

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

January 2008



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

Meetings
held in the
Community Room
at McMenamins
Kennedy School

General Membership
NO JANUARY MEETING

Land Use & Livability Meeting JANUARY 3
1st Thursday of each month at 7 p.m.

Board Meeting JANUARY 8
2nd Tuesday of each month at 7 p.m.

Green Team JANUARY 22
4th Tuesday of each month at 7 p.m.

CONCORDIA NAMED "NEIGHBORHOOD OF THE YEAR!"



We are proud to announce something that we have known all along. This year, the City of Portland has selected the Concordia Neighborhood as the neighborhood of the year. Concordia was honored at a ceremony at City Hall on December 13 along with other Spirit of Portland Award winners.

The highlights of 2007 include:

- Continuation of our professional quality newspaper delivered to each resident and business, as well as our new webpage (www.concordiapdx.org) with updated and current information.
- The first new playground structure (in over 40 years) installed at Fernhill Park
- A free concert in the park series that was attended by over 2,500 people
- Creation of shared public spaces
- Adding to the safety of surrounding areas near certain intersections
- Revitalization of a neglected small commercial node at NE 30th and Ainsworth
- Neighborhood Clean Up and Garage Sale
- Spring Egg Hunt and a year end Holiday Party
- Cease Fire Oregon – our firearm collection drive
- Last Thursday – self policing and working with City of Portland agencies on this extremely popular event for

Portland and Concordia

- Successful events like the Art Hop Street Festival and Alberta Street Fair
- Concordia residents participation in several City of Portland focus groups and action committees such as the Airport Future's Planning Advisory Group
- New and ongoing relationship with the Native American Youth and Family Center (NAYA)
- Concordia neighborhood businesses continue to receive local and national acclaim for their various restaurants, art galleries, and other venues

We have enjoyed being a part of the all the great neighborhoods throughout Portland and look forward to another great year starting in 2008.

Remember: GET INVOLVED.



Chair's Corner*

by Tony Fuentes

Our neighborhood was recently honored by the city. In recognition of the many community-driven accomplishments that have happened in Concordia in the past year, we received the Spirit of Portland award. So what does that mean?

First let me say what it doesn't mean. It doesn't mean that our local and state governments will now ask us what we need to be a successful community. It doesn't mean that when they do ask us, and we plaintively respond, that they will follow through on our requests. It doesn't mean that when we seek them out and tell them what we need that they will listen. And it doesn't mean that last year was unique, the energy and vibrancy of this neighborhood is very far from new.

Instead it is an important reminder that our success as a neighborhood is built upon the people who live and work here. It means that you and your neighbors take the initiative to make the changes you want to see. It means that we don't sit on the sidelines; we lead the parade. And it means that we need to keep marching.

So thank you to everyone who has ever picked up a pen or the phone to let the city know what needs to change. Thank you to everyone who has ever contributed time, money, and inspiration to a community project or event. Thank you to everyone who has ever helped a neighbor in need.

Most of all, thank you for continuing to move forward and for making Concordia a community of neighbors; not merely a neighborhood.

*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
	Amy Watson	975-5716	amywatson@mac.com
(E2)	Julierae Trunz	730-4636	evajrm@gmail.com
(SW1)	Peggy Alter		pegalter@msn.com
(SW2) Economic Development Chair	Matt Steadman	806-5010	mattsteadman@comcast.net
(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
	Denny Stoeklin	493-6501	dstoeklin@cu-portland.edu

Crime Prevention Specialist
Mary Tompkins 823-4763 mary.tompkins@ci.portland.or.us
NE Precinct Neighborhood Response Officer
Officer Jim Quackenbush 823-5793 jquackenbush@police.ci.portland.or.us

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
Community Safety & Livability Chair
Collin Whitehead 803-0774 cwhitehe@hotmail.com
Craig Chambers craig.chambers@meeting.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
Carolyn Campbell 493-9497 carolyn@thecoresource.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
Recording Secretary
Shawna Zierdt szierdt@gmail.com
Community Room Scheduler
Anne Rothert 493-1938 Arothert@gmail.com
Neighborhood Clean Up
TJ Millbrooke 460-3506 tj@yolocolorhouse.com
Yard Sale
Donna Carrier (Paul) 288-9826 dmc@teleport.com
Associate Member & Land Use Committee
Vacant
Friends of Trees
Jordan McCann jordan_friendsoftrees@hotmail.com

Chair, Concordia Foot Patrol
VACANT

Managing Editor
Peggy Alter concordianews@yahoo.com
CNA Newsletter Business and Advertising Manager
Sam Butler 289-2670 sam9staley@yahoo.com
Copy Editor
Eve Connell
Layout Editor
Lisa Reeve

Journalists
George Breunder
Rebecca Wetherby, Calendar
Rebecca Wetherby
Belinda Clark



CONCORDIA NEWS

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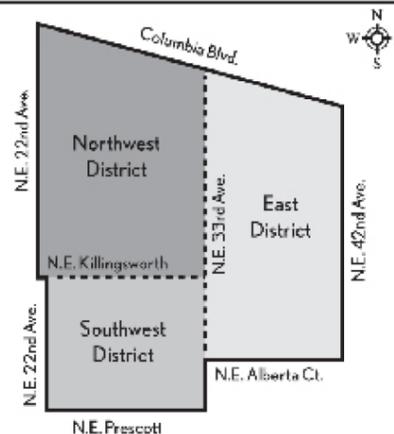
Deadlines for articles & advertisements:
January 15th
for the February 2008 Issue

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:
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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.



Concordia University Basketball Schedule



Concordia University Cavaliers women's and men's basketball teams invite you to "Neighborhood Night" on January 19, 2008. Any resident of the Concordia Neighborhood will be admitted FREE with a donation of two or more canned food items. The basketball teams are collecting food for the Oregon Food Bank and invite you to come and watch some exciting basketball action as the Cavaliers take on the Mountaineers of Eastern Oregon University. Join us!

Home games in January for Concordia:

January 4 Southern Oregon University
Women 5:30 P.M. Men 7:30 P.M.

January 5 Oregon Institute of
Technology
Women 5:30 P.M. Men 7:30 P.M.

January 18 College of Idaho
Women 5:30 P.M. Men 7:30 P.M.

January 19 Eastern Oregon
Women 5:30 P.M. Men 7:30 P.M.

Neighborhood Night - Free admission with two food cans for Oregon Food Bank
January 22 Corban College
Women 5:30 P.M. Men 7:30 P.M.

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- Chicken, lamb kabob over rice.

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Record Crowd at Holiday Party

This year's holiday party was one of our most successful yet. Approximately 150 folks gathered in the Kennedy School Community Room to meet and greet their neighbors in a fun and festive atmosphere. The party was enjoyed by young and old, newcomers and long-term residents of Concordia.

A big draw this year was the homemade Indonesian food generously provided and donated by Priska and Mike Hillis, new Concordia neighbors. The food was simply delicious and such a big hit that it disappeared within the first hour of the party!

We were also blessed with beautiful music provided by members of the Portland Recorder Society. Three small ensembles, the Nachtigall Duo, T'Andernaken Trio, and the Impromptu Consort played renaissance and baroque music to celebrate the season. Kids and adults alike were fascinated by the variety of sizes of instruments.

The children also had fun decorating holiday cookies with icing -- a messy but yummy activity!

Another big hit of the night was the green goodie bags provided to neighbors by the CNA Green Team.

We want to thank those neighbors who brought warm outerwear and blankets to the party to be donated by the Green Team to the Ainsworth United Church of Christ's HIV Support Facility and Union Gospel Mission. Thanks to all the neighbors participating in this year's party who made this a special year-end event. We hope to see you all next year!

Special thanks to Priska Hillis (see article below), for donating the food for the holiday party.

Remember to support the people who support our neighborhood!



Indonesian Catering by Priska Hillis

Priska Hillis, a native of Bali, has recently started making herself available as a Personal Chef in the Portland area, specializing in the cuisine of her native spice islands of Indonesia. She can prepare a variety of regional styles of Indonesian cooking for private dinner parties, working as a Guest Chef at local Dinner Clubs, a private chef for individual family menus, and arranging small intimate cooking classes at various locales around town.

Most of the recipes in her culinary toolkit are passed down from her grandmother in the rural eastern slice of the island of Java. Priska is very open minded to share her cuisine with people in a variety of settings, but has no intention of opening a restaurant in the future.

Contact Priska at 503-593-3611 for more information about scheduling a meeting. Email archipelagoflavors@yahoo.com

Petitions to DEQ Top 50!

In the December issue of this newspaper, we printed a page sized petition, asking DEQ to require that the expanded Boeing painting plant, located at the edge of the Columbia Slough and PDX, limit its hazardous emissions. Apparently a lot of Concordia residents were concerned because in the past 3 weeks the CleanAir Coalition has already received over 300 on line signatures, plus more than 400 written and mailed in. Other residents have responded by sending letters to DEQ. All petitions will be forwarded to both DEQ and Boeing. And there is still time to keep your signatures coming in, so use the printed version or go online at concordiapdx.org and hit on Boeing. Let DEQ and Boeing know that you are concerned about the livability about our airshed in our neighborhood.



Holiday Party Reflections

By Simone Reynolds

The Concordia Neighborhood Association Holiday party was a complete success. Recorders were playing, hands were clapping, people were eating and kids of all ages lined up frost and decorate homemade cookies. By the way the cookies were delicious!

A while into the party, Spirit of Concordia Awards were given out to Anne Rothert, Melody Winn and T J Millbrooke. Although the food ran out fast, friendly neighbors stuck around and chatted. I personally had a great time helping with the cookies along with Joey Piazza. It was also nice to see how big of a turnout we had. I would have never guessed that so many people truly cared about our community.

Radon Is A Silent Killer; Is Your Home Safe?

If you live in the Concordia Neighborhood, there is almost a 50% likelihood that the radon level inside your home is higher than the EPA's recommended action level potentially putting your family at unnecessary risk of lung cancer.

Radon, a naturally occurring radioactive gas, concentrates inside buildings. Nationally, radon is responsible for 15,000-22,000 lung cancer deaths every year—more deaths than caused by drunk driving and drowning combined. The second leading cause of lung cancer in America, radon is the leading cause of lung cancer in non-smokers.

According to a Portland State University study, nearly the half the homes (old, new, with or without a crawlspace or basement) in the Concordia Neighborhood have indoor radon levels exceeding EPA's recommended action level of 4 pCi/L (pico curies per liter of air). That's the bad news. The good news is that testing for radon is simple and inexpensive and that, when needed, reducing indoor radon to safer concentrations is affordable.

Portland area radon sources—soil and rocks containing radium and uranium—were deposited during the last Ice Age during a series of huge floods originating from near today's Missoula Montana. Radon is the decay product of radium. The Alameda Ridge (sometimes called Radon Ridge) was formed when Missoula Floods deposited radium and uranium containing granite behind Rocky Butte.

Colorless, odorless and tasteless, radon cannot be sensed. Because testing is the only way to know if a home has a radon problem, the EPA, American Lung Association and Surgeon General recommend that every home be tested for radon.

Measuring radon is easy. Hardware and home improvement stores typically offer short-term (typically 2 to 4 days) and/or long-term (91 to 365 days) measurement kits. Because radon concentrations can fluctuate depending upon weather and other variables, long-term test provides a more accurate assessment of average indoor radon concentrations. Both types of test kits cost \$20 to \$40, including the

laboratory fee. Discounted measurement kit coupons can be found online from the National Safety Board at www.nsc.org/issues/radon/radonkitcoupons.pdf Follow the instructions carefully and send the kit to lab immediately to ensure accurate test results.

If you are buying a home in Concordia, consider hiring a trained and experienced company to measure the radon level during the inspection period. The cost of professional radon measurement is \$150 to \$200.

Remodeling and weatherization improvements may increase indoor radon concentrations. Retest your home if you remodel, weatherize your home or significantly alter the HVAC system.

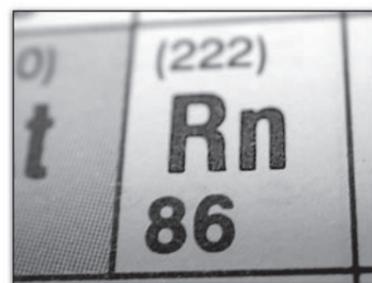
You've tested your home and find that you have problem—now what? Most homes with high radon concentrations can be fixed for less than \$2,000. The most common way to fix a radon

problem is to keep radon from entering the home. Radon mitigation usually involves installing a piping and an inline fan that intercepts the radon underneath the basement floor or in the crawlspace after the crawlspace has been sealed with a gas barrier membrane. The radon laden air is routed around the living space of the home where it is vented into the atmosphere, reducing radon levels inside the home.

Radon is dangerous. Do not cut corners when choosing a contractor to protect your family. Choose a trained and certified mitigation contractor. Protect yourself and make sure your contractor obtains a City of Portland mechanical permit for the mitigation system.

EPA has proclaimed January as National Radon Action Month. Protect your family from radon. Take action today and test your home now.

The owner of EcoTech and a Concordia resident, Don Francis is trained and certified to measure and mitigate radon by the National Environmental Health Association's Radon Proficiency Program. More radon information is available at www.oregonradon.com or www.epa.gov/radon



January is National Radon Action Month

Stop Car Idling for Kids, Environment



In cold weather and in school parking lots, we see a lot of car idling. The City of Portland urges you to reduce car idling, which has a negative impact on children's health and the air quality of Concordia.

Now, all of us have idled our vehicles while waiting to pick up kids from school, waiting at the drive-up window, or waiting for a bridge. Part of the reason is that when you and I were just beginning to drive, the mindset was that it's better to leave the car running rather than turn it on and off.

Well, maybe that was true then, but it's certainly not true now. As a matter of fact, it's actually better for your vehicle to turn it off if it's going to be idling for more than 10 seconds.

This fact leads to the top ten reasons to turn off your vehicle when you're not moving:

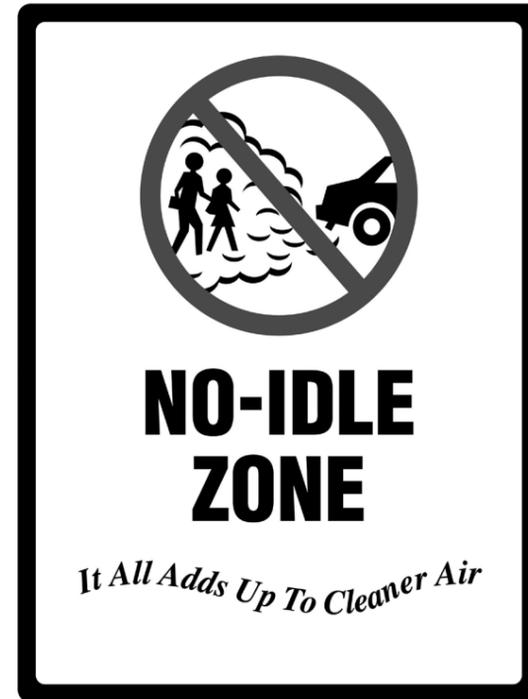
10. Studies have shown a direct link between contaminants in vehicle emissions and significant respiratory health effects.
9. Vehicle exhaust is the leading source of toxic air pollution in Oregon.
8. Excessive idling can be hard on your engine. Because it isn't working at peak operating temperature, fuel doesn't undergo complete combustion, leaving spark plugs dirty, which can increase fuel consumption by 4 to 5%. Also, the engine oil becomes contaminated by idling.
7. According to Ford and the Auto Alliance, vehicles produced after the mid-'80s don't require additional time to heat a "cold engine." The best way to warm up your vehicle is to drive it, even in cold weather.
6. Besides, idling warms only the engine, not the wheel bearings, steering, suspension, transmission, and tires. These parts warm up when the vehicle is driven.
5. Frequent restarting has little impact on engine parts such as the battery and starter motor. The wear on components that restarting the engine causes adds about \$10 a year to your costs. This is money that you'll likely recover several times over in fuel savings from reduced idling.
4. More than 10 seconds of idling uses more fuel than restarting the engine.
3. Toxic air pollutants account for an additional 700 cases of cancer for every million residents.
2. Children breathe 50% more air per pound than adults, and their asthma symptoms increase as a result of car exhaust.
1. When you idle you get 0 miles per gallon.

For education resources and for any questions, contact Donna Green at the Portland Office of Transportation at 503.823.6114, donna.green@pdxtrans.org.

Engine Idling:

Facts You Should Know Before You Go

- The average American breathes 3,400 gallons of air a day.
- Children breathe 50% more air per pound than adults.
- A single vehicle dropping off and picking up kids at one school puts three pounds of pollution into the air per month.
- Children's asthma symptoms increase as a result of car exhaust.
- Asthma is the most common chronic illness in children and the cause of most school absences.
- Asthma is the third leading cause of hospitalization among children under 15 years.
- Vehicle exhaust is the leading source of toxic air pollution in Oregon.
- Diesel exhaust contains both carbon particulates and 40 chemicals that are classified as "hazardous air pollutants" under the Clean Air Act.
- An increase in concentration of carbon dioxide and other global warming gases in the atmosphere has been linked to rising global average temperatures.
- Diesel exhaust contains microscopic soot, 200 times smaller than the period at the end of this sentence.
- Fine particles can cause lung damage, aggravate respiratory conditions such as asthma and bronchitis, increase heart disease, lead to cancer, and contribute to premature death.
- One hour of idling burns up to a gallon of fuel.
- An idling engine delivers zero miles to the gallon.
- Drivers who shut off their engines, rather than idling for 30 seconds, benefit from both fuel savings and improved air quality.
- Frequent restarting has little impact on engine components like the battery and starter.
- Excessive idling can be hard on your engine because it isn't working at peak operating temperature. Fuel doesn't undergo complete combustion, leaving spark plugs dirty and contaminating engine oil.



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The Healing Power of Sleep

By Jason Lindekugel, DC

If decreasing your risk for type II diabetes, heart disease, depression, cognitive dysfunction, infection, pain, digestive disorders, and obesity sound good to you, GO TO SLEEP.

Sleep has been put by the wayside in the US. Recent data released by the National Sleep Foundation shows in 1960 that Americans slept on average 8.5 hours per night; however, by 2000 the average had dropped to 6.5 hours per night. This is alarming in light of new research showing behavioral sleep curtailment (decreased sleep) has an influence on every aspect of our health. One way to evaluate the way sleep affects our health is to see how sleep affects our hormones. These are powerful chemical messengers that regulate our ability to heal, grow, and fight infection.

Insulin: the storage hormone

In 1999, the influential journal Lancet demonstrated insulin, a hormone that stores sugar in the cells, becomes less effective in sleep deprived individuals. The rate of disappearance of glucose was nearly 40% slower in healthy subjects who slept four hours per night for six nights. This is lifestyle-based insulin resistance. Researchers are now finding decreased sleep plays a major role in insulin resistance and type II diabetes.

Cortisol and Adrenaline: the stress hormones

A good way to interpret this new research is that chronic decreased sleep equals increased chronic stress to all the biologic systems of the body. Cortisol and adrenaline are the stress hormones that signal the fight-flight response and mobilize energy to get us moving away from danger. This is the body's way of allowing us to function when we should be sleeping. It is also likely due to increased cortisol levels during sleep that insulin's action is inhibited. Again, this is how we get insulin resistance, and along with other lifestyle and genetic factors, like type II diabetes.

Leptin and Ghrelin: the satiation and hunger hormones

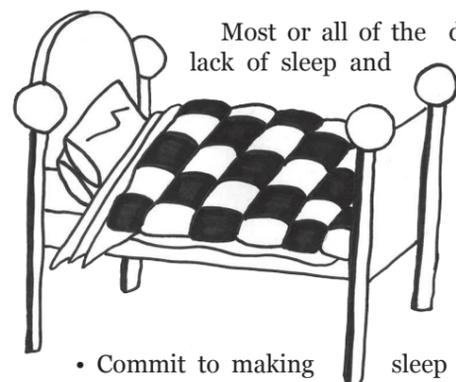
Is not sleeping making you gain weight? Leptin is the hormone that signals you are no longer hungry, and ghrelin is the hormone that makes signals that trigger hunger. An interesting study in the 2004 Annals of Internal Medicine has shown that leptin is decreased in individuals with sleep debt and ghrelin is oversecreted. In fact leptin levels dropped in sleep deprived subjects as much as people who were on an 1100Kcalorie per day diet. This showed that poor sleep can lead to poor food choices, and overeating.

Pain

In sleep deprivation studies, the most common reported symptom is pain. Participants state they just feel achy all over. It seems the perception of pain is heightened in sleep deprived individuals.

Depression

In light of all the above, it is no wonder that chronic sleep debt can cause depression. When we are so busy that we don't get adequate sleep, we literally use ourselves up. We decrease the rate at which we rebuild our hormones, muscles, bones, and neurotransmitters. This last group of molecules is largely responsible for creating mood disorders such as depression.



Most or all of the damage done to our metabolism through lack of sleep and rest are reversible. It may take years to heal, but it is worth it. No drug or vitamin can replace the health acquired through sleep and rest.

So if you are one of the 47 million Americans who are sleep deprived, here are some helpful ways to get back to a healthy amount of sleep:

- Commit to making sleep an important part of your overall health

strategy.

- Try to get eight or more hours of sleep per night.
- Make a plan to manage your sleep.
- Getting to bed before 10 P.M. has been shown to produce the most restorative sleep.
- If you are waking in the middle of the night and find it hard to get back to sleep, talk with your medical provider, naturopath, acupuncturist, or chiropractor about programs to normalize sleep.
- Remember, if you have been sleep deprived for a long time, sleeping normally may give you a sleep hangover. This is because the adrenal glands go into a healing mode and decrease the levels of cortisol and adrenaline. It feels like the opposite of drinking coffee. Be patient and allow yourself to heal.

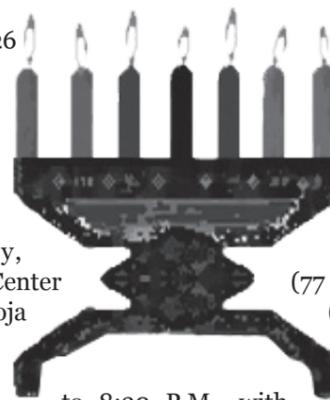
Be well, and SLEEP WELL.

Jason Lindekugel, DC is a chiropractor in the Concordia Neighborhood.

Kwanzaa Events at Dishman Center

Matt Dishman Community Center and the Interstate Firehouse Cultural Center offer special activities during Kwanzaa

Kwanzaa, December 26 holiday celebrating accomplishments community. Kwanzaa at two Portland - the Matt Dishman Interstate Firehouse On Wednesday, Dishman Community Center day of Kwanzaa, Umoja the Feast of the Seven by Liquid Moves runs from 5:30 P.M. to 8:30 P.M., with



through January 1, is a unique the strengths and of the African American activities will be featured Parks and Recreation sites Community Center and the Cultural Center (IFCC). December 26, the Matt (77 NE Knott) will honor the first (Unity) with a presentation of Tables, a performance Entertainment. The event the candle lighting at 6:30

The Interstate Firehouse Cultural Center (340 N. Interstate) honors Kujichagulia (self-determination), the second day of Kwanzaa week, with live performances by poets and drummers throughout the Gallery from 4:30 P.M. to 7:30 P.M. on Thursday, December 27. The candle lighting ceremony will be held at 6:30 P.M.

In addition, IFCC is presenting a Kwanzaa Marketplace from 11 A.M. to 4 P.M. on Saturdays and Sundays through December 30. The Marketplace will also be open during the Kujichagulia celebration on December 27. Great gifts and art finds by African American artists will be available, as well as art supplies, décor, and ideas for creating one's own Kwanzaa Celebration. Artists featured at the Marketplace include Donna Smith, Renee Mitchell, Kemi Arigibon, Vivienne Mathis, Kahunya Wario, Marsalis Brown, GG, Romaine Harris, Jaime Lee Christiana, Wanda Wright, and Blacque Butterfly.

The IFCC Gallery will feature the works of artists GG, Mo, Art Alexander, Raymond Alexander, Adriene Cruz, Helen Montgomery, and Wanda Wright, each of whom have created an altar dedicated to each of the Seven Principles of Kwanzaa. Connected to The Center for Black Studies at Portland State University, Senator Avel Gordly, Reverend Dr. W.G. Hardy Jr., and Dr. Dalton Miller-Jones share their photos from a recent trip to Ghana. The works will be on view in the Gallery from 11 A.M. to 6 P.M., Tuesday - Friday, and 11 A.M. to 4 P.M. Saturday and Sunday, through December 31.

For more information, visit portlandparks.org or ifccarts.org/kwanzaa.htm.

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503.234.0000

Ask about my recent trip to Guatemala as a Rotary volunteer dentist!

700 NE Multnomah, Suite 845 Portland, OR 97232

Master Recyclers Sponsor Free Recycling Roundups

Recycle those hard-to-recycle plastics on January 26 and February 9th. Master Recyclers will collect plastic material that cannot be recycled curbside including buckets, food tubs, plastic bags, lawn furniture, nursery pots, and trays.

Agri-Plas, a recycler located in Brooks, Oregon, will process the collected plastic for recycling into new products. Past Master Recyclers plastic roundup events successfully recycled and found reuse options for over 73 tons of plastic.

Collections will take place:

- Saturday, January 26, 9 AM to 2 PM:
- Southeast Portland: Floyd Light Middle School
 - North Portland: Hosted by Kaiser Permanente West Interstate
- Saturday, February 9, 9 AM to 2 PM:
- Lake Oswego: 5400 Meadows Road.
 - Rock Creek: Westview High School

Please sort and rinse plastics into the following categories ahead of time:

- Plastic bags (dry cleaning, store sacks, bubble wrap, six-pack rings, zip lock bags, etc.)
- Plant pots and trays (please knock out dirt ahead of time)
- Sort by numbers (bags and pots go in first categories)
- Miscellaneous plastics without numbers: bottle caps, drink lids, DVDs, CDs, CD cases, straws, cereal liners, vinyl, lawn/patio furniture, toys (think slides!), pet igloos, laundry baskets, kiddie pools, and more. (Bring it, we'll try to take it.)
- Plastic reuse items (good lawn chairs, tables, cat litter buckets, and more)

We are sorry we CANNOT accept:

- Styrofoam blocks, peanuts, food trays, or egg cartons.
- Plastic printed "compostable" or #

PLA 7.

- Plastics with a neck (these are accepted in all curbside programs.)
- PVC pipe.
- Food-contaminated or dirty plastic.
- Foam or rubber.
- Small toys that have metal in them.
- Plastic with metal or electronics inside (spray bottle nozzles and hand lotion pumps have springs in them; please remove the spring or toss the pump).

For more information visit www.masterrecycler.org

Why hold a plastics round-up?

In many parts of the region, only plastics that have a neck, such as bottles and milk jugs can be recycled at home. A recycling number stamped on plastics doesn't guarantee they are recyclable; it only indicates the type of resin used in the product. Unstable markets and limited demand from manufacturers make it difficult to recycle more plastic from residences.

Packaging comprises an estimated 20 to 30% of waste in Oregon. Master Recyclers suggest reusing plastic items and selecting products with minimal packaging whenever possible. Buy in bulk, bring your own reusable shopping bag to the store, and don't hesitate to contact manufacturers about your packaging preferences.

Over the past twelve years, more than 760 people have participated in the Master Recycler program, to motivate people to reduce waste and increase recycling at home and work through outreach and education. Program sponsors are Metro, the City of Portland Office of Sustainable Development, Washington and Clackamas counties, with support from Recycling Advocates and the Department of Environmental Quality.

Land Use, Livability, and Transportation in December

Land Use, Livability and Transportation committees meet the first Thursday of each month at our community room in Kennedy School at 7:15. We encourage your attendance if you have questions or concerns or if you want to get involved in any of our activities (just look at the wide variety that we work with in the rest of this article). This is current information on what's happening with the issues our committees are dealing with:

The Green Team has been awarded \$2500 to promote the use of cloth bags instead of plastic or paper for grocery and other items. Their next step is to approach City Council at one or more of their sessions on the same issue. They are also planning Earth Day activities for the spring. As a sub-committee, they meet the 4th Tuesday of each month at 7 P.M. Check out their article in this paper and join them.

30th and Ainsworth development. The Berlitz Language School should open in the old drugstore by the first of the year, depending on re-construction time.

Concordia U and VTM Corp (which owns the Ainsworth Market building) have signed an agreement to open a combination student and public bookstore, a small Barnes and Noble-type operation, to be run by the college in conjunction with Follett Publishing. There will also be a small coffee shop in the facility, CU is looking for someone from the neighborhood to run that business. Contact Denny Stoecklin at CU if you know someone who might be interested.

Original plans were to put windows in the new bookstore's long blank walls along Ainsworth, but structurally that would keep the building from meeting earthquake standards. Long-

time neighbors remember that back in the 1980s, a truck backing into the structure caused the whole roof to collapse, so the concerns are real. The CU arts department and its students will cover the walls instead with a large "neighborhood oriented" mural.

These changes are in a large way a result of the pressure put on landlords by CNA and neighbors last January. We should once again have a commercially viable set of businesses on the 4 corners, all with a neighborhood.

At Concordia University itself, the City Planning Department has given the green light to the closing of Junior Street between 27th and 29th and the vacation/reconfiguring of Liberty Street. This is in preparation for the building of the new college library and the new sports field. One positive in the street change will be a tripling of parking spaces on the revamped Liberty.

Three major projects from NECN, the Northeast Coalition of Neighborhoods (12 neighborhood associations). The landuse/livability/transportation committee of NECN has 3 projects in Concordia or close by that everyone is encouraged to get involved in:

1. Woodlawn is developing the 5 corners area of Dekum Street and NE 7th/8th, including the old firehouse. The buildings are being re-habbed and a new condo-business structure added on 4 of the corners. Watch the on-going project and new life coming in a long-neglected neighborhood.
2. Vernon neighborhood is working on re-zoning and developing the area along Killingsworth and NE 17th to 19th. Right now it's zoned residential which means that the businesses can't remodel or make

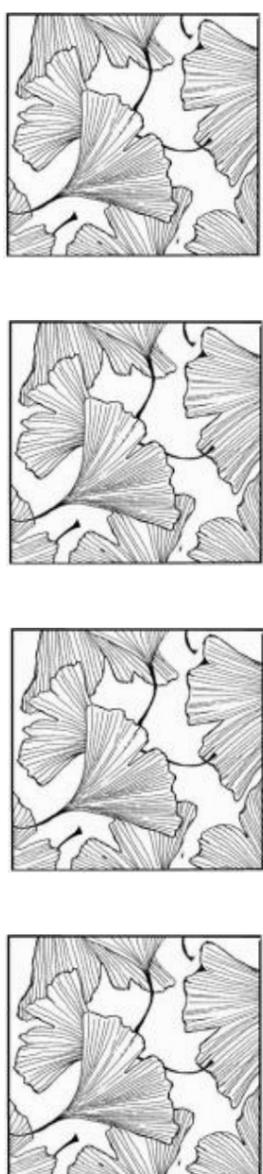


ALL RENTALS—5 DAYS

The cool - hard to find movies

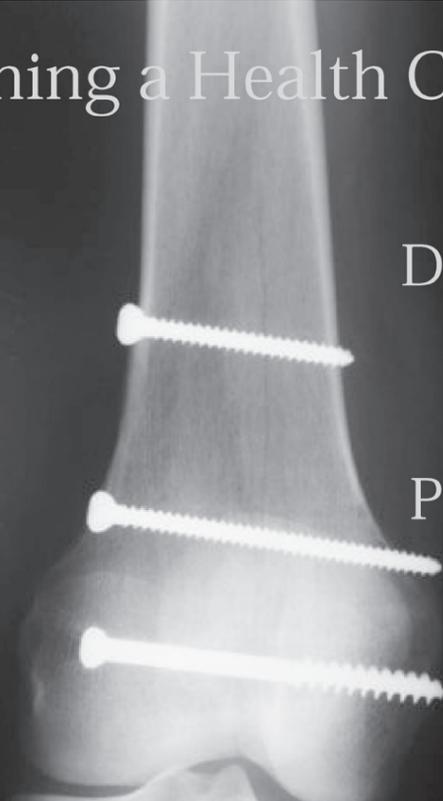
*Arthouse
Independent
Foreign
Cult Classics
Gay & Lesbian
Documentaries
Asian Cult*

2310 N Lombard 503-289-8408	1136 NW Lovejoy 503-796-2825	1990 SE Ladd 503-231-1181	7522 N Lombard 503-247-3433	2640 NE Alberta 503-288-4067
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Land Use, December

continued

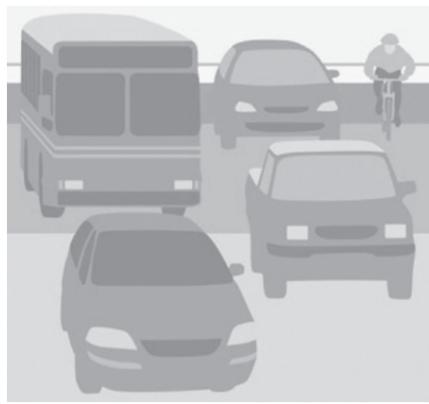
major changes, so it will need to change to mixed commercial/residential, a fairly long, involved process. Positive changes there can impact other nearby areas of Killingsworth. Street, including the park, which has seen some anti-social activities, and general building decay. CNA members are encouraged to get involved especially if you live close by. The first public meeting will be at 7pm, Jan. 16th (place tba). The Foxchase renewal in Concordia has been a good example for both of these proposed upgrades

3. The project that most affects Concordia is the study and implementation of changes to Killingsworth Street itself, a project that stretches from MLK Blvd to NE 72nd, and is a cooperative effort of CNA, Cully, Vernon, and King. In recent meetings with Sam Adams' office and PDOT, we are proposing a first year budget allocation of \$375,000. Both offices are very supportive, but we will need 2 other City Council members to get approval at the next City Budget process to start in January. We are planning on traffic calming, easing both traffic congestion and backup at major intersections, and installing safe crossing facilities for pedestrians. The effort is seen as a proactive response to what are now fairly minor problems that could easily become major traffic bottlenecks.

Boeing and its emissions. Keep the petitions coming. We need to keep and to increase the pressure on Boeing and DEQ to get the best available technology in place to control the hazardous waste emissions coming from Boeing's painting facility expansion. Boeing has unofficially assured us that it wants to cooperate with the neighborhoods (Concordia, Cully, Woodlawn, Vernon), but at this writing, there is nothing formally proposed. It sounds good so far, but we need to get even more signatures on our petitions. (There was a petition in last month's CNews and it is on line at our website or at: cleanair@neacoalition.org

We are working on a variety of Good Neighbor Agreements and can use more help with them. Contact Belinda Clarke or Craig Chambers.

George Bruender
Co-land use chair



The Little Red Schoolhouse Down the Block

By Don Gire, PTA Secretary



In November, our PTA had the privilege to meet with Oregon PTA President Anita Olsen at one of our functions. Anita was apparently impressed with our effort and wrote a complimentary article about Faubion PTA in the December/January 2008 Newsletter. I am pleased to share excerpts from the newsletter with our neighbors here:

"I am privileged to receive invitations to visit from PTAs all over the state - and I try to visit as many as I am able. Last

month, I was invited to Faubion PTA in Northeast Portland. Faubion is a PTA with the same challenges many (other PTAs) have: how to get parents and families into the school to see the importance of their involvement while at the same time going on to their jobs during the day and preparing their children for the next school day each evening. And, after two years of struggling, Faubion is finding the answer. I was invited to an old fashioned kaffeeklatch before school one Friday morning. In and among the coffee and doughnuts, I met about a dozen wonderful folks - moms, dads, grandmas, and grandpas. They told me about family nights they organized: a craft night in October, a bingo night in November. Each event was designed to bring families into the school and it did just that - 40 to 50 people - often different families at each event, who heard about the importance of family involvement at their school while enjoying their children's and one another's company."

Thank you, Anita, for your attendance and kind words. Faubion is "living the idea of Family-School Partnerships" and the results are heartening. We had a lot of fun at bingo night and from its reception, there will be more of the same in the future.

Our next Family Night event will be Wednesday, January 30, 2008 at 6:30 P.M. We haven't decided on which type of event yet (our PTA business meeting on December 20 will attend to that) but it will be advertised and it will be - again - family fun. Watch for it and please attend. You don't have to be a PTA member; you don't even have to have kids at Faubion. It is an opportunity to see our school and neighborhood, meet some of its members and have a good time.

Faubion PTA and the 350 wonderful kids who attend our neighborhood public school wish you and yours a wonderful holiday season and a happy new year.



Happy New Year from the Green Team!

What a great holiday party! I saw members from back when the association was formed and met "new kids" in our area. What a great combination for a good time. The Green Team gave away lots of free goody bags. We had quite a variety of items. Our thanks go to Sandra Galli of Buffalo Gardens for the organic gardening items she donated, to Adam Brawley of Auto Zone n Cully and Prescott fro the tire pressure gauges, to Shawn Guffy, Manager of Albertsons at Cully and Prescott for the CFL light bulbs, to Jeffery Hollender, Founder and President of the 7th Generation Co, for the stack of \$1 off coupons for their Earth Friendly Cleaning and Paper Products, to Beaumont Liquor Store for their cash donation which was used to purchase 7th generation items for the goody bags, to the Oriental School of Chinese Medicine that donated the festive red pens, and to Metro that gave us magnets for our bags, The Green Team fives these people and their companies a Great Big Holiday Thanks, not just for their donations but also for their interest in our attempts to create a better environment. We also want to thank everyone for their coat and blanket donations, they were much appreciated.

Mark this date on your calendar, January 26th at Kaiser Permanente West Interstate, 3225 N. Interstate The Master Recyclers are having another FREE Plastic Roundup. Please note, your plastic must be sorted by number before they will accept it. The best time to do that is before you get there. It's not fun standing in the parking lot sorting your plastic! Check out the article on page 6 of the newsletter and you can also access information at www.masterrecycler.org.

Now that gas has become more expensive, we want to share some tips for improving your mileage.

1. Aggressive driving vs. moderate driving. Major savings potential. Recommendation: Stop driving like a maniac. Savings of 31%.
2. Check your tire pressure. Under inflated tires require more energy to roll. You can improve your fuel economy by 3.3% if you keep them inflated properly. Check your tires monthly and use your vehicles recommended pressure, not the pressure listed on the side of your tires. Hint: Les Schwab will check and inflate your tires for free.
3. Avoid excessive idling. You can save up to 19% by not idling longer than a minute. Also, the car doesn't need to warm up for more than 30 seconds for your first start of the day or if it has sat for a long time. (it does need that 30 sec. to move the oil throughout your engine before putting it into gear.)
4. This is my favorite. Think clean. Keep your car washed and polished. It improves aerodynamics and affects fuel economy by 7%. Drive moderately, drive safely, and keep clean and shiny. For other tips you can go to www.fueleconomy.gov or Edmunds.com or <http://epa.gov/climatechange/wycd/road.html>

Our next meeting will be January 22nd. We are planning events for Earth Day. T will be at 7pm in the community room at McMenamins. You can also reach us at concordiagreenteam@yahoo.com

Remember; let's try to not spend our children's and grandchildren's future for our convenience.

See you next year,
Gayle and the Green Team



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concordia CULTURE

Dec. 26th – Jan. 1st
Kwanzaa Celebration
WHAT: See article on Page 5 or visit portlandparks.org or ifcc-arts.org/kwanzaa.htm
WHEN: Various times, starting at 11 am from Dec. 26th until New Years Day
WHERE: Matt Dishman Community Center, 77 NE Knott, and Interstate Firehouse, 5340 N. Interstate



Jan. 6th
CHUCK MASI, ACCORDIAN VIRTUOSO
WHAT: Chuck Masi of Trashcan Joe fame rocks the squeezebox at Tour de Crepe every Sunday.
WHEN: 11 am – 1 pm
WHERE: Tour de Crepe, 2921 NE Alberta St.



Jan 8th
GRAFFITI AWARENESS CLASS
WHAT: In this class you will learn to identify, photograph, report and remove graffiti properly. Offered by the City of Portland Office of Neighborhood Involvement, www.portlandonline.com/oni
WHEN: 6:30 – 8:00 pm
WHERE: 4415 NE 87th Ave



Jan. 19th
Concordia University Cavaliers Game and Food Drive
WHAT: The Concordia University basketball women's and men's teams

invite us to watch them take on Eastern Oregon's Mountaineers. Admission is free with two cans of food for the Oregon Food Bank. More games and team information at <http://athletics.cu-portland.edu/>
WHEN: Women at 5:30 and Men at 7:30
WHERE: Concordia University, 2811 NE Holman



EMOTIONAL FIRST AID TRAINING SEMINAR
WHAT: The Trauma Intervention Program of Portland/Vancouver offer this training to help people respond in a time of crisis. The training is designed to ready volunteers to help survivors of traumatic events. The topics include: what to say and not to say, how to give a compassionate death notification, caring versus curing and more. The cost is \$99. Call (503) 823-3937 to reserve space.
WHEN: Jan. 19th, 8:30 am to 4:30 pm.
WHERE: 4800 NE 122nd Ave



Jan. 26th
MASTER RECYCLERS ROUNDUP
WHAT: Free plastic recycling! See article on page 6 or visit masterrecycler.org
WHEN: 9 am – 2 pm
WHERE: Kaiser Permanente West Interstate, 3325 N. Interstate



HAPPY NEW YEAR!

THE PROMETHEAN, CONCORDIA UNIVERSITY'S LITERARY ARTS JOURNAL, IS NOW ACCEPTING SUBMISSIONS FOR THE 2007-2008 ISSUE.

OUR THEME FOR THIS YEAR IS REVELATION. WE INVITE POETRY, SHORT FICTION, ESSAYS, ARTWORK, AND PHOTOGRAPHS THAT EXPLORE THE NATURE OF ENDINGS AND EPIPHANIES.

PLEASE SEND YOUR WORK AS AN ATTACHMENT (MS WORD FILES FOR TEXT, JPG OR PDF FOR IMAGES. ALL IMAGES MUST BE AT LEAST 300 DOTS PER INCH) TO PROMETHEAN@CU-PORTLAND.EDU.

INCLUDE YOUR CONTACT INFORMATION (FULL NAME, EMAIL ADDRESS, AND PHONE NUMBER) IN THE ACCOMPANYING EMAIL.

THE DEADLINE FOR SUBMISSIONS IS FEBRUARY 7, 2008.

KENNEDY SCHOOL McMenamins UPCOMING EVENTS

Thursday, January 3
FOGHORN STRINGBAND
 with **BILL MARTIN**
 Old-time American fiddle
 7 p.m. · Free · All ages welcome

Thursday, January 10
THE NAYSAYERS
 From San Francisco
 7 p.m. · Free · All ages welcome

Thursday, January 17
SCOTCH TASTING
 Try six single malts from Scotland along with hearty appetizers.
 7 p.m. · \$40; reservations required
 21 & over

Thursday, January 17
WATERTOWER STRING BAND
 with **Caroline Oakley & Lewis Hicks**
 Old-time string music
 7 p.m. · Free · All ages welcome

Saturday, January 19
J.R.R. TOLKIEN BIRTHDAY CELEBRATION
 With jugglers, live music by Sneakin' Elves, the entire LOTR trilogy and more! Come in costume to compete for prizes!
Admission to the trilogy is free if you bring two canned goods to donate to Oregon Food Bank.
 11 a.m. 'til close · Free
 All ages welcome

Thursday, January 24
GREAT NORTHWEST MUSIC TOUR
NEW YORK CITY'S LANGHORNE SLIM
 A modern take on traditional folk, country and blues
 7 p.m. · Free · All ages welcome

Thursday, January 31
MYSTIQUE
 Sultry vocals, rollicking guitar and classical-with-an-edge violin
 7 p.m. · Free · All ages welcome

Friday, February 8
NORTHWEST BEER & CRAB BOIL
 It's a traditional crab boil with a Pacific Northwest twist!
 6:30 p.m. · \$50; reservations required
 21 & over

February 8-17
Valentine's OVERNIGHT SPECIAL
 Lodging, dinner, Edgefield sparkling wine, two keepsake flutes and breakfast.
 \$180-\$190 per couple; reservations required
 21 & over

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