



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

December 2020

Don't miss Jan. 6 special election

CNA will hold a special election Wednesday, Jan. 6, at 7 p.m. to fill the East 2 board position.

See Page 4 for more information.

CNews takes holidays off

Volunteers are taking a break over the holidays, so there is no January 2021 CNews.

Tune into Facebook.com/groups/ConcordiaPDX throughout the month for any late-breaking news and information.

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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Signs of Concordia call for change

By Tara Williams
CNA Media Team

Yard signs. They sprouted in yards and windows during the election cycle and disappeared just as quickly.

Yet others stay planted past election day and represent deeply held beliefs or cherished convictions, like the Black Lives Matter (BLM) signs on almost every block in Concordia.

“We need to be more empathetic to all of our citizens and cut down racial divides.”

— Timothy D. Steeves

BLM volunteers often table outside New Seasons Market. As some like Rev Williams are quick to point out, BLM is “not just one thing. It’s many things to many people.”

What do BLM signs mean to Concordians who display them?

Julie Teune, New Seasons brand marketing manager, recognizes the market’s sidewalk sign denouncing racism may cause some discomfort. “But we hope that discomfort spurs learning and growth.

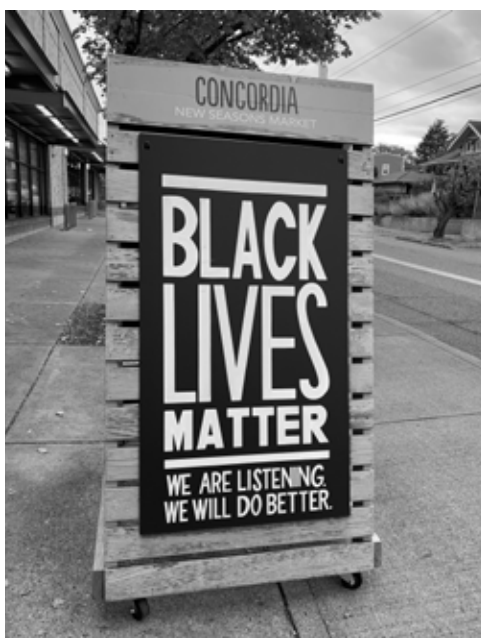
“We refuse to remain silent. We are committed to supporting the local Black community and know we have a lot of work to do ourselves.”

Efforts include creating an anti-racist workplace, recognizing and supporting entrepreneurs of color and partnering with more local Black organizations.

Concordian Timothy D. Steeves hand painted his sign with the words “BLM change the system and remember all lives lost.”

He said that show of solidarity includes a mass movement of all colors of people to raise concern about police brutality to people like George Floyd, Breonna Taylor and others killed by police not trained to handle mental health issues and minor crimes.

“I feel that there needs to be a better, more humane way to deal with people who are stuck in a white-dominated



Tara Williams offers a few examples of the countless BLM signs in Concordia. Have you seen other unique ones calling for justice – racial, social, economic and more? Shoot photos of your favorite “Signs of Concordia” and post them on Facebook.com/groups/ConcordiaPDX.

culture to be a part of this society,” he added.

“We need to be more empathetic to all of our citizens and cut down racial divides.”

Gladys Bike Shop owner Cassandra Hidalgo reported, “We were compelled to put the sign up when we saw that COVID-19 was harming our Black and brown communities at a disproportionately high rate.

“As gay Latinx persons, the knees that hold us down are the same knees that are murdering Black people using taxpayers’ dollars,” she said.

“Putting a sign up is a sign of a revolution, and a reminder not to be complacent in our privileged existences here on Alberta Street, which has been pushing Black and brown families and businesses out for decades.”

“We know firsthand what racial injustices can do to a family’s thread of well-being,” explained Laurie Lava-Books, who is Karuk and owns Clary Sage Herbarium.

“Historical trauma can have lasting effects on families for generations. We need to recognize and dismantle the systems that are built on racial biases.

“There is much work to be done.”



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.

Pandemic Updates

What’s on in Concordia, what’s not

The CNA holiday party is canceled this year, due to the pandemic. See Page 2 for details. A tradition at the party is to collect food and financial contributions for Ecumenical Ministries of Oregon’s Northeast Emergency Food Pantry (NEFP).

Since the COVID-19 pandemic began, NEFP has provided emergency food to nearly 6,000 families a month, an increase of 1,300%. If you can donate food or financial resources, visit EMOregon.org/nefp/give.

St. Charles/St. Vincent de Paul

food pantry at 5310 N.E. 42nd Ave. has re-opened. Hours are 10 a.m. to noon every Saturday. Due to the pandemic, there are no restrictions about who can receive food.

Cully Farmers Market tree sale plans call for opening Thanksgiving weekend at the Cully Farmstore annex, 4227 N.E. Alberta St.. Hours are noon to 6 p.m. Fridays through Sundays until supplies are depleted. Farmer Ted Snider expects Douglas firs to be in good supply, and he hopes to have Noble and Nordmann firs also. All sales support the

Cully Farmers Market, and the sale is staffed by volunteers. To help, call or text 503.729.3508 or drop by on the week-ends.

Gnome for the Holidays is happening this month on Alberta Street despite the pandemic. It’s like a treasure hunt, only you keep a tally of the gnomes you spot in windows along Alberta Street. Details were still in flux at press time, but check Facebook.com/albertamainstreet for directions to pick up your tally card, receive stamps for the gnomes you find and compete for prizes.

Chair’s Corner

By Astrid Furstner, CNA Chair



Please remain involved

‘Tis the season! Can you believe we made it to the end of the year? Seeing as this is my last Chair’s Corner, I would like to thank and acknowledge those who have made a contribution this year.

The 2020 board and committee members: Chris Baker, Robert Bowles, Matt Boyd, Kathy Crabtree, Donn Dennis, Joel Dippold, Steve Elder, Sonia Fornoni, Tamara Anne Fowler, Tami Fung, Will

So many neighbors have cared about Concordia and have reached out to participate at some level.

Goubert, Ike Harris, Lloyd Kimeldorf, Gina Levine, Amelie Marian, John McSherry, Vanessa Miali, Ali Novak, Truls Neal, Heather Pashley, Gordon Riggs, Marsha Sandman, Erik Van Hagen, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle, Tara Williams and Garlynn Woodsong.

Our neighbors and volunteers who have attended meetings, sent emails, called or offered words of advice: Miguel Acuna, Mary Barrett, Tanya Bushnell, Bette & Wayne Bauer, Sigrid Casey, Allison Cassing, Belinda Clark, Isabel Clop, Keith Daellenbach, Gabrielle Drinard, Ben Earle, Kimasue Garrison, Jeff Geisler, Ann Griffin, Marilee Hankins, Molly Hanlon, Nathan Hanzelka, Elizabeth Hildebrand, Jeff Hurt, Bernadette Janet, Christina Lane, Jordana Leeb, Michael Morrow, Michael Nagy, Greg Roch-

ford, Shawn Seebach, Thea Sanchez, Pat Sheans, Jack Slocum, Madeline Small, David Sussman, Elizabeth Swanson, Benjamin Taylor, Addie Virta and Erwin Washington.

I’m sure I have missed a few and to those I apologize.

Isn’t this amazing? So many neighbors have cared about Concordia and have reached out to participate at some level. At our November annual meeting, we had 34 people in attendance – that is impressive!

I hope you all keep up the participation and continue to be involved.

At our November meeting, we held elections and I am pleased to announce that Peter Keller was voted as our 2021 chair. See Page 4 for the other new board members.

Congratulations! I am certain that Peter’s enthusiasm for the position and care for Concordia will be evident in the meetings.

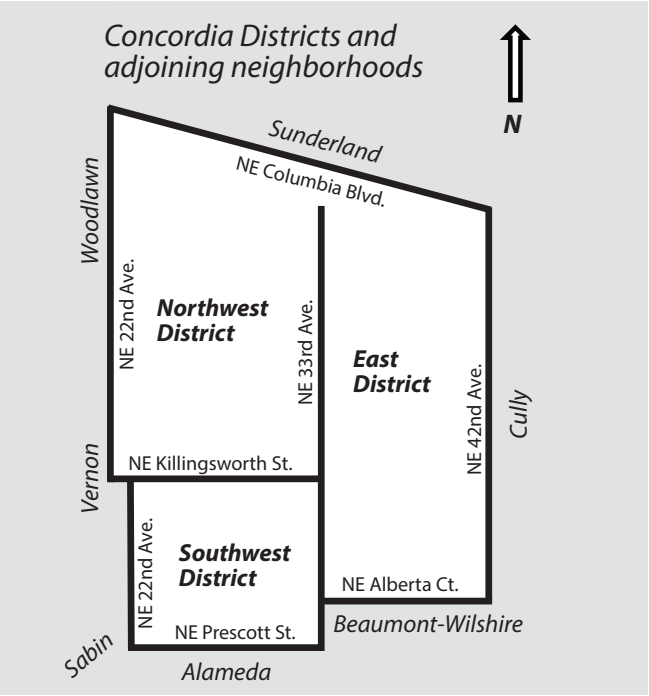
While I will not be the chair, I will still be your neighbor. I hope to say hello to you while out for a walk. My hope is that you continue to reach out to your neighbors – old and new.

Keep looking out for one another. Be kind and understanding. Together we build community. Together we are strong. Together we are Concordia.

I am thankful for my time of service, but more important, I am blessed to be among such great neighbors!

Many blessings to all.

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.



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
- ConcordiaPDX.org/CNAMeetings

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Jan. 6, 7 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

General Membership Meeting

Wednesday, March 3, 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, Dec. 1, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Jan. 21, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Jan. 27, 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, Tara Williams

No CNA Holiday Party

Due to the continuing pandemic, the Concordia Neighborhood Association will not host its annual Holiday Party this year. Our neighbors’ safety is our main priority.



Thank you to all of the local businesses for continuing support of our neighbors and of the neighborhood association.

From all of us at CNA, we wish everyone a safe and blessed holiday season.

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Concordia Art Works

Don't confine art to just galleries, museums

By Maquette Reeverts
Alberta Art Works

Take the power of art and add community. Art in public spaces creates culture by building character and improves the quality of life.

Art doesn't have to be a luxury or something in a gallery or museum. Art can happen in your yard. You have an opportunity to improve the quality of place while engaging your brain in something creative.

It is going to be a long winter, so why

It is going to be a long winter, so why not use that extra indoor time creating something for everyone to enjoy?

not use that extra indoor time creating something for everyone to enjoy? Think yard art, little libraries and other ways to enhance your lawn for the good of all.

Engage your neighbors with something that makes them smile, a little surprise along their evening stroll.

Not a painter? Stencils are a great way to enliven a garden wall or concrete steps. Make a stencil using thin cardboard or buy one from a craft store. Hire an artist, or paint a mural yourself on that tired wood fence.

How about a street mural?



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



Start planning this winter by visiting PortlandOregon.gov/transportation/67083, then putting it into action come spring.

Interactive art could be a chalkboard, little libraries or shelves for free piles. Assemblages are works of art that use found objects. Look in your attic, garage and bike shed to find interesting parts to make a yard sculpture.

Those born with green thumbs could start a "kids cut-your-own flower bed" or how about inviting a fairy or gnome into your garden by building them a house or an entry at the base of a tree?

Do it for yourself and do it for your neighbors. Create a smile for everyone to enjoy. By simply participating in a creative way, you can help bring a little humanity to our everyday and improve our community's well-being.

Editor's note: After you've created and placed your community art, send a photo and its location to CNews for Concordia Curiosities. Or post it on Facebook.com/groups/ConcordiaPDX.



This artist recommends anyone and everyone can create community art to help get the community through a long winter. Photos by Maquette Reeverts



CNA respects the views and beliefs of all Concordians, and their cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

CNews Update
RBG mural remains

ON OCT. 19, a Portland Bureau of Transportation employee was deployed to inspect the street mural painted to honor Ruth Bader Ginsburg. Neighbors of the mural at Bryce Street and 27th Avenue were concerned the city would remove the mural, and they deluged the city with requests to let it remain.

This occurred at the time the November CNews was on its way to the press with the Concordia Art Works column featuring the mural. Find that report at ConcordiaPDX.org/wp-content/uploads/2020/10/cna-202011-web.pdf.

The people who sent emails received this reply: "At PBOT, we understand that there has been an impassioned neighborhood dialogue about the RBG mural at N.E. Bryce and 27th Avenue. We want to let you know that despite some of the rumors on this platform, we have not issued any removal orders.



"PBOT has a well-established program for neighbors to come together to paint street murals – while this particular mural was painted outside of the process, removal of the RBG mural is not a priority at this time.

"If you or any of your neighbors are interested in collaborating on a street painting project, you can learn more about our permitting process here: PortlandOregon.gov/transportation/67083."

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Election adds new faces to CNA board

The Concordia Neighborhood Association (CNA) Board of Directors has three new members, joining three re-elected directors and six at mid-term.

Leading the board for a one-year term beginning in January is Peter Keller as chair. John Fitzgerald and Brittany van der Salm were elected to two-year terms.

Re-elected to two-year terms were Amelie Marian and Sonia Fornoni.

The two-year Southwest 2 position was not filled during the election, and plans call for the CNA board to appoint a Concordian to fill it at the Jan. 6 meeting. The only criteria is that you are 14 years or older and that you live, work or own property between 22nd and 33rd avenues and between Killingsworth Street and Alameda.

If you're interested, contact Chair@ConcordiaPDX.org.



Peter Keller
Chair



John Fitzgerald
At Large 2



Brittany van der Salm, At Large 6



Amelie Marian
Northwest 2



Sonia Fornoni
At Large 4

Don't miss Jan. 6 special election

A Jan. 6 CNA special election is set to fill the East 2 board position. (Page 2 map shows boundaries.) Candidates must be 14 years or older and live, own property or represent a business or organization within the East 2 district. See ConcordiaPDX.org/CNAMeetings for video meeting details.

Have you checked out CNA's Facebook page?



This page keeps you informed of CNA activities and your neighbors' comments. Check out the page for:

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



Visit Facebook.com/groups/ConcordiaPDX

Why not shop local?

If you're heading out for some holiday shopping, save the gas and shop locally. Concordia businesses are going to great lengths to serve you safely – socially distanced or online with shipping, curbside pick-up and delivery.

Farmer Ted Snider invites you to 42nd Avenue

"All the businesses here are neighborhood meeting places. Whether it's people saying hello over a cup of coffee or glass of beer, or trading garden tales

at the Farmstore or bike adventures at Cat6. The businesses are building friendships along with making sales."

Lizzy Caston invites you to Alberta Street

"It's important to shop local. The vibrancy and stability of our street, our neighborhood and our community rely on people supporting each other. Many of our business owners live in the community, and even the couple of chain stores we have here are local chains."



Give Guide comes local

Fourteen of the 174 nonprofits featured in the Willamette Week Give Guide are located in Concordia and neighboring communities. In fact, this year's promotion is sponsored by Morel Ink on 42nd Avenue.

"We handpicked 174 of Portland's most impactful nonprofits and put them under one digital roof," declared the project's website at GiveGuide.org.

This year's goal is to receive at least \$5 million from at least 10,000 donors. Last year's donations totaled \$4.2 million. That's part of the more than \$20 million raised during the past 13 years.

The nonprofits are divided into eight categories on the website: Animals, Civil & Human Rights, Creative Expression, Community, Education, Environment, Health & Wellness and Human Services.

Donations may be matched for some of the organizations. The Give Guide page for those organizations offer details.

This year's Concordia-area nonprofits in the Give Guide are:

- Oregon Humane Society
- Black United Fund
- Habitat for Humanity Portland/Metro East



- Hacienda CDC
- Mudbone Grown
- Native American Youth and Family Center
- Sabin Community Development Corporation
- The Alberta Abbey Foundation
- Friends of Noise
- Rock 'n Roll Camp for Girls
- Community Transitional School
- Verde
- Oregon Food Bank
- Portland Fruit Tree Project

To Your Wellness, by Penny Hill, can now be found online at: ConcordiaPDX.org/PennyHillWellness.

The Golden Treasures Gift Shop at the Hollywood Senior Center is open!

We sell one-of-a-kind handmade items made by our senior artisans including knitwear, doll clothes, wooden toys, jewelry, artwork and more. Find a special gift this holiday season and support your senior neighbors.



November hours: 10a-2p on Wed. and Fri.
December hours: 10a-2p on Wed., Fri. and Sat.

1820 NE 40th Ave • 503-288-8303
HollywoodSeniorCenter.org

To change the name – or not – is the question

By Steve Elder and
Nancy Varekamp
CNA Media Team

This neighborhood picked up its moniker from the school that opened its doors here in 1905. Although the institution matured from parochial school to university status, the name Concordia persisted.

Foxchase Addition.
“My intent isn’t to slam the [Lutheran] church or the university,” Dan explained “It’s a pivotal time in our world, nation, city and neighborhood,” he added, pointing to the Movement For Black Lives; online, verbal and physical attacks and threats toward women; and more racial, social and economic challenges.

“Names matter. Buildings, streets and neighborhoods reflect our values, and they improve our sense of history and our relationship with community.”

– Dan Werle

Now the site in northwest Concordia neighborhood is vacant. Should neighborhood association retain its name?
That was the question posed to more than 30 participants in November’s Concordia Neighborhood Association annual meeting. Concordian Dan Werle offered a presentation outlining what factors should be considered.
Why should the name change? What people and businesses might be impacted? Would it be helpful, problematic or not make a difference? What would the new name be?
Former neighborhood names have included Irvington Park, Town of Creighton, Heidelberg Addition and

“Names matter. Buildings, streets and neighborhoods reflect our values, and they improve our sense of history and our relationship with community,” he said.
“It’s an opportunity to honor an individual who has – or people who have – lived in the neighborhood or contributed to the neighborhood.”
It could pay tribute to a marginalized or under-represented individual or group, increase community involvement and/or inspire and reflect inclusiveness.
Considering the possibility of a name change was greeted with interest at the meeting.
One participant commented, “Your initial thought about changing the name



The Concordia University campus remains vacant since the school closed last spring. Should the neighborhood association continue to use its name? An ad hoc committee is assigned to engage the community in answering that question. Photo by Gordon Riggs

is ‘no,’ but, when you get the context, it softens things a lot.”
“I really appreciate the thought,” reported another. “Makes sense to me to cut the tie with Concordia University and come up with a name that reflects our values.”
“Love the idea to honoring a BIPOC who made an influence,” she added. “An idea is looking into what the Indigenous folks called this place in the past.”
Another offered his opinion on a new name. “I’d vote for an Indigenous person,” he said. “They’re even ahead of

my own race – African American – in being persecuted.”
Chair Astrid Furstner appointed Dan to chair an ad hoc committee to engage in research and community involvement.
Other committee members are: Mary Barrett, Ike Harris, John McSherry, Elaine Oliver, Brittany Taylor and Addie Virta.
To view the PowerPoint presentation, visit ConcordiaPDX.org/name-change-presentation. To contact the committee, email Chair@ConcordiaPDX.org.

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Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.



Ready to help?

Email Chair@ConcordiaPDX.org

What's Selling in Concordia?

189 Homes sold in RMLS in last 12 months as of Nov. 16

5.25% Increase in Average Sale Price since 2019

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

Avg. Sale Price currently:\$549,965

Avg. Days on market:26

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

Urbanism fights climate change

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

“Our house is on fire; we should act like it.” Those are the words of Greta Thunberg. She’s the Swedish school-age climate activist known for protesting the inaction and insufficient response of governments to the threat of climate change. And she’s referring to the urgency to act on climate change immediately.

In Concordia, we’re certainly no strangers to the ill effects of climate change. Smoke from last summer’s wildfires caused us to shelter in place for two weeks. There is wide scientific consensus the wildfire season was worsened by global warming.

But if our house and our forests are metaphorically and literally on fire, what can we do about it?

One thing we can do is embrace urbanism. In this sense, urbanism describes the interaction between inhabitants of urban areas (that’s us) and their

built environment (that’s the buildings and transportation systems that surround us).

The author Peter Calthorpe, in his book “Urbanism in the Age of Climate Change,” finds the average American household today travels around 24,000 miles each year by car. The UrbanFootprint software that Peter

Embracing urbanism means leaning into our low-carbon lifestyle.

and I codeveloped shows the average Concordia neighborhood household only drives 10,985 miles per year, or 62% less than the average American household.

That means that the average household here is:

- Consuming at least 62% less gasoline – 569 gallons rather than 1,482 – each year, assuming our vehicle fleet is exactly as efficient as the average American vehicle fleet. And that may not be the case. As city dwellers, our vehicles are likely to be more efficient than average.

- Emitting 62% less in greenhouse gases – 4,731 pounds per person per year, rather than 11,182 pounds.

By the way, within the neighborhood, residents of the East district – between 33rd and 42nd avenues – drive the most each year, at 5,356 miles per person per year. Northwest district residents – west of 33rd Avenue and north of Killingsworth Street – drive 4,588 miles. Southwest district residents drive the least, at 4,115 miles per year per person.

This all makes intuitive sense, as the Southwest district straddles Alberta Street, with all of its walkable destinations. The East district includes fewer sidewalks or retail destinations, and the Northwest district is just slightly farther away from everything.

These internal differences within the neighborhood are slight, however, compared to the 11,000 miles driven by the average American person each year.

Embracing urbanism means leaning into our low-carbon lifestyle. That’s made easy by the inherent high-quality urbanism of our neighborhood. By default, we’re encouraged to walk, ride bicycles, take transit and drive short trips for our most regular journeys.

For those of us with the means and the desire to do more, we can always do better. We can fuel switch our cars. And we can add solar panels to our roofs for space and water heating to move away from fossil fuels in our homes.

We can also welcome new neighbors to our neighborhood, confident every new resident of Concordia is somebody who is saying “yes” to the low-carbon urbanism that we already enjoy.

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

Back Pain: ‘Why Does It Always Come Back?’ How to Keep Active, Strong, And Doing What You Love – Even When Nothing Else Has Worked

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



Have you ever invested time and money on a solution to your back pain only to have the pain return weeks (if not days later)?

Do you find yourself needing monthly adjustments, massages, or other treatments just to hold yourself together?

Or worse, maybe you’ve convinced yourself that nothing will work because these so called ‘solutions’ only leave you with temporary relief and a slightly emptier wallet. As a result, you tell yourself that you’ve tried everything and come to ‘accept’ back pain as part of your life and feel forced to give up all the activities that bring you so much happiness.

My name is Dr. Carl Baird and every day I work with adults aged 40-70 who have tried so many different therapies in hopes of solving their back pain only to be let down again and again.

They’re frustrated because they’ve already invested so much time (and money) on therapies that were supposed to work only to

have their back pain return days later. They are tired of only getting temporary relief from pain pills, injections, or endless chiropractic or physical therapy appointments and looking for REAL SOLUTIONS.

Having helped 100’s of people overcome back pain and get back to doing what they love – I can confidently say that a solution to your back pain does exist.

But it won’t be found in some new therapy, pill, or surgery. It will only be found when we are willing to change our whole approach. When we address underlying causes of back pain that are commonly overlooked by your doctor, chiropractor, and even physical therapist.

The approach takes some work, but when we do it, you’ll find it to be cheaper than surgery, guaranteed to work, and will improve every aspect of your life (moving well beyond pain).

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.”



The book offers a new approach to getting back to your favorite activities GUARANTEED to get you out of pain - even when nothing else has worked. Inside you’ll find simple, actionable advice that is easy to follow and proven to work.

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 back 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 back 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 your back pain is leaving you feeling stuck and like there’s nothing more you can do, 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 – regardless of age.

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Cards, art may cheer seniors

By Nancy Varekamp
CNews Editor

Do you want to help make the holidays a bit brighter for some of the Concordians hit hardest by pandemic quarantining? Sojourn Church is calling for letters, cards and art to deliver to the 39 long-term care residents at Fernhill Estates. Crystal Endreola is organizing the effort of Sojourn Church members – and all Concordians – to provide her with

“I think everyone is dying to do something. I know I’m eager for an opportunity like this.”

– Crystal Endreola

items to distribute later this month at the facility. “Everyone’s feeling isolated during the pandemic,” she explained. “I think that’s heightened during the holidays.” It not only affects people like the Fernhill Estates residents, but people who enjoy volunteering. “I think everyone is dying to do something. I know I’m eager for an opportunity like this.” Crystal lives near the care facility that’s two blocks southwest of the park. Last December, she planned a party for



the residents with others in a Facebook group of local parents. “We took our kids, played music, had food – all the wonderful things we can’t do this year.” She hopes there will be enough items contributed to provide more than one to each resident and even the 40 employees who care for them – physically, medically and emotionally. Contact Crystal at Crystal@SojournPDX.org or 818.564.7311 for details and/or to contribute items. “Fernhill Estates said we can contribute gifts for the residents too,” Crystal reported. Those might include calendars, gloves, scarves, lap blankets and other items to cheer residents during the continuing quarantine.

People of all ages and locations are welcome to contribute their efforts to the project. Crystal said it’s an especially good activity for budding young artists like her own 2 year old. “I think it teaches our children there’s a world beyond ourselves and expands their minds to consider other people’s situations.”

Clockwise are Eva, Liam and Evan creating cards and pieces of art to cheer the holidays for long-term care residents of Fernhill Estates. Photos by their parents



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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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Thanks for Asking

Feeling empathy can be a good starting point

By Karen Wells
CNA Media Team

While on a neighborhood bike ride, I noticed a brightly-colored mural at the corner of 15th Avenue at Sumner Street. Bold flowers bloomed on a sun-bright yellow background.

A caption, “Empathy is not Allyship” runs along the border. Names of slain African Americans encircle three of the six vibrant blossoms.

The artist – find him at Instagram. com/jamjamart – chose six blossoms as images of peace and hope. Imagine they represent the people: Asian, Black, Latinx, Native, white and the ancestors.

Witnessing the names, caption and visual intensity of the mural sparks the question regarding the current social justice movements: “Empathy is not enough?”

A child as young as 2 shows empathy toward another child who is crying. They try to soothe by offering a toy or hugging. This feeling of empathy pushes them into action to aid someone outside of their immediate world.

Feeling empathy can be a starting



Karen Wells is a retired early childhood community educator, health and safety trainer.



“Is empathy not enough?” That’s the question this CNews biennial cross-cultural piece tackles. According to Karen Wells empathy is a starting point. Send your question for her next commentary to CNewsEditor@ConcordiaPDX.org. Photo by Jamaali

point for social justice engagement and change.

I followed up by contacting the muralist and spoke with several neighbors, including the homeowner who commissioned the mural. Several themes surfaced.

At the top of the list: adults are more complicated than 2 year olds. We want concrete reasons why we should feel empathy toward others, especially those who are outside our social circles.

Next, there is concern: is it OK to feel empathy? Then follows self-doubt as to how to proceed, and inaction.

This introspection can feel bothersome – easier to do nothing or simply become absorbed in feeling empathetic. Use empathy to embrace being an active

ally.

Take a moment to suspend the notion that you know all there is to know about being an ally. Take a moment to breathe this in. Let it wash over you.

You can always start tomorrow, yet starting today supports neighbors who are trying to live their best lives today.

Good news: it’s OK to start with small actions. Here are some to get you started:

- Check your privilege at the door, show up and listen
- Engage, speak up, stand up to demoralizing comments of others
- Volunteer your time, donate resources
- Get informed, examine different viewpoints, look for common ground, educate yourself on the needs

• Be authentic in your actions
Think about this quote from Angela Davis, PhD. “I am no longer accepting the things I cannot change. I am changing the things I cannot accept.”

Empathy is not enough? Thanks for asking.

Editor’s note: Karen has several resources to offer to further explore this theme. Check Facebook.com/groups/ConcordiaPDX, where she’ll post them in mid-December.

CNA respects the views and beliefs of all cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

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