



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

May 2021

What's on

Calendar items are starting to drizzle in again. See Page 4 for three upcoming local events.

Wanted: volunteers

Do you enjoy numbers and volunteering your tax expertise? CNA could use your help. See Page 2 for details.

If administering a non-profit's information technology is more your bag, CNA needs your help too. See Page 7 for details.

CNA Mission Statement

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

Concordia News

This free, monthly publication of CNA will abstain from publishing anything that could be construed as libel.

Copies are delivered to all residences and many community and business locations in the Concordia neighborhood.

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

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School doors open to first grader

By Marsha Sandman
CNA Media Team

Seven-year-old Ariana (Ari) now attends first grade inside Faubion Elementary School. Until April 2, all of her first grade studies were at home.

School closures due to the COVID-19 pandemic had come on suddenly in March 2020 and sent Portland Public Schools students home from their classrooms. No one was prepared for such an event, so it was quite a challenge for the teachers and the school district to get everyone and everything up and running.

Ari's online learning was a combination of video conferencing and computer lessons created by the school district. Kids learn at different levels, and addressing these needs virtually was quite the challenge.

Classes included reading, math, art, dance, science, health and problem solving.

She had a bit of a sleepless night before her first day inside the classroom. All those months of masks, extra hygiene, space and caution had contributed to some panic.

Ari's family helped to supplement her education with additional challenges — not an easy task for some families. The children in her class appeared eager to engage with each other and their teacher in their relatively short video windows four days each week.

Ari said she liked learning at home because she could be with her family, but she missed seeing her classmates and her teacher face to face.

She had a bit of a sleepless night before her first day inside the classroom. All those months of masks, extra hygiene, space and caution had contributed to some panic.

Ari reported she was excited and happy, but a bit nervous. When she encountered her 10 classmates, met her teacher face to face and learned the rules, she relaxed into the routine.

Pick-up and drop-off procedures, hygiene and bathroom breaks have been explained to parents, who are not permitted in the building and who meet their students at specified locations.

Stringent rules are established for absentee students and illnesses. If students have COVID-like symptoms, they are sent to the Symptom Room, screened by the health assistant and likely sent home. They remain home until the county determines it is safe to return.

Class is only 135 minutes, four days a week with no recess and no lunch in the classroom.

Getting up at 7 a.m. is no fun. Only a few classes are in session from 8 to 10:15 a.m. A second group of students arrives at 12:15 p.m.

But arriving home by 10:30 a.m. with a sack lunch is not a bad deal for an active little girl.

Ari said she's very happy to walk home from school, play and picnic outside with her new schoolmates.



After living east, south, north and west, Marsha Sandman is home at last. And she wants to hear your story. Contact her at MarshaJSandman@gmail.com.



Ari's first day of first grade inside Faubion Elementary School didn't occur until seven months into the school year. With pandemic-restrictions in place, she and classmates are finally studying together in person. She likes it. Photo by Marsha Sandman

School: It's good, bad and now it's in person

By Sophia Blankenbaker

March 2020

To me online school has been both good and bad when I reflect on this past school year.

The good parts about it is that sometimes it's easier to do assignments on my own, and I can go at my own pace. I think that online school has been able to teach a lot more things than in person, because there are fewer disruptions.



Sophia Blankenbaker

"Office Hours" has also been a big help because I can ask questions to my teacher and work to understand it more.

The things that I disliked about remote learning was that sometimes, when I am on a video conference, there are technology issues that can take a long time to fix. Another thing is that I cannot see my friends and teacher in person, and I miss them a lot. I miss getting to play with my friends during recess and at lunch too.

I am very excited to be going back to school. Even though not everyone in my class is going back, it will still be good to see my classmates and meet new friends.

I have a few questions about going back to school as well:

- Will the teachers take our temperature before entering the school?
- Will everyone enter the building at the same time through the same

Story continued on Page 4

From the Board

By Peter Keller, CNA Chair



Let’s get back to weird

O K, it’s April and when you read this it might already be May when everyone in Oregon will be eligible for the COVID-19 vaccine. That’s incredible!

I admit I was a bit skeptical about the speed of this vaccine, but it seems to be safe, so I’m on board if it will help bring this COVID chapter to a close.

We’re all ready to get back to some semblance of “normal,” but I hope we are a little wiser, and I hope we can carry forward some of the positive things that came out of the epidemic. Things like cooking at home, growing your own food, driving less, spending more time with family, helping our parents, elders and neighbors.

I hope the social justice movements will continue to be strong too, and people will continue to fight and push for all the positive change: increasing the minimum wage, voters rights, a woman’s right to choose, minority rights, LGBT rights, etc.

What we’ve just been through is bound to foster a re-awakening. I hope we can hold onto this fire, and harness it for the good trouble that we need to continue to get into to push for social change.

Now onto the weird. Is Portland really that weird? I’m glad we’re thought of as weird, and we’re going to need to work to keep that moniker because it’s been slipping out the back door over the last decade.

Due to COVID, we’ve lost a lot more of our inter-

esting small businesses and restaurants and, with them, likely some of the people to other places.

This is our opportunity re-awaken and rebuild, and I hope all the interesting people with cool ideas will be emboldened to start new movements, organizations and businesses and stay in Portland.

What makes Portland unique, just like anywhere else, are the people. People who care about this place. Two such people spoke at our April board meeting.

Greg Bourget from Portland Clean Air passionately works toward improving the air quality in Portland. Check out his piece on Page 7 in this issue for how you can help by simply riding a bicycle.

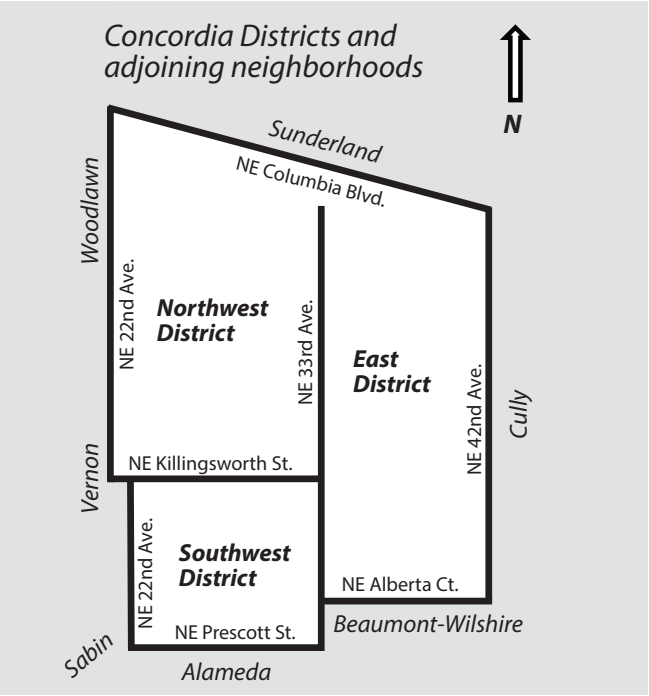
In addition, we heard from Heather Flint Chatto of PDX Main Streets. Her organization works with neighborhoods around Portland to create main street design guidelines

with the goal of preserving the design and character of our cherished main streets like Alberta. Check out Garlynn Woodsong’s column on Page 6 this month to learn more.

Please join us for our next board meeting – time and “place” in the column to the right – and help us keep our meetings weird!)

Native Portlander Peter Keller has lived in Concordia since 1997. He runs a small marketing agency with partner Max, out of their home studio. He loves exploring outdoors with and without his dogs.

I hope we can hold onto this fire, and harness it for the good trouble that we need to continue to get into to push for social change.



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CNA meeting venues
Phone numbers and/or URLs to attend virtual CNA meetings:

- Facebook.com/groups/ConcordiaPDX
- ConcordiaPDX.org/CNAMeetings

Concordia Neighborhood Association

Board Meeting
1st Wednesday of the month, Wednesday, May 5, 7 p.m., venue: see box below, contact Peter Keller, Chair@ConcordiaPDX.org
Future meeting dates: 6/2, 7/7, 8/4, 9/1

General Membership Meeting
Wednesday, June 2, 7 p.m., venue: see box below

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

Media Team
1st Tuesday of the month, Tuesday, May 4, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee
3rd Wednesday of the month, Wednesday, May 19, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee
Last Wednesday of the month, Wednesday, May 28, 7 p.m., venue: see box below, contact Heather Pashley, Treasurer@ConcordiaPDX.org

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

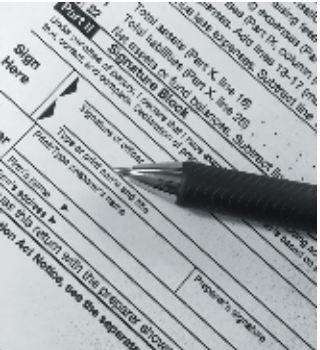

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SUBMISSIONS & ADVERTISING
Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org
Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org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

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Concordia Art Works

Keep an eye out for tap master MC Shoehorn

By Maquette Reeverts
Alberta Art Works

Tap dance is an indigenous American dance genre that evolved over 300 years. In the 1700s, the Irish jig fused with the West African gioube to become “jigging.”

“I always listened to my footsteps when I would practice...”

– MC Shoehorn

When slave owners took away traditional African percussion instruments, slaves turned to percussive dancing to express themselves and retain their cultural identities. Jigging was later refined for public entertainment and



Michel Reeverts, aka Maquette, holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as a board member. She is also a practicing artist. Contact her at Maquette@AlbertaArtWorks.org

called tap. The form of entertainment is honored with “National Tap Dance Day” on May 25, signed into law in 1989 by George H.W. Bush. Twenty-eight-year neighbor Michael Conley, known as MC Shoehorn, is our very own tap master. As an exchange student in Peru his Peruvian “brother” played banjo and guitar while he played harmonica. “I always listened to my footsteps when I would practice.” That led him to purchase an old pair of shoes at a thrift store and add taps. MC Shoehorn now plays 12 instruments, has recorded 10 CDs and invented an electronic instrument that allows him to play additional instruments with his feet while he plays his saxophone and taps. Performing spontaneously with no set routine, he improvises through blues, jazz, rock, world music and his own compositions. MC Shoehorn started out busking on the streets of New Orleans and performed at Alberta Street’s very first Last Thursday in 1997. He plays at festivals and fairs, with local bands, school assemblies and other events, and he has toured Russia and Austria to share his passion for rhythms. MC Shoehorn teaches his craft and is planning outdoor lessons for all ages this summer. Find out more at ShoehornMusic.com.



Michael Conley, AKA MC Shoehorn, plays 12 instruments to the rhythm of his tapping feet. A world traveler and local mainstay, he performed in the very first Last Thursday in 1997. Photo by Maquette Reeverts

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All CNA meetings are open to the public and easy to attend. Just go to ConcordiaPDX.org/CNAMeetings.

Pandemic Updates

What's on the calendar

Saturdays-Sundays, May 1-2, 15-16, 11 a.m.-5 p.m.

NATIVE MADE

Native American Youth and Family Center (NAYA), Our 42nd Avenue and Cully Boulevard Alliance sponsor Native Made. The in-person pop-up with rotating artisans is at (com)motion while that community movement studio at 4522 N.E. 42nd Ave. is closed for the pandemic. Masks are required and social distancing encouraged. **Details/vendor lists:** commotionPDX.org/about-native-made

Tuesday, May 25, 1-3 p.m.

TALK N' TASTE EVENT: BLACK HEALTH MATTERS!

Held three times each year since 2013, this lecture series features guest speakers, engaging events and food to share. It is sponsored by the PreSERVE Coalition, which aims to address and reduce health disparities that impact high blood pressure, diabetes, dementia and other conditions that impact brain health. It believes in the healthy affirmation that celebrating the vitality of Black/African American culture brings to mind, body, and spirit. **Details/registration for Zoom event:** PreserveCoalition.org/our-events

May 26-June 30

6TH ANNUAL VANPORT MOSAIC FESTIVAL

This exploration of local histories returns with virtual and outdoor events to remember, repair, reclaim and re-imagine Vanport. It was Oregon's, second largest city and largest World War II federal housing project that was destroyed by a 1948 flood. The Vanport Mosaic collective of "memory activists" offers walking tours, pop-up performances, a "museum without walls" in vacant storefront windows, online screenings and presentations, and the unveiling of a permanent installation. **Details:** VanportMosaic.org, Info@VanportMosaic.org

While the pandemic swings into its second year, in-person events appear to be on the upswing, and many others remain virtual. If you have a local event planned for June, send details to CNewsEditor@ConcordiaPDX.org by May 10. You're also welcome to post them at [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).

School: It's good, bad and now it's in person

Continued from Page 1
entrance?

- Will we go on the play structure at all?
- Will the restrooms be available?
- Will I be able to talk and play with my classmates?
- Will I see other students from other classrooms?

In conclusion, I am very, very, very excited to go back to school.

April 5, 2020

Even though it was just two hours, I had a great day. There were nine kids

in my class, and we were all social distancing and wearing masks.

My teacher reviewed all of the new rules that are new because of COVID. For example: One person in the restroom at a time, for a break we can only stay in a certain area, and we stay on one side of the hallway.

I am very excited to go back to school again tomorrow.

Sophia Blankenbaker is a fifth grader at Vernon Elementary School. She likes writing, and the story she submitted needed minimal editing



Sophia Blankenbaker was full of questions about what school would be like when she entered Vernon Elementary School April 5 for the first time this school year. Photo by Jennifer Blankenbaker

Check out CNA's Facebook page TODAY!



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

[Facebook.com/groups/ConcordiaPDX/](https://www.facebook.com/groups/ConcordiaPDX/)



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On/off job, she helps immigrants

By Nancy Varekamp
CNews Editor

Beth Ronk serves immigrant communities as not only a teacher, but also as a volunteer. All 11 years she has lived in the Concordia and Cully neighborhoods, Beth has taught English as an additional language – first in public schools and now for individual children and/or their parents in their homes.

“It just kind of naturally goes with your work,” she explained. Beth is in a position to identify needs being under-served by available programs, especially in Clackamas County.

“With the pandemic, I lost a few students and had some extra time. It’s easy to fill it with work, even though it’s volunteer work.”

Last September – with the pandemic raging and fires destroying homes – she and others in immigrant rights and social justice groups formed a partnership they dubbed Immigrant Mutual Aid Coalition (IMAC). Those organizations include:

- Interfaith Movement for Immigrant Justice
- American Friends Service Committee
- Causa
- Never Again Action
- Pineros Y Campesinos Unidos del Noroeste
- Familias en Acción

“We had all worked together in other volunteer efforts, and we realized we needed to shift our concerns to response, together,” Beth said.

Each organization has connections to the community and to each other. “It didn’t take a lot of promotion,” she recalled. Within two days, IMAC launched its first distribution of food, household goods and hygiene necessities.

Every two or three weeks since, there



Beth Ronk, left, and Kelsey Rairigh provide for many needs of immigrant families. Since September they have helped with distribution of food and other necessities every two or three weeks to families affected by wildfires and the pandemic. Pictured here, the two staff a diaper drive. Photo courtesy of Immigrant Mutual Aid Coalition

have been other distributions at a Clackamas County church that draw 300 to 400 families from the Portland area and elsewhere in the state.

“We are seeing more and more families from east and northeast Portland as the weeks go,” Beth said. And IMAC was prompt to help residents displaced by the January Villa de Clara Vista fire on Cully Boulevard. That included several hundred dollars in gift cards.

IMAC clients are largely Latinx, and Beth appreciates help from the Oregon Food Bank to provide culturally appropriate food products. “It’s important to provide people with food that they would purchase themselves, especially during stressful times,” Beth said.

Due to the nature of the organizations in the coalition, IMAC is also able to help families improve their access to resources like healthcare and unemployment benefits.

Although the needs of IMAC’s clients have not subsided substantially, the volunteers and member organizations are already looking forward.

“What do our efforts look like post pandemic, once people can get back inside a building?” Beth asked.

“We’re thinking about what other opportunities can be created to have the community participate even more.”



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



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Nearby drop-off locations for donations to Immigrant Mutual Aid Coalition are:

Alder Commons, 4212 N.E. Prescott St., Thursdays noon-5 p.m. and Fridays 10 a.m.-4 p.m.

Rose City Book Pub, 1329 N.E. Fremont St., 1-10 p.m. daily.

Lists of items appreciated are at IMACpdx.org/donate, and financial contributions are welcome there too.



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Urbanism

Buildings could fit in with rich architecture

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

The concept of community-based design standards refers to clearly-understandable regulations that govern the form of new buildings and that are developed through community-based conversations.

The Design Overlay Zone Amendments (DOZA) project is scheduled for a Portland City Council hearing May 12. It's the first major overhaul of city design standards and guidelines in 30 years, and it would:

- Eliminate use standards that previously regulated certain design elements for a specific set of project types in the Concordia neighborhood
- Rewrite zoning code language, including a new set of citywide design guidelines, for the zones that apply to Portland's centers and corridors, like Alberta Street west of 25th Avenue,

among others.

Although DOZA guidelines were shared in draft form with neighbors, the updated standards haven't and – for that reason alone – don't adhere to the concept of community-based design standards.

The DOZA project will leave the entire neighborhood without any sort of context-sensitive building design regulations, including the entirety of the residential zones, as well as the main streets along Alberta Street, 42nd Avenue, and at 30th Avenue and Killingsworth Street.

This is problematic and inequitable. It ignores the enormous effort developing the Albina Plan in the early 1990s to develop neighborhood design guidelines based on broad community input from what was then the physical heart of Portland's Black community.

The Concordia Neighborhood Association (CNA) heard from PDX Main Streets Design Initiative at the April board meeting. The initiative is in response to the recent skyrocketing development rates of rather bland buildings.

It offers a community-driven process to create a set of design guidelines for main streets with rich architectural heritage to be joined by new buildings that fit in with the human scale of the street.

CNA looks forward to working with nearby neighborhood associations and Alberta Main Street to develop and adopt a new set of Alberta Street Design Guide-

lines, based on those produced by the PDX Main Streets Design Initiative.

With the Residential Infill Project set to take effect later this year, in addition to DOZA, neighbors may wish to ask city hall to provide the opportunity to produce and adopt neighborhood-specific, context-sensitive design standards to regulate growth to support human-

scaled design, enhance walkability and context-sensitivity to ensure buildings are more harmonious with the existing fabric of established neighborhoods.

You may wish to weigh in now at PortlandMaps.com/bps/mapapp/maps.html#mapTheme=doza to delay DOZA adoption until the new standards can be clearly explained and feedback sought.



To learn more about the Land Use and Transportation Committee, visit ConcordiaPDX.org/lutc or use this QR code.

News from the NET

Shake Alert technology comes to Oregon soon

By Erin E. Cooper
Concordia/Vernon/Woodlawn
Neighborhood Emergency Team

What could you do with three to 10 seconds of warning before an earthquake?

Those seconds could be enough to take steps to prevent injury or even save your life.

Oregon's new ShakeAlert system receives information from seismic detectors across the West Coast and sends a warning to cell phones in areas that will be affected by shaking. The system is not predicting earthquakes, but is sensing earthquakes that have already begun and alerting users before the shaking starts.

It's not necessary to sign up for alerts, since they'll come through the Wireless Emergency Alerts system, similar to Amber Alerts or other imminent threats, such as tornadoes.

These alerts will start when your location is expected to experience "light"

shaking or stronger. It's also possible, but not required, to download the MyShake App on Google and Android phones, which will alert you when "weak" or stronger shaking is expected.

What should you do with your seconds of warning about an impending earthquake?

The ShakeAlert will remind you to drop, cover and hold on. Rather than spending the first few seconds of the earthquake trying to identify the unique sensation, you'll be ready to act. Get off that ladder or move away from the glass window, and the probability of getting through with no or minimal injuries is much better.

In the future, ShakeAlert will also connect to more than just individuals. By shutting off gas, water and the electric grid in the moments before shaking starts, ShakeAlert could save critical infrastructure, making it both faster and cheaper to get services back up and running.

Although ShakeAlert may save lives and minimize injuries, it's not an infallible system. If you feel shaking, take action immediately, without waiting for your phone to alert you.

For more information on what to do during an earthquake, including for those with limited mobility, visit Ready.gov/earthquakes.



Erin E. Cooper is a marine biologist living in Woodlawn. She spends a lot of time thinking about disasters and has been a NET member for many years.

Contact her at OceanListener@gmail.com.



Garlynn Woodsong lives on 29th Avenue, serves on the CNA board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.



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Sojourn Church – A Neighborhood Church

Sojourn Church is a community focused multiethnic church.

In person services start Sunday, May 2, at 10am at the Oregon Stamp Society (4828 NE 33rd Ave.)

We are adhering to all current CDC guidelines including 50% capacity with social distancing.

Online services can be found at:
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Facebook.com/sojournpdx
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SOJOURN

PCA seeks help to monitor local air pollutants

By Greg Bourget
Portland Clean Air Lead Researcher

Concordia neighborhood is near an industrial area and a busy industrial truck route. That is likely to cause dangerous industrial air pollution for neighbors because human health is not considered currently as a factor in the regulation of these industries by the Oregon Department of Environmental Quality (DEQ). Since Gov. Kate Brown’s Cleaner Air Oregon rulemaking process started recently, DEQ has applied human-health regulation only to new industries coming to Oregon. Regulation of existing Portland-area industry has been limited so far to four of the most dangerous factories — all too far away to affect Concordia. According to the Oregon Department of Transportation (ODOT), which measured industrial truck 24-hour counts in Concordia, industrial truck activity throughout the neighborhood is very low. Samples taken on Lombard in



Greg Bourget and Portland Clean Air works with 76 Portland neighborhood associations, churches and other local groups to assist stakeholder negotiations with the most dangerous unfiltered industrial smokestacks and diesel trucks.

2018 found just 17 or 18 trips per day. The exception is on Columbia Boulevard, which was much higher — 380 industrial truck trips per day. Portland Bureau of Transportation (PBOT), however, sampled at 52nd Avenue and Columbia in July 2017 and recorded 2,549 truck trips in a day. That’s the second highest industrial truck count taken in over a decade of Portland-area samples taken by both agencies. Industrial trucks are all diesel-fueled. California reported that diesel particulate causes 70% of cancer risk from all airborne carcinogens combined, and the state banned unfiltered diesel trucks. A Portland Clean Air analysis of ODOT and Oregon Driver and Motor Vehicle Services records found 75% of Portland area trucks are still unfiltered. Diesel particulate is unusually tiny – so small that airborne particles enter the bloodstream easily from the lungs and are transported to every organ, including the brain. Heavy metals and volatile organic compounds (VOCs) attach readily to the surface of these particles and are absorbed throughout our bodies to cause dozens of short-term and long-term symptoms. When airborne diesel particulate concentrations are extremely high, this results in black or gray dust on doors and windows. Find more information at PortlandCleanAir.org Seventeen industries with relatively small quantities of industrial emissions comprise the industrial area to the north of Concordia. DEQ considers all but three of them small enough to not even need a permit. Three have lower-level air pollution permits. If you smell industrial solvents, it could be them – or a leaking residential oil tank, tar from a roofing job or some other source. We are working with the Concordia Neighborhood Association to monitor diesel particulate and VOC emissions using bike-mounted devices that take readings every two seconds. These require two-hour-long bike rides to reach each street in the area. The data are collected and made into a color-coded geographic information system map showing airborne concentrations of VOCs and airborne particulate one micron and smaller in diameter. Volunteer bike riders are needed for this research. Please email Greg@PortlandCleanAir.org to volunteer for a ride – or if you have any questions about your exposure and/or what can be done about it.



Greg Bourget, Portland Clean Air lead researcher, prepares for a bike ride to record pollutant levels. Concordia volunteers are needed to help collect data. All it requires is a bicycle and connecting your smart phone to the 196-gram PocketLab monitor that mounts on the handlebars. Photo courtesy of Portland Clean Air

CNews Updates

Jinx goes ‘peanuts’

Concordia’s own Jinx Restaurant is one of just 20 bars in the nation to receive \$50,000 from the Planters Mr. Peanut “A Nut Above” program. Since November, Jinx’s charitable arm “On the House” has provided more than 6,000 meals to food insecure people in the Portland area. See details at bit.ly/FBJINX. For the CNews March report on Jinx’s efforts, visit ConcordiaPDX.org/onthehouse.



Sojourn gives, and gives

With the help of the neighbors, Sojourn Church in February and March collected 550 pounds of winter hats, gloves, jackets and blankets for distribution by the Portland Rescue Mission. For Easter last month, church members filled and distributed 50 baskets of treats to families the community.

WE really need an IT ADMIN!

Assist the volunteers serving on the board and committees of the neighborhood association by providing your technical knowledge and help make the association run smoothly!

The neighborhood association depends on Google Workspace for Nonprofits for its email and cloud storage and uses a web hosting service for its Wordpress website.

Come with your expertise and give us a hand, we’re a nice bunch to work with!



Interested?

Contact Peter, Chair of the CNA Board,
at: Chair@ConcordiaPDX.org

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Supernova blasts into Concordia vegan scene

by Tara Williams
CNA Media Team

In the midst of the pandemic, Lindsay Knight Sligh created a brick-and-mortar version of her popular Supernova food cart in Back to Eden’s former space at 2215 N.E. Alberta St.

Lindsay said the year has been a doozy. “It was just one thing after another. August through December of last year was probably the hardest time of my life. I learned some really beautiful lessons and some really hard ones.”

Letting go of her staff and closing for several months was devastating. “And it

came in conjunction with a significant loss of a family member at the end of the year. We thought we were done for good.”

But Lindsay has faced many challenges since starting Supernova as a food cart in Woodstock in 2017.

“The part I have been able to share in the vegan community has been very important to me. We pushed through, we pulled together some resources, and we’re still here.”

Reopened in April, Supernova’s Alberta location includes menu offerings of favorites developed at the Woodstock and Sellwood carts. The Space Cowboy, what she calls a “messy, decadent BBQ sandwich,” surprised Lindsay by becoming a signature item.

“I thought to myself, well, wouldn’t you want it all wrapped up inside a warm flour tortilla? You get all the same flavor profiles, but it’s handheld, and you can take it on the go,” she said. “Hence the play on the (Steve Miller Band) lyrics: Space Cowboy and Midnight Toker.”

A single mom and daughter of a single mom, Lindsay isn’t new to the food industry. “My family owns a bar and restaurant. I’ve been working my whole life to get to this place where I could open my own business.

“I wanted my kids to be able to come work with me and share in a family business.” Her oldest child now works weekends at the Sellwood location. Another will soon be working at Alberta.

“As a queer-identified female, I feel exceptionally fortunate. We have such a strong community here that lifts us and inspires us and reminds us of who we are,



Lindsay Knight Sligh opened a brick-and-mortar version of her two popular Supernova food carts in the midst of the pandemic. It hasn’t been easy, but she’s glad she did. Find her menu and order at SupernovaVegan.com and [@SupernovaVeganPDX](https://www.instagram.com/SupernovaVeganPDX), or call 503.462.7910. Photo by Tara Williams

Your Concordia neighborhood consignment shop is open for safe and socially distanced shopping. Schedule an appointment for consignment or shop online at TakeItOrLeaveItPDX.com

Shop Local at 5012 NE 42nd Ave.
Thursday – Monday, 12-6



to keep pushing forward, to be seen and to be heard. I love this area and this part of town.”

Coming in May, Supernova plans to introduce a new brunch menu and vegan frozen desserts this summer.

“We’re excited to settle in and connect with the other businesses and people, get to know the names and faces and start to figure out what our place is.

“We hope we can contribute here in a real way.”



Tara Williams is new to Concordia and loving life on Liberty Street. She’s a writer and English professor, not always in that order. Contact her at Eudaimonia.Dr.Williams@gmail.com.

Paid for by the office of Dr. Carl Baird DC, MS

Sciatic Pain: How to Avoid More Pain Pills, Dangerous Injections, and Expensive Surgery

– By Portland’s Leading Sciatic Pain Expert, Dr. Carl Baird DC, MS



Portland, OR – Are you, or someone you know, dealing with daily, annoying sciatic pain? The type of back and leg pain that makes it hard to sit,

hard to walk or perform even the simplest of tasks? Do you worry that your sciatic pain will force you to miss out on all your summer adventures with family and friends? Are you feeling frustrated because no therapies have worked and starting to think pills, injections or surgery are your only option?

If you answered ‘YES’ to any of these questions I want you to know that you are not alone.

My name is Dr. Carl Baird and over the last 10 years I have been working to help people overcome sciatic pain to keep them active, strong, and doing what the love– even when nothing else has worked.

I have seen first-hand how limiting it can be to be to live with daily

sciatic pain. I’ve seen how sciatic pain can make it difficult to do something as simple as sit, stand, or go for a walk. How it keeps you from enjoying your time with family and friends. For many, it even makes it hard to get a full night’s rest.

I understand the frustration that comes from investing so much time and energy (and money) on chiropractic care, physical therapy, and other treatments – only to have the pain come back days later.

And lastly, I understand the fear that comes when your doctor tells you that your only options are to mask your pain with more pills, dangerous steroid injections or expensive surgery.

Sciatic pain doesn’t have to be something that limits our ability to keep active and there are better solutions than pain pills, injections, or surgery – most of which are free, can be done from home, and are overlooked by most doctors and insurance companies.

In our new SCIATIC PAIN REPORT, titled: **“How To End Sciatic Pain**

Without Pain Pills, Injections, Or Having to See Your Primary Care Doctor” we discuss these options as well as what it takes to go beyond pain relief to building confidence in your body’s ability to do all the activities you love.



And for a limited time, we’re giving away free copies for readers of the Concordia Neighborhood Newsletter.

Inside our Free Sciatic Pain Report, you’ll learn:

- The most common cause of sciatic pain (Hint: usually has

NOTHING to do with your sciatic nerve)

- Learn why stretching may actually make your sciatic pain WORSE
- What to do to start easing sciatic pain TODAY

If your sciatic pain is keeping you from being as active as you would like, request our free report to start back on the path to an active, healthy, and happy life.

Want Your Own Copy? Here’s What To Do Next.

To have your copy of the FREE SCIATIC PAIN REPORT mailed directly to your door you can do any of the following:

- Call us at (503) 954-2495 to request your 100% free copy... you can leave a message 24/7
- Or, download it instantly by filling out the form at: www.performancehealthcarepdx.com/sciatic-pain-report

P.S. The report is 100% free. No one will ask for any money or card information. Our gift to you.