

CONCORDIA NEWS

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

March 2020

Concordia University is closing

Attend a community discussion about moving forward.

- 7 p.m., Wednesday, March 4
- McMenamins Kennedy School Community Room

Details: Page 3

Want to share your thoughts, memories and photos of CU? **Details: Page 7**

CNA Mission Statement

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

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.

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



Hope keeps a local activist going

By Michael French CNews Special Writer

ctivist and Alameda resident Karen Wells carries a business card with the job title "change agent." It's a phrase that sums up her approach and five decades of social justice work aimed toward a long-term goal.

"What keeps me going is hope." she said. "Hope that the walls of isolation will be dismantled. Hope that the pitfalls of white supremacy will be eliminated. Hope that the differences between people will be respected instead of disparaged."

Exposure to TV coverage of civil rights movements, coupled with surviving and navigating incidents of racism while growing up in San Diego,

Emotionally exhausted, she changed tactics. 'I decided 'each one teach one' was the best way to go.''

awakened Karen to the importance for social change.

Throughout the years, episodes of racism and white supremacy erupted in her life – sometimes overt, sometimes subtle – which continue even today in Portland.

By her late teens, Karen became an activist.

After moving to Oregon in the mid-1970s and through the 1990s, Karen was involved in local women's culture and the progressive political scene, was a performance artist and poet, and served on boards of gardening-focused nonprofits Groundwork Portland and Our Garden.



Karen Wells practices "each one teach one" to help broaden perspectives, one person at a time. It's part of her relentless efforts to achieve social justice and social change. Photo by Michael French

As part of her journey, she embraced different approaches to social justice work over the years.

Emotionally exhausted, she changed tactics. "I decided 'each one teach one' was the best way to go."

"Each one teach one" is an African-American proverb that originated during slavery. When few enslaved people were literate, those who could read felt a duty to teach others.

Karen's approach to each one teach one is aimed at broadening perspectives, one person at a time.

Today Karen continues to work to improve the lives of oppressed or marginalized groups and writes for Concordia News on public art, education and other topics.

women's marches following the inauguration of President Donald Trump.

She encourages others to join in. Details are at WomxnsMarchPDX.com. You can also find/follow the effort on Twitter, Instagram and Facebook with the same handle.

For potential allies who want to support Karen and others pursuing social justice and social change work, she asks for a change in mindset. "Believe us. See us. Respect us," she said.

"The number one thing you can do is step up."



Karen said within these organizations, she was often the only black woman. She was often subjected to the covert pressure to fulfill the unwanted and awkward role of representing the entire black community of Portland. She still practices each one teach one, and in recent years she has volunteered with Health Care for All Oregon and Nasty Women Get Shit Done.

Karen is active on the planning committee for Portland Womxn's March 2020, which sprang from the 2017

transit. Contact him at MFrench96@ gmail.com.



YESYES AFFIRMS HEALING Acupuncture, massage and more heal patients in the arts district.

See Page 4

GALLERY ISN'T ABOUT BUGS Pepe Moscoso and his gallery move "home" to Alberta Street.

See Page 6



THEY GROW MORE THAN VEGS Faubion students learn where their food comes from.

See Page 10

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

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Chair's Corner

By Astrid Furstner, CNA Chair

Together we make this home

few updates on our current developments from our board meeting in February include:

- Potential development of the old Adams/Whittaker site
- Confirmation of our application to the Portland Parks & Recreation (PP&R) for this summer's Concerts in the Park series
- The February deadline for people to apply for lowincome housing
- A report from the Land Use & Transportation Committee regarding the update provided by the Portland Bureau of Transportation on the status of the Lombard and Columbia Corridor plan

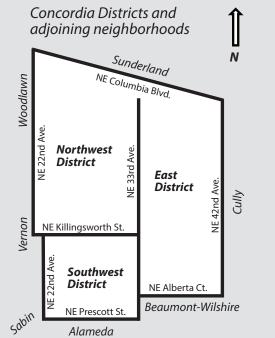
It appears that our little neighborhood has many events and issues coming up. Lack of a quorum slowed us down in February, but won't stop us going forward.

To continue to be here and serve you, we need vour help. Don't worry, I won't put vou to work (vet), but I would like to see more of our neighbors take an active interest in what goes on in our neighborhood.

CNA needs you to help by actively participating in the future of our neighborhood. There are a few fun and exciting events in the works. The CNA Annual Spring Egg Hunt is Saturday, April 11.

When our family moved to Concordia, it was one of the first events we attended. Our daughter loved it - we loved it! It was so much fun to see so many of our friends and neighbors out enjoying the event.

This annual event is organized by volunteers, and we need your help Friday, April 10, to stuff hundreds (thousands) of eggs and early the next morning to hide them. This year we are also asking for prize donations and candy donations. The children will find some eggs that are eggstra special - they contain tickets redeemable for prizes! Children take the



special eggs to the booth to trade them in for prizes.

CNA usually purchases all of these prizes - and we will again - but, if any of you have an unopened kid-friendly gift that you would like to donate as a prize, please contact SoniaGF419@gmail.com.

Other awesome events we are working on are the Concerts in the Park. We submitted our application to PP&R and hope to be selected so we can put together three Friday night concerts at Fernhill Park in July.

We hope to line up bands/musicians for the blues, Latin, and bluegrass genres.

Historically, this has been a wonderful series for our community. If we are awarded the opportunity to host it again this year, we will need volunteers. Do you have ideas for bands? Pass them on to me at Chair@ConcordiaPDX.org!

CNA's goal is to enhance the livability of our neighborhood and maintain an open line of communications and liaison among the neighborhood, government agencies and other neighborhoods.

Help us meet those goals by: participating in meetings and events, sharing your ideas, and engaging and investing in Concordia and its residents.

If you become aware of events or issues that pertain to our Concordia neighborhood, I encourage you to reach out and send me an email letting me know what the issue or question is and anything else you would like to share.

Together we all make a difference. Together we all make Concordia our home.

Astrid Furstner is a mother, a wife, an immigrant, a local artist and an artisan. She lives with her luthier husband, Brent, and her artist-in-the-making daughter, Luciana. Together, they call Concordia their home.

CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Astrid Furstner East 1 | East1@ConcordiaPDX.org Heather Pashley East 2 | East2@ConcordiaPDX.org Steve Elder Northwest 1 NW1@ConcordiaPDX.org Isham "Ike" Harris Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong Southwest 2 | SW2@ConcordiaPDX.org Ali Novak At Large 1 | AL1@ConcordiaPDX.org Robert Bowles At Large 2 | AL2@ConcordiaPDX.org Donn Dennis At Large 3 | AL3@ConcordiaPDX.org John McSherry At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni At Large 5 | AL5@ConcordiaPDX.org Truls Neal At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

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The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

Pricing: \$25/hr (\$15/hr. for nonprofits)

Concordia News

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, March 4, 6:15 p.m., McMenamins Kennedy School Community Room

General Membership Meeting

Wednesday, March 4, 7 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to volunteer to help plan fun, community building events, contact Sonia Fornoni at SoniaGF419@ gmail.com.

Media Team

1st Tuesday of the month, Tuesday, March 3, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, March 18, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, March 25, 7 p.m., no November and December meetings. Contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental

For info and scheduling, visit ConcordiaPDX.org/ community-room-rental or contact Sonia Fornoni at CNARoomKennedy@gmail.com.

CONTACTS

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SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org Advertising: Gina Levine , CNewsBusiness@ ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

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City determines the public art here

By Maquette Reeverts Alberta Art Works

ike, Gatorade, Samsung and all the other billion corporations fill our public spaces with their billboards and ads. The general public has no say as to the quantity or quality of this corporate visual pollution.

Why don't street artists have the same freedom to put their thoughts and statements on the walls of our cities as McDonald's does? Because consumer industries tend to take precedence in most cities but thankfully Portland loves its murals, gifting us daily with beautiful color and varied expressions.

But, Portland has complicated and outdated mural laws. It is not a simple task adding art to our shared spaces. In fact, the city does not allow you to paint a mural on your private residence unless there are at least five dwelling units.

It is considered an illegal 'sign' as defined by our mural laws. Written in the 2000s as a result of a lawsuit with Clear Channel, the city then set criteria for what is considered art or advertising.

Two common forms of unsanctioned artwork - done without permission are stickers and wheatpastes. Stickering or slap tagging, is an art form accessible to any individual regardless of age, technical ability or socioeconomic status.

Wheatpastes are works done on paper, often spray painted using a stencil for ease of replication. These are applied using often homemade pastes made from flour, glue and water.

CNA respects the views and beliefs of all Concordians, and their cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.



accessible to anyone with something to say, as seen above. Wheatpastes are also stickers but are homemade, often with stencils on paper and affixed with a mix of flour, glue & water - as seen to the right. **Photos by Maquette Reeverts**

Graffiti is your communities' voice. That voice can be beginner's scrawls, poignant or beautiful. Our streets are the outlet for people to publicly speak out and to do so anonymously.

The current politics has led to a surge in social justice art. That's artwork trying to raise consciousness, motivate, talk to the community and/or to promote social change.

These are your neighbors' voices. These are evidence of other perspectives wrapped up in a felony.

Michel Reeverts, Maquette, aka holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as

a board member. She is also a practicing artist. Contact her at Maquette@ AlbertaArtWorks.org

Concordia University is closing; attend a community discussion

ews traveled quickly in a neighborthrough Concordia and all of Portland Feb. 10 when Concordia University (CU) announced its plans to close in April. The decision will reportedly affect more than 5,000 neighbors to talk students locally and online, hundreds about how the of staff and faculty members, plus community will other colleges and universities

hood named for the 115-year-old institution.

> Join with your cope with loss



Julie Dodge

Neighborhood Association General Membership Meeting Wednesday, March 4, at 7 p.m. in McMenamins Kennedy School Community Room.

Julie Dodge will lead the discussion. Although she will not represent the university administration or board of regents, she is impacted heavily by CU closing. She has served & Human Sciences interim dean & a





throughout the Pacific Northwest.

Moreover, the absence of CU will support it provided here. impact all the residents and businesses

of the university, and the amenities and as the university's College of Health

That's the topic of the Concordia social work associate professor.

VINNER 3 y grandmother asked n PULITZES +oll you she's sorry PRIZE ANDITAN BOOK THE E FREDRIK

Need a place for your book club to meet?

The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion.

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- Private off street parking
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Theater · 5:30 pm doors; 7 pm event \$5 suggested donation

Wednesday, March 25 DRAG QUEEN BINGO W/ POISON WATERS

\$15 includes 9 bingo cards and a great show with Poison Waters pm doors; 6 pm Bingo · 21 & over Advance tickets recommended

> Thursday, March 26 SWEET N' JUICY Party band Gym • 7 pm

Monday, March 30 HISTORY PUB: **Riot and Revolutionaries** in 1910 St. Johns Theater · 6 pm doors; 7 pm event



Practice offers mix of treatment alternatives

By Nancy Varekamp CNews Editor

J ohn Kozel believes the opioid epidemic is stemming in Oregon. He's encouraged by the increase of medical providers willing to prescribe pain management protocols with less emphasis on addictive drugs.

Effective alternatives include acupuncture, Chinese herbal medicine, massage, craniosacral techniques, myofascial release, trigger point therapy, cupping and gua sha.

Those are provided by YesYes Healing Garden (YYHG), a business he cofounded last year at 1626 N.E. Alberta St.

John earned a master's degree from the College of Oriental Medicine, is a licensed acupuncturist, offers Chinese herbal consultations and manages the acupuncture and wellness practice.

Two licensed massage therapists also ply their skills, and one of them offers interpreting for Spanish-speaking patients.

John and cofounder Katherine Sullivan are making YYHG into an inclusive and accessible wellness practice.

"We reach out to the underserved, those who often have not been treated



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.

respectfully by other medical communities," Katherine said.

The two-story building is on a rise above the Alberta Street sidewalk. A ramp is planned for this summer for easier physical accessibility.

Convenience is assured by walk-in hours for massage. And financial accessibility is the hallmark of Saturday and Sunday drop-in community acupuncture sessions.

Treatment is made more affordable for many because YYHG accepts health insurance. "Many policies cover acupuncture, and people just don't realize it," Katherine pointed out.

For John, the discovery of the benefits of healing arts came during his college days as a pre-med student in Vermont. There, he lived and worked for three years within an intentional community where he received intensive training in mindfulness and Taoist qi gong.

"I began to think there was a different way," explained John, who moved to Portland in 2013 for his studies.

He isn't surprised when out-oftowners visiting the Alberta Arts District drop in. "Some have their luggage and are on their way to the airport," he reported. "Then they go home and seek this out."

Katherine's move to Portland from Virginia six years ago was for the culture and progressiveness.

"It was four years ago I learned respect for alternative healing practices," Katherine said. The poet, editor and book publisher sustained an injury to her back that caused pain and reduced mobility in one arm. Neither were helped by phys-



A garden is due in the back yard of YesYes Healing Garden next summer. For now, John Kozel and Katherine Sullivan direct patients up these stairs to the bathroom to enjoy greenery planted in the claw foot tub. Photo by Nancy Varekamp



ical therapy, but quickly responded to acupuncture.

She selected the name of the new practice. It carries the moniker of YesYes Books, her publishing company, which promotes poetry, literature and art for healing.

"Both projects are all about affirmation." CNews apologizes for mistyping YesYes Healing Garden's name in the February issue's announcements about the CNA mixer hosted by the new business.



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Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.



Ready to help?

Email: Chair@ConcordiaPDX.org

LUTC update **Censuses report Concordia's changing face**

By Garlynn Woodsong CNA Board Member, SW1 CNA LUTC Chair

his year is a decennial census year in which a count is conducted of every person living in the United States, including the collection of short-form information about each.

Once the census forms are collected, they then must be tabulated, analyzed, tabulated and published, a process that takes another couple of years.

Check out the changes between 2000 and 2010 census data for our neighborhood profile, published by the Population Research Center at Portland State University.

In the year 2000, our population was 9,564 people; in 2010, it was 9,550 people, a loss of 14 people. The average household size decreased from 2.44 to 2.36, the average family size from 2.98 to 2.82, and the number of vacant housing units increased from 143 to 166, likely

By 2010, Concordia was 76.7% white, 18.7% black, and 6.6% Hispanic, with less than a 0.3% change in the population of any other race.

related to the great recession.

With 23 additional vacant homes in the neighborhood, a loss of 14 people seems surprisingly low. The total number of homes in Concordia increased by 89 from 3,921 in 2000 to 4,001 in 2010.

Similarly, from 2000 to 2010, the total number of households in the neighborhood went up, from 3,760 to 3,835. And yet, the number of families went down, from 2,231 to 2,052, even as the number of nonfamily households increased from 1,538 to 1,783 and the total group quarters population increased from 354 to

News from the NET

Businesses ought to plan for disasters too

By Amy Gard, Team Leader Concordia/Vernon/Woodlawn NET

ost of us probably know that small businesses tend to have high failure rates, but did you know that as many as 90% of small businesses can fail in the aftermath of a natural disaster?

The Portland Bureau of Emergency Management (PBEM) would like to help.

PBEM offers free resources to assist small businesses develop their resiliency to survive disasters big and small. To learn more about this great resource, I spoke with Rachit Nerwal, PBEM business continuity planner.

He began developing PBEM's small business resiliency outreach program less than a year ago and has since presented the program and offered his consultation services to business associations across the city.

Rachit realizes the time restraints on small business owners can be challenging, so he tries to keep his consultations focused but flexible. His goal is to assist businesses in the aspects of continuity planning that they identify as most important for them.

Consultations can focus on helping employees with disaster preparedness at home and work or on planning continuity for communications, refrigeration, supply chain, staffing, financing, etc.

PBEM's Community Outreach program also offers ongoing support to local businesses that are actively recovering from localized disasters or disruptions - fires, flooding, vandalism, etc. While this assistance can be invaluable to recovering businesses, Rachit emphasizes the benefit that pre-disaster planning can offer.

Business owners who are interested in getting their continuity of operations plan together can consult with Rachit to review their risks and complete an impact assessment.

If your business association is interested in hosting an introductory presentation - or if would like a consultation for your business - contact Rachit at PBEMContinuity@portlandoregon.gov.

502.

So Concordia saw an increase in homes, which balanced out shrinking household sizes and an increase in vacancies. It also likely saw an increase in the student population at Concordia University, contributing to the rise in group quarters population.

It was, however, a neighborhood that was becoming less diverse. In 2000, Concordia was 63.3% white, 31.9% black, 2.5% American Indian, 4.5% Asian, and 5.2% Hispanic. By 2010, it had lost 1,271 black people, along with smaller losses of every other race except white people, of whom there was an increase of 1,265, and hispanic people, the population of whom increased by 132.

By 2010, Concordia was 76.7% white, 18.7% black, and 6.6% Hispanic, with less than a 0.3% change in the population of any other race.

From 2000 to 2010, the population of children ages 5 to 14 years (ages that might attend Vernon School, for instance) declined by 464, a very signifi-

cant ratio of the total population of that school of 522. Over the same time period, Concordia saw an increase of 563 people ages 25 to 44, and 369 people aged 55 to 69, bringing the median neighborhood age up from 33.7 to 35.4.

Concordia's 854 acres saw the absolute population density of 11.2 persons per acre, or 7,166 persons per square mile, remain unchanged from 2000 to 2010. Overall, it's a stable, mature neighborhood, where incremental change generally occurs slowly, except for the rapid loss of black people from 2000 to 2010, and a likely associated loss of school-age children.

I'll be very curious to see what kinds of changes the results of the 2020 census reveal to us about our neighborhood. Won't you?

Please fill out your census form this vear, and then we'll wait for the results and the answers they bring to these questions!



Garlynn Woodsong lives on 29th Avenue, serves on the CNA board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the

planning + *development partner with* Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ ConcordiaPDX.org.



When it comes to bathrooms, kitchens, additions and more...







Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET

and Oregon Food Bank.

Check out CNA's website at ConcordiaPDX.org

What's Selling in Concordia?

- Homes sold in RMLS in last 197 12 months as of Feb. 11
- 2.0% Increase in Average Sale Price since 2019
- Avg. Sale Price in 2019: \$522,547 Avg. Sale Price currently:\$533,020 Avg. Days on market:33

This information provided by Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central. charlesworthhomes@gmail.com · 503.807.9911



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Alberta Street is all abuzz with gallery move

By Carrie Wenninger CNA Media Team

or Pepe Moscoso, owner, curator and visual artist at Blind Insect, the recent move is a bit like coming home to an old friend. The multicultural art gallery opened at 2841 N.E. Alberta St.

southern exposure made it an easy decision.

So did Pepe's longtime connection to Concordia's art scene, which began 12 years prior through Allan Oliver, founder of the now-shuttered Onda Arte Latina gallery.

Featuring fine artists from Latin When his southeast Division Street America and holding art openings on

This is a place to taste affordable art and then develop your palate.

landlord decided to sell the building that housed the gallery, it offered Alberta Street a chance to work its synchronistic magic. Enter the proprietors of La Bonita, friends of Pepe, who suggested the vacant storefront adjoining their taqueria.

The vibrantly colored mural splashed across the building and the sunny



Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact

her at WurdGurl@gmail.com.

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The Howe Law Firm 4920 NE 47th Avenue Portland, OR 97218

Last Thursdays, Onda was the first gallery to open its doors to Pepe's work. And, when Blind Insect held its grand opening here last July, Allan was there to welcome him back.

Visitors are drawn into the small - but rich-with-curious-eye-and-soulgrabbing-art - space, the very opposite of a traditionally sparse and white-walled gallery. That space is split 50-50 between gallery and gift shop offerings with prices starting at just a few dollars. This is a place to taste affordable art and then develop your palate.

"Art helps us connect to our emotions. In the end, it's a conversation that happens here," Pepe said. He makes sure to photograph happy customers with their purchases. Those photos are

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Pepe Moscoso says moving his Blind Insect gallery here from southeast Portland is like coming home. Alberta Street was where he first displayed his artwork 12 years ago. Photo by Carrie Wenninger

featured on BlindInsect.com, partly to show the artist where his or her work has gone.

"An artist's work is their baby," he said. "It's nice to know who now has your baby.'

He believes the name Blind Insect strikes a chord, and it has proven to be a strong marketing element. It recalls arriving in a new country and feeling blind to the culture, food and language.

It also touches on the alien-like nature of insects, as well as a childhood taunt,

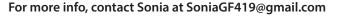
"mosca" - Spanish for "fly" - based on his surname, Moscoso.

The gallery accepts work from people of color, emerging artists and professional artists, which is to say: everyone. Online sales are in the works, as is a joint program with Pacific Northwest College of Art to offer student internships.

His message for neighbors? "Stop by, please keep supporting multicultural artists and, if you are an artist, we want to see your work."

Spanish Conversation classes

CNA sponsors these free classes, held at the McMenamins Kennedy School Community Room. Brush up on your Spanish skills. All levels are welcome. Meets Thursdays (except last Thursday of the month) at 6:00 p.m.





CONCORDIA NEWS is THE place to write!

Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.



CONTACT US TODAY CNewsEditor@ConcordiaPDX.org ConcordiaPDX.org

"I enjoy writing for the Concordia News because it puts me face to face with my community. And what a fascinating, talented and inspiring community it is!"

> Carrie Wenninger, **CNA Media Team** wurdgurl@gmail.com



Park ranger is local mystery author's heroine

CNA Media Team

mystery set in a fictional national park filled with native folklore, vivid scenery and political intrigue is a perfect read for a rainy day in the Northwest.

In "Deadly Bluff," local author Kathleen Cocannon's heroine park ranger, Dana Madison, leads a mismatched team

By Kathy Crabtree As a conservationist myself, I wanted to honor his creation and acknowledge his preservation of the sacred lands of the Northwest tribes."

While the actions of the team lead the reader closer to solving the mystery, it is the descriptive scenes that capture the imagination. In every chapter there is evidence of Kathleen's appreciation for the beauty of mountain trails.

As Dana hikes the footpaths, it is as if the reader is beside her, sharing her thoughts.

attempting to decipher clues of connected deaths at multiple national park sites.

Even more baffling is the fact the deaths have spanned multiple years. In a recent interview, Kathleen explained the addition of several separate chapters of historical significance by including Teddy Roosevelt's influence on her story.

"President Roosevelt is considered the founder of the national park system.



Kathy Crabtree lives near Fernhill Park and enjoys the constant flow of dogs happily on their way to romp off leash. In real life she is a nursing professor.

In her dreams she is the creator of a series of mystery adventures of a retired female lawyer/judge of a certain age to be named at a latter date. Contact her at KCrabtree4320@att.net.

As Dana hikes the footpaths, it is as if the reader is beside her, sharing her thoughts. Kathleen admits to having run a few miles of trails in her youth and continues to walk them whenever given the chance.

The book's premise that heroine Dana was a Denver detective before becoming a national park ranger is something that Kathleen admits was not part of her wheelhouse of knowledge.

Having never been a policewoman, or a ranger, she credits a desire to emulate the strengths she admires in herself and other women. Although Dana is decisive, she is vulnerable - having endured previous struggles leading her to question her budding relationship with Dodge, one of the park carpenters.

That attraction complicates separating the good guys from the villains. Readers will commiserate with her as they, too, will question whom to trust as the story progresses.



Kathleen Cocannon's novel, "Deadly Bluff" takes place in multiple national parks. A conservationist, the author pays tribute to President Teddy Roosevelt for founding the network of national parks. Photo by Lloyd Kimeldorf

Kathleen meets with a group of writers every couple weeks to critique and review each other's work. She credits their support and includes them in the book's acknowledgements.

Several years ago she had an agent marketing a previous novel and, although close to a contract, it didn't materialize.

She self-published this book and Amazon.com

credits the Northwest Independent Writers Association with decreasing the learning curve related to that effort.

Will there be more adventures of Dana's team, including the attractive Dodge? She nodded. "I'm sure there will be.'

"The Deadly Bluff" is available at

Concordia University is closing; send memories

Feb. 10 announcement that Concordia University (CU) will no longer be part of the community. The April CNews will publish your thoughts, memories and photos of your interactions with the university.

If you're a neighbor of the university, anyone else who lives or works in or near Concordia, a faculty or staff

oncordia is reeling from the member, a student, an alumnus or anyone else who will miss CU... you're welcome to participate.

> Written submissions are limited to 250 words each. Send them to CNewsEditor@ConcordiaPDX.org by March 8. If there are more submissions than CNews has room to publish, a URL will direct readers to more on ConcordiaPDX.org.



Have you checked out CNA's Facebook page?

Keep informed of CNA activities and your neighbors' comments.

Check out the page for:

- CNA Board meeting invites & meeting minutes
- Neighborhood events
- CNews story highlights
- Community discussions •

Facebook.com/groups/ConcordiaPDX/





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Concordia News



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To your wellness

Jawing about the jaw

By Kim Magraw, LMT

here would you be without your jaw? You might be cruising in the ocean and rivers like the jawless lamprey – an ancient form of fish.

But nay! We're land mammals with diverse diets and sophisticated brains and social structures, so we need our jaw to help us chew, express and communicate.

Humans can exert about 70 pounds per square inch (psi) of pressure during normal chewing.

The jaw is hinged in front of the ear and is controlled by muscles on your skull and in your face and neck. The biggest and strongest jaw muscle is the masseter, situated beneath your cheek.

Humans can exert about 70 pounds per square inch (psi) of pressure during normal chewing. By comparison, the strongest bite force ever measured was that of the Nile crocodile: about 5,000 psi. Seeing that the jaw performs a variety of important tasks (simultaneously for those who talk while they chew), when something goes wrong it becomes a big issue in a hurry.

Jaw tension is frequently caused by stress and overuse, but there are also a variety of conditions that cause jaw pain such as a malformations, arthritis and even tetanus. I have had many clients whose jaws became over-tight, which is connected to jaw dysfunction, pain and cascading effects in the neck, head, teeth, even shoulders.

Here is a simple technique for alleviating jaw tension: Find a comfortable position. Take several smooth and even breaths, allowing your jaw to loosen and your tongue to rest at the bottom of your mouth.

With the fingertips of both hands, gently massage your masseters, starting at your cheek bones and gliding downward to the bottom edge of your jaw. Do this gliding motion several times, allowing your jaw to become slack and your mouth to open.

Reduce your pressure or stop if you feel any pain.



Kim Magraw, practices massage at Concordia Wellness, concordiawellness. com.

Save the Date!

CNA Annual Spring Egg Hunt Saturday, April 11 at Fernhill Park





Adult volunteers are needed the evening before to stuff several thousand plastic eggs with treats and prizes. Join the party, 5-8 p.m., American Legion Post 234, 2104 N.E. Alberta St. Additional help is needed at 8 a.m. on Saturday at Fernhill Park to "hide" the eggs and set up!

No registration or RSVP is required for either event.

If you have un-opened items to donate as prizes – or candy for the eggs – please contact Sonia.



For more info, contact Sonia at SoniaGF419@gmail.com

Watch for details in the April CNews

Sponsored by CNA & American Legion Post 134

Our 42nd changes faces, not the mission

By Dan Werle CNA Media Team

ur 42nd Avenue is a local organization whose stated mission is to "cultivate economic opportunity to achieve a prosperous, diverse 42nd Avenue community."

It's been fulfilling that role since it gained nonprofit status eight years ago as one of seven Neighborhood Prosperity Initiative districts in Portland, and one of two in Cully. In 2016, The Portland Mercury featured it in a story headlined Edy grew up in northern California with six sisters and a brother. He enjoyed volunteering and working at the local summer camp. He earned a degree in recreation and administration from California State University, Chico before moving to Portland.

He has spent 16 years working to improve communities, most recently as a Schools Uniting Neighborhoods school manager, where he assisted organizing nutrition, medical, dental and educational programs for nearby students and

"We are focused on creating generational wealth, looking at barriers differently and figuring out how to knock them down."

– Eduardo "Edy" Martinez

"NE 42nd Is Portland's New Restaurant their families. Row." Edy speak

The district is bordered by Lombard and Shaver streets, and 33rd and 55th avenues.

In January, Our 42nd Avenue's longtime executive director, Michael DeMarco, stepped down from his position to create Genuity Economic Development, a consulting firm housed on 42nd Avenue.

Although Michael retains an advisory role with Our 42nd Avenue, Eduardo "Edy" Martinez officially took over as the group's district manager Jan. 7.



Dan Werle lives in Concordia with his wife, Anna, and their

wife, Anna, and their dogs. amilies.

Edy speaks with a calm, measured, confidence, and he exudes leadership and optimism. He is enthusiastic about Our 42nd Avenue's priorities.

"We are focused on creating generational wealth, looking at barriers differently and figuring out how to knock them down." Additionally, he is excited about the opportunities he has for learning about and serving the community.

Edy's arrival is not the only significant change the new year ushered in for Our 42nd Avenue. The Native American Youth and Family Center (NAYA) is now Our 42nd Avenue's umbrella organization.

The two groups had been discussing a merger for several months prior to the decision. Both share similar visions, and perform similar work. The size, strength and organizational structure of NAYA provided Our 42nd Avenue an oppor-



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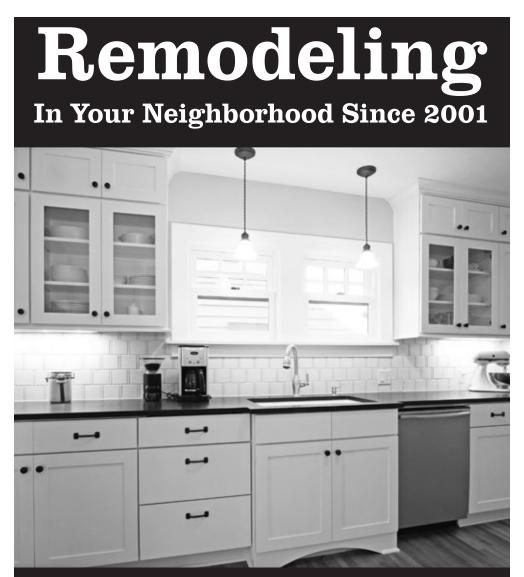
Eduardo "Edy" Martinez hit the street running in January, taking the helm of Our 42nd Avenue. With the departure of Michael DeMarco from the organization, and Edy's arrival, the eight-year-old prosperity initiative district also melded its efforts with Native American Youth and Family Center.

tunity to sharpen its focus, and more efficiently use its available resources.

With Michael's departure, and Edy's arrival, both organizations believed it was an optimal time to make the change.

Edy looks forward to building relationships within the 42nd Avenue community and continuing the steady progress Our 42nd Avenue has made.

He's officed at 4213 N.E. 42nd Ave., and you can reach him via email at Edy@42ave.org. It's best to advise him before dropping in. "If I'm doing my job right, I won't be in the office very much."



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This garden grows self-esteem and more

By Marsha Sandman CNA Media Team

alking through the Faubion K-8 School playground at 2930 N.E. Dekum St., a covered asphalt area is scattered with a riot of colorful flowers and the words "Plants Rule."

On this winter day the flowers are

throughout Portland.

The organization's website sums it up, "Youth Grow provides hands-on education in school gardens to help all children feel accepted and empowered to make healthy choices, become stewards of the environment, share their culture and increase community resiliency."

The program integrates science,

The program integrates science, biology, sociology, healthy eating, cooking and other core subjects with outdoor education.

drawn in chalk. But soon planting should start in the Faubion garden, which has 20 raised beds.

This is evidence that Betsy Lattig, known as "The Garden Lady" at Faubion is having a positive impact on the students. Betsy comes from Growing Gardens, a local nonprofit organization with garden programs in 10 schools



After living east, south, north and west, Marsha Sandman is home at last. And she wants to hear your story. Contact her at MarshaJSandman@ gmail.com. biology, sociology, healthy eating, cooking and other core subjects with outdoor education. As a year-round educator, Betsy starts the gardening journey with classroom visits.

She facilitates intercultural and intergenerational community building through events and workshops, and in the garden as students plant and nurture their crops.

Students often eat straight from the garden, and families are invited to harvest during the summer.

"I can't tell you how excited I am to deliver hands-on garden lessons in the Faubion community," Betsy said. "I'll be taking students outside during the school day, as well as during a Schools Uniting



Annual Spring Clean Up

Three neighborhoods, Vernon, Woodlawn and Concordia, team up to bring you Vernlawndia!

Saturday, May 30, 8 am – 2 pm



Amoreena Guerrero (left), Youth Grow manager at Growing Gardens, and "Garden Lady" Betsy Lattig find joy in the Faubion School garden, and in teaching students about gardening and more. Photo by Marsha Sandman

Neighborhoods programming, to delve into garden education.

"We'll be growing food, eating fruits and veggies, doing creative projects, and growing a program based on the needs and visions of the Faubion community."

Volunteers are a vital part of Growing Gardens, because they also mentor and donate plant starts to in-need Faubion families for three years to grow home gardens and develop healthy eating habits.

In addition, the harvested produce is donated to the school cafeteria, schoolbased food pantries and families.

The students also attend cooking

classes, taste test their own recipes, and the more popular recipes are shared with other Portland school lunchrooms.

Growing Gardens is funded by donations, grants and fundraising dinners hosted by local chefs. During the first two weeks of April, Faubion plans to host a plant sale.

Orders are taken in the school office and at CharityAuction.bid/FaubionPlant-Sale. Plant delivery is scheduled May 8, just in time for Mother's Day.

Growing a garden not only cultivates plants. It also grows self-esteem, healthy bodies, and environmental awareness, according to Betsy. So she advises getting

PCC Workforce Training Center at NE 42nd Ave & Killingsworth

Tired of seeing all the clutter & junk in your closet, basement & garage?

Drop it all off at the PCC Workforce Training Center.





your hands dirty.

Concordia University is closing!



Attend a community discussion about moving forward.

7 p.m., Wednesday, March 4

McMenamins Kennedy School Community Room.

Details: Page 3

History insights

Jan. 31 was the last day for Food King Market

By Doug Decker Alameda Historian

e know change is the only real constant in our neighborhood life, but it seems we've been saying goodbye to businesses and buildings more frequently than usual these days.

Jan. 31 was the last day of business for Food King Market, located at 2909 N.E. Prescott St.. The building has recently

about owners and their own history in the place and where their path leads from here. The neighborhood will miss them and the convenience of having a small market nearby for last-minute needs.

For the building, it's unclear where the path will lead. The new owner is in conversation with the city regarding permitting and here's what the official status of remodeling plans says:

"Remodel and change the use of

There most certainly is a story here about owners and their own history in the place and where their path leads from here.

sold and the family that has met the neighborhood's convenience store needs for the last 20-plus years closed up shop. There most certainly is a story here



Doug Decker initiated his blog AlamedaHistory. org in 2007 to collect and share knowledge about the life of old houses. buildings

and neighborhoods in northeast Portland. His basic notion is that insight to the past adds new meaning to the present.

the existing structure (which is now consisting of three units: a grocery store, a residence and a current vacant unit), to either 100% office or a combination of office and retail sales and service. Also proposed is to convert approximately 500-800 square feet of existing footprint into covered or partially-covered outdoor areas."

The silver lining at this point for the neighborhood appears that this is not a multi-story Airbnb hotel or condominium. It seems the new owners are considering repurposing aspects of the original building.

Which leads us to this photo, which



This 1955 photo, looks northeast from the corner of 29th Avenue and Prescott Street. Photo courtesy of Tom Robinson.

accompanied the post we wrote 11 years ago describing the history of the stores that have operated on the site: AlamedaHistory.org/2009/01/16/ prescott-fountain-hunderips.

That post shared memories of some of the "kids" who dropped by for iced Cokes on credit.

Thanks David and Kaybee. We'll miss being able to zip over for the missing ingredient at the last moment, and we wish you well.

And we'll continue to follow remodel plans for this building which has been a neighborhood institution of sorts for almost 100 years.

Editor's note: You may recall, last month CNews bid farewell to historian Doug Decker as a regular contributor. He's entertained and educated the community for four full years, and readers report they will miss him terribly. Thanks, Doug, for the memories - literally.

There's good news for readers, however. He'll continue to add to his blog, and he agreed that CNews may reprint posts from the blog AlamedaHistory.org. So, without skipping a beat, CNews is proud to reprint this piece about developments at a Concordia landmark.

Paint rocks, promote positivity

ositive Charge! PDX was organized in 2016 to act locally to amplify loving kindness and positivity on a collective scale. The group offers opportunities for anyone to do good deeds, sponsors collections for causes and builds community.

The next opportunity is

Saturday, March 14, at McMenamins Kennedy School Community Room, from 1 to 3 p.m.



Searching for LUTC volunteers

The Concordia Neighborhood Association (CNA)'s Land Use and Transportation Committee (LUTC) is in need of neighbors who care about development, roads, safety, bike routes, climate change, housing, parks, intersection art, alleys, spot greening, or the other cool things that help make Portland the place that we love.







PROUD CONCORDIA **RESIDENT SINCE 2009**

Committee members work with

Participants will paint "kindness rocks" to give away anonymously.

Someone may find a painted rock with a message of kindness on a bus seat, in a restaurant flower pot or on a park bench. A tenet of Positive Charge! PDX is that spreading random messages of kindness fuels good feelings and a sense of community – for the giver as well as the receiver.

"Engaging in the creativity of painting rocks is a salve," said Condcordian Gail LeVine, an event organizer. "So is the therapeutic social engagement of hanging out with other cool people and painting rocks."

Admission is free and open to the public, ages eight and older. Rocks and paint are provided. For details and to register, visit PositiveChargePDX.org.

neighbors to understand concerns, opportunities, and strategies around these issues; speak with City, County, and other government representatives; work with other community partners; and provide policy recommendations to the CNA board.

Meetings are held the third Wednesday evening of the month, 7p.m. in the Community Room in the SE corner of McMenamins Kennedy School.

Interested in participating? Let us know! Email committee chair, Garlynn Woodsong, at: LandUse@ConcordiaPDX.org





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Concordia community events calendar

Thursday, Feb. 27, 6pm PACIFIC POWER KENNEDY SUBSTATION MEETING

Location: St. Charles Parish Center Community members interested in the upgrade project at the Kennedy Substation at 42nd Ave & Emerson St will have a third opportunity to learn about & discuss Pacific Power's plans. A large rendering of the substation and metal poles will be on hand, as will the draft good neighbor agreement between the utility, Concordia Neighborhood Association, Cully Association of Neighbors and Our 42nd Avenue.

Details: Sheila.Holden@PacifiCorp.com



Through March 20, CU Library open hours **HEATHER GOODWIND EXHIBIT Location:** Concordia University Library Heather Goodwind deploys paint, ink & graphite to create a personal anthology of the archetypal images she presents as a permanent record of her experience. Current projects include large scale works on canvas, & self-data collection to track & optimize her creative process.

Details/library open hours: cu-portland. edu/academics/libraries/library-calendar



Wednesday, March 4, 7pm CNA GENERAL MEMBERSHIP MEETING

Location: McMenamins Kennedy School Julie Dodge will join with neighbors to talk about how everyone, as a community, can cope with the effects of the university clos-

ing. She has served as Concordia University College of Health & Human Sciences interim dean & a social work associate professor. Julie is attending the meeting as a person also affected heavily by the university's announcement not as a university representative.

Details: Page 3

Fridays, March 6, 13, 20, 27, 10:30am-noon FEAST COMMUNITY CHOIR Location: Subud Portland, 3185 NE Re-

gents Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community. New singers welcome. **Details/fee:** feastcommunitychoir.com



Sunday, March 8, 1-3:30pm EDIBLE LANDSCAPE WORKSHOP

Location: Northeast Portland Tool Library, 5431 NE 20th

Join the Columbia Slough Watershed Council & East Multnomah Soil & Water Conservation District for the insights & tools to incorporate edible plants into your landscape thoughtfully-from annual veggies & herbs to perennial berries & fruit trees. You'll also learn how to invite beneficial insects to your garden.

Details: emswcd.org/workshops-and-events/ upcoming-workshops/all-events/creating-anedible-landscape-14, 503.281.1132



Monday, March 9, 7pm **PARANORMAL PUB Location:** McMenamins Kennedy School This introduction to vibrational medicine–envisioned in 1906 by Nikola Tesla–explores

the scientific principle that all matter in the

Community room calendar

Concordia Neighborhood Association hosts these events in McMenamins Kennedy School Community Room. If you're interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni, SoniaGF419@gmail.com. Unless noted otherwise, events are admission free.

Monday, March 2, 16, 10-11am **EFT TAPPING STRESS RELIEF** EFT combines cognitive elements with tapping certain acupuncture points. This allows for quick release of current stress & the release of old, stuck energy that may be affecting your health & well-being.

Saturday, March 14, 6:30-10pm PORTLAND FOLKMUSIC SOCIETY SONG CIRCLE

Song circles are hosted by a different participant each month. People meet others, play, sing or just listen. Potluck begins at 6:30pm, singing at 7 pm, Each participant

Community calendar items

Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX. org by the 10th of the month preceding the event.

universe vibrates at a precise frequency. The healing model attempts to put an individual's physical, energetic & spiritual body into a state of balanced energetic wellness. Doors open 6pm.

Details: mcmenamins.com/events/213287paranormal-pub, wsenergetics.com



UNITING TO BREAK THE CHAINS OF RACISM Tuesday, March 10, 7pm

RACE TALKS

Location: McMenamins Kennedy School "About The Census: What It Is–& Isn't" is presented by the Portland Office of Community & Civic Life. The evening explores the historical significance of census taking & the impact of the data collected in the modern age. Who performs the census? How is the data collected & recorded? Who is eligible to be recorded? Why is partaking in the census important? How does the U.S. Census Bureau collect information about race & ethnicity? What, if any, are the consequences for undocumented immigrants & people of color participating in the U.S. Census? Doors open 6pm

Details: racetalkspdx.com

Wednesday, March 11, 6-8:30pm URBAN WEEDS WORKSHOP Location: Columbia Slough Watershed

Council, 7040 NE 47th Learn how to identify & conquer the most common garden & landscape weeds, plus some of the region's other more notorious plant invaders. Simple tips to discourage weeds in lieu of synthetic herbicides are offered.

Details/registration: emswcd.org/workshops-and-events/upcoming-workshops/allevents/urban-weeds-35, 503.222.7645

Thursday, March 19, 6-8pm FREE CRAFT NIGHT

Location: Atlas Pizza, 710 N Killingsworth collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this



Concordia News

Details: pheft22@gmail.com, 503.493.5954, calmhealthease.com

Thursdays, March 5, 12, 19, 6-7:30pm SPANISH CONVERSATION

CNA sponsors these classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome. **Details:** soniagf419@gmail.com

Friday, March 6, 7-9pm SPIRITUAL ABUSE FORUM

This informal, open group meets quarterly to explore issues of abuse that occur in churches & other religious organizations. Each meeting offers a topic. **Details:** betsyfreeman16@gmail.com

Saturday March 14, 1-3pm m KINDNESS ROCK PAINTING EVENT

Rock, paint and social engagement are provided.

Details/registration: Page 11, gelevine@comcast.net, 503.504.9436, PositiveChargePDX.org is usually invited to select & lead 2 songs. **Details:** hollyh@spiritech.com, portlandfolkmusic.org "events" tab

Thursday March 19, 2-5pm FUNDRAISING TRAINING

This monthly fundraising training is hosted by Willamette Valley Development Officers.

Details/RSVP: kaitlin.nam@wvdo-or.org

Sunday March 22, 3-6pm & Thursday 26, 7-9pm

SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whomever attends, including every possible level of musical experience & ability–even those who were asked not to sing in their church choirs. **Details:** portlandsacredharp.org

For events scheduled after CNews press time, visit ConcordiaPDX.org/ community-room-calendar event. Supplies & instructors provided, no registration necessary. Details: collagepdx.com



Monday, March 30, 7pm HISTORY PUB

Location: McMenamins Kennedy School "Riot & Revolutionaries in 1910 St. Johns" takes participants back to 1910, when 200 St. Johns residents rioted against the socalled "Hindu" mill workers in town. After shocks of the 2-hour riot reverberated for years. Following were trials of the mayor, police officers & many laborers. St. Johns became a center of East Indian anti-colonial organizing. Doors open at 6pm.

Details: mcmenamins.com/events/213239riot-and-revolutionaries-in-1910-st-johns ALBERTAROSETHEATRE.COM 503.764.4131 | 3000 NE ALBERTA

