

CONCORDIA NEWS



A free publication of the Concordia Neighborhood Association

February 2008



Be a part of what's happening
in the neighborhood.

Meetings
held in the
Community Room
at McMenamins
Kennedy School

General Membership
FEBRUARY 5
1st Tuesday of each month at 7 p.m.

Land Use & Livability Meeting
FEBRUARY 7
1st Thursday of each month at 7 p.m.

Board Meeting
FEBRUARY 12
2nd Tuesday of each month at 7 p.m.

Green Team
FEBRUARY 26
4th Tuesday of each month at 7 p.m.

Detect, Deter, and Defend Against Identity Theft Learn How at the February General Meeting

Learn how to deter, detect, and defend against identity theft, and the criminal justice system response, from Multnomah County Deputy District Attorney Kevin Demer. A prosecutor since 1998, Kevin has convicted hundreds of identity thieves and has sent many to prison. He will discuss current trends in this ever-expanding, fast-growing crime and share a few examples taken from his cases. Most importantly, he will present and educate us on what we can do to protect ourselves.

Kevin notes that one of the most prolific bank robbers in FBI history was Willie Sutton, who robbed about 100 banks in the 1930s and 1940s. When asked why he robbed banks, he replied "Because that is where the money is." Today, the "easy" money for criminals is in using your personal information for their illegal financial gain to commit identity theft. Your personal information is valuable to criminals and must be protected and diligently monitored. Besides your birth date and social security number, this information includes your driver's license number, credit cards, checks, and other financial account information.

Identity thieves have taught Kevin what people should do to reduce their risk of becoming a victim. This was not learned from a class, but from reading hundreds of police reports. Time and time again he sees citizens making the same mistakes that criminals quickly exploit.

Some of Kevin's critical tips to follow to avoid becoming the next victim of identity theft include:

Do not leave valuables – including anything connected to your identity or credit - in your car. Never ever. Does your glove box contain an invoice or credit card receipt from a past car repair? That Jiffy Lube invoice with your credit card number and address will be enough for criminals. Never leave your purse or wallet in your car, even for a minute. They are watching you hide your purse in the trunk when you park, and discover that yours is the car to break into.

Install a locking mailbox. Think of all those pre-approved credit card offers and credit card convenience checks you receive. (And worse if you still have replacement checks delivered to your house instead of the bank.) Now multiply that by your entire block and all your neighbors. It is so lucrative for the criminals to just walk down the street and steal mail. Likewise, do not place outgoing mail in an unlocked box or on the counter at work. Many criminal identity theft cases start from the initial theft of out-going mail in an unsecured area.

Carry only needed cards and financial information. Only carry in your wallet or purse what credit cards you actually use, and keep your social security number card at home. Why carry an entire book of checks in your purse if they last you 90 days? Instead, carry just a few checks. Similarly, don't carry five credit cards when you only use two. If you lose your purse or wallet, you want to keep the damage to the minimum. Absolutely do not carry your pin number or other passwords written down anywhere in your wallet

Shred financial documents with your personal information. It is not enough to just rip them up. If it can be taped together, the criminals will do it because a taped-together application is still accepted and processed by credit card companies. Shred. Do not just discard as unopened all the junk mail. It might have a pre-approved credit card offer that can be sent in by criminals. I have seen these applications sent in by the criminals and DECLINED because

something was wrong with the application's information, but then the criminal takes advantage of the law that allows anyone who is declined credit to get a free copy of their credit report. The criminal then orders a copy of YOUR credit report, and off to the races they go.

Don't give out personal information. Never give out personal information on the phone, through the mail, or over the Internet unless you initiated the communication and are positive of the person and company with whom you are dealing. Do not rely on caller ID or a friendly voice or professional-looking letter. Businesses with legitimate needs for this information completely understand that you will want to contact them directly, and confirm their authenticity, before providing the personal information they seek.

Never click on links in unsolicited emails; instead, type in the Web address of the company you know. These links can install spyware software on your computer that captures keystrokes and passwords, and other financial information.

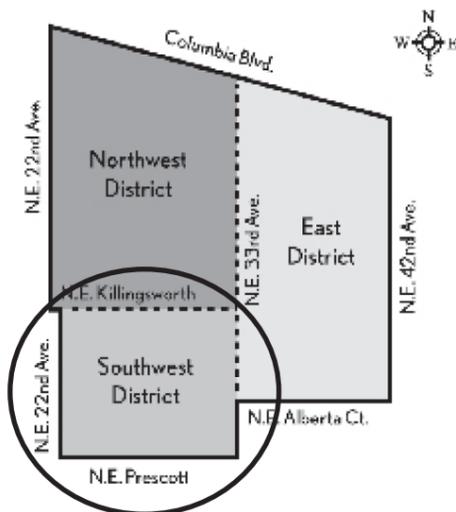
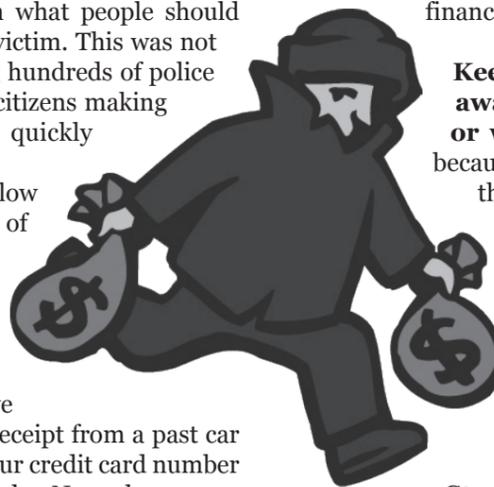
Keep your purse, briefcase, and wallet away from view from your front door or window. Many home burglaries occur because the criminal sees your purse sitting on the dining room table. It is no longer the stereo and jewelry they are primarily after. Your heirloom ring they can only pawn once, but your personal information they can use over and over for financial gain. Plus financial information is much easier to conceal than a TV when they are walking away from your home.

Store your personal information in a secure place in your home. Do not allow unfettered access to this area. If you are having work done on your home, employ outside help, or have guests or other visitors, be sure to securely store your records. That means keep the file cabinet locked and store the key somewhere other than in the top drawer of your desk. Make it take longer than 30 seconds for the friend-of-a-friend who is in your house as a party guest to find your 2005 tax manila-file loaded with your personal information.

Ask questions. Ask the companies that you do business with that also have your personal information what steps they take to secure it. I have had a case where the tax returns of hundreds of people were being stored in a standard public storage building which was burglarized. Where does the apartment leasing office keep their rental applications? Where does the car dealer keep the credit applications? Is my information kept on a laptop that goes home with an employee? One of my recent cases involved a thumb drive containing student files including addresses and social security numbers stolen from a car.

Inspect and review. Get your credit report at least once a year and make sure there are no accounts you did not open. Review all your financial accounts and billing statements regularly, looking for charges you did not make.

Kevin Demer, Deputy District Attorney Multnomah County
Unit A / Complex Identity Theft
1021 SW 4th Avenue, Suite 600
Portland, Oregon 97204
Voice: 503.988.3922 Fax: 503.988.3643
Intercounty: 101/600/Demer



Extra! Extra!

CNA to hold special election for vacant SW2 Board position at February General Meeting.

See page 2 for details.

Chair's Corner*

by Katie Ugolini

As many of you know, the Concordia Neighborhood Association held their annual Board elections at the General Membership meeting in November. Neighbors enthusiastically re-elected three standing Board members, Anne Rothert, Peggy Alter, and Matt Steadman, for a second two-year term because of their demonstrated commitment to giving back to the Concordia community. The November elections also saw the addition of a new Board member, Mr. Matthew Light, who was elected to serve as an At-Large CNA Board member for the next two years (January 2008 to January 2010). As Chair of the Concordia Neighborhood Association, I am very pleased to have Matthew join our Board and feel he will be an excellent asset to the CNA. Thus, I would like to take this opportunity to introduce Matthew Light to Concordia neighbors.

Matthew has lived in Portland for 28 years. He and his wife, Marianna, and their children have lived in Concordia for two years, having moved from just down the road in the adjacent Vernon Neighborhood. Matthew states, "We love this neighborhood. It just feels like home. We take walks with our kids and the neighborhood greets us like an old friend. The people we have met here are friendly and genuine. A real sense of community is present."

Matthew worked for many years for the local library system and now is in mortgage banking. He noted, "I joined the Concordia Neighborhood Association because I want to help and connect with my community." I hope you will all join me in welcoming Matthew to the CNA Board.

Like Matthew, if you value community activism, I urge you to consider becoming involved in the Concordia Neighborhood Association, if not as a Board member, than as volunteer on a CNA committee or for a CNA-sponsored activity. Additionally, if you live in the Southwest District of Concordia (see map), please remember that the CNA will be holding a Special Election at our February 5th General Meeting to fill the SW2 Quadrant position (see article on page 1). If you are passionate about nurturing and giving back to the Concordia community, then the CNA needs you!

*The opinions, beliefs, and viewpoints expressed by the author(s) in this column do not necessarily reflect the opinions, beliefs and viewpoints of the Concordia Neighborhood Association.

Concordia Neighborhood Association Board Members and Elected Officials

Board Members

Chair	Katie Ugolini	296-7839	kugolini@earthlink.net
Vice-Chair, At Large Board	Tony Fuentes	971-570-6930	milagros@milagrosboutique.com
(E1- shared)	Anne Rothert	493-1938	arothert@gmail.com
(E2)	Julierae Trunz	730-4636	evajrm@gmail.com
(SW1)	Peggy Alter		pegalter@msn.com
(SW2) Economic Development Chair	VACANT		
(NW1)	Isham "Ike" Harris	282-1543	ishamharris@msn.com
(NW2- Shared)	Mary Schuldheisz	282-4640	mschuldheisz@cu-portland.edu
	Joel Schuldheisz	282-4640	jschuldheisz@cu-portland.edu

At Large Board Members	Rhonda Bergemann	891-0014	Rhondabifani@hotmail.com
	Belinda Clark	680-2075	clarkbbc@yahoo.com
	Safari Cass	327-3075	safaricass333@yahoo.com
	Ken Dodge	951-8428	artfuldodge@hotmail.com
	Steve Hoyt	475-8725	smhoyt@yahoo.com
	Matthew Light	971-506-5856	milight@firsthoustonnw.com
	Matt Steadman	806-5010	mattsteadman@comcast.net

Crime Prevention Specialist	Mary Tompkins	823-4763	mary.tompkins@ci.portland.or.us
NE Precinct Neighborhood Response Officer	Officer Colby Panter	823-5795	cpanter@portlandpolice.org

Land Use Chair	George Bruender	287-4787	gbruender@comcast.net
Land Use Co Chair	Joseph Occi		jocci@comcast.net

Transportation Chair	Harris Hyman		harris@hhpe.com
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Community Safety & Livability Chair	Craig Chambers		craig.chambers@meeting.com
	Belinda Clark	680-2075	clarkbbc@yahoo.com

CNA Treasurer	Rhonda Bergemann	891-0014	Rhondabifani@hotmail.com
CNA Bookkeeper	Jeanette Eggert	331-1884	jeggert@cu-portland.edu

Social Community/Committee Chair	Katie Ugolini	296-7839	kugolini@earthlink.net
Wellness Committee Chairs	Amy Watson	975-5716	amywatson@mac.com
	Jason Lindekugel, DC		pdxchiroguy@hotmail.com
Green Team			Concordiagreenteam@yahoo.com

Co-Chair- Friends of Fernhill Park	Anne Rothert	493-1938	arothert@gmail.com
Co-Chair- Friends of Fernhill Park	Melody Winn	282-6574	OurPlacePreschool@msn.com

Webmaster	Steve Rowley		srowley@pocketbookvote.com
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Recording Secretary	Shawna Zierdt		szierdt@gmail.com
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Community Room Scheduler	Anne Rothert	493-1938	Arothert@gmail.com
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Neighborhood Clean Up	TJ Millbrooke	460-3506	tj@yolocolorhouse.com
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Yard Sale	Donna Carrier (Paul)	288-9826	dmc@teleport.com
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Friends of Trees	Jordan McCann		jordan_friendsoftrees@hotmail.com
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Chair, Concordia Foot Patrol	VACANT		
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CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 4,899 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

Deadlines for articles & advertisements:
January 15th
for the February 2008 Issue

Submit articles, letters to the editor, calendar events and advertisements to:
concordianews@yahoo.com

Please note, Concordia News may reject or edit for form and length any material, including letters to the editor, submitted for publication.

If you would like to participate in the Concordia News, please contact Peggy:
concordianews@yahoo.com
or PO Box 11194
Portland, OR

MISSION STATEMENT

TO CONNECT CONCORDIA RESIDENTS AND BUSINESSES – INFORM, EDUCATE AND REPORT ON ACTIVITIES, ISSUES AND OPPORTUNITIES OF THE NEIGHBORHOOD.

CNA to Hold Special Election for Vacant SW2 Board Position

The Concordia Neighborhood Association will be holding a special election to fill a Board position at our General Meeting on February 5th due to the resignation of Ken Dodge who served as a CNA Board member for one year. Ken officially resigned in December due to a conflicting work schedule and family commitments - namely the birth of twin boys!

We are seeking to fill one of the two SW Quadrant Board positions. In order to represent the SW Quadrant you must reside or own a business within the SW District of Concordia that is bounded by NE Killingsworth to the North, NE Prescott to the South, NE 22nd to the West, and NE 33rd Ave to the East (please see map on page 1). Board members serve a two-year term and are expected to attend monthly General Membership Meetings (first Tuesday of every month) and monthly Board meetings (second Tuesday of every month). In addition, Board members are expected to actively participate in Board-sanctioned CNA activities.

As of January 15th, the CNA Nominating Committee is nominating Jennifer Neth Warberg, a new member of the CNA Land Use, Livability and Transportation Committee (LULT), for the vacant SW2 Quadrant position. However, the CNA will welcome and encourage nominations from the floor at the February 5th General Meeting. If you are interested in becoming a Board member, you can nominate yourself or ask a neighbor or current Board member to do so for you. Thus, if you are passionate about being a catalyst for change in the Concordia community, please consider running for the open SW Quadrant position by coming to the February 5th General Meeting and participating in the Special Election. If you would like more information about the special election process, please contact Katie Ugolini at 503.617.6810 or kugolini@earthlink.net.

Concordia News Wants You!

We are looking for journalists and a business manager. If you love the news and your neighborhood and would like to help out, drop us a line at: concordianews@yahoo.com.



Letter to the Editor: Skinny Houses

Woe is us! What are they (the City) doing to us?

Several years ago, because of loopholes in the city codes and regulations, fast buck developers discovered that they could tear down houses on regular sized lots (5000 square feet and larger) and put in the now infamous "skinny houses." Alarmed, CNA's land use committee, along with similar committees from many other neighborhoods throughout the city, banded together and persuaded the City Council to put an end to this practice.

Fast forward to 2007 and 2008.

On NE 34th, a long skinny house has been put in on the north side of the property, while on the Alberta Court side, the garage was torn down and another large squarish house has been added.

On NE 33rd, across from New Seasons, three separate houses have been squeezed onto one 5000 square foot lot.

On either of these locations, do you see much, if any, parking? The worst part of this is that the city doesn't require it! And guess where the new tenants will end up parking at the 33rd Street location? – New Seasons' lot?

What's next?

We have heard that several people have already complained to City Hall. If you don't want something like this in your neighborhood, let your CNA land use committee know – they'll go to bat for you – again!

Here's another thing to keep in mind: Have you noticed where almost all the "skinny houses" are located? That's right – in working class neighborhoods! You don't see them in Dunthorpe, Eastmoreland, and southwest Portland. We're the ones who are taking the brunt of all the coming population explosion.

B. Bosworth



"Living Smart Home" designed for 2500 square foot lots. NE 34th Avenue at Alberta Court



Original house on left, new house on right. Area between wooden fence and sidewalk is part of new home's lot. NE 34th Avenue at Alberta Court.



Three connected condominiums across from Cannon's Ribs on NE 33rd Avenue



Third condo on the back of the lot

Speak Out. Add Your Voice to Ours: An Open Letter to Mayor Tom Potter

January 10, 2008

The Honorable Mayor Tom Potter
City Hall
1221 SW Fourth Ave.
Portland, OR 97204

Dear Mayor Potter,

The Concordia Neighborhood Association (CNA) represents the 5,000 households and scores of businesses located in Portland's Concordia neighborhood. We are writing you today to formally request your support of the Killingsworth Street Transportation Safety Corridor Project being proposed by Commissioner Adams and PDOT.

NE Killingsworth Street is a major arterial in our neighborhood and is critical for moving people and goods in the area as well as providing vital access to local services and businesses. As such, we are very concerned about current and future traffic patterns along this important and increasingly busy route. Effective and comprehensive management of this corridor is needed to ensure that vehicle, bike, and pedestrian safety are fully supported in to the future.

In light of this, the Land Use/Livability/Transportation Committees of NECN (Northeast Coalition of Neighborhoods) and CNN (Central Northeast Neighbors), CNA, and other affected neighborhoods have been seeking funding for a study of traffic issues, needs and opportunities on NE Killingsworth for some time. In response to this, Commissioner Adams has recently committed his support to providing \$375,000 that will fund a Killingsworth Street planning study and some initial safety improvements to the area.

In November 2007, the Concordia Neighborhood Association board adopted a formal resolution endorsing this budget request for PDOT. We hope that we can count on your support of the Killingsworth Street Transportation Safety Corridor Project as well.

We are ready to begin this important initiative and finally start addressing the needs of the NE Killingsworth corridor in a comprehensive and effective manner. All we need is you.

Please do not hesitate to contact us if you have any questions regarding this request. We look forward to your reply.

All the best,

Katie Ugolini, Chair
Concordia Neighborhood Association
503- 296-7839

Tony Fuentes, Co-Chair
Concordia Neighborhood Association
971-570-6930

Reply to Letter to the Editor from the Land Use Committee

Mr. Bosworth brings up many of the same complaints and questions that have come from many Concordia residents when there is new home construction going on near their homes. We have not seen construction like this in at least a generation, so it's natural that folks are concerned. We will try to clarify the situation as we understand it.

We have all heard that Portland's population will greatly expand; the pressure to build is felt wherever there is remaining vacant land. You've probably noticed that there are very few empty buildable spaces left in Concordia, so developers (and your neighbors who are willing to sell) look for unused side yards of at least 2500 square feet on which to build. Recall that most Concordia home lots, zoned R5 (5000 square feet and more), are composed of underlying lots of 2500 square feet. This is true of much of Portland east and north of the river – and it's why other parts of the city are spared this "crowding."

If those unused side yards have been vacant for at least 5 years (garages don't count), a 15 foot wide home can be constructed there. And, even though the city says that the character of the neighborhood should be maintained, there are no specific laws or regulations that define neighborhood design standards. That's why

City Commissioner Randy Leonard, who is responsible for the building department, had architects design several "Living Smart" housing designs. This is what Mr. Bosworth sees on NE 34th and it's perfectly legal. CNA's land use committee may not like the house aesthetically, but it has no recourse to oppose it.

The same goes for the house being built around the corner. It meets city regulations.

Regarding the three houses on NE 33rd, they are listed in the permit as condos, not as separate homes, for building purposes. They are close together and even attached, but condos are regulated by the State and not the city; these houses meet the state's standards.

Mr. Bosworth is very correct in stating that the condos and any housing within 500 feet of a major bus or streetcar line don't require any off-street or garage parking. That regulation was passed by the city in its efforts to increase the use of mass transit. Actually it's not that new of a law. The housing close to Alberta Street, which once had a very active streetcar line, has no parking or garage requirement, a standard that went into effect back in the early 1900s.

The neighborhood association and nearby neighbors

are only notified when the developer or owner wants a variance to the existing rules; otherwise we can't affect outcomes. At the same time, we and the city do need to hear from concerned residents because rules and laws often come up for change or amendment.

Currently there have been enough complaints from citizens, like Mr. Bosworth and land use volunteers, that the Bureau of Developmental Services has set up a new committee to review how well the in-fill rules have worked and what can be done to improve them. Concordia Neighborhood Association will have representatives on that committee, and will get back to residents when decisions are to be made. Join us at the joint land use/livability and transportation committees who meet the first Thursday of each month at 7:15 PM in the Kennedy School.

Also, please note that elsewhere in this issue, we have given you information on whom at the city to contact about specific questions about specific lots. Call those people to get accurate information and to make any comments.

George Bruender
Land Use Co-chair



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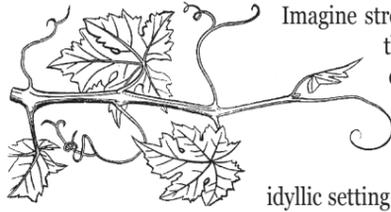
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New Ecovillage Forming in Portland

By a future resident of Columbia Ecovillage



Imagine strolling through an orchard ripe with apples, cherries, pears and figs, wandering through rows of grape vines, maybe stopping at the chicken coop to pick up a couple of fresh eggs along the way. Century-old walnut trees shade the path to the common house, where you join some of your neighbors for a home-cooked dinner. Solar panels shine in the distance and rain water is stored in large catchment cisterns. Your private, personally owned residence amidst this idyllic setting has been renovated for energy efficiency, healthy indoor air, and environmental responsibility. You know all of your immediate neighbors, you can bike to downtown in 30 minutes, and everyone is interested in living well, yet with a small footprint.

This description means that you live at Columbia Ecovillage cohousing, a "green", 37-unit, condominium development and intentional community composed of private homes with full kitchens supplemented by extensive common facilities. Urban conveniences include walking distance access to two bus lines with restaurants, New Seasons, Kennedy School, and the Alberta Arts District. The Village is on 3.73 acres that include play areas, vineyards, extensive vegetable gardens, and mature fruit and nut trees.

Members of the community share a growing concern for the environment and a desire to live lightly upon the Earth, while strengthening social ties that are lost in the rushed and hectic pace of life today. Music, games, and celebration are often woven into the shared responsibilities of tending the land. Children play together in safety and everyone keeps an eye out for one another.

If you would like to learn more about the Columbia Ecovillage or attend one of the upcoming events, visit www.columbiaecovillage.com. You can also attend an informational meeting in the Community Room at Kennedy School Sunday, February, 3, 2008 3 to 5 P.M.



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Start a Neighborhood Watch!

By Gayle Booher

Have you and your neighbors thought about starting a neighborhood watch but you don't have extra time to devote to a meeting? Try having an email neighborhood watch. Get the email addresses of your neighbors, designate someone willing to be the point person to be notified by email of anything happening in your neighborhood (such as break-ins, vandalism, graffiti). The person in charge can then inform other neighbors via email. Those who don't have email could be notified by mail.

The police also suggest that if you are up at anytime during the night that you take a look out your window just to see if anything is going on. One time I saw five policemen chasing a man down my driveway, between the garages and into the alley and across my neighbor's yard. Once there were two policeman standing in my Japanese maple and they bent over and pulled a man from beneath my deck. Was that a surprise! I've seen fights starting, cars being burglarized, and people checking out the cars on my street. So it does pay off to peek - and let your neighbors and police know what is going on. So, talk with your neighbors and organize an email alert system - awareness could certainly make your neighborhood a safer place.




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What's in a Name? Give Us Your Suggestions

The small business node at 30th Avenue and Killingsworth is called "Foxchase," the original name of that plot when it was developed back in the early 1900s.

The Walgreens and New Seasons blocks are called "Concordia Corners" by many folks.

But the rejuvenated group of commercial buildings at 30th Avenue and Ainsworth, now that the Ainsworth Pharmacy is long gone and relocated on Interstate, doesn't have a specific name as yet. And that's what we'd like neighbors (and the business owners and tenants as well) to think about.

What would be a good name?

The area is part of the Irvington Park land division, but that name already refers to several other neighborhoods and parks, so it would just be confusing. The original businesses were built because that was the end of the streetcar/trolley line that came down Alberta Street and turned down NE 30th. At 30th and Ainsworth, the conductor walked to the other end of the streetcar and went back down the route. So maybe a historical name like "Trolley Terminus" or "Trolley's End" might be appropriate. Or how about "Ainsworth Corners" - something more identifiable of the actual site itself?

We'd like you to start thinking about names. In the near future, the land use/livability/transportation committees will be asking residents for their suggestions. Watch this newspaper for upcoming details.

What's Happening Next Door? How to Find Out

With all of the in-fill building of new homes in the Concordia neighborhood, many of folks want to find out what's happening on the empty or side lot next door to them. A good way to start is on your computer. Follow these steps; it's what the land-use folks do.

1. Type in "portlandmaps.com"
2. Click on the first entry "Portland Maps"
3. Type in the address - or intersection - and click
4. "Property" and "summary" should be highlighted. You'll see basic details.
5. Click on "assessor" at top. You'll see owner information and house details.
6. Click on "permits/cases" at top to view permits and complaints
7. Click on individual case number
8. Get the name and phone number of the "P&Z property check person"
9. Call them for more information and to answer questions

PortlandMaps
An Information Service by The City of Portland

Calling All Future Families of Vernon School

Do you have a child getting ready to enter Kindergarten or Pre-K within the next couple of years? Interested in finding out more about our great neighborhood school? Vernon's Kindergarten Round Up is Thursday, February 7th from 6:30 to 8:00 P.M. in the

Multi-Purpose Room. On Friday, February 8th at 8:45 A.M. there will be a 'Principal's Coffee' and school tours for prospective families. Additional tours will be offered February 22nd. For more information contact Vernon School 503.916.6415.

There is also a group forming to increase communication between families of prospective students and Vernon School and to build community among families in the neighborhood. Contact neighborhood parents Elizabeth Bilyeu and Tim King if you would like to be on the email list or if you have ideas for the group. (bilyeuking@comcast.net or 503.288.3338).

February is Black History Month



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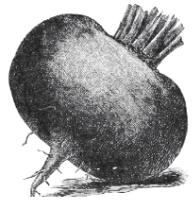
700 NE Multnomah, Suite 845 Portland, OR 97232

Wellness Corner: Winter Wellness

By Dr. Elizabeth Busetto, ND

With less sun, and the chilly, rainy weather we experience during a Portland winter, most of us also encounter the all too frequent colds and flus and dread the winter blues. Read below for the best suggestions to stay happy and healthy throughout the winter months, and what to do if you do find yourself run down.

Eat whole foods.



Food is the absolute best way to nourish your body. Be sure to give your body the nutrients it needs to ward off colds and flus. Focus on vitamin and mineral dense vibrantly colored vegetables and fruits: kale, chard, spinach, dandelion, squash, beets, carrots, sweet potatoes, broccoli, berries (if you don't mind frozen!), oranges, grapefruits, apples, and pears; small, cold-water fish; grass fed animal meats and eggs; and yogurt, kefir, sauerkraut, and miso, all rich in probiotics (the good bacteria that protect your body against infection); and homemade soups and stews.

Drink ginger tea.



Ginger boosts the immune system and clears the lungs. Make your own: Mix one teaspoon grated fresh ginger, one teaspoon fresh lemon juice, and one teaspoon honey with 16 ounces of boiling water. Steep for 10 minutes and enjoy.

Exercise.

Get moving. Exercise stimulates your immune system and enhances mood. In the winter this is a critical advantage to have. Activity should be sustained for at least 20 minutes. If gym motivation is difficult to muster, try dancing around the house and walking after dinner.

Get to bed early.

In the winter months, most of us find ourselves desiring more sleep than usual. This is because sleep is the time when your body is able to rest and repair. Sleeping eight to ten hours per night in the winter gives your body ample time to repair its cells and restore its immune defenses.

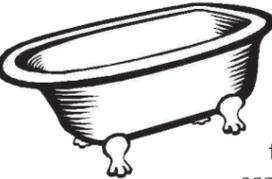


If you catch a cold or flu...

Rest.

Go to bed early, and decrease your commitments. Your body needs rest to restore itself.

Try hydrotherapy.



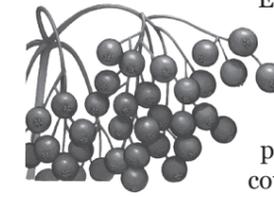
Before tucking yourself in, take a hot herbal bath and apply warming socks. Fill a bathtub with hot water and two to three drops of an essential oil (eucalyptus, spruce, or rosemary). Soak for 15 to 20 minutes. After your bath, apply warming socks. Take one pair of cotton socks, dip in cold water, wring out thoroughly and put on feet, cover with a pair of dry wool socks and curl up in bed. Your circulation will increase as your body attempts to heat your feet, the result of which is increased elimination of toxins and viral by-products.

Drink water and broth.



Be sure to stay well hydrated. Water, vegetable or chicken broth, and herbal teas are all very helpful at cleansing your body. Drinking half your body weight in ounces of water enables your body to eliminate toxins properly.

Use elderberry.



Elderberry is an antiviral plant that has been used for centuries to treat colds and flus. Along with its antiviral properties it also soothes coughs and sore throats. It is purchased as elderberry syrup, an extract of elderberry in honey, and tastes delicious.

Try Yin Chiao.

Yin Chiao is a Chinese herbal formula containing forsythia buds, burdock seeds, licorice root, peppermint, isatis, and honeysuckle. This herbal preparation is antiviral and anti-inflammatory and is especially useful in persistent colds.

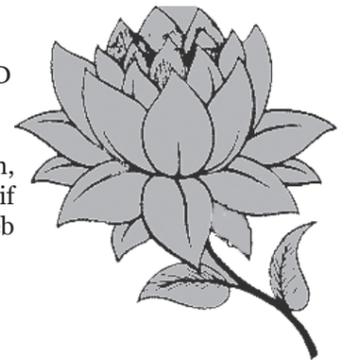
Before beginning any new exercise or supplement regimen, consult your physician to know which is best for you.

May you be happy and well this winter.

Sincerely,

Dr. Elizabeth Busetto, ND
Ph: 503.789.7953

For the extended version, including "what to do if you're blue?" visit my Web site:
www.drbusetto.com.



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Green Team News

By Gayle and the Green Team

Paper or Plastic?

We hope you're saying neither. The Green Team has received official notice that we have been awarded a \$2500 grant from Northeast Coalition of Neighbors to promote the use of cloth shopping bags. We will bring you more details as we work them out.

Preparing for Earth Day in April

Earth Day is our big project right now. We will be celebrating it on Saturday, April 19th, so save the date and spend it with us. We will have a forum on environmental living which will include Commissioners Adams and Leonard. State Senator Margaret Carter has accepted barring any political functions that she would have to attend. Glen Andresen from Metro will be speaking about gardening without chemicals and composting and Dr. Patricia Murphy will talk about the toxins in our homes that we unknowingly take into our bodies.

We have more Earth Day events in the planning stage and details of a complete schedule of event will be in the April newsletter. This is the first time in anyone's memory that the CNA has had an Earth Day event. We want this event to be a huge neighborhood success, and the entire program is open to the public. If you have interested friends or relatives, please invite them to attend.

Remember, the world of change starts with our own footsteps.



Christian Turning Around Women's Hoops at Concordia U

After going 9-22 in his first season at the helm of the women's basketball team in 2006-07, Concordia University head coach Aaron Christian has guided the Cavaliers to a 10-8 overall record and a 6-2 mark in Cascade Collegiate Conference play to position themselves in the upper tier of the league.

Leading the way on the court, freshman Danielle Clauson (Edmonds, WA/King's High School) paces the team in points (257), rebounds (95), assists (44), and steals (23).

On the men's side, despite playing five freshmen and three sophomores, the Cavs have rebounded to a 7-10 record after snapping a recent five-game skid.

Concordia has three players averaging double figures in scoring with Desmond Meray (Spanaway, WA/Bethel High School) leading with 14.5 ppg, Cody Aker (Portland, OR/Wilson High School) at 13.3 ppg and Ryan Johnson (Vancouver, WA/Evergreen High School) at 11.8 ppg.

Concordia to Host 46th Annual Elementary Tournament

The Lutheran Elementary School Tournament (L.E.S.T.) is right around the corner; 2008 marks the 46th year of that Concordia University has sponsored this amazing event. L.E.S.T involves 18 Lutheran elementary schools from five different states. Students participate in events ranging from science to music, dance and drama, and the perennial fan favorite, the L.E.S.T basketball tournament.

Competition begins on Thursday morning, February 14th and the fun will continue until the closing ceremonies on the Saturday afternoon, February 16th. More detailed information, brackets, and contest locations can be found at: <http://www.cu-portland.edu/lest/>.

Aladdin's Cafe



Mediterranean Cuisine
Always a great time and great food

It is a gathering place for family and friends.
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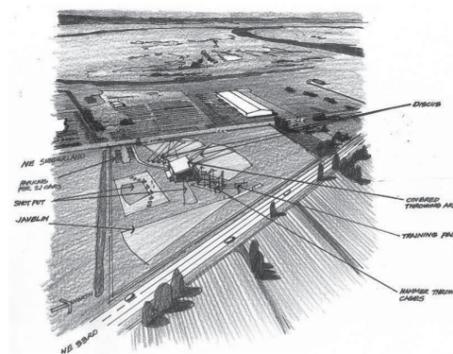
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Portland, OR 97211
Phone: 503.546.7686
Fax: 503.546.7686

We are open 6 days a week
Monday - Friday 11:00 - 9:00 pm
Saturday 12:00 - 9:00 pm
Closed Sunday

Sample Menu: Homous- Baba
Ghanouj - Grape Leaves - Falafel -
Chicken, lamb, shawarma sandwich
- Chicken, lamb kabob over rice.

Concordia University Throw Facility

Last February, Concordia University broke ground on construction of a throws facility on 10 acres of land leased from the Port of Portland that the school hopes will become the training site for the next generation of world-class throws athletes. With the foundation and the rain shelter complete, final build stages will be implemented when the weather allows in order for an official opening in late spring of 2008.



Head track and field coach Randy Dalzell and assistant coach Mac Wilkins, a former Olympic champion in the discus, are making the University's ambitions a reality.

"This facility will be unique in its capacity to simultaneously train athletes in all four throwing events," Wilkins said.

As well as the discus, athletes will be able to hone their techniques in the shot put, the javelin, and the hammer throw.

The property is located just off the end of Portland International Airport's east/west runway. Scott's Excavating of Vancouver, Washington has generously contributed its services to groom the site so that there is no more than one inch of slope over every 83 feet of distance.

The throws facility is the most recent indication that Concordia University's track and field program is gathering momentum. In three seasons as a collegiate sport, the Cavaliers have produced five NAIA National Champions and many more All-Americans.

The University's vision surpasses training its own athletes. As part of Concordia's ongoing commitment to the community, youth and middle-school athletes from around the region will be invited to upgrade their skills at the facility as will Special Olympics and Para Olympics athletes and coaches.





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**Until February 4th
Native Plant Sale!**

WHAT: EMSWCD 7th Annual Native Plant Sale
Invite birds, butterflies, and other pollinators into your garden! The East Multnomah Soil & Water Conservation District offers bare-root trees and shrubs inexpensively each year with their native plant sale. This year, forty-two species are available including: dogwoods, Oregon iris, wild ginger, blue violets and many more. Place your order online at naturescape.org. Pre-orders close on the Fourth but there may be sales at the pick-up location on the 16th.

WHEN: Now until the 4th of February and then sales at the pickup location on the Saturday, the 16th.

WHERE: naturescape.org and 2615 NW Industrial St. 97210

**January 31st
HiiH Gallery Celebrates Tet
and a Decade on Alberta**

WHAT: Ten years ago, Lam Quang celebrated HiiH (pronounced high-EYE) Gallery's Grand Opening on a Last Thursday that auspiciously coincided with Tet, the Vietnamese New Year. It was a paper making studio, showroom and informal gathering place. Now, he invites us to celebrate with his wife and collaborator, Kestrel, and their baby Xanh. Thank you souvenirs and treats will be given out in honor of Tet.

Meet the creators of these beautiful light fixtures originally inspired by memories of lanterns carried at Harvest Festivals in Vietnam. Last Thursday falls on January 31st. More information at hiihgallery.com and harmospdx.org.

WHEN: Last Thursday in January starting at 6 pm

WHERE: 2929 NE Alberta Street

**February 2nd
Fix-it Fair**

WHAT: It's never too late to weatherize for winter. Workshops at the Roosevelt High fair will include: Furnace Basics, Cutting Your Energy Bills, Rain Gardens 101 and more. Education, inspiration, free childcare and door prizes on a Saturday!

WHEN: 8:30 am – 2 pm

WHERE: Roosevelt High School at 6941 N. Central

**February 3rd
Columbia Ecovillage
Informational Meeting**

WHAT: Imagine strolling through an orchard ripe with figs, apples, persimmons and pears, maybe stopping at the chicken coop to pick up a couple of fresh eggs along the way. Century-old walnut trees shade the path to the common house, where you join some of your neighbors for a home-cooked meal. Find out about a community forming in our neighborhood. Attend the Columbia Ecovillage Informational Meeting. Learn more at columbiaecovillage.com.

WHEN: 3 – 5 pm

WHERE: The Community Room at the Kennedy School

**February 6th
Solar Now!**

WHAT: Solar Oregon presents the Basics of Going Solar Workshop. Learn the steps for going solar at your home or business -- from selecting a contractor, deciding on the appropriate system for your home or business to cash incentives and tax rebates. RSVP at solaroregon.org.

WHEN: 6:30 – 7:30 pm

WHERE: Urban Grind East, 2214 NE Oregon St. 97232

**February 7th
Tax Help**

WHAT: Trained tax preparers volunteer their time and expertise to help you with your tax forms. Bring last year's return and this year's paperwork. This program is sponsored by AARP.

WHEN: noon – 5 pm

WHERE: North Portland Library, 512 N. Killingsworth St.

**February 23rd
Tree Plantings**

WHAT: Friends of Trees has scheduled community plantings in 25 North and Northeast Portland neighborhoods this winter and spring. Each planting will be on a Saturday from 9 a.m. to 1 p.m. with a community potluck lunch at the end of the planting. If you want to help plant trees, please arrive before 9 a.m. to register and be assigned to your team before the planting begins.

Nobel Laureate Al Gore often points out that planting trees slows climate change. In addition, according to a city of Portland study released in October, Portland's trees intercept 25 million pounds of air pollutants and half a billion gallons of stormwater a year, greatly reducing river pollution and saving the city millions of dollars in stormwater management costs.

Go to friendsoftrees.org and find out other dates/neighborhoods or more information.

WHEN: 9 am – 1 pm

WHERE: Staging area is at Redeemer Lutheran Church at 5431 NE 20th Ave.

**February 28th
Harvest Share**

WHAT: Free produce for low income families. Bring your own bag. For more information call the Oregon Food Bank at (503) 282-0555 ext.253

WHEN: 3 – 5 pm, fourth Thursdays

WHERE: St. Andrew Community Center, 806 NE Alberta St.

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EVENTS**

Thursday, February 7
THE OLD YELLERS

Roots rock
7 p.m. · Free · All ages welcome

Friday, February 8
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It's a traditional crab boil with a Pacific Northwest twist!
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21 & over

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Thursdays, February 14, 21 & 28
THE STOLEN SWEETS

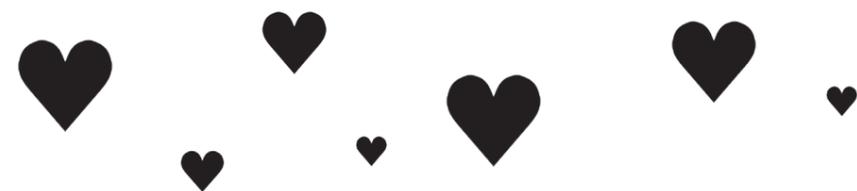
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Sunday, February 17
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GREAT NORTHWEST MUSIC TOUR**

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