

# CONCORDIA NEWS

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

September 2014



Trail Blazers, 1977, Oregonian



Joe's Place, 1988, Oregonian Community Cycling Center, 1994, Bike Portland.org



#### Growing up in Northeast Portland

By Luke Griffin

I was born in 1975 at Bess Kaiser Hospital on N. Greely Ave in NE Portland. I grew up in Irvington, one of many inner NE neighborhoods that were home to lower and lower-middle class residents of Portland of mixed race. By the time I was a young child in the early 1980s, Portland was pretty run down. The national recession had hit the area hard, the timber industry had bottomed out, and the rest of the country still had little to no interest in our city.

But despite the economic woes and perpetual drizzle, a strong and diverse community thrived here, one that recognized the potential of a positive partnership that could be had with African-American and white community members. There was an awareness of each groups unique identity without being strangers to one another. Serious discussions of race were had but primarily people just wanted to be good friends and neighbors.

Throughout the 1980s and into the 1990s the economic stagnation led to increased poverty and with it, drugs and violence. Law enforcement seemed inclined to "help" our neighborhoods by locking up young petty criminals who were predominantly black and little positive investment came from the City. Local businesses begged for assistance to renovate, beautify, or otherwise improve but no money came, with the exception of predatory lenders. This was due in part to persistent red-lining and the City's general disinterest in what they deemed an area of "urban blight".

For us youth, we were proud to be from NE Portland. Here you could find historically separated groups of people coming together for barbeques, hoops, school and church. By high school, in the early 90s, many of us became aware of racial profiling by police, of the Aryan Nation presence in the Northwest, and greater signs of race inequality such as Rodney King's tragic beating. We were angry about the ignorance, the violence, the police brutality, the economic inequality, and yet still we all saw each other as brothers.

In the late 90s, that brotherhood began to change. Urban renewal money started coming in to revitalize the worn down streets. Roads, businesses and houses were being improved. But some civic leaders were concerned that the boom would not benefit the locals who were disproportionately black, who had struggled through the hard times, who may be forced out due to the new prosperity. They met with city leaders and made recommendations that would mitigate those predicted negative impacts. Sadly, the political leaders ignored their recommendations.

By this time "Last Thursday" had begun as a small art walk. Many saw this

as an improvement from just a few years previous when gangs ruled Alberta. However, at the same time many black business were closing, low-income housing units were being sold off to developers who'd flip the properties as higher end condos. Rents and taxes rose and soon many families of color, including many personal friends, were unwillingly forced out just when things were turning around.

For better and worse, my 'hood was drastically changing. In many ways, things are better now: The apartments across the street from my kids' school are no longer controlled by gang members, former crack houses are now historically renovated homes, and the main streets and parks of our neighborhoods are safe enough for evening strolls.

Unfortunately, the erosion of the black community is clearly evident as well. Between 1990 and 2010 over 60% of the African-American population left (or were forced out) N/NE Portland, never benefitting from the government funded boom. This does not place blame on those who have inadvertently displaced the people that lived here before. However, much of the economic upswing that has led to the displacement was funded by the government. Federally funded programs, regardless of intent, have had a disparate impact on N/NE Portland's African-American community.

Moving forward, this is the history we must understand so we can remedy the ills that have already occurred and avoid similar problems in the future. Decision makers must be held accountable, policies must be proactive, and conversations in our community must come from a place of deeper understanding of systemic racism, Portland's own troubled history, and what makes this neighborhood, my neighborhood, so special.

#### 80 This Issue 03

- 1. Growing up in Northeast Portland
- 2. CNA Board News
- 3. Tri Met Feedback Tree in our Neighborhood
- 4. Welcome Back to School Vernon & Faubion
- 5. Meals on Wheels
- 6. Biking in Portland Apples
- 7. Suicide Prevention
  Suicide Calls on the Rise
  NE 47th Improvements
- 8. Local Events



Horse Project, 2005 Last Thursday, Alberta Street, 2013





# Concordia Neighborhood Association

# Meetings & Updates Get the latest news at ConcordiaPdx.org

These committees have direct results on the Livability of our neighborhood- with your participation.

#### **Board Meeting**

Second Tuesday of the Month September 9th @ 7:00 PM - 8:30 PM McMenamin's Kennedy School Community Room

#### **General Membership Meeting**

First Tuesday Bi-Monthly October 7th @ 7:00 PM - 9:00 PM McMenamin's Kennedy School Community Room

#### **Finance Committee**

For Meeting times and location visit our website or email: ContactCNABoard@ yahoo.com

#### Policies/Procedures

Contact Katie Ugolini (Chair) 503-449-9690 for meeting time & place

#### Media Team

Newspaper and Website Email: ConcordiaNews@yahoo.com

#### **Social Committee**

Contact Katie Ugolini (Chair) 503-449-9690 for meeting time and location.

#### Land Use, Livability and **Transportation Committee** Third Tuesday of the Month September 16th at 7:00 pm

McMenamin's Kennedy School Community Room

The land use committee grants approval for neighborhood projects. To hear about and try to solve issues affecting quality of life in Concordia brought to us by community members.

#### **Tree Team Meeting**

First Thursday of Every Month September 4th at 6 pm Dining Area at New Seasons www.concordiatreeteam.wordpress.com

## Columbia Blvd. Northwest District N.E. 42nd Ave East District N.E. Killingsworth Southwest District N.E. Alberta Ct. N.E. Prescott

#### **CONCORDIA NEWS**

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

#### Mission Statement

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

Concordia Neighborhood Association www.concordiapdx.org PO Box 11194 Portland, OR 97211

Contact the CNA Board contactcnaboard@yahoo.com

**CNA Chair** Daniel Greenstadt 619-889-9736 Daniel@tassociates.com CNA Vice Chair Isaac Quintero 503-351-4585 iquintero4585@gmail.com **CNA Secretary** Tracy Braden tbraden@pdx.edu **CNA Treasurer** Robert Bowles 503-490-5153 rbowles01@yahoo.com

Celeste Carey 503-823-4764 celeste.carey@portlandoregon.gov

Crime Prevention Officer

Neighborhood Response Team Officer Anthony Zoeller 503-823-0743 Anthony.Zoeller@portlandoregon.gov

#### Submissions

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and

#### Advertising/Business Manager

Please send ad inquiries to: Mary Wiley (advertising) CNABusinessManager@gmail.com

#### **Editor**

Please send article submissions to: Mary Wiley (newspaper) concordianews@yahoo.com

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

www.ConcordiaPdx.org Visit the website of the Concordia Neighborhood Association for: Community Events & News Neighborhood Information & Blog www.ConcordiaPdx.org

#### 2014 CNA BOARD OF DIRECTORS

Current Board	Title
Daniel Greenstadt	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham "Ike" Harris	NW 1
Katie Ugolini	NW 2
Luke Griffin	SW 1
Bill Leissner	SW 2
Robert Bowles	At-Large #1
Esther Lerman Freeman	At-Large #2
Bob Martinek	At-Large #3
Isaac Quintero	At-Large #4
Tonda Liggett	At-Large #5
Truls Neal	At-Large #6
Tracy Braden	At-Large #7

# Give feedback on the Comprehensive Plan

The Bureau of Planning & Sustainability (BPS) has released a draft of its Comprehensive Plan, which sets the framework for Portland's development over the next 20 years.

How will the proposed plan impact North and Northeast Portland - how we live, work and get around?

Between August 25 and September 15, Nan Stark, NECN's District Liaison for BPS, will hold workshops and one-on-one office hours to review the plan with neighbors, answer questions and receive comments and suggested plan revisions. Workshops will include instruction on using an online "Map App" tool to submit feedback.

Dates and locations:

Thursday, September 4 NECN (4815 NE 7th Ave.) Drop-in office hours: 5-7 p.m.

Thursday, September 11

Hollywood Library (4040 NE Tillamook St.)

Drop-in office hours: 3:30-6 p.m.

Workshop: 6:00 p.m.

Monday, September 15

Alberta Main Street (1722 NE Alberta St.)

Workshop: 7:00 p.m.

Questions? Contact Claire at NECN: claire.adamsick@necoalition.org



#### **Neighborhood Community Room**

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower? CNA manages the rental space & benefits from the proceeds. Non-Profit Organization for \$15 an hour All others for \$25 an hour CNAroomKennedy@gmail.com

# Feedback on TriMet Bus

By Garlynn Woodsong, Chair of the CNA Land Use & Transportation committee

#### Feedback Sought on Neighborhood TriMet **Bus Service**

This fall, TriMet will be asking for feedback and ideas for improving bus service, bus stops, and street crossings in Northwest Portland, North Portland, Downtown Portland, Southeast neighborhoods north of Division and extending east to I-205, and Northeast neighborhoods extending east to I-205. As part of its North/Central Service Enhancement Plan, TriMet will be holding a series of community conversations and conducting surveys to gather feedback from riders, community groups, businesses, and other stakeholders.

For the transit routes that are relevant to visitors to and residents of the Concordia neighborhood, we're interested in finding out what the needs are for TriMet (bus, MAX) service, including:

- a) Where are routes located?
- b) How frequent is service?
- c) Ease of access to the nearest bus stop?
- d) Other service needs?

One example of a service need in the neighborhood might be to improve access and decrease travel time from Concordia to downtown, perhaps via a new frequent service bus route to serve Alberta Street and the newly developing Vancouver/Williams corridor. Another might be to focus on ways to fix the 72 route, which often suffers from bus bunching and unpredictable schedules; for instance, could it be split into two bus routes, one serving 82nd and the other, Killingsworth?

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list, send an email to: pdx\_cna\_lu\_and\_t\_ committee@googlegroups.com

## Trees in our Neighborhood

By Ken Forcier, Guest Opinion

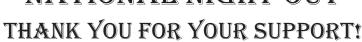
It's been hot in Concordia lately and it's likely that you have appreciated the shade of one of our large trees. They have a microclimate of cool which they share with you on the breeze when it's a hot day. They catch rain water, harbor wildlife and generally make you feel great about the forested neighborhood that you live in. Why then you may wonder, are they being felled left and right all over our neighborhood? I've watched two great, old growth Cedar trees get taken down in just this past week. Those who are perpetuating this assault on our urban forest are the construction industry. I invite you to visit the sites at 6208 NE 22nd Ave and at 6027 NE 27th Ave. A Google drive by will show you the now missing trees and a shoe horn will help you to imagine what will be built in place of those trees.

Let me nut shell for you what is happening in Concordia. These beautiful R-5 (minimum 5000 square foot lot size) neighborhoods were originally surveyed as 25 ft wide and 100 ft deep plots of land with thoughtful alleys separating and providing for access from the rear. In an historic period 100 years ago, new home owners bought up this neighborhood by purchasing two, three, and sometimes four or more contiguous plots. These original owners built out a beautiful neighborhood and set about planting what would become grand trees in their yards.

Fast forward 100 years and imagine that you want greater density of housing all around the city core. From the perspective of the city and the infill advocates, an open, well treed neighborhood is inner city space that could be generating more tax dollars, shorter commutes, and best of all, pre existing infrastructure where no city investment is involved at all. The Bureau of Development Services (BDS) sits back and collects development fees as well as the new home owner's tax revenues. This is how a new, high density residential, treeless environment is being perpetrated on Concordia. BDS and development interests got together and decided that every little 25x100 ft plot that was surveyed 100 years ago can now be considered a Primary Structure site. They call them "grandfathered" Historic Plats. Every old growth tree in every side yard is now a new home site, and they are falling as

# CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS

# NATIONAL NIGHT OUT







fast as the developers can move in and snap up a home for sale with a nice 25 ft yard next to it.

Why you should be angry is that this is tantamount to telling us that we now live in an R2.5 neighborhood. We have been down-zoned as they call it, but without any judicial process. Our neighborhood attracts the most construction because it is the most beautiful and has the nicest trees and offers the opportunity to live in an R-5 neighborhood while only paying for the footprint of an R-2.5 home. Those who live in R-5 neighborhoods with historic underlying 25x100 lots have been targeted by the City, BDS, and construction interests as the most profitable place to build a skinny house in Portland! Sadly, their profits are at the expense of your own homes value Good bye trees and wildlife, hello infill.

I am doing my level best to slow the chain saws and the R2.5 development by partnering with the Concordia Neighborhood Association and advocating to BDS and the City commissioners that their policy needs to change. What you can do as a conscientious neighbor is join the CNA and help with this fight to save your neighborhoods "character." Also people, be aware if you see a house with a side yard up for sale, ask that homeowner to do a "lot consolidation" before the house sells. That makes their lots one and removes the underlying historic plating permanently. I have proposal in front of the CNA that all of our neighborhood be treated to a sweeping lot consolidation, free of charge. Anyone who wanted could contact BDS to opt out. A "sweeping lot consolidation" of our entire neighborhood will embrace our current zoning. It will effectively end the skinny house construction here because then a "land division" would be required of a builder to re-divide the lot and that leads to restrictions disallowing the "skinny house." Let's take back our R-5 neighborhood and maintain the open, treed character that we fell in love with when we moved here!









#### GRANNY'S GARDEN COTTAGE

**VACATION RENTAL** 



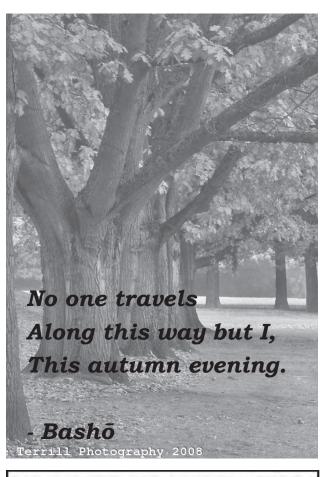
Friends or relatives coming to visit?
Have them nearby and preserve privacy for everyone.

Remodeling your kitchen and need to get away from it for a while?

Enjoy a getaway in this newly built cottage in a large garden setting, in the Cully neighborhood of NE Portland.

Owners, Carolyn Matthews and Bruce Nelson, long-time Portland residents, live on the property.

www.grannysgardencottage.com (503) 287 - 7690





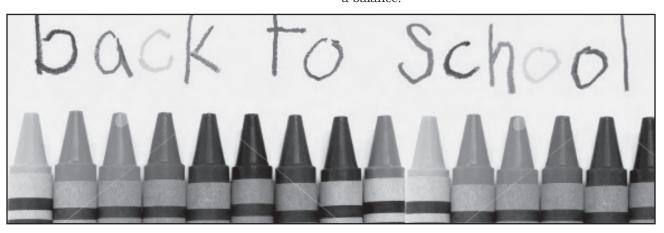
# **Welcome Back to School**

By Mary Wiley

Back to school is an exciting time for students, teachers and parents. New classroom, new teacher, new friends can also be a little scary for student and getting back into the routine of the school year can be a bit of a challenge for students and parents. Here are some helpful tips for starting the year right.

- 1. Sleep. Children require a proper amount of sleep in order to grow to their full potential. School-age kids need 10 to 12 hours of sleep a night. Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights.
- 2. Eating. Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods. As children develop, they require the healthy foods to support growing bodies. A great way to encourage good eating habits is to start at home. Have regular family meals at a consistent time. Get kids involved in grocery shopping and preparing meals. Have healthy snacks around and easily accessible.
- **3.** *Exercise.* Everyone can benefit from regular exercise. Kids who are active will: have stronger muscles and bones, leaner body and be less likely to become overweight, decrease medical issues, sleep better and have a better outlook on life.

- 4. Schedule. Children need predictable and consistent schedules and routines. Children will do better when they understand what is expected of them; create a calendar, talk about the schedule, outline times and tasks. Acknowledge when they are accomplishing the goals and reward them with praise.
- a. Morning Routine Getting any child up and out the door in time for school can be a trying experience. Define a routine that works for your family, assign children to tasks they can reasonably achieve and give them a warning before things happen. For instance, "We are leaving in 3 minutes. Are you ready?"
- b. Extra Activities After school and on the weekend, school children are often busy with activities that can be very rewarding and help your child succeed in life. Children who are involved in sports get higher school grades, generally healthier due to their increased activity, have an increased sense of self-worth and stronger social networks. Children involved in music activities are often better adjusted, with increased academic performance, ability to think creatively, and have better memory skills
- **c.** Time to relax Be careful not to over schedule. We all need time to relax, time to wonder, time to explore our own interests. Too many activities are just as bad as too much time watching television or playing video games. Remember, life is a balance.



# Vernon K-8th

School will begin for 1st-8th grade students on Tuesday, September 2nd. Kindergarten students will begin on Friday, September 5th.

Building Access Before and After School: Use the Cafeteria entrance on the NE 22nd Avenue side of the building as our main entrance between 8:15-8:45 a.m. Breakfast is served from 8:15 - 8:45 am, Tardy Warning Bell is 8:40 am, Tardy Bell is 8:45am, Dismissal Bell for K-5 is at 3:00 pm, Dismissal Bell for 6-8 is at 3:05.

The main entrance should be used to access the building during school hours.

Students may re-enter the building at 3:00 pm to go to SUN School through the Cafeteria entrance. Parents who are picking up their 1st-8th grade students are asked to wait on the Playground for their arrival.

**YMCA** Before/After School Care: The YMCA is in Portable 303, directly across from the play structure. YMCA will also be using the Cafeteria when necessary. If your student will attend the YMCA, please park at the gate entrance on NE Emerson for drop off and pick up. This will give you direct access to the classroom. If you have questions regarding signing up for before or after school care, please call Dan Umbenhower at 503-327-0012.

**PTA Kinder Parent Social:** Welcome new parents! Join the Vernon PTA for coffee and donuts in the Multipurpose Room on Friday, September 5th, after you drop your child off for his/her first day of Kindergarten. Current Vernon parents will be there to welcome you and answer any questions you might have about the Vernon School community. We know the first day of Kindergarten is an exciting and sometimes emotional experience for both kids and parents.

**Extra:** Vernon is excited to announce the addition of a Mandarin Chinese Teacher from China. This year Kindergarten and 1st grade will have exposure to Mandarin instruction and Middle School Students will be able to choose their International Baccalaureate Language B classes, either Mandarin or Spanish.

# Faubion PreK-8th

School will begin for 1st-8th grade students on Tuesday, September 2nd. Kindergarten students will begin on Friday, September 5th.

**Building Access Before and After School:** Grad and Go Breakfast is served from 8:30 - 8:40 am, Tardy Warning Bell is 8:35 am, Tardy Bell is 8:40 am, Dismissal Bell is at 3:00 pm.

The main entrance should be used to access the building during school hours.

Students attending SUN School can be picked up through the Gymnasium entrance from the Dekum Street parking lot.

**SUN Programs:** Faubion SUN is a program that extends the school day and is free for all students (Gr K-8) attending Faubion. Faubion SUN is looking for a volunteer Lego Robotics coach for the upcoming school year! Hours are Monday/Wednesday from 3-4:40 pm. Faubion SUN is managed through Portland Parks & Recreation. Contact: Charli Krause for more information at 503-916-5694, charli. krause@portlandoregon.gov

**YMCA** *Before/After School Care:* YMCA programs are available from 6:30 - 8:45 am and 3:00 - 6:00 pm daily. If you have questions regarding signing up for before or after school care, please call 503.327.0007 or email.ychildcare@ymcacw.org.

**Faubion PTA:** If you are interested in being a member of the Faubion PTA Board please contact, Shamekia Weatheroy. Open positions for the upcoming year include, Vice President, Treasurer, Volunteer Coordinator, and Popcoorn Coordinator. Be a member and support Faubion children.

Faubion Facility: The new Faubion PK-8 leverages a major capital partnership with Concordia University in a new facility scheduled to begin construction in 2016 and open in September 2017. The new facility will serve as a new public/private model for higher education and K-12 sharing space as well as leveraging resources to create a new teaching model for the Cully/Concordia community. Learn more at: http://www.pps.k12.or.us/bond/8497.htm

# SUMMER IN SEPTEMBER JAMBALAYA FESTIVAL & BBQ



Saturday, September, 6th

Buy your Tickets online @ mealsonwheelspeople.org

Dignity Memorial presents: The Meals on Wheels People, Martin Luther King, Jr. Ninth Annual Summer In September BBQ & Festival on Saturday, September 6th at Dawson Park. This unique neighborhood event features an authentic Creole Jambalaya meal created by Teletha Benjamin, a Northeast Portland resident, Loaves & Fishes Centers Board Member and a native of Louisiana. The menu will include ribs and a variety of picnic food along with entertainment and a Kid's area with prizes and activities for the whole family!

All proceeds support meals for seniors in the Northeast Portland community.

Summer in September Tickets are on sell now at: mealsonwheelspeople.org - \$15 Single and Group tickets \$45 up to 4 people

Volunteers are needed visit our website: mealsonwheelspeople.org



Presenting Music by: Randy Starr & the Players NO Limit (Parliament Funkadelic) Tribute Band

Cool Breeze

# ZEREEY XWY

# SITE PLANNING WORKSHOP

After Naturescaping Basics, this class walks you through how to prepare a site plan for your landscape or garden project.

Step-by-step you will learn how to evaluate & map your property, and assess your garden style and needs, as well as ways to mix naturescaping practices into your new plan.



# **Site Planning 1**

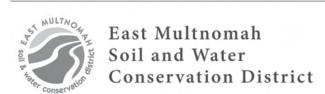
Sunday, September 21 1:00 - 5:00pm

**Kennedy School** 

5723 NE 33rd Ave, Portland, 97211

# Register online at: www.emswcd.org

Information: 503-222-7645



Hosted by:

Concordia Neighborhood Association

# mark charlesworth



When you choose Mark Charlesworth to help sell your home, years of experience in Concordia combined with serious real estate knowledge will help you get the most money possible for your home and thats what you want right?

Now that your equity is backwhat are you going to do with it?



Call Mark today to sell your home while the market it still in your favor.

charlesworthhomes@gmail.com 503.807.9911



HANDYMAN SERVICES Taking care of your Honey Do List

# Jobs by Rob, llc

General Home Repairs/Maintenance Small Remodels/Restoration www.JobsByRob.com 503-789-8069 Rob@JobsByRob.com

CCM 177552 Licensed, Bonded, Insured











# Bike to Work Challenge

Every September work commuters across Portland are challenged to get out of their cars and get on their bikes. A month long friendly competition between workplaces in the tri-county area to see who can get the greatest percentage of employees to log the most miles on their bike. At the end BTA tallies the results, gives out awards in different categories of company size and sector, and celebrate everyone's hardwork and commitment for that month.

Here's how it works. Anyone interested in taking the Challenge looks to see if their workplace is already registered. If it isn't, they register themselves and their workplace team at the same time. They become the Team Captain, by default. Their coworkers register and join that workplace team.

Everyone logs their bike trips during the month of September. At the end of the month, the BTA tallies the bike trips and ranks all workplaces in size categories by the percentage of commutes achieved by bike. In early October, the BTA announces the winning companies in each category at a big After

In 2012 Portland had 12,000 people participate in the challenge and log over 1 million miles! Join them in breaking those records.

#### INTERNATIONAL WALK+BIKE TO SCHOOL DAY

Join over 200 schools across the state and thousands across the globe in walking and biking to school on the first Wednesday in October. This year it will be October 1st. Participating schools receive incentives and support from Bicycle Transportation Alliance Staff. The national percentage of kids biking or walking to school has declined since the 1970s, but in Portland, that number has risen from 28% in 2006 to 42% in 2012. The Walk + Bike Challenge is a friendly competition aimed at encouraging families to walk and bike.

In Portland, 41% of kids bike and walk to school (compared to just 11% nationally).

#### WHY BIKE

Bicycle transportation is at the intersection of personal, community, and global health. It epitomizes the reverberating effect that individual choices have on the world around us. Bicycling can empower us to become healthier, happier, and more in touch with the world we live in.

Biking is fun, cost-effective, and safe. We believe that the more people ride bikes, the stronger we will grow as a community. The positive effects can be hard to put into quantifiable terms, but as the bike movement grows, so does our ability to provide critical assessment and state measurable benefits.

#### **HEALTH**

Bicycle commuting burns an average of 540 calories per hour. Bike commuters report lower stress and greater feelings of freedom, relaxation, and excitement than car commuters. Biking to work reduces the stress of commuting and adds activity to your daily routine.

According to the federal government, biking for transportation can count toward the minimum 150 minutes/week of moderate-intensity aerobic activity recommended for physical health. It is also listed as the safest way to get physical activity.

Countries with the highest levels of cycling and walking generally have the lowest obesity rates.

#### **ECONOMY**

The average American household spends an entire three months' pay on transportation.

Americans spend more on transportation than any other category except housing. On average, 18% of household expenditures are for transportation.

Local businesses benefit when more customers can park bikes in what used to be a single car parking space.

By 2017, Portland, Oregon residents will have saved \$64 million in health care costs thanks to bicycling. By 2040, the city will have invested \$138-605 million in bicycling yet saved \$388-594 million in health care costs and \$143-218 million in fuel costs, a benefit-cost ratio of up to 4 to 1.

Bicycle and pedestrian infrastructure projects create up to double the jobs (11-14) of road infrastructure projects (7) per \$1 million spent.

A report estimated that Portland, Oregon's regional trail network saves the city approximately \$115 million per year in healthcare costs.

# **Apples Apples Apples**

Do you ever get to the store or local farmers market and see beautiful apples and wonder which variety is better. Here are some tips on apple varieties.

Gravenstein - Ripens early, short season. Sells out quick due to being one of the best culinary apples. Great for pies, cider, applesauce, cobblers

Jonagold Red - A truly superior apple for eating, sauce, pies and juice. Flesh is firm, crisp and juicy. Flavor is a perfect balance of sweetness and tartness. Those who choose Jonagolds find it hard to go back to common varieties. Parents: Golden Delicious and Jonathan

Honey crisp - Developed at the University of Minnesota in 1974. It is sweet, juicy and firm which makes it an ideal apple for eating raw. Great for salads, eating, baking or cooking. Stores well in cool and dry conditions. Parents: Macoun and Honeygold

Gala - Excellent dessert apple. Dense aromatic flesh with semi-sweet flavor. Keeps well. Developed in 1960 in New Zealand. Ripens early. Parents: Kidd's Orange, Red and Golden Delicious

McIntosh - Originated in Ontario, Canada in 1811. An eastern favorite. White, aromatic flesh. Somewhat tart flavor. Bakes well. Ripens in September in the Willamette Valley. Rates between very good to best flavor.

Braeburn - Rich, sweet-tart, spicy flavor is high impact. Aromatic, juicy, crisp and firm. Great for snacking and baking. Parents: Granny Smith and Lady Hamilton

Fuji - Dense flesh that is sweeter and crispier than many other varieties. Very long shelf life. Holds its texture when baked. Excellent for baking and salads. Parents: Red Delicious and Ralls Genet

Red Delicious - Classic American apple. Crunchy with a mildly sweet flavor. Good in salads.

Granny Smith - Green, extremely tart, crisp, juicy and versatile. Grannies are a favorite for baking. They are also excellent for snacking and

Melrose - One of the best eating varieties. A perfect balance of sweetness and tart flavors. The flesh is firm, snappy and juicy. Stores well. Good for pies, salads, juice and baking. A repeat favorite. Parents: Jonathan and Red Delicious



#### APPLE TASTING

Nothing beats Apple Tasting at Portland Nursery Portland Nursery at 5050 SE Stark

Friday-Sunday October 10 - 12 & 17 - 19

10:00am - 5:00pm

About the time the leaves begin to change color, its time to celebrate the abundance of apples and pears. We're always well-supplied with a large variety of apples and pears to taste and purchase by the pound, as many as 60 different varieties in all!

#### APPLE CRISP RECIPE

#### Ingredients

- 4 medium tart cooking apples, sliced (4 cups)
- 3/4 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking or old-fashioned oats
- 1/3 cup butter or margarine, softened
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- Cream or Ice cream, if desired

Heat oven to 375°F. Grease bottom and sides of 8-inch square pan with shortening. Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples. Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork. Serve warm with cream. It is that easy.

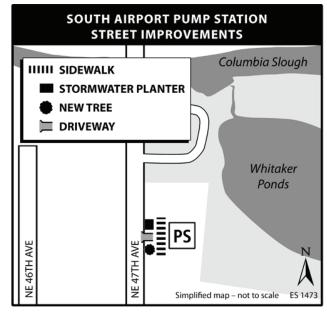
## **Suicide Prevention Month**

#### September is National Suicide Prevention Month. Know the warning signs and take action!

The following signs may mean someone is at risk for suicide. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at 1-800-273-TALK (8255).

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

# **NE 47th Improvements**



# South Airport Phase 4 - NE 42nd and NE 47th Pump Station Project

Construction of two sewer pump stations at the north end of NE 42nd Avenue and on the east side of NE 47th Avenue is nearly complete. In the project's final phase, Environmental Services will plant a street tree and construct a sidewalk, curb and green street planter on NE 47th Avenue (see map). Construction will start the week of September 15 and will take about a month to complete.

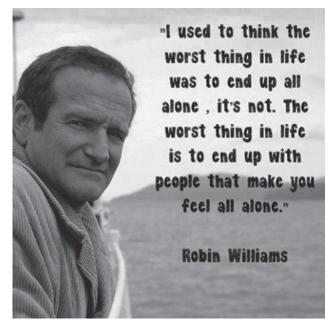
The work will restrict traffic lanes on NE 47th. Motorists should expect delays during work hours, 8:30 a.m. to 3:00 p.m. on weekdays.

The South Airport Project will connect about 100 homes and businesses that have been using septic systems to the public sanitary sewer and will protect public health, property and the environment.

WHAT TO EXPECT DURING CONSTRUCTION

- Work hours are 7:00 a.m. to 6:00 p.m. Monday through Friday.
- Parking is prohibited in work zones during work hours.
- There will be lane restrictions during specified work hours. Please expect delays.
- The on-site city construction inspector should be able to help you with construction concerns during work hours. Inspectors

## Suicide Calls Increase



Robin Williams' Death Prompts Record Phone Calls to Suicide Line

Lines for Life's Suicide Lifeline call volume doubles, most from concerned friends and relatives.

Following Robin Williams' death there has been a near doubling in calls to the Lines for Life Suicide Lifeline from friends and family members concerned about a loved one's risk for suicide. This reflects the national trend this week.

"The rise in phone calls is coming mostly from those who have been concerned about another person for a while and have been prompted to act now", said David Westbrook, former crisis line Director, now Chief Operating Officer, at Lines for Life. "This is exactly what we urge people to do – to start a conversation and take action so we can help prevent suicide."

The National Suicide Prevention Lifeline (800-273-TALK) and its national network, including its only Oregon affiliate, Lines for Life, answers more than 1 million calls a year, providing help, hope, support and recovery to callers in emotional distress and suicidal crisis. On Aug. 10, just one day prior to Robin Williams' death by suicide, Lifeline answered over 3,000 calls. Within 24 hours after his death on Aug. 11, 2014, Lifeline's call volume more than doubled. On Aug. 12, 2014, Lifeline received 7,375 calls nationwide, the highest number of calls on one given day in the history of the Lifeline. Independent evaluations of this service funded by the Substance Abuse and Mental Health Services Administration have shown that callers to Lifeline's centers typically experience significant reductions in emotional and suicidal distress. As awareness of this vital service grows, more lives are being saved.

Trained to listen and not to judge, the crisis intervention specialists establish rapport with callers and help them reconnect with their reasons for living.

Increased public awareness and actions taken towards suicide prevention is perhaps the one good thing to come out of this tragedy. The 24/7 phone number for the Lines for Life Suicide Lifeline is (800) 273-TALK (8255)

typically wear a green City of Portland safety vest and hard hat.

- Construction will not interrupt your sewer service or other utilities.
- Let us know if you have concerns such as maintaining driveway access, business operations, or medical deliveries.

The City of Portland complies with all non-discrimination laws including Title VI (Civil Rights) and Title II (ADA). To request a translation, accommodation or additional information, please call 503-823-7740

# PURCHASE WITH A PURCHASE PURCHASE PURCHASE PURCHASE New Seasons Market is part of a community of more than 1,000 companies across 60 industries with one unifying goal: redefining success in business. Thank you for supporting us and our fellow B Corps. NEW SEASONS



MARKET newseasonsmarket.com

# tech • knowledge

Making computers work for you

#### Individualized computer support

• set up new computers • backup systems • virus protection • troubleshooting

Website design & development

Gordon Riggs 503-515-8209 gordonriggs@gmail.com | gordonriggs.com





May you have warm words on a cold evening,

A full moon on a dark night,

And the road downhill all the way to your door.

# The Back Page - Neighborhood Events



5736 N.E. 33rd Ave. · Portland (503) 249-3983 mcmenamins.com

#### Thursday, September 4 MATTHEW SZLACHETKA

Rock, blues, country and folk influences 7 p.m. · Free · All ages welcome

#### Sunday, September 7 CRAIG CAROTHERS

Nashville singer & songwriter 7 p.m. · \$10 · All ages welcome

NEW! Monday, September 8

OREGON HISTORY 101
Two Hundred Years of Changes
to Native Peoples of Western Oregon 6 p.m. doors; 7 p.m. event Free · All ages welcome

Monday, September 8 An Opportunity for Dialogue Driver's Licenses for ALL: Discussion of the

Safe Roads Drivers Campaign 6 p.m. doors; 7 p.m. event Free · All ages welcome

#### Thursday, September 11 STEVENS HESS BAND

CD Release: GOLD MINE Northwest blues legend 7 p.m. · Free · All ages welcome

Saturday, September 13 HALFWAY TO ST. PATRICK'S DAY

We love St. Patrick's Day and we love being halfway to it! Music starts at 1 p.m. Free · All ages welcome

Thursday, September 18 LIMITED-EDITION

BEER TASTING FEATURING:

BARREL-AGED PERCOLATOR PORTER

5 p.m. 'til the beer is gone Boiler Room · 21 & over

Thursday, September 18 FREAK MOUNTAIN RAMBLERS

Hilltop Rock 7 p.m. · Free · All ages welcome

Sunday, September 21

## **OKTOBERFEST**

One and all are welcome to participate in this German celebration Haldeman's Oom-Pah Boys et Black Pearl • Three for Silve The Junebugs · Trixy & the Nasties Music starts at noon

Thursday, September 25

#### BROWNISH BLACK Eight-piece soul project

7 p.m. · Free · All ages welcome

Monday, September 29 HISTORY PUB BEHIND THE CURVE:

Science and the Politics of Global Warming 6 p.m. doors; 7 p.m. event Free · All ages welcome



#### Guardino Gallery

July 31-August 26

#### **Main Gallery**

Sidnee Snell is a textile artist who uses photo manipulation and stitching to create fabric paintings that reflect her diverse interests: lively cityscapes, quiet still life arrangements and the unexpected beauty found at the intersection where mother nature and manmade objects meet.

Deborah Unger carves her figurative sculptures from basswood and then dresses them in clothes she sews. The figures generally exist with or in structures, of which houses are a reoccurring element. Her introspective dream-like images use metaphors to describe personal and relational conflicts.

#### Feature Area

William Hernandez, a Peruvian artist, creates both figurative and abstract paintings with his distinct vision, incorporating intense colors, warm figures and humor. His characters are drawn from his imaginary world, and are a cross between a playful festive atmosphere and sometimes melancholic moods.

Mary Moore is a figurative sculptor working in Stoneware. Each piece is made from a single sheet of clay; though the faces and hands are individually sculpted. The garments are painted with underglazes. aiving each a soft matte surface into which patterns are carved using a small needlelike tool in a Sgraffito technique. 2939 Alberta Street | 503 281-9048 www.guardinogallery.com

#### Six Days Art Gallery

September

Betsy Soifer

Lively assemblages from everyday metal objects in celebration of National Chicken Month and National Honey Month. oifer collects metal cast-offs to create her whimsical sculptures and wall hangings. Her work can be displayed inside or out and are real conversation starters. Some of Soifer's sculptures are functional art such as the dog mailbox or chicken clocks. Come see what is in the menagerie and adopt your very own. Artists are on hand to help you find the perfect piece for your home. 2724 NE Alberta Street | 503-280-6329 www.sixdaysartgallery.net

## Concordia Arts

Art Exhibit - Glorified by Beauty August 25 to September 27, 2014 Artist Reception - Glorified by Beauty Sunday, September 14 from 2 - 5pm This exhibit features artists from the Pacific Rim Art Guild in Eugene and Portland. These artists have a shared vision to creatively express the Heart of God through art. Some are professional artists who have been creating art for years, while others are new to exhibiting their art. You will enjoy many art forms, sculpture in wood, metal, and bronze; oil, pastel, and watercolor paintings and more. Artists will create a "group piece" during the reception and will be sold in a silent auction during the exhibit - proceeds to be used for charity. The exhibit and catered reception are free and open to the public. George R. White Library

#### Columbia Slough Events

**Native Plant Workshop** 

Wed., Sept. 03, 6:00pm - 8:30pm Explore the benefits of gardening with Native plants! Presenters will introduce you to common native plant communities in Portland, show examples of species that do well in similar growing conditions, share successful planting tips that will help them thrive and more! You'll walk away with loads

of information so you can decide which native plants will work well in your yard. Whitaker Ponds, 7040 NE 47th Ave events@columbiaslough.org (503) 281-1132

#### **Aquifer Adventure**

Sat., Sept.13, 12:00pm - 4:00pm Big and little pirates alike are welcome to join us for a family festival all about groundwater! Play fun games and go on a scavenger hunt in search of hidden treasure - not gold, but groundwater, a precious resource that flows beneath your feet! Come dressed in your finest pirate togs, or else the Cap'n might make ye walk the plank! Free kids T-shirts to the first 300 kids! Portland Water Bureau Launch 16650 NE Airport Way info@columbiaslough.org (503) 281-1132

#### 21st Annual Polish Festival

Saturday: Sept 20, 2014 11am - 10pm Sunday, Sept 21, 2014 noon - 6pm The Polish festival is an event for families and singles, adults and children, for food connoisseurs, music lovers, concert goers, dance enthusiasts. ... It is for everyone. During the festival, we provide non-stop stage performances, including a few dance groups and music bands, polka contest on Saturday and Sunday, a street dance, delicious Polish food and imported Polish

The event is held on 3900 N Failing Street between the two historic buildings of the Polish Library incorporated in 1911 and St. Stanislaus Church built in 1907, both located on N. Interstate Avenue in Portland Oregon.

#### Portland Storytellers' Guild

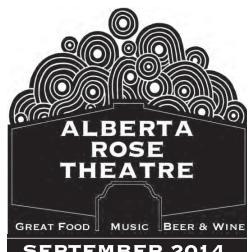
Story Swap/Potluck—Free! Friday, September 5th and continues on the 1st Friday of the month, September thru May, 6:30 pm in the Community Room at McMenamins' Kennedy School. A social time to listen or tell a 5 minute story in a safe, inviting environment. Open to anyone with an interest in the art and craft of storytelling. A supportive atmosphere in which tellers can invite feedback.

Storython, a Storytelling Performance, Saturday, September 12. Storython continues on Saturday, October 10 and showcases 5 minute stories from a wide array of tellers. 7:30 pm at Hipbone Studio, 1847 East Burnside. \$10 or \$8 member/ student. Performances continue on the 2nd Saturday of the month, September thru May.

#### Native Plant Workshop

Wednesday, 9/3 from 6:00-8:30pm Whitaker Ponds Park, 7040 NE 47th Ave Explore the benefits of gardening with Native plants! We will introduce you to common native plant communities in Portland, show examples of species that do well in similar growing conditions, share successful planting tips that will help them thrive and more! A native plant slideshow will highlight characteristics and desired growing conditions of many local favorite native ground covers, shrubs and trees. You'll walk away with loads of information so you can decide which native plants will work well in your yard.

EMSWCD offers FREE Natural Gardening workshops to help people learn how to create landscapes that reduce pollution & water use, and stormwater runoff while saving you time, money and energy. To see more of our fall offerings and to register online visit http://emswcd.org/workshopsand-events/upcoming-workshops/



SEPTEMBER 2014

LEAP TO FLAME DREAM SHOW FEATURING THE MAX RIBNER BAND, SAEEDA WRIGHT, YOUTH MUSIC EMPOWERMENT, AND FOUR WINDS **FOUNDATION** 

5 FRANK SOLIVAN & DIRTY KITCHEN + NORA JANE STRUTHERS **STHE PARTY LINE** 

# **MUSEE MECANIQUE ALBUM RELEASE**

THE DUHKS WITH SPECIAL GUEST STEVE POLTZ

STORM LARGE & LE BONHEUR CD RELEASE BASH

10 **CONSTANT CONTACT PRESENTS** EMAIL + SOCIAL = SUCCESS

11 THE GAIA PROJECT PRESENTS JIM KWEŠKIN & GEOFF MULDAUR WITH SPECIAL GUESTS PHOEBE HUNT & CONOR FORSYTH

12 THIRD ANGLE PRESENTS TIMBER

13 TED VIGIL PLAYS JOHN DENVER + THE HILLWILLIAMS PLAY "OLD & IN THE WAY" WITH SPECIAL GUEST DARRIN CRAIG

**AN TYSON** 

JUSTIN FURSTENFELD AN OPEN BOOK TOUR

19 .EWI LONGMIRE **8 THE LEFT COAST ROASTERS** + THE DEADWOOD SAINTS

20 LIVE WIRE! RADIO

26 OREGON TRADESWOMEN PRESENTS MY WALK HAS NEVER BEEN AVERAGE

CHUCK RAGAN **SOLO ACOUSTIC** 

DLES PITY PARTY

ALBERTAROSETHEATRE.COM 503.764.4131 **3000 NE ALBERTA**