

At Large | al1@concordiaPDX.org

Robert Bowles

At Large | al2@concordiaPDX.org

Donn Dennis

At Large | al3@concordiaPDX.org

Joe Culhane

At Large | al4@concordiaPDX.org

Ali Novak

At Large | al5@concordiaPDX.org

Chris Lopez

At Large | ale@concordiaPDX.org

Truls Neel

**CNA Newsletter**

Rebecca Bunch | CNa Secretary

CNa Newsletter

Use it or lose it & other items

What I know for sure is that communication within City Hall is inadequate. You can make the final policies to manage these sites. If you have a de
For the second year in a row, the Concordia neighborhood is partnering with Concordia University, Metro, and SOLVE to host an alley cleanup event from 10 a.m. to 4 p.m. on Sat., April 16. We learned last year that it would be particularly helpful for neighbors who own trucks and live on an alley to show up and help to transport the debris collected in the alleys to the Metro Central Transfer Station. The costs are “comped” by the event sponsors, so we just need the volunteers with trucks to show up! Last year, we did not have enough trucks or drivers, and some volunteers had to continue making the dump runs with too few trucks on into Sunday. We would like to avoid asking that of our volunteers this year.

Neighbors, students performing a day of service, and others will gather between 9:45 a.m. and 10 a.m. at the intersection of the 28th/29th alley and Emerson street to receive supplies and instructions, then split off to clean up various alleys around the neighborhood. The cleanup is the first step in a long-term process of building community momentum towards alley improvement efforts. Alleys are a public right-of-way, but, like sidewalks, their maintenance is the responsibility of adjacent private property owners. Historically, alleys were used to provide automobile access to homes. There is now a growing community consensus that these spaces can be enhanced to not only serve this original function better, but also be community spaces that provide many opportunities for residents that enhance the quality of life. The specifics of the vision for the future of each alley must be developed and owned by the neighbors on each block.

There are over 120 alley blocks in the Concordia neighborhood. Of these, alleys will be prioritized for cleanup on April 16th where adjacent neighbors have reached out in advance, and/or show up on the day of the event. Please contact Garlynn if you would like to be involved in the cleanup, if you can offer the use of a truck for the day of the event, and to learn more about how your alley could be improved to become a better community resource, email garlynn@concordiapdx.org.

Concordia residents interested in discussing this or any other issue related to land use and transportation are invited to attend the Concordia Neighborhood Association Land Use and Transportation Committee (CNA LUTC) meetings at 7 p.m. on the third Wednesday of the month, generally held in the Community Room in the SE corner of McMenamins Kennedy School.

This year, we will continue the 2nd annual Spring Alley Clean-Up on Saturday, May 14th from 10 a.m. to 4 p.m. On April 20 in the Concordia neighborhood. Of these, alleys will be prioritized for cleanup on April 16th where adjacent neighbors have reached out in advance, and/or show up on the day of the event.

Thank you to our generous sponsors!
Alliance High School requests, receives temporary adjustment to Good Neighbor Agreement with CNA

At the March 8th CNA board meeting, Concordia's Alliance High School Meeks Professional Technical Campus principal Lorna Fast Buffalo Horse, presented our board with a proposal to allow modification of an existing Good Neighbor Agreement, dating to 2004. The agreement, signed when Alliance took over the Meeks campus, prohibits school activities after 5 p.m. It also has restricted students from extended hours for social events or even tutoring.

The students of Alliance are seeking permission to host a prom on campus for about 75 students sometime in May. Attempts to find an alternate location have failed, due to high costs of venue rental. Alliance High School is described in their executive summary as "an alternative educational experience for students who have not experienced success in traditional high school environments. The program seeks to provide academic, social-emotional, and professional-technical opportunities that motivate students to remain in school to learn the knowledge, skills and attitudes needed to become a contributing member of society." The curriculum mixes group and individualized instruction in the pursuit of relevant career-technical education.

The Alliance program includes an emphasis on social skills and community in the Alliance Meeks program, where students participate in a social-emotional "boot camp" for their first six weeks of enrollment. Students are encouraged to organize and champion themselves, with a Black Student Union, Hispanic Student Union, and Gay-Straight Alliance now present on the campus. The request for a prom seems a natural step in developing the social experience for Alliance students, and was met with positive response from the CNA board.

The board approved an event to take place on a date to be determined in May, on either a Friday or Saturday, that will end at 10:30 p.m. Clean-up and campus closure will be concluded by 11 p.m. The board hopes that the positive relationship between Alliance with its neighbors can continue, and requested that Alliance communicate with its neighbors to present the proposed event, and bring any significant concerns to the board for consideration.

The CNA Board will also consider expansion of the activity hours for future events based on the success of this new addition.

Fernhill Summer Concerts line-up is set; funds still needed

Greetings fellow Concordians! Your friendly neighborhood Fernhill Summer Concert Committee here. It's a particularly beautiful springtime in Concordia. Time to get your "seeds and starts" in the ground.

This year's tent pole show on FRI, JULY 22nd: The fabulous LaRONDHA STEELE! Join us South of the border on FRI, JULY 29th with the world renowned MARIACHI VIVA MEXICO! And as always, finish out the season with us on TUES, AUGUST 2nd WANDERLUST ORCHESTRA for CNA's National Night Out 2016!

This is a really wonderful concert season that we are extremely excited about. However, we need the support of ALL CONCORDIANS (and any other T.O.C.) to make it happen!

If you are a family or individual and would like to contribute to this Spectacular Summer Series at Fernhill Park please visit parkland.org/give-concerts to DONATE!

Choose SFFA Summer Concerts in the Park from the Pull down menu under "I would like to give to:" Type in Fernhill Park when asked "Is there a specific park you'd prefer to support?" Donate now & get an immediate tax receipt.

If paying by check, please make checks payable to Portland Parks & Recreation/Fernhill Concerts and mail to: Lynn Shisler Neighborhood Concerts in Portland Parks 6437 SE Division St. Portland, OR 97206

Any contribution (e.g. $5 or $10) is greatly appreciated!!

WE STILL NEED BUSINESS SPONSORS!

If you are a business or institution and want to be a Fernhill Concert Series Sponsor by contributing $300 or more, you will receive these awesome benefits of sponsorship:

- Opportunity to have promotional table at all 5 concerts to display, give or sell items.
- A chance to give to your neighborhood.
- A tax deductible contribution staying "close to home."
- Your business name recognized.

If you own or manage a business, please let us know how you would like to participate as a sponsor by contacting Lynn Shisler; Coordinator, Neighborhood Concerts in Portland Parks at (503)317-2062 or via email at lynn.shisler@portlandoregon.gov.

Please help support the power of live music to bring communities together and thank you!

—Katie Ugolini
CNA Board Member

By Ali Novak
CNA Board Member
The Jarret Grove street painting event, a program of Village Building Convergence, is in need of leadership this year. Pictured here is work in progress at last year's event at NE 28th & Jarret. Photo by Joe Culhane

Help Wanted: Jarret Grove intersection painting 2016!

Hello good folk folks of Concordia! My name is Joe Culhane, I am one of the new board members of the CNA and had the pleasure of coordinating the first-ever street painting at the intersection of NE 28th Ave and NE Jarrett St. this last year. It was one of over 40 street paintings that took place here in Portland through City Repairs annual Village Building Convergence. It was a great success and many of you may have been there and participated in the project. We had over 100 people come out to help make this beautiful street mural come to life! We called the sight Jarrett Grove and have started a Facebook page where you can see pictures and a time-lapse of the painting from last year as well.

This is intended to be an annual project and a great way to get together and meet more of our neighbors and build a greater sense of community. While I was delighted and honored to lead this project last year the reality is that literally right now is my newborn son, and I have taken center stage in my life these days. His care and that of my whole family has become my highest priority as you may well imagine. This year’s VBC is from June 3rd-12th, the paintings all happen during these 9 days, usually on one of the two Saturdays during that stretch. So, this is a call out to you good people of the Concordia Neighborhood to please step up in to a leadership role this year to help make sure this year is a success as well. What that means is helping set up a few preliminary meetings with the neighbors involved, go to a few VBC meetings, and also help organize a small fundraiser for supplies. We held one at Wilder last year and it was really fun and very successful, many of the local businesses contributed prizes and we had a raffle, tons of people showed up and it was great!

It takes a lot for me to admit when I’m overwhelmed and have too much on my plate but alas, that is exactly where I find myself at the moment. I’m afraid this year’s painting may not happen if one or more people don’t step up and take the reins so by all means, please do! I’ll be available to give direction and guidance where I can and will absolutely help in the painting day and preparation leading up but really that will be the extent of my time and energy I realistically will be able to offer.

Thank you to all who helped make this happen last year, we couldn’t have done it without you! If really is a great time; last year we had donuts, coffee donated from Extracto, pizza, lemonade and iced tea, delicious treats, face painting, music, laughter, and community goodness abounding. May this be another successful year and maybe turn out to be even better as well!

Thank you again! You can email me at albertamainstreet@gmail.com or text/call me at (503) 446-2925 for more details. —Joe Culhane CNA Board Member

Alberta Street’s ‘Operation Clean Sweep’ April 23

The sixth annual Alberta Earth Day Clean Up, presented by Pacific Power and organized by Alberta Main Street, takes place on April 23 this year. Operation Clean Sweep 2016 provides an opportunity for friends and neighbors to get involved with their community. Rain or shine, neighborhood volunteers will focus on cleaning up litter and removing graffiti along NE Alberta Street between MLK Jr. Boulevard and NE 43rd Avenue and finish with a post-cleanup celebration featuring food and prizes.

New this year, through a partnership with Pacific Power, volunteers and anyone that signs up for paperless billing will receive a $5.00 coupon valid for any purchase at participating Alberta Street businesses.

Volunteers are expected from all over Portland, from student groups and youth organizations, to neighbors and local businesses. Sara Wittenberg, Alberta Main Street Executive Director, promises another year of camaraderie.

The Golden Garbage Awards and post-cleanup festivities will take place immediately following the clean up with pizza for lunch, Salt & Straw Ice Cream, and a raffle featuring prizes from local businesses including a gift certificate good for 2 nights at Vacasa’s Hidden Villa Cottages at Cannon Beach. The celebration will end around 3:30 p.m.

Volunteer check-in is at 9:00 a.m. at Alberta Central (NE 18th and Alberta) and clean up starts at 10:00 a.m. Volunteers are asked to bring their own water bottle, gloves and any tools like screwdrivers, pliers and razor blade scrapers.

For more information and to pre-register to volunteer, visit: albertamainstreet.org/whats-happening/earth-day.

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Clean Sweep April 23

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Homelessness: Understanding this community crisis

Some of your neighbors don’t have a home. There’s been a lot of talk recently in Portland, in the region and nationally regarding the challenges of people living on our streets.

On the night of the most recent count in 2015, Multnomah County had 5,800 people sleeping on the streets, in shelters, or in temporary housing, and an estimated 12,000 people were doubled up, many in overcrowded and often unsafe conditions. Hundreds of children have no place to go.

According to the city’s new and deepening Homelessness Strategy Toolkit (www.portlandoregon.gov/toolkit), over the past two years, there has been a 17% decline in chronic homelessness among individual adults; a decrease in unsheltered veterans; and a 27% reduction in the percentage of people experiencing homelessness for two or more years.

However, the latest count found a 48% increase in the number of unsheltered African-Americans from two years ago.

Due to differences in the definition of “homeless” between HUD and Multnomah County, it is still a work in progress to find more accurate numbers of homelessness among communities of color. Nevertheless, supplemental data indicates that levels of homelessness have increased in these communities, including, Native Americans, Latinos, and Asians.

Our city and our neighborhoods are facing some rather immediate policy and programmatic questions that are going to have to be answered with your tax dollars and with implications for your street. To learn more, to report concerns and to make sure that your voice is heard, visit the link above or email cna@concordiapdx.org or call the new hotline (503) 823-4000. —Daniel Greenstadt, CNA Board Member

Alberta Arts Answers - just some conversation about living in the district

By Mark Charlesworth

I wanted to get a sense of what residents saw when they first arrived versus how they experience the Concordia neighborhood today. So I called around and asked a few questions of residents in the Alberta Arts District.

I moved into Alberta Arts in 1995; because rent was cheap, and my friends and I could afford the house if we split it four ways. Affordability was a common theme amongst many of the residents I spoke to.

It was a truly diverse population at that time and affordability was a big part of the attraction to the neighborhood. I’m not sure that many people had any idea of the damage to come.

To some extent the diversity is still here and to a large extent the affordability is evaporating.

In my calls to the neighbors many of them expressed their perspective on what has changed.

Steven on NE 23rd had some answers for my survey questions. When I asked the Question, “What do you like about Alberta Arts?” He answered, “The energy of the neighborhood is different here than in any other part of North or North East Portland...mix of population,” and he later added “I’m not comfortable with the west side.” To the same question — Sara on NE 48th said, “I like that it’s a large residential neighborhood with lots of older homes with diversity, even though lots of African Americans have had to leave.”

Another question that I asked people was, “Is there anything in our area that you would like to change?” A long term resident named Virginia said, “Yes. I would like to see more color in the business section on Alberta.” In an answer to the same question Sara on NE 18th said, “While I appreciate that people are coming here to eat, it impinges on parking.

Also I wish that businesses that serve residents here where not being driven out.” She later elaborated that services like dry cleaners and such are what she was referring to. It seems that she has a point when residents have to go outside of the neighborhood for such services, while people who want to wait 45 minutes for breakfast have their choice of which line to stand in.

To look at the bright side, I have enjoyed some of the changes. Some Alberta is still a section of this neighborhood with at least a notion of identity. Maybe even some of the edginess, although a good part of that is gone and some of the good part is gone as well. It would be a shame to have another version of Division St. here.

Progress can be good, but at some point like the Looana, we came too far.

There is still some of the very affordable food here, in between the high-end bars and shirk little spots you can still find a bit of the old school affordability with at least a notion of identity. Maybe even some of the edginess, although a good part of that is gone and some of the good part is gone as well. It would be a shame to have another version of Division St. here.

To learn more, to report concerns and to make sure that your voice is heard, visit the link above or email cna@concordiapdx.org or call the new hotline (503) 823-4000.

—Mark Charlesworth

Mark Charlesworth lives in Concordia and works here as a residential Realtor. Reach him by emailing charlesworthhomes@gmail.com.
Lately the news that for decades two Portland glass companies discharged the toxic chemicals cadmium, arsenic and chromium into the city’s air have filled the media with stories of citizen outrage. State, county and local governments and community groups have suddenly demanded action from the Oregon Department of Environmental Quality (DEQ).

Less talked about is that the same toxic chemicals found in Portland’s air eventually make it into its rivers, lakes and wetlands through the process known as atmospheric deposition (or rain) and become an ingredient in a toxic stew. Local waterways flow with legacy pollutants from dirty industrial sites, including DDT and PCBs [Polychlorinated biphenyls - a group of highly toxic organic compounds used in the manufacture of plastics and other products that are highly toxic to aquatic life and persist in the environment for long periods of time] and emerging contaminants like pharmaceuticals and flame retardants, pesticides, and heavy metals like mercury and arsenic from coal fired power plants.

The Columbia Slough is one such locally-affected watershed. The Columbia Slough basin extends from Blue Lake and flows toward Kelly Point Park where it meets the confluence of Willamette and the Columbia River. The Concordia neighborhood is contained in the slough’s watershed.

Today the slough is cleaner than it has been for over a century. The biggest change came in 2000, when the city’s sewers stopped dumping raw sewage and untreated wastewater into the slough during heavy rain storms. Portland’s Department of Environmental Services works with Oregon DEQ to investigate and eliminate sources of fish contamination in the Columbia Slough. They also partner with The Columbia Slough Watershed Council on habitat restoration. There’s a fish consumption advisory, however, on the Columbia Slough and it’s been that way for years. Pregnant women and children are especially vulnerable to the toxins in the slough’s resident fish. Many Portlanders know that local waters are polluted and they wouldn’t dare eat fish from the Columbia Slough. Other community members, warning or not, have little choice in the matter. The houseless and poor often supplement their diet by eating the most toxic of fish: carp, bass and catfish.

In 2012, Lorri Epstein, the Water Quality Director at Columbia Riverkeeper, a non-profit dedicated to protecting the Columbia River, took a catfish from the slough to the lab. The results were stunning. The catfish contained PCBs 27,000 times the Environmental Protection Agency (EPA) limit for unrestricted consumption and flame retardants. A carp from nearby Vancouver Lake tested in 2014 contained PCBs 30 times the EPA limit, mercury 3.5 times the EPA limit, flame retardants and other heavy metals.

“Fish advisories are not the answer. We need to clean up the river and stop toxic pollution from entering our river so that people can eat fish without the fear of getting sick,” said Epstein.

The Portland City Council passed a resolution in March 2016 to sue the Monsanto Company for contaminating Portland waterways with PCBs from the 1930-70’s. There are still multiple point sources of arsenic and lead near the Columbia Slough according to recent moss studies. The Oregon Department of Environmental Quality used the studies to pinpoint the glass companies as sources of toxic air pollution. The moss studies could also provide the map the DEQ needs to locate the owners of toxic water sources in the Columbia Slough watershed.

Carl Jameson is a writer/director/videographer at Craftmaster Productions, a full service creative production company. He’s lived and worked in the Concordia neighborhood since 2001. Reach him by emailing carlj@craftmasterpro.com

A Portland Department of Environmental Services map modified with targets marking lead and arsenic pollution as identified by moss studies.

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A sign at Kelly Point describes habitat improvement projects near the confluence of the slough with the Willamette and Columbia Rivers. Photo by Carl Jameson

A fisherman cleans a carp caught in the slough. Photo by Carl Jameson

A Portland Department of Environmental Services map modified with targets marking lead and arsenic pollution as identified by moss studies.
Annual ‘Dining Out For Life’ event April 28th funds local HIV/AIDS programs

It’s easy – step out to eat breakfast, lunch, dinner or enjoy a cocktail hour and you’ll help people in need! The 8th annual Dining Out For Life event takes place on April 28 this year. Dining at a participating restaurant on that date will result in a donation of between 20 to 30 percent of your dinner tab directly to the Partnership Project and Ecumenical Ministries of Oregon’s HIV Day Center in the Concordia Neighborhood. These two organizations work closely together to provide vital programs and services to thousands of individuals living with HIV/AIDS.

EMO’s HIV Day Center, located on NE 50th & Ainsworth, celebrated its 26th anniversary this year. It is the oldest multi-service drop in center for low income individuals infected and affected by HIV/AIDS in the United States. The Center serves approximately 300 people yearly, providing them with two hot meals a day, information and referral services, computer and internet access, phones, shower and laundry facilities and recovery support as well as volunteer professionals who provide services such as massage therapy, acupuncture and haircuts. The Daily Bread Express delivers weekly meals and haircuts. The Daily Bread Express also offers entrepreneurship training and services to thousands of individuals living with HIV/AIDS.

Partnership Project is entering its 20th year of providing critical services to HIV positive individuals in the Portland Metro area. Last year 900 people living with HIV/AIDS were served through its Medical and Nursing Case Management services. Partnership Project helps individuals get into medical care, maintain insurance, take their medications and connect to essential supportive services. The organization also provides risk reduction counseling.

For more information visit www.emoregon.org/HIV-day-center and www.ohsu.edu/xd/health/services/partnership-project.

On April 28th, a dinner walk on over to Concordia neighborhood’s McMenamins Kennedy School Courtyard Restaurant or Red Sauce Pizza, two participating restaurants that are donating 20 percent of their dinner proceeds to this cause. Or, all day, saunter on over to Extracto (Killingsworth & Prescott locations), both of which are donating 20% of their receipts all day. Find other participating restaurants in Portland by visiting www.diningoutforlife.com/portland/restaurants. —Katie Ugozini

Who’s Making it Work? YOUR Neighborhood Association Volunteers

Donn Dennis
CNA Board Member

Board Position: At Large
Lives in: Fern Hill Park area
Has lived in Concordia: Since 2014
Has lived in Portland? Same
Served on the CNA Board: Since January, 2016

What inspired you to run for a CNA Board position?
I had been attending Board meetings on a visitor basis and was impressed with the knowledge and dedication of its members regarding the neighborhood’s well-being.

A little about Donn:
I recently retired from a career which saw me toiling in both for-profit and not-for-profit settings—primarily in human resources administration and related functions. I have looked forward to getting involved in my neighborhood in a city where this is actually both possible and rewarding. My wife and I and our two mutts have tackled the restoration of a mid-century home in the area. That, and our semi-fruitless battle against a band of marauding squirrels, keeps us very busy.

What do you MOST love about living in the Concordia neighborhood? The diversity of the people who comprise it and the convenience of doing business with local merchants.

Alberta Main Street seeks performers, sponsors & vendors for annual street fair

The 9th Annual Alberta Street Fair is Saturday August 13, 2016. Alberta Main Street is currently seeking performers, sponsors and vendors for the event.

The Alberta Street Fair is a daylong celebration of community, art and music that brings over 25,000 people to Alberta Street. Hosted by Alberta Main Street, the street fair includes three stages of entertainment and over 300 vendor spaces between NE 19th Ave and NE 30th Ave.

Call for Performers
Alberta Main Street seeks a diverse array of performers appropriate for a family-friendly event. The non-profit seeks performers of all kinds: musicians, dancers, children’s performers and other acts that appreciate and represent the cultural diversity of our neighborhood. Performers are invited to learn more and apply online: albertainamainst.org/whats-happening/street-fair/call-performers/. All acts must perform original material or works that are clearly in the public domain. The application deadline is April 17, 2016.

Sponsorship Opportunities
The eclectic mix of entertainment and craft at The Alberta Street Fair epitomizes the Portland draw and is a fantastic opportunity for exposure for your business. By sponsoring Alberta Street Fair, you can: directly connect with an active and engaged audience, showcase products, bolster your brand by partnering with a respected event and support your customer’s community. For more information visit albertainamainst.org/whats-happening/street-fair/sponsorship/.

Vendor Registration
Local artists, crafters, makers, organizations and food vendors are invited to participate in this popular event. Vendor registration fees vary by the type of vendor and size of booth. More information and registration is now available online: albertainamainst.org/whats-happening/street-fair/vendors/. Register before June 15, 2016 for early bird pricing!

For additional information about Alberta Main Street contact Sara Wittenberg at sarag @albertamainst.org or visit albertainamainst.org
ADUs over the back fence?

Take a look over your back fence. In addition to seeing your neighbors starting their spring gardening, you may see them breaking ground on some new construction in their backyards. They may be building new accessory dwelling units (ADUs), some may even be building them inside their property line “setbacks”.

Generally, construction is restricted around a property’s boundaries by setbacks specified in zoning regulations. However, in December Portland revised its own Zoning Code regulations regarding ADUs, including relaxing height restrictions and setback requirements for new ADU construction. Homeowners in Portland are now allowed to build their ADUs within the five foot property line setback.

Portland Zoning Code Section 33.205 contains the updated ADU requirements. ADUs can be created by converting existing space in a home to separate living quarters, by finishing unfinished but existing space in the home (like in an attic or basement), by adding to an existing structure (like a detached garage) or by building a new structure. Is an ADU the right springtime/summertime project for you? There are some considerations to weigh. Like all new construction, building an ADU (or converting an existing structure into an ADU) will typically be subject to all applicable City permit fees, as well as system development charges (SDCs) that are levied by the Portland Parks, Environmental Services, Transportation, and Water Bureaus to offset the impact of the new development on the services provided by those City bureaus. However, some SDCs may be waived by the City for ADU projects if certain criteria are met and the project is submitted on or before July 31, 2016 and receives final inspection approval on or before June 30, 2017. If you are considering undertaking an ADU project, your first call needs to be to the City for details on the SDC waivers. Your next call may need to be to Multnomah County. The question of how new ADU construction may impact a homeowner’s property tax bill is still up in the air. The following disclaimer by the City of Portland, or similar versions, appear in multiple places all over the City’s web page:

“Construction of an ADU could result in a significant increase in property taxes under Oregon tax law. So before you start an ADU project, it’s important to contact Multnomah County assessor’s customer service line at 503-988-3326 or visit their website at https://multco.us/assessment-taxation/news/are-you Considering-building-accessory-dwelling-unit for more information.”

For some, the potential tax implications may be a deal-breaker for building a new ADU. For others, while it is something to watch it will not be enough to deter the addition of an ADU in the basement or backyard. Eventually, the dust will settle on the ADU property tax question. Whether that time will come before the SDC waiver window closes this July is still up in the air. Stay tuned...

Spencer Parsons, estate attorney whose home and law office are both in the Concordia Neighborhood. To reach him email spencer@sqplaw.com or call (971) 279-2018.

Concordia Neighborhood Association land use update

It’s been another busy month of important land use and transportation issues affecting Concordia residents.

Many neighbors talked with Nan Stark, NE District Liaison for the Bureau of Planning Services (BPS), March 16th at the Kennedy School Community Room about this “upzoning” that would allow a foot lot into two 2,500 square foot lots. Currently one dwelling per 5,000 square feet is allowed, but existing space in the home for ADUs. However, some SDCs may be waived by the City for ADU projects if certain criteria are met and the project is submitted on or before July 31, 2016 and receives final inspection approval on or before June 30, 2017. If you are considering undertaking an ADU project, your first call needs to be to Multnomah County. The question of how new ADU construction may impact a homeowner’s property tax bill is still up in the air. The following disclaimer by the City of Portland, or similar versions, appear in multiple places all over the City’s web page:

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Proposed R5 to R2.5 Zoning change

Many neighbors talked with Nan Stark, NE District Liaison for the Bureau of Planning Services (BPS), March 16th at the Kennedy School Community Room about this “upzoning” that would allow properties between NE Killingsworth and Jarrett from NE 22nd to NE 33rd to be more easily sub-divided from the current one dwelling per 5,000 square foot lot into two 2,500 square foot lots. Though the CNA Land Use & Transportation Committee (LUTC) is on record opposing this change, BPS still believes it should be in the Comprehensive Plan.

Submit comments about these and other planned changes by testifying, in person or writing, for the Planning and Environmental Services, Transportation, and Water Bureaus to offset the impact of the new development on the services provided by those City bureaus. However, some SDCs may be waived by the City for ADU projects if certain criteria are met and the project is submitted on or before July 31, 2016 and receives final inspection approval on or before June 30, 2017. If you are considering undertaking an ADU project, your first call needs to be to Multnomah County. The question of how new ADU construction may impact a homeowner’s property tax bill is still up in the air. The following disclaimer by the City of Portland, or similar versions, appear in multiple places all over the City’s web page:

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The “Bighouse” Building

Led by Jeff Hillier, a small team of dedicated neighborhood architect and development professionals is crafting cost-effective alternative design improvement suggestions to the 4-story, 30 apartment building planned for the “Bighouse” corner at NE 30th and Killingsworth that developer Brian Spencer of 30th & K Properties LLC, agreed to consider when he presented preliminary design concepts at the February LUTC Meeting.

North Portland Highway Safety

In response to the tragic death of a bicyclist hit by a car in December, please call Ask ODOT for “safe passage” of all N. Portland Highway users, especially at the 33rd Ave. and 42nd St. crossings” by calling (888) 275-6368 or visit their website at https://multco.us/assessment-taxation/news/are-you considering-building-accessory-dwelling-unit for more information.”

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OPINION: Diary of demolition & development - Part 6

Everyone in Concordia has had the opportunity to watch a house be torn down to make way for new houses, duplexes, and "skinnies," for better and/or for worse. This is the continued chronicle of my personal experience.

Unlike last year, this winter has been very Portland: rainy, dreary, and chilly. It seems it has rained every day since November. The rain is great though, especially after a year of drought, unless you have a poorly designed duplex next to you with no gutters. Then, you get a pounding waterfall cascading down onto your side yard, foot deep water the length of your fence where your grass and flowers once lived, and a serious potential for dreaded basement flooding.

One morning during a deluge, I went outside to assess the damage. Because the building was poorly designed, the roof did not send water down the front, back and sides, off many peaks like normal houses in the area, but instead directed the waters into the center and then off to each side. Without gutters, there was a sheet of water pouring off and into my yard. Witnessing this, it was obvious there was a real chance of the water swamping my basement.

I had yet to complain to the developer about anything but thought he should do something now to keep my house from flooding. I called him and without any apology he told me they would do something "sometime soon." I explained he really needed to do something ASAP, but he dismissed my worry. And in many ways, why wouldn't he? There is no city code mandating that developments have gutters, real flood control, or anything that would protect neighbors. If my house was flooded, it wasn't his problem. There would be no fines or actions taken by the city according to officials. And, as the developer does not live in the neighborhood it occurs in.

"I am not against building but I personally believe it should be in harmony with the neighborhood it occurs in."

—Luke Griffin

Land Use & Real Estate

OPINION: Will new development continue legacy of work in Concordia Neighborhood?

At first glance, the four-story apartment building slated for construction at NE 30th & Killingsworth feels like an all too familiar tale in Portland’s busy infill development market. But in the case of the 30th & K apartments, it’s the cast of characters involved and their existing relationships with the Concordia neighborhood that make it interesting.

In fact, the three key players involved with this new project have a well-established legacy here, specifically through their recent involvement in numerous expansions of nearby Concordia University campus.

Brian Spencer - The Developer

Brian Spencer is the owner of Ascend Holdings and newly formed 30th & K Properties LLC. He is also the owner of a former Best Buy in NE Portland now leased to Concordia University as their Columbia River Campus. Renovations of that campus expansion were built by...

Union Corner Construction - The Contractor

Union Corner Construction was signed on to build the new 30th & K apartments. The company is also the general contractor for recent Concordia University campus expansions, including the library and community stadium, as well as the university’s new law school and library in Boise, Idaho. All of these campus expansions were designed by Mackenzie - The Architect

Mackenzie is a long-standing Portland architectural firm that is the designer of the new NE 30th & Killingsworth apartment building. A preliminary drawing of the building was included in the March 2016 edition of the Concordia News. Of their previous work with Union Corner Construction and Concordia University, Mackenzie boasts designs that are LEED certified, “sensitive to the residential context,” and “respectful to the surrounding community.”

In light of this significant history with Concordia University, it begs the question of how these three parties came together for the new 30th & Killingsworth development and whether the university is somehow involved. Considering the university’s involvement in the new Concordia Student Housing, currently under construction only thirteen blocks away on 17th & Killingsworth, it’s not a stretch of the imagination to wonder what might be in store for the new 30th & K apartments.

And while there is no doubt that this development group has built an impressive legacy of work in our area, one thing is certain: the Concordia neighborhood hopes that those involved in the 30th & K apartments will build upon their legacy of work by creating something that meaningfully integrates with the community and becomes something that the neighborhood will point to with pride.

Jon Engelman is a Concordia resident.
Part 2: The Alberta District and its bungalow grocery

Second of Three Parts: The life and times of a neighborhood store and its people

A quick Alberta District History 101 refresher from Part 1, which ran last month: In 1910, the Alberta District feels a bit thrown together and rough-and-tumble. But in-vestment and expansion are impressive. A strong sense of neighborhood identity is emerging thanks in part to early business owners, residents and real estate developers. People are arriving in the dis-trict from near and far because property is cheaper here than in other eastside neighborhoods and there’s a new streetcar that provides dependable service.

Plus, plans underway for a new Wil-lamette River crossing that in 1913 would become the Broadway Bridge were changing the way people thought about neighborhoods and there’s a new street.

Built and Run by the Smyths

Enter Michael and Mary Jane Smyth, shopkeepers from Ireland who were run-ned by local contractor Geibisch and Joplin, and well before the streets were even paved. According to the Polk City Directory, the Smyths opened their busi-ness in 1911 as a men’s furnishings store. By 1914, the listing had changed to dry goods and the Smyths were living six doors to the north, with the residence side of the new building rented out.

Mary Jane died on October 12, 1917 and her funeral mass was held at St. Charles Catholic Church, which was then located near the corner of NE 3rd and Webster, two blocks south of today’s Concordia New Seasons (the parish church relocated to NE 42nd years later following a devastating fire and financial hardships). After Mary Jane died, Mi-chael took a rented room in the neighbor-hood and continued to run the dry goods store on his own until 1921 when he sold it for $3,975. Michael died on February 20, 1922.

The Coulters Take Over: Alameda Park Grocery

William and Isabella Coulter, immi-grants from England via Canada, bought the business from Michael Smyth, hav-ing seen it advertised in the March 2, 1921 edition of The Oregonian as a “very fine bungalow-grocery.” They had shop-keeping experience from several years in Missoula, Montana. It’s unclear if they gave the store its name, or if they adopted the name used by the Smyths, but there is, listed in the 1928 Polk Directory as the Alameda Park Grocery.

This is unusual for a couple reasons: 27th and Going is near but not actually inside the Alameda Park plat; and, there was a much more prominent store on the southwest corner of 24th and Fremont known as Alameda Grocery. This must have been confusing, at least. No word about what that rivalry may have been like, but the 24th and Fremont business advertised widely with its name, and the bungalow grocery with its slight varia-tion never shows up in any newspaper advertising or any other annual Polk Di-rectory.

While the naming convention might have been confusing, we know it to be fact thanks to a photograph from David White, grandson of the Coulters, that clearly shows the name Alameda Gro-cery painted in big black letters on the side of the store.

William Coulter passed away in the mid 1920s, and Isabelle took over the business on her own, with help from daughter Agnes, until 1943. This 22-year period was probably the best era for this little building and its business: Isabelle ran a tight ship and took good care of the place.

Next up: After the Coulter years, as shopping patterns change and big gro-cery chains emerge, the bungalow gro-cery slides almost to oblivion before be-ing rescued from the wrecking ball.
Customers line up for coffee during a recent BizMob event. Customers enjoyed complimentary coffee at Extractor Roastery and Coffeehouse, 2921 N.E. Killingsworth, on the morning of March 16 during a BizMob event sponsored by Albina Community Bank. A BizMob is Albina’s way of supporting their business customers and reinforcing local connections. Photo by Sharon Jameson

Deanna Allred, right, Albina Bank vice president and market manager for the Beaumont and Rose City market at Extracto’s BizMob. Photo by Sharon Jameson

**Albina Bank organizes Biz Mob at Extracto Roastery & Coffeehouse**

(A little) about two breweries of Concordia

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McMenamins Kennedy School at NE 33rd Ave., a block north of Killingsworth, sports a brew operation with an artistic flair. Submitted photo

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If the Concordia neighborhood was a city-state it would go a long way to being self-sustaining. You can get fresh made bread and pastries from Miss Zumsteins, grass-fed meat butchered at Old Salt, and ice cream made on premises at Roses. And that’s just on NE 42nd Avenue.

Concordia has two breweries, McMenamins Kennedy School in the east and Great Notion Brewing on the west side of the neighborhood. McMenamins is part of a bigger operation offering a theater, lodging, bars and restaurants. The McMenamins group has established Portland and beyond by buying and refurbishing semi-historic properties and repurposing them into dining and entertainment venues. The McMenamins brewery at the Kennedy School opened as part of the rejuvenation of the 1915 neighborhood school in 1997.

The brewery is in what used to be the little girls’ room of the old school, and features artwork depicting the history of beer making as well as the antics of schoolgirls. The brewery operation was upgraded in 2011 with the addition of glycol-jacketed fermentation tanks. The brewers produce typical McMenamins standard and seasonal beers, along with rotating selections such as King’s Land-ing IPA, Oatmeal Porter and Concordia Pale Ale. Kennedy School is located on NE 33rd, a block north of Killingsworth.

The recently opened Great Notion Brewing has a claim to the tough independent settlers of northwest Oregon. The name comes from the second novel by Oregon writer Ken Kesey, the author of “One Flew Over the Cuckoo’s Nest.”

The brewery is in the former location of Mash Tun, around the corner from Pine State Biscuits on NE Alberta and NE 22nd Ave. Great Notion took over the space on New Year’s day this year. It’s a kid-friendly establishment; an opening celebration Great Notion held in February was like a birthday party – the place was full of grade schoolers and their parents. They even had a balloon man.

In early March the new management rolled out the newest Great Notion offerings. They range from Double Stack, a breakfast stout “aged on a ridiculous amount of Vermont maple syrup and locally roasted coffee beans,” to El Chapo, described as “dark and dangerous.” This Mexican-inspired Stout is aged on pasilla & anejo peppers, cinnamon, chocolate and vanilla beans.

In addition to its variety of beers and sours, Great Notion’s imaginative kitchen turns out starters, salads and sandwiches for every appetite, including vegan and gluten free options.

A February story in the Willamette Weekly ranked 73 Portland IPAs. Two of the top five spots – Ripe and Juice Jr. – went to Great Notion.
Children & media: How much is too much?

Media. This has to be one of the biggest topics in early childhood that everyone wants to know how to define. What is too much screen time?

Let’s start with the basic facts about young children, and dive into what is going on developmentally in the newborn and the young child. Children, specifically from 0 to 3 years of age, come into the world very open to life with heightened sensitivities and completely dependent upon us for love and care. They are not able to filter out the adult world and use the full spectrum of stimulus and fast-paced demands. Their brains are in a state of constant flux, reacting to their surroundings, developing and pruning unused neural pathways in their first 3 years of life, and adjusting to the state of being human early on before they find themselves in the world.

When we give our young children a screen to watch, the learning becomes passive, which will change the way the brain process information with long-term exposure. Strong images live deeply in the mind of children under the age of 7, which is also why you will see a child who has seen a lot of TV engage in play that is scripted. Their own imagination is overridden with what they perceive as real and not a fantasy, a dynamic that they have taken into their being when they watch TV. Also, because it is a mental activity, young children can absorb and process what they see, and their adults! For more info please check gnomeshome.org.

Social media, crowdfunding bring Chromebooks to Faubion School

By Susan Trabucco CNA Media Team

There’s much talk about crowdfunding in business – it’s a way to raise small amounts of money from many “investors” or donors. An enterprising Faubion PK-8 sixth grade teacher recently put this fundraising tool to work, raising money for technology in her classroom, spreading the word via social media platform Nextdoor.com. Her project was fully-funded to the tune of around $1,000 within just a few days of posting her appeal.

Gabrielle Quintana’s classroom is currently housed at Tubman School while a new school is constructed to replace the recently demolished Faubion School. Quintana was looking to raise money for five Chromebooks. According to an article on Laptopmag.com, a Chromebook is a laptop that doesn’t run on Windows 10 or Mac OS X – instead it runs on Google’s Chrome OS. These machines are designed to be used primarily while connected to the Internet, with most applications and documents living in the cloud.

Quintana feels that getting this technology in the classroom is vital to the student education process.

“With the recent technology, it’s logistically difficult to have regular technology in the classroom. With these Chromebooks, I can now provide written work that is actually published in the classroom and also have access to interactive math games.

Quintana said she is usually hesitant to ask for money for her students, but she feels crowdfunding is “pretty amazing.”

“By many donors adds up. I also find that other companies will often match funds. Or, if they see that a project is gaining momentum, they will pay the rest,” she said.

Quintana used the crowdfunding platform Donors Choose, which she billed as a “very reputable organization that manages the money and purchases materials for classrooms.”

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Trinity Lutheran Tigers go undefeated, earn two championships

By Raven Pearce 7th Grade, Trinity Lutheran

When the basketball season first started, the lady Trinity Tigers were ecstatic. They dreamed of having an undefeated season. When the season ended, the Tigers had not only obtained their goal, but they won two different tournament championships. The first was the Lutheran Elementary School Tournament hosted by Concordia University since 1962, and the second was the Metro Christian League championship.

The Metro Christian League is a tough league and the Tigers had remained undefeated going into the playoffs. The first game of playoffs was against Tualatin Valley Junior Academy and did not present much of a challenge for the girls. The next game was against City Christian, whom the Tigers had played before in a very close and competitive game. The lady Tigers had to mentally prepare for a tough game, knowing the Lions were coming to get them. Coach Dylan McGill prepared her team by saying, “It’s not about who wants to win this game, both teams want the same thing. The difference is who wants it more.”

The Tigers became resolute that they were the ones who wanted it more. With a combination of winning the jump ball, scoring the first point, and utilizing their trap press gold defense, the team fiercely fought and kept the lead through the game. At the end of the game the score was 55-34 in favor of the lady Tigers.

Two days later the Tigers were in the Metro League Championship game against the Life Christian Lions at the Damascus Christian Gymnasium. Both teams entered the game undefeated. The Trinity girls had played all season with only seven players and became intimidated by the star and stature of the Life Christian team. The Tigers knew they were going to have to dig deep if they were going to come out victorious.

At the end of a brutal first quarter, the score was tied at 9. The Tigers were able to gain a lead by halftime and in the last half of the game, exploded with a run of points scored off of fast breaks and savvy Euro-steps by the Tiger offense. The Lion defense could not seem to keep up. By the end of the game, the Trinity Lutheran Tigers had secured their undefeated season with a 56-27 win over the Life Christian Lions, naming them the Metro Christian League Champions. This is the second girl’s team in Trinity history that has gone undefeated.

Raven Pearce is a 7th grader at Trinity Lutheran Christian School and a Tiger player.
Community acupuncture is everywhere!

By Hana Lanin LAc, LMT

Do you know that community acupuncture is happening all around Portland? You may have heard someone mention a “community” or “group” acupuncture clinic they’d been to, but wondered what exactly they were talking about.

Community acupuncture is a mission! Its aim is to make acupuncture accessible to a broader economic spectrum than only those who have health insurance or can afford private treatment rates. It’s low cost, low frills, effective, and it will keep you alive while you’re at it.

Did you know that community acupuncture movement is alive around the country and it is especially popular here in Portland?

What to expect

At a community acupuncture clinic, there may be from four to a dozen reclining chairs and massage tables arranged for maximum comfort in an aesthetic, if sometimes Spartan, environment. There is usually a waiting and/or payment area. You may hear soft music wafting through the room, the lighting is peaceful; people speak in a slight hush. When you enter, you may notice a few folks who’ve already been given their treatment by the acupuncturist on staff and are resting with the needles. There is a lulling, nurturing sense brought about by all who are present, who’ve taken an hour out of the rush of the city day, to rebalance the health and flow of their bodies via the gentle yet powerful persuasion of acupuncture treatment.

What does it help?

What ailments can acupuncture help? There are many! Acupuncture is best known for its effectiveness in relieving body pain due to injury, aging, arthritis, headaches, menstrual cycle, digestive issues—osteoarthritis, about any sort of pain in the body may respond well to acupuncture.

Other conditions include women’s health, sleep issues, health maintenance from pregnancy through labor, childbearing, and adolescence to healthy aging, immune support, including treatment of wintertime colds and flu, as well as seasonal allergies and asthma, skin problems, mental and emotional rebalancing, adjust support for cancer patients, the list goes on.

Nowadays, people are learning to turn to modalities like acupuncture to assist in handling day to day life stress, which we know can be disruptive to our health and well-being.

The convenient (or inconvenient) mirror

As a massage therapist, I witness the many ways our bodies harbor the stresses that we subject them to. I am also witness to the body’s astounding ability to process and release stress—whether that stress is from physical injury, mental stress from overwork, or emotional trauma—and to relieve that stress seemingly autonomously when circumstances are just right.

More and more, I find myself appreciating the extent to which the body is a reflection of the mind, and the mind a reflection of the body. Stresses on the mind become stresses in the body and healing of the body can facilitate healing of the mind, and vice versa. Taking this another step, our approach to the world around us—and our perception of the world—can be seen as a reflection of our minds and our bodies. For example, I might ask myself, “Am I in touch with the world around me? Do I treat it with reverence and respect? Do I take only what I need or do I take what I can? Do I see connections and commonalities or differences and winners/losers? Do I engage and try to make the world a better place, or do I just go along?”

Then, I can take these same questions and pose them about my mind (my inner world) and my body (my interface between inner and outer worlds), and I find a surprising consonance among the answers.

How much does it cost?

Prices for treatments at community acupuncture clinics will vary—some operate on a sliding scale basis while others offer a flat fee. The usual range for an acupuncture treatment at a community clinic is $20 to $40. Some clinics will have a nominal extra fee for the initial visit for an initial patient intake.

There are several community clinics in each quadrant of the city, where group treatments are either an option to private treatments, or where group treatments are the sole mission of the clinic. Some of the clinics participate in the Community Acupuncture Network, www.communityacupuncturenetwork.org, others may be located by googling “community acupuncture Portland OR.” Still more clinics may have flyers posted on neighborhood bulletin boards.

So now, when a friend tells you they had a great experience at group acupuncture or when you see a “Community Acupuncture” flyer posted at the corner coffee shop, you know the drill.

Hana Lanin has been an acupuncturist since 2002, LMT since 1993. For more information visit www.kumbummountainhealing.com or call (503) 432-4322.

“The community acupuncture movement is alive around the country and it is especially popular here in Portland!”

—Hana Lanin LAc, LMT

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—Horace Greeley

Contact information for Kim Magraw, LMT, can be found by visiting the www.ConcordiaMassagePros.com directory.
Culinary Herb Gardening

By Jolie Donohue
The Gardening Goddess

Herbs can be used for a variety of purposes, such as for culinary, medicinal and spiritual use. Generally herbs are defined as any plant used for flavoring, food, medicine or perfume.

Culinary use typically distinguishes herbs from spices based on the part of the plant that is used. An herb refers to plants used for their green leafy parts—either fresh or dried.

A spice is a culinary product from another part of the plant such as seeds, berries, bark, roots and fruits. Some plants are used both as herbs and spices, such as dill weed and dill seed or cilantro plants are used both as herbs and spices, such as dill weed and dill seed or cilantro leaves and coriander seeds.

Many herbs are beautiful as ornamental plants in the garden. In addition to their fragrance, herbs have a wide variety of colors, textures and shapes to delight all the senses.

Growth habits of some common culinary herbs are:

- Evergreen woody perennials: bay laurel, lavender, rosemary, and lemon verbena
- Evergreen perennials: thyme
- Herbaceous perennials: bee balm, chives, fennel, lovage, mints, oregano, roman chamomile, sage, tarragon.
- Biennials: angelica and parsley
- Annuals: basil, chervil, cilantro, dill, and German chamomile

Most herbs prefer well-drained soil and need full sun, 6-8 hours a day. Direct sunlight is needed to achieve maximum flavor and fragrance. Herbs grown in the shade become leggy and lack intense flavor. Some herbs that can be grown in partial shade are mints, lemon balm, chervil and wintergreen. Herbs that can be grown in full shade are angelica, sweet woodruff and yerba buena.

Notorious for thriving in poor soil, most herbs do not need much fertilizer. Watering depends on the season, the type of herb, and the amount of water. When making iced teas, double the amount of herbs to preserve flavor from ice dilution. To make tea, steep herbs for 3-5 minutes in boiling water, strain and serve. Steeping herbs too long causes tea to get bitter tasting.

Some flavorful and fragrant herbs to include in a tea garden are bee balm, German chamomile, lavender, lemon balm, lemon verbena, mints, thyme, and yerba buena.

Herbal teas can be made from dried or fresh herbs. The general proportions are 1 teaspoon dried herbs to 1 cup of water, and 1 tablespoon fresh herbs to 1 cup of water. When making iced teas, double the amount of herbs needed to achieve maximum flavor and fragrance.

To dry herbs, hang small bunches back to a few inches above the soil during the winter. Harvest fresh herbs as needed for cooking. Morning is the best time to harvest herbs, as that’s when they have the most flavors. Leaves have the highest levels of oils when the blooms just begin to appear. To dry herbs, hang small bunches from the ceiling in a dry, dark location with good ventilation for one to two weeks. Store dried herbs in a clean sealed glass jar in a cool, dark place. Consider making herbal pesto and freezing small portions in an ice cube tray. These make great winter additions to soups, stews, sauces, and salad dressing.

Herbal teas can be made from dried or fresh herbs. The general proportions are 1 teaspoon dried herbs to 1 cup of water, and 1 tablespoon fresh herbs to 1 cup of water. When making iced teas, double the amount of herbs to preserve flavor from ice dilution. To make tea, steep herbs for 3-5 minutes in boiling water, strain and serve. Steeping herbs too long causes tea to get bitter tasting. For more information visit www.joliedonohue.com.

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By Jolie Donohue
The Gardening Goddess
Learn to be a Lead Paddler
April 7 – Thurs, 5 p.m. – 7 p.m. & April 9 – Sat, 9 a.m. – 11 a.m.
Each year the Columbia Slough Water-
shed Council hosts dozens of educa-
tional paddling events that expose adults
and children to the wonders of the
Columbia Slough.
We’re seeking novice to advanced paddlers
who would like to volunteer to assist with
our Twilight Paddles, Slough School kids’ paddles and our summer
festivals! Orientation Part 1 will focus on
the logistical aspects of this volun-
teer team. Orientation Part 2 on the
following Saturday will include on-water
skill building. Volunteers must attend
each session.
Scheduling is flexible. Volunteers are
expected to commit to 1-2 programs
per month over the paddle season (May
through August) with the option to
continue with Fall programming. Before
orientation, volunteers complete a short,
informal interview with the Council’s
Volunteer Coordinator. Location is
Whitaker Ponds Nature Park, 7040 NE
47th Ave, Portland. Visit www.columbia-
slough.org to learn more.

Vernon School Auction 2016
April 9 (Time not provided)
You’re invited to the 2016 Auction on
April 9! The evening auction is one of
our school’s most cherished events with
dinner, drinks and bidding on items do-
nated by Portland businesses, local art-
ists and our own students. Past proceeds
have paid for Vernon School’s music
program, new technology and student
field trips. Buy tickets, and remember to
invite family, friends, and/or prospec-
tive Vernon families. Buy a table and
bring your own party.
The auction is conducted by the Vernon
P.T.A. For more information visit www.
vernonpta.org. Please call (503)724-0939.

Lead Poisoning Prevention
Workshops
April 12, 19, 26, 30
See locations and details below.
Free workshop where participants
learn how to prevent lead exposure in
their home. Register for the workshop
at www.communityenrenergyproject.org
or call (503) 284-6827 x1109.

April 22, 6 p.m. Humans from
age 6 to 106 are invited to gather
at Cerimon House on Friday, April 22
to celebrate Earth Day. Participate in art
and ceremonial activities designed to
help make a deep, personal connection
with this place we call home, and with
the plants and animals that live here
with us. Festivities begin at 6 p.m.
Festivities begin at 6 p.m. Highlights of the evening include:
• Sharing in a story that honors the
natural history of our nation
• Co-creating an Earth Song to celebrate
the season
• Engaging with local naturalists and
learning about the work of eco-innova-
tors
• Becoming an advocate for a particular
plant, animal or other part of our natu-
ral world
Suggested Donation: Adults $5, Kids $2
Alternative story circle available for our
youngest guests. Location is Cerimon
House, 5131 NE 23RD Ave, Portland.
For more information visit www.cerimonhouse.org or contact
Judit Yeckel by calling (503)249-8159 or
email judith.yeckel@gmail.com.

Naturescaping Basics
April 23, Sat., 9 a.m. – 1 p.m.
Learn the basics of designing and
maintaining an urban yard that saves
you time, money, and energy while also
conserving water, building soil, and cre-
ating habitat for birds and pollinators.
Our workshops are taught by a land-
scape professional and will cover site
planning, attracting birds and beneficial
insects, and reducing synthetic chemical
use. You’ll visit a nearby naturescaping
project to see design principles in action
and receive a comprehensive workshop
and a free native plant to get you started.
Whitaker Ponds Nature Park (7040 NE
47th Ave). Workshop provided by East
Multnomah Soil & Water Conservation
District, and is FREE. Please help
us plan ahead by registering online
at http://emswcd.org/workshop
toll (503) 935-5368.

Urban Weeds Workshops
May 3, Tuesday 6:30 – 8:30 p.m.
Learn how to identify common garden
and landscape weeds along with some
other notorious plant invaders of the
region. Gain an understanding of how
these aggressive plants take over - and
how to get the upper hand controlling
their spread without turning to synthetic
herbicides. Whitaker Ponds Nature
Park (7040 NE 47th Ave). Workshops
provided by East Multnomah Soil & Wa-
ter Conservation District Workshop
and is FREE. Please help us plan ahead by
registering online at http://emswcd.org/
workshops or call (503) 935-5368.

Downspout Disconnect Workshop
April 21, Thurs., 6 p.m. – 7:30 p.m.
Conducted by the City of Portland Bu-
reau of Environmental Services - Learn
how disconnecting and maintaining
your downspouts, gutters and storm-
water systems benefits the environment
and can get you a discount on stormwa-
ter utility fees. Hands-on demonstration
allows you to learn to disconnect your
downspouts! Community Energy Project
2900 SE Stark St, Suite A, Portland

Cerimon House & Earth
Days NW host a gathering of
Cascadians
April 22, Friday, 6 p.m. Humans
from age 6 to 106 are invited to gather
at Cerimon House on Friday, April 22
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