



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

November 2020

Make your voice heard, again

Wednesday, Nov. 4,
7 p.m., CNA annual meeting:

- Elect/re-elect six board positions and the 2021 chair.
- Weigh in on whether you'd like to change the neighborhood's name.

See details on Page 2 and below on this page.

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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He helps community find its voice

By Michael French
CNA Media Team

André Middleton, executive director of Friends of Noise, is a man on the move.

You might find the 53-year-old community leader, activist and youth mentor talking up his nonprofit, transporting a sound system to a fundraiser or protest, or supporting youth performers

“My ability to amplify the voices of protesters became a salve for me.”

— André Middleton

and musicians as they gear up for an all-ages show.

A native New Yorker who moved to Oregon for college, André earned a degree in film and video production from Marylhurst University.

He has spent the following two decades immersed in the Portland-area arts scene, working with the Regional Arts & Culture Council and Open Signal, among others. Today André sits on boards of multiple arts organizations.

He saw a need for all-age musical events when he found few performances his then 13-year-old daughter could attend. The void led André to start Friends of Noise in 2016 to provide all-age concerts, sound system training and paying jobs for youth.

“We produce concerts that are run and produced by the teens we work with. We work with young people who are performers as well,” André said. “We book kids to perform.”

Friends of Noise also produces a youth-DJ-run show on XRAY.fm and hopes to secure a permanent location for all-age performances in the next two to three years. For details and/or to support the organization, visit FriendsOfNoise.org.

After attending a local rally shortly after the Minneapolis police killing of George Floyd, André realized speakers' voices couldn't carry over the crowd. The message was getting lost.



André Middleton sees a need and works to fill it. In addition to founding Friends of Noise for Portland youth, he helps amplify — literally — the voices of local protesters.

So André and a friend developed a battery-powered mobile sound system that's since been used at more than 20 protests.

“My ability to amplify the voices of protesters became a salve for me. It allowed me to get out of the house. It allowed me to contribute to a movement that I believe in and support,” he said.

André said he sees signs of change. “I think the growing pains that Portland is going through hopefully will result in a stronger, broader, more diverse community.”

“African Americans — through a lot of hard work and community building, despite gentrification — are rising to positions of power. Look at Cameron Whitten and the Black Resilience Fund. Look at Jo Ann Hardesty on city council, former

police chief Danielle Outlaw and current fire chief Sara Boone.”

André appreciates what his Cully neighborhood has to offer.

“It's a beautiful area. I love the diversity, a lot of Asian Americans, African Americans — older, younger, families — it's nice to see how diverse and broad the community is.”



Michael French is grateful to live on 28th Avenue in Concordia, a place where neighbors talk to each other and he can get most places on foot, by bike or transit. Contact him at MFrench96@gmail.com.

Pandemic Updates

What's on in Concordia, what's not

Should Concordia undergo a name change? What are the pros? The cons? What do you want? And what would you name it? Join the conversation Wednesday, Nov. 4, at the Concordia Neighborhood Association (CNA) 7 p.m. annual meeting.

Preceding the discussion are the CNA elections. Nominate and elect/re-elect six board members and the chair. Details are on Page 2, and virtual participation instructions are at ConcordiaPDX.org/CNAMeetings.

30th Avenue at Killingsworth Street businesses plan to continue doing business outdoors in the plaza through March. You can help make it happen by donating toward a tent and heaters. Check this site for details: GoFundMe.com/f/help-us-get-set-up-for-outdoor-winter-dining.

Portland Public Schools' meals are free to children ages 1-18 and not limited to district students. Breakfasts and lunches to cover seven days per week are available for pick up Mondays, Wednes-

days and Fridays from 3 to 5 p.m. Visit PPS.net/Page/15846 for pick-up locations.

More? If you have information on other traditional November events affected by the state's “stay home, save lives” order, Facebook.com/groups/ConcordiaPDX is available to you for posting. Deadline is Nov. 10 to send information regarding any December events — ones going forward, being reinvented and/or ones canceled/ postponed — to CNewsEditor@ConcordiaPDX.org.

Chair's Corner

By Astrid Furstner, CNA Chair



Don't forget to also vote in CNA election

Change is once again upon us. November is not only election time for the nation, state, county and city. It also is the election of seven board members for our association.

It's essential that you cast your vote for the board – and chair – positions that expire this year.

You don't even have to leave home to participate

Although I will not be seeking re-election, I highly recommend you get involved. It has been an honor to have worked with my neighbors and to serve.

in the Wednesday, Nov. 4, CNA Annual Meeting and election. It begins at 7 p.m. on Google Meet. Find log-on information at ConcordiaPDX.org/CNAMeetings.

The open positions are: chair, northwest 2, southwest 2, east 2, and at large 2, 4 and 6.

Who can serve/vote?

Any person who is a CNA member can hold an elected or appointed position and vote in CNA elections.

What does that mean?

Members include everyone located within the association's boundaries (see CNA boundaries in map directly below) as residents and property owners, and one representative each from business licensees, government agencies, education institutions and nonprofit organizations. You must also

be 14 years or older to run for election to the board and, if you're younger than 18, have parent/guardian permission.

Geographic qualifications

To qualify for chair or an at large board position, you must meet the membership criteria described above. For a specific CNA district position – in this year's case, northwest, east or southwest – your membership criteria must be based within the boundaries of that district. (Again, see CNA district boundaries in map directly below.)

Board members are expected to attend monthly meetings, attend CNA functions, participate in CNA committees, represent the association with partner organizations and otherwise contribute to our mission: to connect Concordia residents and businesses and to inform, educate and report on activities, issues and opportunities of the neighborhood.

As the chair, I have been tasked with drafting agendas, presiding over meetings, working with all of the committees and board members, and providing you with monthly updates.

Although I will not be seeking re-election, I highly recommend you get involved. It has been an honor to have worked with my neighbors and to serve.

Many thanks to all who have emailed, called, or taken time to speak with me about their concerns for Concordia, this place we call home.

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

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Nov. 4, 6:30 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

Annual Membership Meeting

Wednesday, Nov. 4, 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, Nov. 3, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Nov. 18, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Nov. 25, 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

Astrid Furstner, Chair@ConcordiaPDX.org

CNA Vice Chair

Garlynn Woodsong, SW1@ConcordiaPDX.org

CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@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

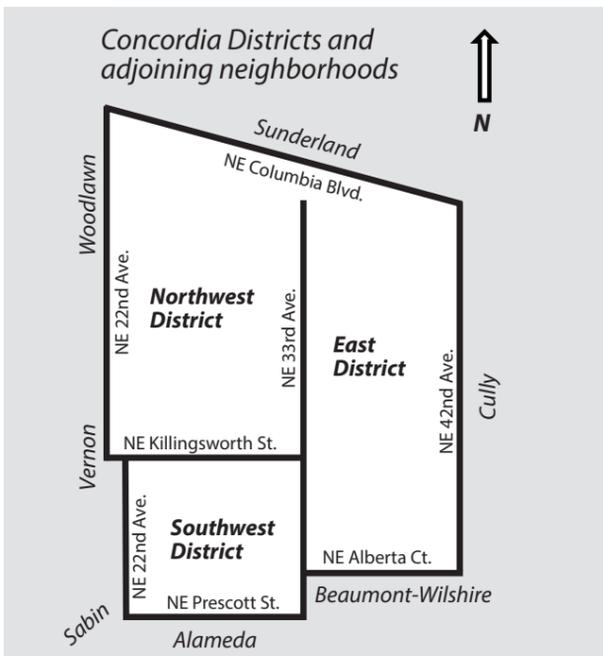
CNA Board Liaisons: Heather Pashley, John McSherry

Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.515.8209

CNews Editor: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245

CNews Graphic Designer: Gordon Riggs

Media Team: Chris Baker, Kathy Crabtree, Keith Daellenbach, Joel Dippold, Steve Elder, Tamara Anne Fowler, Tami Fung, Will Goubert, Sharon Kelly, Lloyd Kimeldorf, Gina Levine, Vanessa Miali, Gordon Riggs, Rob Rogers, Marsha Sandman, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle



CNA Board of Directors

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

CNA meeting venues

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

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



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Police reform sparks discussion

By Nancy Varekamp
CNews Editor

Last month CNews published a letter drafted by the Concordia Neighborhood Association (CNA) board for membership review, comment and action. It's available at Concordiapdx.org/wp-content/uploads/2020/09/draft-letter.pdf.

Concordians responded with written comments via email and then verbal ones at the CNA general meeting. Opinions were mixed, and they were constructive.

Many liked the letter, some offered improvements and rewording. Some disagreed with the letter's intent, others with some of its wording and others with the suggestions for how to make changes to the Portland Police Bureau.

"Blaming and divisive and likely to add to digging in of heels," was one Concordian's description of the draft letter.

"It takes courage to speak out. Thanks," remarked one attendee at the Oct. 7 virtual meeting.

Another believed the letter's call to end the use of tear gas didn't go far enough, that the environmental aspects be raised. That would include information about the chemicals draining into

the Willamette River.

"This stuff doesn't disappear," that participant explained. "These things have adverse, long-term impacts, and we're going to live with them."

Many weighed in on the word "defund."

"Defund or dissolve allows too much interpretation," noted one Concordian who suggested the term "demilitarize." "That suits our interest more."

One point of consensus was that

"Defund or dissolve allows too much interpretation," noted one Concordian who suggested the term "demilitarize." "That suits our interest more."

many of the calls to which police respond – mental health and homelessness issues – could be better handled by non-police representatives.

One meeting participant explained that Portland should have a "public

safety" organization rather than a "police department," complete with non-law-enforcement officers – "someone they will call who really can help them instead of just make matters worse."

Regardless of the final wording of any letter from Concordians to city leaders, one thing is clear, according to one attendee.

That Concordian called for a letter that doesn't hamstring the city council with specifics. Instead, it should "Tell them what we want the outcome to be."

Letter is online

Since the Oct. 7 general meeting, members of the Concordia Neighborhood Association (CNA) Board of Directors redrafted the letter to reflect the input received.

That final version of the letter was posted to [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX) in mid-October. And Concordians were offered the opportunity to sign it by sending permission to use their names to the CNA chair.

The CNA board did not endorse the letter, since it does not represent the unanimous opinion of all who live and work in Concordia. Rather, the board served in the role of facilitator to help those Concordians who wanted to voice their opinions and suggestions in a unified manner.

To view the final letter, visit [ConcordiaPDX.org/FinalLetter](https://www.concordiapdx.org/FinalLetter).

What's Selling in Concordia?

189 Homes sold in RMLS in last 12 months as of Oct. 12

4.26% Increase in Average Sale Price since 2019

Avg. Sale Price in 2019: \$522,547

Avg. Sale Price currently: \$544,778

Avg. Days on market: 25

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



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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Calling all neighbors!

It's that time of year again when half of the Concordia Neighborhood Association's board positions and the chair position are up for election. According to our bylaws, the first purpose of the Association is "to organize its human and physical resources in order to promote neighborhood goals and livability." That's a fancy way of saying the board endeavors to ensure all members of the neighborhood can thrive. We need your help!



"I have lived in the neighborhood most of my life, but only recently became more involved. I really enjoy serving on the board and as CNA treasurer. I meet so many interesting people who care about our neighborhood in different ways and who share many different talents."

– Heather Pashley, CNA board member since 2016



"I love seeing how the 10k plus people in this neighborhood come together like a community should in both the good times and the bad. Join us to get to know your neighborhood better, have an impact on the community and have fun while doing it."

– Matt Boyd, CNA board member since 2018

Join us for CNA's annual membership meeting, on Wednesday, Nov. 7, at 7 p.m.

How to attend:

Web: <https://meet.google.com/jwb-ivfb-mcv>

Phone: +1 413-779-5435 PIN: 246824040#



Local PDX Free Fridge creates solidarity

By Sharon Kelly
CNA Media Team

Matt Howard donates a bag of carrots to the PDX Free Fridge at Simpson Court and 42nd Avenue. It's one of 15-plus mini-food pantries across the Portland area and one of 2 nearby. The other is at Cully Boulevard and 60th. Photo by Ruth Rodgers

Near Fernhill Park, at the border of Cully and Concordia neighborhoods, Portland's mutual aid movement blossoms.

A donated refrigerator, an old cabinet and an outlet in a lamp post have been transformed into an ultra-local, 24-hour, no-questions-asked, neighborhood food pantry for anybody in need of the ingredients for a meal.

"We were looking for ways to contribute in a time when there were a lot of different fronts that needed people to fight for climate justice, social justice, racial justice, and especially culminating with the impacts of the coronavirus," said Ruth Rodgers.

The Cully resident and PDX Free Fridge host added, "We knew we weren't people who had a lot of money to contribute or time to volunteer. So, when we saw on Instagram that PDX Free Fridge was looking for hosts and volunteers, we jumped on it."

Ruth and her husband Sean were busy adapting their northeast Portland business, a small independent gym, to the ever-changing climate of COVID-19.

They were also supporting their two children with distance-learning at home, but their concern for their community was growing.

PDX Free Fridge organizers had seen free community fridges working in New York City and many other major cities since the pandemic hit. They thought it

"It creates a sense of solidarity every time somebody opens the fridge and it's stocked."

— Ruth Rodgers

could work here too.

Their call for support was met with a resounding response from Portlanders like Ruth, and now a network of 15-plus mini-food pantries spread from Beaverton to Troutdale. Each is hosted and maintained by local volunteers.

Backyard chicken eggs, cheeses, milk, bags of freshly harvested basil, salad greens, frozen organic chicken, individually-packed prepared meals, canned goods, masks, hand-sanitizer and other essentials. Those are just some examples of what you might find in the Simpson Court free fridge on any given day.

Organizers network with local farmers, grocery workers and food bank groups for donations of healthy, fresh food items. Volunteers visit the fridges every day or two to clean, sanitize, restock and snap pictures to post on Instagram. Those are tagged @pdxfreefridge to let followers know what's in each fridge that day.

For details about the Free Fridge program, visit [Instagram.com/pdxfreefridge](https://www.instagram.com/pdxfreefridge) and [Linktr.ee/pdxfreefridge](https://linktr.ee/pdxfreefridge).

"It creates a sense of solidarity every time somebody opens the fridge and it's stocked," Ruth said. "When someone comes to drop something off, they feel that they can be part of something that's bigger than themselves.

"We get a front row seat to mutual aid and how beautiful it is."



Sharon Kelly uses her outreach and coordination skills to support trees, farmers, small businesses, and engage people to create more healthy, equitable, sustainable communities. She's best known locally as market manager for Cully and Woodlawn farmers markets and as web manager for Trees for Life Oregon. Contact her at NaturalFarmerPDX@gmail.com

Concordia Curiosities

LOUISA CRIPPEN (left) and Tuesday Riceci designed and maintain the fairy garden at the foot of an enormous tree in Tuesday's parking strip. It's on Ainsworth Street near 32nd Avenue. The location was misidentified in last month's CNews. Apologies to the children and thanks for calling it to the attention of CNews.

You're invited to submit your own high-resolution photos. Point your lens at an object, scene, event, etc. in/near Concordia that you think is unusual or special. Then send it to CNewsEditor@ConcordiaPDX.org and it may appear in print or on [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).



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Fix sought for Killingsworth bike lane gap

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

Ride your bicycle westbound on Killingsworth Street toward 42nd Avenue on a buffered bicycle lane, with some space between yourself and the cars in the traffic lane to your left. The cars are moving fast, but they're a few feet away.

All of a sudden you're at the traffic signal at 42nd, and the bike lane vanishes. You find yourself forced into the same lane as those fast-moving cars, with no signs, paint or other indication of what you did wrong to have your bike lane so rudely yanked away!

Most bicyclists don't choose to repeat this experience, and they chalk it up to a navigational mistake. Yet, close examination reveals that this is not the fault of bicyclists or their navigational faculties. The bike lane really does just end with no warning at 42nd, with no provision for an alternate route or how to get there.

The bike lane really does just end with no warning at 42nd, with no provision for an alternate route or how to get there.

Bicycling there is bound to increase with the Portland Community College (PCC) Workforce Training Center site redeveloped into a multiple-story facility sharing the site with a new Home Forward apartment building.

The CNA Land Use & Transportation Committee (LUTC) met with representatives of PCC, Home Forward and the Portland Bureau of Transportation in September. Discussion focused on how to ensure access to a safe, complete bicycle network to connect bicyclists comfortably and safely with the rest of the city.

Possible solutions include:

- Running a new path through the site, across 42nd at a new crossing, through the old Whitaker/Adams school site to Jessup Street, where bicyclists could continue westbound to connect to the neighborhood greenway system at 37th Avenue
- Continuing westbound in new protected bike lanes directly to 37th, requiring the removal of parking on one or both sides of Killingsworth
- A hybrid option to run new bicycle lanes only one block farther west to 41st Avenue

The LUTC agreed the third option seemed the most promising and potentially feasible to deliver within the shortest period of time. It may require conversion of a portion of the planter strip between the sidewalk and the curb for the eastern half of the block. Also required may be removal of parking and onstreet bicycle facilities for the western half of the block, as well as a new bicycle crossing at 41st and Killingsworth.

This is similar to the treatments found on:

- Going Street neighborhood greenway at 33rd Avenue
- 20s bikeway at east Burnside Street
- 20s bikeway at Stark Street that continues one block south

It would also require new neighborhood greenway treatments from 41st and Killingsworth to Emerson Street and 37th, where bicyclists could connect to the rest of the neighborhood greenway system.

LUTC members agreed to review existing conditions in person, and to think about whether this proposal truly seems to be the best solution for bicyclists, pedestrians, drivers, transit riders, neighbors, and others.

We also agreed to further discuss this at our October meeting. Stay tuned.



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.

News from the NET

Smoke prep begins now

By Amy Gard
Concordia/Vernon/Woodlawn NET

What a year! While the past few summers provided warning to the wise to prepare for smoky conditions due to wildfires, few will likely forget after this September.

Concordia, like much of the West, saw some pretty awful air quality conditions, and many of us were not prepared. Taking

protective measures for our families was hampered by the overwhelming demand for air filters and heating, ventilation, air conditioning (HVAC) expertise.

So, what should you know and what can you do now to take precautions for the next smoky season?

Wildfire smoke carries various contaminants to avoid, including harmful particulates and carbon monoxide. Children, seniors, pregnant women and those with respiratory or heart disease are at greatest risk from poor air quality.

To avoid the health risks, first don't create more indoor pollution. Avoid burning anything like candles and cigarettes, frying, broiling, cooking with gas and vacuuming.

The next step is to reduce your exposure by eliminating unnecessary outdoor activity and removing contaminants from your indoor air by keeping doors and windows closed.

Setting your air conditioner to recirculate or use a box-fan fitted with an air filter with a minimum efficiency reporting values (MERV) rating of 12 or higher can help cool your space while filtering contaminants. This requires having purchased the filters you may need ahead of time and perhaps consulting with an HVAC expert about your system – before they are overwhelmed by demand.

You may also consider purchasing a portable air cleaner. Select a high-efficiency particulate air (HEPA) filter or an electro-static precipitator (ESP). Buy one that manufacturer specifications match the size of your room.

The California Air Resources Board (CARB) offers a list of certified air cleaners that produce little or no ozone at: ARB.ca.gov/research/indoor/aircleaners/certified.htm. Multnomah County also offers a great video on many air filter considerations: MultCo.us/multnomah-county/video-cleaner-indoor-air-when-skies-fill-smoke.



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

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Pizza couple returns pizza focus to kitchen



Marc Frankel and wife Tracy couldn't rest on their laurels after opening 12 Pizzicato locations across metropolitan Portland and Lovejoy Bakers in the Pearl. Now they welcome lovers of true Neapolitan pizza to Biga Pizza in Concordia. Photo by Marsha Sandman

By Marsha Sandman
CNA Media Team

You'd think after opening Pizzicato in 12 locations and Lovejoy Bakers in the Pearl District, these former New Yorkers would be ready to rest, retire and enjoy life.

The term "Biga" refers to Italian bread-making starter dough.

Well, for Marc and Tracy Frankel, the idea of enjoying life is to open one more pizza restaurant.

Marc explained the motivation, "Although we never saw ourselves expanding, over the years, Pizzicato grew into a business of which we're very proud.

"Running the company eventually took me away from the kitchen and the simple pleasures of chopping vegetables, making dough, baking a pie, serving our

customers and working shoulder to shoulder with our staff."

Marc and Tracy live in Concordia, and they wanted to open a casual, inviting space just a short walk from their home.

So they leased space one door north of the Killingsworth Street and 30th Avenue intersection. Hours are Wednesday-Friday 4-9 p.m. and Saturday-Sunday noon-9 p.m. Orders are welcome via 503.297.7133, Hi@BigaPDX.com and BigaPDX.com.

After 30 years in the business, Marc explained his incentive now is the joy of getting to know his neighbors, sharing a cozy space where folks sit family style and get to know each other.

During the current need for social distancing, Biga offers takeout and home delivery. During the warmer months, outside seating was available in a cozy rear patio and in the plaza on 30th – which may continue this winter.

You can tell by the twinkle in his eyes when he explains the pizza method, Marc has a passionate and tactile relationship with the process of dough making.

The term "Biga" refers to Italian bread-making starter dough. The three-day dough-making process results in buttery, light and crunchy crust, which makes a true Neapolitan pie.

The open kitchen has a Swedish electric oven, which heats up to 800 degrees. The highest quality ingredients are used and Biga's menu reads like pizza poetry.

In addition to pizza, salads and desserts, Biga fresh-baked ciabatta bread and a wide variety of quality wines are available at market prices. They can be home delivered along with your pizza order.



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.

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

Has Your Knee Pain Been Around For So Long That You've Come to Just 'Accept' It?

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



Have you, or someone you know, been dealing with knee pain for so long that you've just come to accept it as part of your everyday life?

Maybe you've tried physical therapy, massage or even injections in the hopes of solving your knee pain but it always comes back. Or worse, having tried so many treatments that haven't worked maybe you're convinced that there is nothing else you can do.

Many times, this idea is even reinforced by those closest to us... even our doctors. You've likely been told that you just have 'bad knees', or that pain is just 'part of getting older,' or that you're 'bone-on-bone', have 'arthritis' and the only thing you can really do is accept knee pain as part of your life and give up your favorite walk, run, hike, or exercise routine.

My name is Dr. Carl Baird and every day I work with clients just like you who have been dealing with knee pain for so long that they have just come to accept it as part

of their life.

They're frustrated because they've already invested so much time and energy on therapies that were supposed to work only to have their knee pain come back weeks (sometimes days) later. Because nothing has worked, they're worried that their knee pain will be something that limits them for the rest of their life.

Having helped 100's of people overcome knee pain - even when nothing else has worked - **I can confidently say that knee pain does not have to be something that you accept.** That you don't have to let knee pain force you to give up your favorite activities

But the answer to keeping you active, strong and doing what you love won't be found in more pain pills, injections, or even surgery. To overcome chronic knee pain, we have to change our entire approach.

In fact, I wrote a book on this very topic titled, **"Life Without Limitations: A Complete Guide to Overcoming Pain, Moving With Confidence And Maintaining Your Active Lifestyle - Regardless of Age"** just last year.



The book offers a new approach to overcoming knee pain that is **GUARANTEED** to get you back to the activities you love - **even when nothing else has worked.**

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

Here's just a few things you'll learn inside your FREE COPY of my book:

- The #1 reason your knee pain always comes back
- The top ten myths in healthcare that are holding you back from the life you deserve
- What you can do TODAY to be

sure knee pain isn't a part of your future

- Determine the best next step to keep you active and strong so you can get back to doing what you love.

If you worry that your knee pain is going to force you to give up on the activities you love, request a free copy of our book – designed to help you grow, learn and build confidence in your body's ability to handle the activities you love.

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

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P.S. There's a limited number of free copies, so get yours now and get back to the active, healthy life you want and deserve.

Concerts are out, so band takes music online

By Tamara Anne Fowler
CNA Media Team

The drive for peaches has been a long one. Even spanning oceans.

In 2017, Driving for Peaches (DFP) band members Pete Harrington, guitar, came from the UK and Alex Whitcher, guitar, arrived from New Zealand.

his life in Portland.

“DFP’s music is inspired largely by escape, road trips and relationships and the freedom of driving wherever you want... the journey. The peach is the often unattainable thing you are striving to reach at the end, whether it is the perfect destination or something connected to a loved one or relationship,” Pete said.

“DFP’s music is inspired largely by escape, road trips and relationships and the freedom of driving wherever you want... the journey.”

– Pete Harrington

Ditte Kuipers, vocals, had hit the Portland soil a few years prior. Ian Kelley, drummer, is originally from California and works at Extracto. Chris Boitz, bass, grew up in Oregon and has spent most of

DFP has written and rehearsed all of the group’s first songs during COVID-19 lockdown.

“The Pacific Northwest is relatively new to most of us in the band, so we are inspired a lot by the energy, landscape and people of this place. Our music is steeped in the vibes of this beautiful part of the world,” Alex revealed.

“Our first releases channel the energy of different parts of the state – salt: Oregon coast, head straight: Willamette National Forest, blisters: high desert,” he added.

Most of the writing has taken place at Pete’s home, where they also recorded their first three tracks. It’s the only option during lockdown.



(Left to right) Ditte Kuipers, Alex Whitcher, Ian Kelley, Peter Harrington and Chris Boitz arrived here from different parts of the globe. Once in Portland, they found each other and now write and perform music about their new home. Photo courtesy of Driving for Peaches

“We now practice with the full band at Cerimon House, where they have been amazing. Based on the COVID-19 restrictions and the fact they aren’t able to hold formal events, they were willing to let us use the space for our practices,” Alex explained.

It’s anybody’s guess when playing regular shows will be a reality. As such, DFP members are focused on what they can control – writing and recording

music and creating a steady cadence of releases that people can get behind.

Internet presence and building DFP’s following without being able to play live much is important to the band members.

They invite people to follow them on:

- Spotify at bit.ly/SP-DFP
- SoundCloud at bit.ly/SC-DFP
- Instagram at bit.ly/IN-DFP
- Facebook.com/drivingforpeaches



Tamara Anne Fowler is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors –

Armani, Max Factor and Spicey’D – are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.

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Sojourn Church – A Neighborhood Church

As of Sunday, November 1st, Sojourn Church is holding in-person services (limited to 25 people) at the Oregon Stamp Society (4828 NE 33rd Avenue) and online (sojournpdx.online.church) on Sundays at 10am.

Health & Safety Protocols: Temperature check in station at the door and masks required.

* When gathering in person, we will adhere to the current state and local guidelines on social/physical distancing.

For more information please check out sojournpdx.org/covid-gathering

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