



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

July 2021

What fits? What doesn't?

Does it seem like some recent architectural designs don't fit in with the neighborhood?

CNA will host – and PDX Main-streets will lead – a walking tour to identify local design patterns and to discuss with participants any potential priorities and goals for future development and/or preservation.

Size is limited, so register (soon) at tinyurl.com/albertadesignwalk for the Thursday, July 15, evening tour.

For a refresher on the topic, visit ConcordiaPDX.org/2021/06/urbanism-architectures-language-can-span-decades. Email questions to LandUse@ConcordiaPDX.org.

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.

Find us online at:

ConcordiaPDX.org and Facebook.com/groups/ConcordiaPDX

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Mural fosters whimsy, community

By Taylor Nehrling
Concordia neighbor

One of Portland's many valued attributes is its strong sense of community, commonly expressed through art. That's the ongoing case at 32nd Avenue and Sumner Street.

A street mural at the intersection pays tribute to Brook Irwin, the neighbor we lost to cancer. This month our community reunites to refresh the Rainbow Dragon that offers joy and whimsical

The Rainbow Dragon is a symbol of our collective healing. It is an art installation that invites interaction with the viewer.

play to those who pass by and memories to us of our neighbor.

As a community, in 2015 we wanted to honor Brook's life. We thought she would want us to build neighborhood relations. So the intention of this project became twofold: create a memorial and celebrate connection through a community-building event.

We received great help from the Village Builders Convergence (VBC). Community art projects like this one happen all around the city each year in conjunction with the VBC. Its 21-year-old Placemaking Program offers support and education in design logistics, fundraising, city permits and supply discounts.

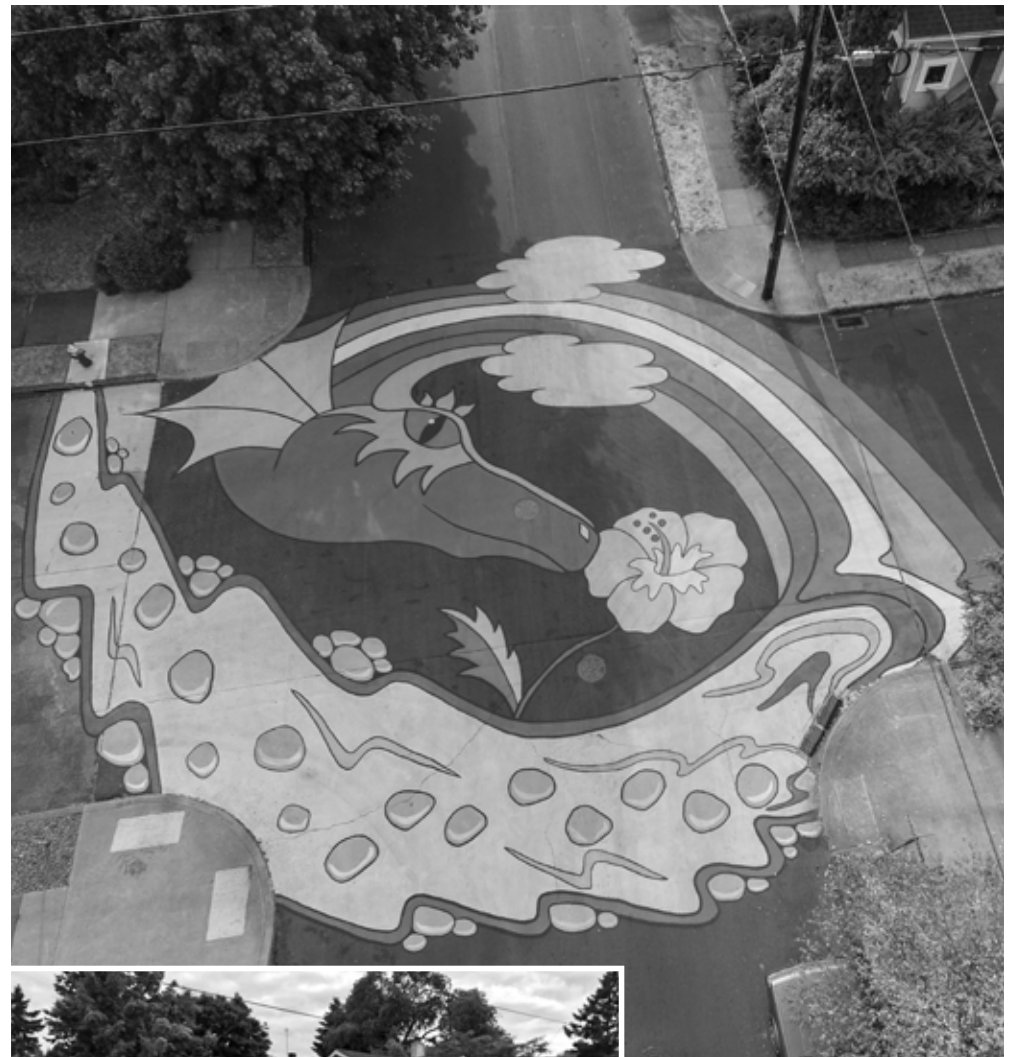
The VBC is a program of the City Repair Project, a local nonprofit that, in its own words, "fosters thriving, inclusive and sustainable community through the creative reclamation of public space."

The design for the Rainbow Dragon was inspired by Brook and her interests. According to Jason Horner, Brook's husband, she taught high school geology, biology and physical science.

"She highly valued education and loved learning," he added. "I think she would have been a lifelong student given the chance. Teaching science allowed her to combine educating, collaborating, helping people and her love of the outdoors – she was a great rock climber and loved hiking to vistas to see all the wonders of the natural world."



Taylor Nehrling is a 17-year Concordia resident and a mother and an artist. Taylor is also an alumna of Oregon College of Arts and Crafts, and she is passionate about art as a common language for expression, healing and connection.



The Rainbow Dragon, pictured in its prime, is due this month for a new coat of paint, literally. The whimsical intersection mural brings smiles to passersby and offers opportunities for neighborhood children to play, chase and imagine. Large photo by Rob Rogers, Above Aerial Imaging, inset photo courtesy of Taylor Nehrling

The Rainbow Dragon is a symbol of our collective healing. It is an art installation that invites interaction with the viewer. Traveling around the rainbow and jumping across the stepping stones brings one in connection with the wonders of living. May your journey be joyful.

We will repaint the Rainbow Dragon Saturday, July 24, from 9 a.m. until we finish. The repainting is long overdue. Like many things that were put on hold

due to the pandemic, we are eager to gather again and brighten our neighborhood with color, joy and camaraderie.

Please come and join us in taking advantage of our shared spaces and celebrate our abundance of community. Bring a brush!

For further information about the Rainbow Dragon intersection painting event, contact me at TaylorTracy1975@yahoo.com and/or donate at GoFundMe.com/82f2947d (Rainbow Dragon repaint).

Painting rules are few, and permits free

Modern street painting efforts in Portland date back to 1996. Find help for initiating your own street painting project at CityRepair.org/become-a-placemaker.

The rules are few and the permits are free. Details on the points below – and more – are available at Portland.gov/transportation/permitting/street-painting.

- Typically, the city allows paintings only on low-traffic residential streets.

- Art must contain no words, copyrighted material or appearance of traffic control devices.
- Art may be as large as an intersection or an entire block.
- A free Street Painting Permit is required. Apply at Portland.gov/transportation/permitting/street-painting#toc-go-to-application.
- A free Healthy Blocks Permit is required to close the street for painters to work safely. Apply at Portland.gov/transportation/safestreetspdx/pbot-healthy-blocks.

From the Board

By Peter Keller, CNA Chair



Volunteers, polls and coyotes. Oh my!

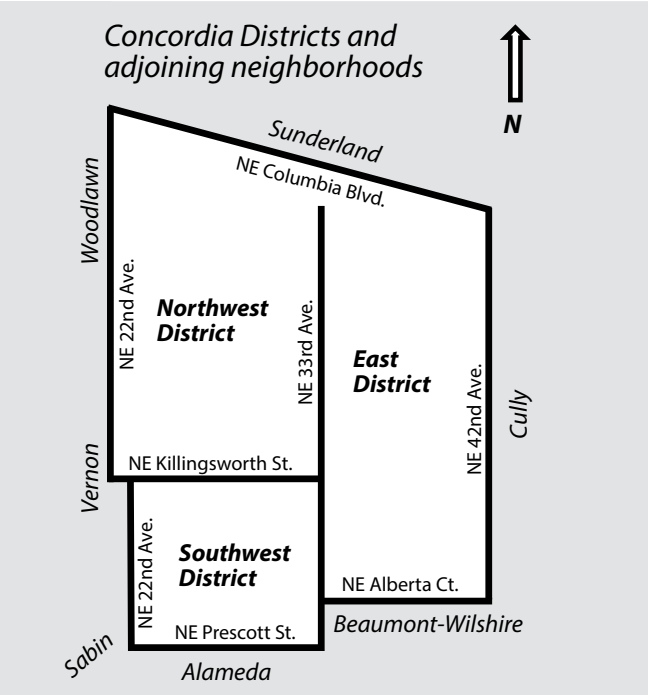
On my list this month is our continued need for volunteers, the Concordia University poll and coyotes. Sadly, we have to say goodbye to Sonia Fornoni, CNA Board member and Social Committee chair. Sonia and her family are moving out of state. Sonia has been a major force on the CNA board. She also managed all of the CNA events and the McMenamins Kennedy School Community Room. She will be missed and leaves some big shoes to be filled. The CNA Board will appoint a new board member and Social Committee chair in the coming months.

Sonia has been a major force on the CNA board.

If you have interest in either or both of these positions, please reach out to me and/or attend the next (virtual) CNA Board meeting. That’s Wednesday, July 7, at 7 p.m. Visit ConcordiaPDX.org/CNAMeetings for sign-on details. Next on the volunteer opportunity list, we’re recruiting writers for CNews. If you’re interested in writing about your neighbors and reporting everything that makes Concordia, well Concordia, please email CNewsEditor@ConcordiaPDX.org. We are still looking for a volunteer to help us with our basic IT needs, which include maintaining a busy email system and tuning our website. The hours are minimal, and the results are appreciated. If you’re interested, please let me know at Chair@ConcordiaPDX.org.

Our informal poll asking what you would like to see replace Concordia University received hundreds of responses – mostly for a similar educational system. Results were published on the CNA Facebook page and are here on Page 5. Finally, I’d like to put in a plug for our wild K-9 neighbors, aka coyotes. A neighbor wrote to let me know neighbors were expressing concerns on NextDoor.com about people naively feeding coyotes and small pets gone missing. I see coyotes occasionally and have done a bit of research on them. They are among the wild animals that live here and are an important part of our ecosystem. They eat rodents, among other positive things. Like any wild animals, people should not feed them or approach them. In fact, if you see a coyote and it doesn’t run away, the Audubon Society recommends waving your arms or making loud noises to scare them away. It is illegal to relocate or hold a coyote captive. If there are particular individual coyotes that pose threats, the authorities will euthanize them. However, they’ve found that removing them doesn’t work, as they will naturally repopulate by having larger litters. If you are interested or concerned, I encourage you to read the advice at AudubonPortland.org/our-work/rehabilitate-wildlife/having-a-wildlife-problem/coyote.

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.



CNA Board of Directors
Chair | Chair@ConcordiaPDX.org Peter Keller
East 1 | East1@ConcordiaPDX.org Heather Pashley
East 2 | East2@ConcordiaPDX.org Joseph Fraley
Northwest 1 | NW1@ConcordiaPDX.org Isham “Ike” Harris
Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
Southwest 2 | SW2@ConcordiaPDX.org Matt Boyd
At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
At Large 2 | AL2@ConcordiaPDX.org John Fitzgerald
At Large 3 | AL3@ConcordiaPDX.org John McSherry
At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
At Large 5 | AL5@ConcordiaPDX.org Truls Neal
At Large 6 | AL6@ConcordiaPDX.org Brittany van der Salm

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, July 7, 7 p.m., venue: see box below, contact Peter Keller, Chair@ConcordiaPDX.org
Future meeting dates: 8/4, 9/1, 10/6, 11/3
- General Membership Meeting**
Wednesday, Sept. 1, 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, July 6, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org
- Land Use & Transportation Committee**
3rd Wednesday of the month, Wednesday, Sept. 16, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org
- Finance Committee**
Last Wednesday of the month, Wednesday, July 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.

- CONTACTS**
- CNA Chair**
Peter.Keller@ConcordiaPDX.org
- CNA Vice Chair**
Garlynn.Woodsong@ConcordiaPDX.org
- CNA Secretary**
John.Fitzgerald@ConcordiaPDX.org
- CNA Treasurer**
Heather.Pashley@ConcordiaPDX.org
- North Community Safety Team**
Jacob Brostoff & Daniel Franco-Nunez, north.pdxteam@PortlandOregon.gov, 503.823.4064
- SUBMISSIONS & ADVERTISING**
Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org
Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org
Advertising: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178
- MEDIA TEAM**
CNA Board Liaisons: Heather Pashley, John McSherry
Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.515.8209
CNews Editor: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245
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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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Concordia Art Works

Last Thursdays stay off the street this year



Last Thursday is live and in person this year, albeit toned down from years past. The ebbing pandemic doesn't allow for closing Alberta Street. But look for live performances, community art projects and a few pop-up vendors during gallery openings on last Thursdays each month. Photo by Maquette Reeverts

By Maquette Reeverts
Alberta Art Works

Started in 1997, Last Thursday was a people-powered solution to bring patrons to the Alberta district. Never advertised, the event grew in popularity and prompted community members to plead with the city to close Alberta Street for safety as crowds started to pour off the sidewalks. It took several nonfunctioning cars and brazen artists to push them into the street to stop the traffic flow before the city took note.

Alberta arts community was charged with reigning in the event that happened five summer nights, and Friends of Last Thursday was born. The volunteer group raised funds to pay for toilets and security, built street barricades to close off the 15 blocks, met monthly with city stakeholders, recruited volunteers to become community liaisons and got the first permit for the event. It was mayor Charlie Hales who took the handling of the event away from the community and gave it to his aide to run, and it was later handed to the Portland Bureau of Transportation (PBOT) when mayor Ted Wheeler stepped in. Currently Greg Raisman, PBOT Livable Street Program specialist, is working with local leaders and groups to bring the management back into the community.

Last year the pandemic sent Last Thursday events to the internet. This summer, Lizzy Caston is leading Alberta Main Street and, together with

Until the pandemic has passed, Alberta Street will not close.

the community, will be guiding the direction of the event. Until the pandemic has passed, Alberta Street will not close. Instead, you will find live performances, community art projects and a few pop-up vendors as the galleries hold their openings on the last Thursdays of each month. Find out more information and downstream videos of performances at LastThursdayPortland.org.



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



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Pandemic Updates

What’s on the calendar

Saturdays, July 3, 10, 17, 24, 31, 10am-2pm
WOODLAWN NEIGHBORHOOD FARMERS MARKET
Location: Dekum Street & Durham Avenue
Check the website for vendor details. Again this year, the market matches SNAP benefits (i.e., food stamps) dollar for dollar to as much as \$15 each market day.
Details: WoodlawnFarmersMarket.org, Facebook.com/woodlawnneighborhoodfarmersmarket

Thursdays, July 1, 8, 15, 22, 29, 4-8pm
CULLY FARMERS MARKET
Location: 5022 NE Cully St.
The market features affordable & healthy food, live music, crafts & activities for youth & adults.
Details: Facebook.com/cullyfarmersmarket, CullyFarmersMarket@gmail.com



Saturday, July 10, 10am-1pm
GREAT SLOUGH CLEAN UP
Location: St. Johns Boat Launch & Kelley Point Park
Volunteers at Columbia Slough Watershed Council’s biggest annual clean-up

In-person events appear to be on the upswing, and many others remain virtual. If you have a local event planned for August, send details to CNewsEditor@ConcordiaPDX.org by July 10. You’re also welcome to post them at Facebook.com/groups/ConcordiaPDX.

event of the year pick up litter & may remove invasive plants. This year offers St. Johns Boat Launch paddle team clean-up & Kelley Point Park beach clean up. Afterwards, participants share food, recap the day, & an award is presented to the volunteer who shows the greatest slough stewardship spirit or finds the most weird & wonderful item.
Register: ColumbiaSlough.z2systems.com/np/clients/columbiaslough/eventRegistration.jsp?event=352

Saturdays, July 24 & 31, 2-4pm
FOOD PANTRY
Location: 5209 NE 22nd Ave.
Sharon Seventh Day Adventist Church hosts the Food Pantry the last two Saturdays each month with restrictions & strict adherence to physical distancing procedures.
Details: SharonSDA.net, Office@SharonChurch.comcast.biz.net



Thursday, July 24
LAST THURSDAY
Location: Alberta Street & online
Street closures aren’t in the offing this summer, but planning is in progress for celebrating Last Thursdays this summer. See Page 3.
Details: LastThursdayPortland.org

Prep for wildfire season


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

Although it’s still early in the summer season, 2021 is shaping up as a year with the potential for wildfires similar to those in 2020. Low precipitation levels have dried out the soil and vegetation, and high winds can spread fire quickly. Fortunately, there are some basic steps you can take to minimize the risk of fires and things everyone can do to prepare for rapid evacuations. Vegetation near the exterior of the house can spread a fire to your house. Remove it or consider replacing it with fire-resistant plants. Oregon State University Extension Service identifies those plants at Bit.ly/CNA-USDA. Keep trees trimmed back at least 10 feet from the house, and don’t lean or pile flammable material such as firewood against the house. For more information, visit Portland.gov/fire/your-safety/reducing-risk-wildfire. It’s important to gather supplies and pack a go-bag before the time comes to evacuate. Your bag should include three

days of food and water for each member of the family, a change of clothes, personal hygiene items and any essential medications. If you have babies or small children, don’t forget to pack diapers, formula and other items to keep them comfortable. Don’t forget water, food, litter and travel crates for pets. Follow the evacuation notices and wildfire warnings from reputable sources, such as the county, city and Portland Fire & Rescue. There are three levels of warning:

- Get ready
- Be set
- GO!

As with all disasters, do not wait for official notice if you are in immediate danger. To avoid traffic jams, take only one car per family and plan several potential evacuation routes. Wildfires have much in common with other disasters. By planning ahead and communicating with families and neighbors, you can minimize the damage and help the community recover.



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.

Don’t let smoke get you down

If, like last year, the neighborhood is blanketed in smoke, wear an N95 face mask. A cotton face mask won’t filter out the smoke’s tiny, harmful particles, according to the Centers for Disease Control and Prevention. For more tips for breathing easier when the air is filled with smoke, visit [CDC.gov/disasters/covid-19/wildfire_smoke_covid-19.html](https://www.cdc.gov/disasters/covid-19/wildfire_smoke_covid-19.html).



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What’s Selling in Concordia?

222 Homes sold in RMLS in last 12 months as of June 10

8.0% Increase in Average Sale Price since 2020

Avg. Sale Price in 2020:	\$549,926
Avg. Sale Price currently:	\$594,101
Avg. Days on market:	29

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

Have you checked out CNA’s Facebook page?

The page keeps you informed of CNA activities, your neighbors’ comments and more.

Visit Facebook.com/groups/ConcordiaPDX today!



Sojourn Church – SOJOURN KIDS CAMP

Sojourn is hosting a kids camp with sports, group games, and crafts. The goal of the camp is for kids to have fun and interact within the community. Funds raised will be donated to Vernon School.

Who: Kids Ages 5+
Where: TBD (a school in NE Portland)
When: July 19-23
Time: 9am-12pm
Cost: \$25 for the entire week, \$10 for each additional camper.
Registration: sojournpdx.org/kidscamp



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Poll re: CU property

School, community center are top preferences

Your Concordia Neighborhood Association (CNA) Board of Directors asked what you'd like to see move into the 24-acre property vacated by Concordia University.

"Knowing the preferences of the majority of neighborhood participants, if only informally, will help CNA lobby the city government and whomever the new owner becomes," reported board chair Peter Keller.

A foreclosure auction for the property was announced for June 29. Watch Facebook.com/groups/ConcordiaPDX beginning late that afternoon – and the August CNews – for the identity of the property buyer, if that information is disclosed at the auction.

The May/June poll attracted 350 responses, with more than 90 percent coming from people who live in Concordia neighborhood.

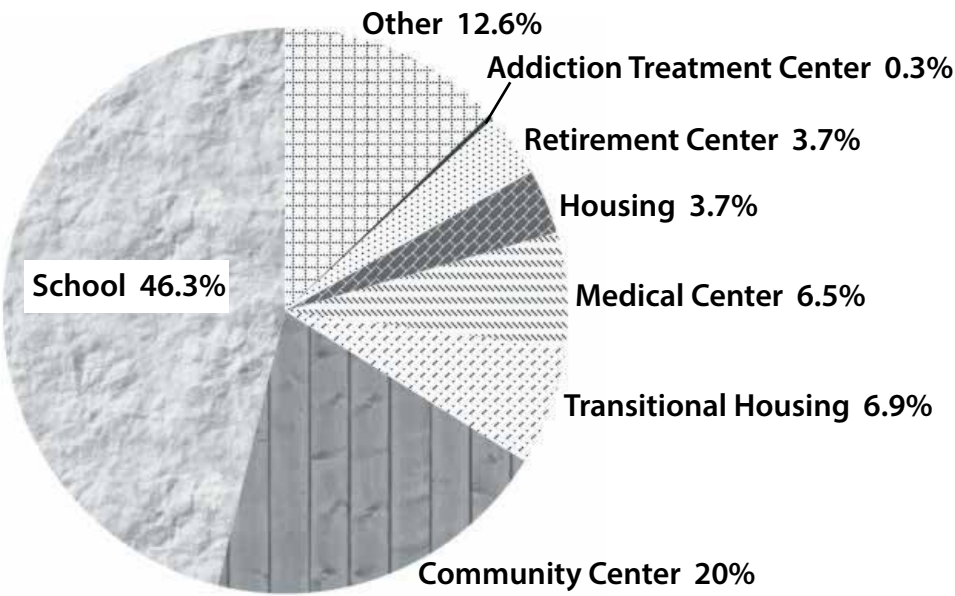
At 46.3%, the majority of respondents want to see a school on the property. Another 20% call for a community center. Also 12.6% selected "other" in the poll and offered written opinions on housing, multi-use and additional ideas for the property. See below for some of those comments.

Housing: pro & con

- Affordable or low-income housing
- Housing with mental health services and job resources
- Anything besides transitional homeless housing

- Nooooo more housing, nor addiction treatment center near Faubion
- Multi-use**
- Multi-generational community center, something community-based and accessible for low-income residents to enjoy.
 - Mixed-use center for housing and services associated with the houselessness
 - Mixed residential & commercial
 - Community center/agile learning facility/library/BIPOC-owned shops/food pod – like Alder Commons but bigger
 - PreK-12 public school and community center
 - Diverse solutions for diverse facility: athletic facilities to Portland Parks & Recreation, library to Multnomah County Library, classrooms to Portland Community College, housing to social/transitional programs
 - Education and community space that can make changes with changing demographics to be used more economically and usefully, and serve a wider variety of citizen and community needs
 - School or medical center and retirement center: library becomes community center if not used by previously named three, sports-related facilities rented or contracted out
 - City or county ownership school/community center/housing for the public benefit

- Miscellaneous**
- Built as a learning center, many paid a premium for their nearby home because it was a learning center, zoned to be a learning center – remain a learning center supporting the arts, medical, university with public/neighborhood outreach
 - Sports complex
 - Nike Campus East
 - Concert venue/entertainment/theater/hotel
 - Reclaim land and resources by and for BIPOC communities displaced by gentrification in partnership with groups like the Living Cully partners and Rockwood Rising project



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Urbanism

ACUs could make shopping by bike more safe

By Garlynn Woodson
CNA Board Member, SW1
CNA LUTC Chair

What if we were to allow retail on the neighborhood greenway system? Bicyclists wouldn't need to leave the safety of bicycle infrastructure to visit a bicycle shop, go to a grocery store or visit a restaurant, cafe or pub.

Unfortunately for bicyclists seeking to not get hit by cars while going shopping, Portland's neighborhood greenway system exists largely within a single-family zoning context, and these zones explicitly ban any sort of retail activities.

Given that single-family zoning was born out of a desire to practice racial exclusion through economic segregation, it's certainly worth re-examining every aspect of this zoning. That includes its ban on commercial activities beyond home-based businesses that do not receive a significant volume of customers.

There are many existing examples –

Within Concordia, there are a number of examples of buildings that featured commercial businesses originally, but are currently residential only.

within our current single-dwelling zones – of buildings built prior to the imposition of the current zoning paradigm that included a retail component originally. They may be in the form of ground floor retail with apartments above, or street-facing retail with a residence adjacent.

Portland was built originally with a mix of the retail destinations people needed, with the residences where they lived in very close proximity. Within Concordia, there are a number of examples of buildings that featured commercial businesses originally, but are currently residential only. Most of these are in the oldest part of the neighborhood – west of 33rd Avenue and south of Killingsworth Street – which was built prior to the automobile boom of the 1920s.

In the racist fever of the 1940s and 1950s, zoning codes were used to separate white from Black populations within cities nationwide. Retail was also deemed to be a blight upon the purity of white-occupied, single-family zones, and they were segregated to retail-focused zones on main streets.

In the same way that accessory dwelling units (ADUs) have been used as

the first baby step toward re-legalizing multi-family dwelling to single-family zones, accessory commercial units (ACUs) could be used to re-introduce retail to residential zones.

Accessory dwelling units – at least here in Portland – are confined to back yards, attics, basements and interior areas of houses where they are more difficult to see from the street. ACUs, however, depend on being visible from the street for their commercial success.

They therefore belong naturally within the front setback, taking over area currently allocated to driveways and

front lawns. They repurpose the spaces for use as neighborhood-serving destinations that cater to clientele that arrives primarily by foot or bicycle.

The form of ACUs could be similar to that of ADUs: a maximum of 800 square feet and either separated from the main home by sufficient fire separation to satisfy the building code or attached.

Visit ConcordiaPDX.org/lutc or use this QR code to learn more about the Land Use and Transportation Committee.



Garlynn Woodson 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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Want to get involved locally?

Care about issues affecting our neighborhood? Want to help get the word out to your fellow neighbors?

Come to a Media Team meeting and learn about what goes on every month when we create another issue of CNews. Help us decide what's important to the neighborhood.

Interested? It's easy. The Media Team meets on the first Tuesday of every month. Open to the public.

Next up: Tuesday, June 1st at 6 p.m. Go to ConcordiaPDX.org/CNAMeetings to learn how to attend the virtual meeting.

Info: Contact Gordon Riggs at 503.515.8209 or MediaTeamLead@ConcordiaPDX.org.



Taphouse fills Fremont space with variety

by Tara Williams
CNA Media Team

Craft brews may not be new to the venue at 4065 N.E. Fremont Street where Blind Ox Taproom opened in November in the former Alameda Brewpub space. Variety is.

“As unfortunate as the pandemic

“As unfortunate as the pandemic was, it also enabled us with the opportunity to create a really fun concept, with multiple businesses.

– Eric West

was, it also enabled us with the opportunity to create a really fun concept, with multiple businesses, almost like a mini food hall, in this large space,” said Blind Ox co-owner Eric West.

He and wife Genevieve teamed up with partner Maxwell McInroy to found Blind Ox Taphouse and a brick-and-mortar iteration of their Mix ‘n’ Match



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.

Creamery food cart. They opened in November. Anthony and Stephanie Brown, founders of the popular Mexi-cajun food cart Nacheaux, joined them in March

“You can come in as a family, get some food and a drink. The kids can get ice cream, and if mom or dad wants to try a boozy nitro scoop, we’ve got those too, all made right on the spot,” Eric said.



Craft beer became available again at the old Alameda Brewpub when Maxwell McInroy, left, and Eric West opened the Blind Ox Taproom. Now made-on-the-spot ice cream and Mexicajun food are part of the mix. Photo by Tara Williams

“It’s super great. We offer 30 different flavors, a dairy base and a vegan coconut base. You can also pick a mix in. We stir it all up, blast it with the nitrogen – it looks like a witch’s cauldron and sounds like a jet taking off – leaving behind a delicious, creamy ice cream. It doesn’t get fresher than having it made right before your very eyes.”

For craft beer offerings, Blind Ox has 24 taps. “We try to keep everything local,” Eric said. Sometimes varieties come from other breweries elsewhere in the West Coast.

“We offer several IPAs, and even in summer we’ll continue to have stouts and porters. We normally have at least one pilsner, one lager, a few ciders, but the main thing is we try to keep it inter-

esting. And we’ll fill people’s growlers. I know some places are resistant to that.”

As the pandemic winds down, Blind Ox plans to offer a slate of summer events including live music, swing dancing, open stage nights and trivia.

“The calendar is filling up fast,” Eric noted. “We’ve got a lot to offer.” You can keep track of the plans at BlindOxPDX.

com, Facebook.com/BlindOxPDX, NacheauxPDX.com and/or Instagram.com/NacheauxPDX.

“As a small business, with everything that’s been going on, we’re not out of the woods yet, so we definitely do need people’s support,” Eric reported.

“We’re excited to get a little bit closer to normal.”

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

Are You Worried Your Knee Pain Is Going To Get In The Way Of Your Summer Plans? The FREE Report That Could Save Your Summer....

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



Portland, OR – Have you or a loved one been dealing with nagging knee pain for weeks, months or even years? Does the pain keep you from enjoying your favorite summer activities like walking, running, hiking, or getting outside with your friends and family? Maybe you even find yourself planning your vacations around your knee pain?

If you’re aged 40-70 and answered ‘YES’ to any of these questions, please pay attention to what I’m about to tell you. It could save you time, money, stress...and most importantly, your summer fun

My name is Dr. Carl Baird, a Portland Chiropractor and Knee Pain Specialist who works with individuals aged 40-70 on a daily basis creating plans to achieve lasting solutions to knee pain – without relying on pain pills, injections, or surgeries.

It’s a shame that so many people

are told to rest and mask their pain with pills in the hopes that it goes away. Or worse, when they are told that it’s part of getting older and should just accept it. **Because it’s just not true.** I’d love to show you all the different options available to you – most of which are free, 100% natural, and are overlooked by most doctors and insurance companies.

We discuss these options in my FREE report titled **“How To End Knee Pain and Get Back to Doing What You Love – Even When Nothing Else Has Worked”**. Inside is simple, actionable advice that is easy to follow and proven to work...the kind which can make the difference between those who suffer through summer and those who get the most out of their time with friends, families, and the outdoors.

Everyday I work with people aged 40-70 to build the strength and confidence to live active, healthy, and happy lives. Most have been to their doctor who told them to rest and only offered pain pills, injections, or surgery as a ‘solution’. Many of whom have tried tradi-

tional chiropractic care or physical therapy and experienced limited results.

If this sounds anything like you, I want you to know that there is hope. Our free report is the first step in making sure your knee pain doesn’t get in the way of your summer plans.

Here Are Just a Few Things We Cover Inside This Free Knee Pain Report:

- Root causes of knee pain that are most commonly left out by your doctor
- Knee pain mistakes that can make your knee pain WORSE
- The EXACT programs we use to **keep people walking, running, hiking and enjoying their summer vacations without being limited by knee pain.**

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

If knee 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 KNEE 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/knee-pain-report

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

AmeriCorps volunteers bring service to Sabin

By Alex Cruz
AmeriCorps

A year ago as a senior in high school, I never would have imagined myself being where I am today. I wouldn't have seen myself traveling all the way across the country, living with complete strangers, and learning skills far outside my comfort zone to do hands-on service work.

Yet this is exactly what I undertook as a member of AmeriCorps National Civilian Community Corps (NCCC), and I couldn't be happier with my decision.

AmeriCorps NCCC is a service program run by the federal government. Members are ages 18-26, and they spend 10 months serving nonprofits across the country.

I am on a team of nine who have completed three service projects. We cleaned up after a wildfire in California, built affordable housing in Montana, and now we are here serving this community.

Our project entails working primarily with Sabin Community Development Corporation (CDC), a nonprofit that provides low-income housing in northeast Portland. We are beautifying Sabin CDC's properties by painting and land-

scaping their exteriors.

We are also assisting with maintenance on the interiors of the properties. This work advances the CDC's mission of social equity and livability, particularly for the disenfranchised Black population.

We also work with The City Repair Project, a nonprofit that fosters thriving communities in the Portland metro area through placemaking. City Repair facilitates a variety of projects to bring communities together, including street paintings and landscaping.

Through our connections with City Repair, we have had the opportunity to create street paintings, assist houseless villages and learn more about the diverse communities here in northeast Portland.

Additionally, we have helped Portland artist Bobby Foucher – known as "Mr. Bobby" – display his artwork. Born and raised in Portland, Mr. Bobby has an extensive legacy closely intertwined with local history, and he tells this legacy through his artwork.

We greatly appreciated the opportunity to help him with an exhibit that was displayed in the former Albina Arts Center.

I decided to join NCCC to take myself outside my comfort zone by living outside my hometown for the first time. It has developed my independence and, as a result, I feel more prepared for college. It also gave me opportunities to learn more about other cultures while providing valuable service to the national community.

My work with Sabin CDC and City Repair has been nothing but rewarding.



Clockwise beginning at the left, Kirk Rea, Taylor Rankins, Susan Rideout, Rowdy Feltner, Megan King and Katherine Freeman are among the nine AmeriCorps volunteers assigned this summer to the Sabin Community Development Corporation. Team member Alex Cruz reports on their efforts.



Alex Cruz, from Exton, Pennsylvania, continues his passion for community service with AmeriCorps National Civilian Community Corps.

It's always very fulfilling to interact with the residents of the properties the team is working on, and to hear people's gratitude or comments on our work.

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