



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

October 2020

## Does Portland need police reform?

Have you lost confidence in the Portland Police Bureau?

Your Concordia Neighborhood Association wants your opinion. See Page 6 for details.

Make your voice heard at the virtual association general meeting Wednesday, Oct. 7, at 7 p.m. To attend the virtual meeting, visit [ConcordiaPDX.org/CNAMeetings](https://ConcordiaPDX.org/CNAMeetings).

### CNA Mission Statement

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

### Concordia News

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

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

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

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## Pandemic won't slow this concept

By Carrie Wenninger  
CNA Media Team

**A**lder trees, native to the Northwest, excel at colonizing areas disturbed by floods, windstorms, fires and landslides. In doing so, they create fertile ground for the next generation...

Building on the reputation of the tree species, Alder Commons aims to reduce barriers between youth and adults of diverse backgrounds for generations now

*The question naturally arises: Is it a school? A community center? A working artists' space? Yes. Not exactly. Sort of.*

and those to come.

The community-based nonprofit sits on the corner of 42nd Avenue and Prescott Street, occupying the 7,000-square-foot building that most recently housed The Ivy School, a public Montessori charter.

The parking lot now hosts outdoor, socially-distanced gatherings, and it is home to Lonchería Los Mayas. That food cart is one of the first tenant-members. And, although plans for indoor programs are on hold during the Stay Home Save Lives order, Alder Commons has plenty of free offerings. (See sidebar.)

Beyond the chapel-like entryway, former classrooms will accommodate bustling pod-like spaces for exploring a variety of hobbies and interests.

Maker spaces and creative businesses will share knowledge and resources, and a quiet library-like sanctuary is waiting to invite reading and reflection.



*Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact her at [WurdGurl@gmail.com](mailto:WurdGurl@gmail.com).*



The first three entities housed in/at Alder Commons aren't discouraged by the pandemic. Left to right are Karl Keefer and Rachel Munzig, members of the Alder Commons organizing team; Daniela del Mar, letra chueca press owner, an indoors tenant; and Manuela Interían and Fredi Castillo, who own the Loncheria Los Mayas food cart in the parking lot. Photo courtesy of Alder Commons

The intended audience? A mixed-age community of youth and adults of diverse backgrounds with special consideration for school-age children.

The question naturally arises: Is it a school? A community center? A working artists' space? Yes. Not exactly. Sort of.

Organizing team members Karl Keefer and Rachel Munzig are the driving force behind the organization, dedicated to putting in long hours to realize a new vision of learning.

"We are not a school; however, for some families, we could act as such," Karl explained.

What Alder Commons does offer is something called self-directed education. That's a form of liberation for young people. And it seeks to provide an affordable, equitable and culturally responsive alternative to public schools as well as a safe space for learners of all backgrounds.

This education model hopes to encourage and develop young artists, makers, curious youth and lifelong learners in ways that traditional schools often cannot.

"The desire to participate is the best motivator," Karl pointed out. "And learning is always contextual. This is a place for true hands-on learning."

Alder Commons' core values are collective liberation, self-determination and community support. Here, students will find empowerment, practice consent and follow their interests.

"Ask yourself if these values fit with you, if this is a space you can imagine spending time in and, if so, join us," Rachel said.

"It's a small movement, but we feel that it's growing," she added. "There's momentum, especially in a place like Portland."

### What's up now?

The membership-based Alder Commons has many of its plans on hold during the pandemic, although a drop-off childcare option for youth members is under consideration. If you're interested, email [Hello@AlderCommons.org](mailto:Hello@AlderCommons.org).

Otherwise, all programs offered by Alder Commons during the Stay Home Save Lives order are virtual, free, open to all ages and voluntary.

For instance, Tuesday offerings range between honing your skills at origami to participating in the "Being Wrong Club."

Wednesdays advance Minecraft Bedrock play and Thursdays find a group sharing and developing strategies to advance justice and criminal justice reform.

One late-summer parking lot event was the Black Lives Matter Pop-Up Bookstore + Sign-Making Workshop.

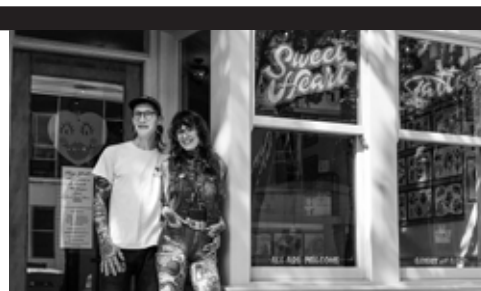
For details on these and the many other current, free, socially-distanced and virtual programs, visit [AlderCommons.org](https://AlderCommons.org) or call 503.893.9366.



### FASHION IS HYPER LOCAL

Pacific Holiday is within reach, economically and geographically.

See Page 7



### NEW BUSINESS IS A LOVE STORY

These two are sweet on tattoos, and on each other.

See Page 8



Chair’s Corner

By Astrid Furstner, CNA Chair



How can we help each other as a community?

I wish I could write a column informing you about the holidays, or the recent fun family events we had planned or asking for assistance in planning the end-of-the year festivities, but I cannot.

We are living in a time when we aren’t able to

*We all have things going on in our lives – some challenging – but why can’t we be nice and just look out for one another? Isn’t that what a community is all about?*

do any of those things. But now is not the time to despair. Now is when we rise as a community, rise together, to keep each other safe and informed.

Sometimes I read the comments on NextDoor.com, and I get sad about what I see, and I wonder if I’m blind to what’s going on. If I step outside of my house, I am lucky to have good neighbors. We may not be best friends, but we check on each other.

When the power went out a few weeks ago, immediately the texts started: “Are you okay?” “Do you need candles or batteries?” “How are your supplies?” “Anyone need anything?” This included several

homes, not just to my left or right.

I have dogs, and they can be barky (really annoying). When my neighbor wants to meditate in his garden, he pops his head over our fence and lets me know he would like to meditate for a bit, which is our cue to get those fur babies inside! We don’t take offense.

When the wind hit all of us and things started flying, our neighbor’s trash cart lid and contents flew everywhere. We helped pick stuff up. It wasn’t something to get snarky about or mad at; it happened.

So, I guess what I’m saying is, my view of Concordia is that the majority of people mean well, and they accept that communication is important. True, not everyone is happy or nice all of the time.

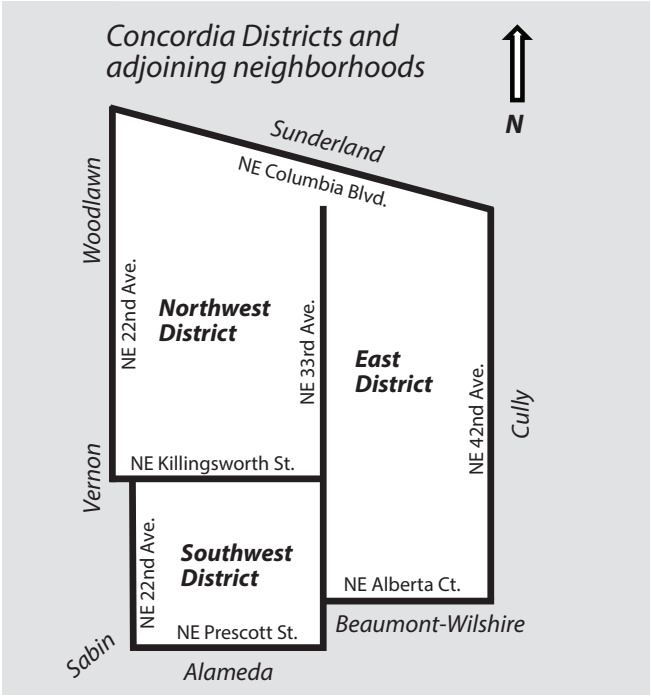
We all have things going on in our lives – some challenging – but why can’t we be nice and just look out for one another? Isn’t that what a community is all about?

If you feel strongly about what is going on in our community, join us virtually at our next meeting. Details are in the column to the right on this page.

If you don’t want to join us, but would like your voice heard, send me an email at Chair@ConcordiaPDX.org.

Remember, we are here to serve you, the Concordia neighborhood. Let us know how you want us to help you.

*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

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At Large 5 | AL5@ConcordiaPDX.org Truls Neal  
At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

Find Concordia Neighborhood Association info & resources on the web at: **ConcordiaPDX.org**

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Oct. 7, 6:30 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

General Membership Meeting

Wednesday, Oct. 7, 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, Oct. 6, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

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

Finance Committee

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

Community Room Rental

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

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Neighborhood Response Team Officer

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SUBMISSIONS & ADVERTISING

**Submissions to Concordia News:** Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

**Submissions to CNA Website:** Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

**Advertising:** Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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We ask that you support them as they have supported your neighborhood news.

Thank You!



CNA meeting venues during ‘stay home, stay safe’

Phone numbers and/or URLs to attend virtual CNA meetings in Oct. are available at/from:

- Facebook.com/groups/ConcordiaPDX
- ConcordiaPDX.org/CNAMeetings
- Meeting contact re: how to dial/tune in

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Concordia Art Works

Artists create new means to reach audiences

By Maquette Reeverts  
Alberta Art Works

“Portland has built its ‘brand’ on the backs of our arts community, a multi-million-dollar industry that provides thousands of jobs, is a major tourism attraction and drives business to hotels, restaurants and retailers across the city,” said Chloe Eudaly, Portland arts commissioner.

According to America for the Arts in 2015, the nonprofit arts and culture industry nationally reported \$166.3 billion of economic activity, supported 4.6 million jobs and generated \$27.5 billion in revenue.

When COVID-19 attacked, the arts were hit hard. Performers and venues depend on large groups to earn money. Most freelance artists have been left out of relief projects, and galleries can no longer invite the public to opening night events.

Needless to say, artists are creative and have found ways to reach their audiences. Converge 45 commissioned 12 artists, created posters of their work and have posted those on the streets of Portland. Posters are available for \$25 and the proceeds go to the Nat Turner Biopic Artist Relief Program.

Alberta Street galleries are selling



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

art pieces online via websites and social media, and they offer pick-up and drop-off services. Openings have given way to monthlong art shows that allow for staggered viewing. Galleries report sales haven’t waned too much, maybe because people became bored of tired walls while in lockdown.

Most freelance artists have been left out of relief projects, and galleries can no longer invite the public to opening night events.

Last Thursday, now in its 23rd year, went virtual this summer. Alberta Main Street and Alberta Art Works (AAW) used Portland Bureau of Transportation’s summer budget for the event to pay artists to create short promotional videos and classes that were aired on social media.

AAW hired artists of color to perform at various Alberta Street galleries and livestreamed to Facebook and YouTube. Visit LastThursdayPortland.org for free movement and art classes, to discover local artists and to find the street concerts by artists like Arietta Ward, Onry, Rejoice: Diaspora Dance Theater, and Ekone.

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.



One creative tactic artists employ to reach their audiences during the pandemic is Converge 45’s #ACTFORART. Twelve artists were commissioned to create posters you can find while wandering the streets of Portland. Proceeds go to the Nat Turner Biopic Relief Program.

CNews Updates



‘Traffic gardens’ grow

CALL IT a “traffic playground” or a “traffic garden.” Two are nearby, thanks to Concordian Sam Balto. (See bit.ly/CNewsExercise.) He developed two on his street and on the Meek/Alliance School playground. Portland Bureau of Transportation has developed eight more on school grounds and parking lots. Details are at bit.ly/BikePDXGardens.

Fix Lombard now

LAST MONTH Garlynn Woodson wrote about the recent fatal accident on Lombard Street and suggested remedies (ConcordiaPDX.org/2020/09/horrifying-crash-highlights-road-diet-need). In September, the Concordia Neighborhood Association (CNA) requested the state to relinquish authority for the street to the city. CNA further recommended improvements to Lombard for the city to make. For the full text of the request, visit ConcordiaPDX.org/LombardImprovements.



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# Remote schooling offers unique challenges

By Dan Werle  
CNA Media Team

Students in Concordia are facing significant educational challenges and changes due to the pandemic. School buildings continue to be closed to reduce the spread of COVID-

“I think learning should be a little lax. There is only so much you can learn in a certain amount of time.” Outside of school, he said, “The lack of physical interaction makes learning social skills difficult.”

Lis Charman’s and Brad Trost’s daughter, 13-year-old Meade, attends

logistical and technological kinks in the new systems. Both reconfigured their workdays to offer tech support.

They have also learned multiple platforms like Canvas, Remind, Clever, Seesaw, Zoom, Google Classroom and Google Meet.

Anne Koski is the mother of a 7th grade daughter at Faubion School and a 4th grade daughter at ACCESS Academy.

“She’s adapting really well and she’s more comfortable speaking over Zoom,” Anne said of her 7th grader.

And Anne appreciates the opportunities the online platforms allow that daughter. “She logs into Canvas, does her work and can be more autonomous.”

Like others, Anne recognizes the pandemic has made social skills development more challenging for her 4th grader.

“The carrot has been removed from school,” Anne acknowledged. “Their favorite parts of school – P.E., recess and lunch – are different or gone. She has a single ‘pod’ friend we’re considering arranging play dates with.”

Anne owns Homegrown Fit and offers suggestions – proven effective in her own home – for parents developing



Noah Marmor has grown accustomed – last spring and this autumn – to pursuing his 11th grade studies online. He misses the physical interaction with fellow students. Photo by Rosanne Marmor

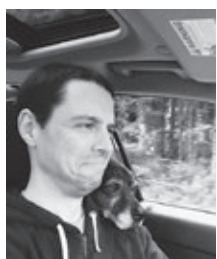
*“The carrot has been removed from school. Their favorite parts of school – P.E., recess and lunch – are different or gone.”*

– Anne Koski

19, so virtual learning is a must.

How’s it going? CNews checked in with a few families.

Noah Marmor, an 11th grader at Metropolitan Learning Center, studies online. He acknowledges the unprecedented challenges.



Dan Werle lives in Concordia with his wife, Anna, and their dogs.

Metro Montessori School virtually.

“The biggest bummer for Meade is the absence of outdoor school,” Lis reported. It would have provided the girl and her classmates opportunities to cook, camp and learn problem-solving skills in the wilderness.

Lis added that Meade is sad at spending more time away from peers. “Meade and I both get energy from being with people.”

Lora and Matthew Lillard help with distance learning for their three Faubion students, 8th grader Dean, 6th grader Fiona and 4th grader Leo.

They like the slow start of distance learning to work through some of the

at-home workstations for their children and themselves.

She offers a free, four-minute video at [youtu.be/b6O\\_UYjxeX4](https://youtu.be/b6O_UYjxeX4).

“Sitting in a chair at a desk for long periods of time is not healthy,” she said. “Consider making a workstation flexible.” That means working from the floor, a desk and standing.

“Mixing it up is the way to go.”

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To Your Wellness, by Penny Hill, can now be found online at: [ConcordiaPDX.org/PennyHillWellness](https://ConcordiaPDX.org/PennyHillWellness).

Join us online:

Sundays at 10am ~ [sojournpdx.online.church](https://sojournpdx.online.church)

Wednesdays at 7pm for our series ~

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Parent- Child Classes Starting Monthly




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# How’s a kid to socialize during a pandemic?

By Nancy Varekamp  
CNews Editor

Quarantining. Social distancing. It’s stressful for everyone, especially children. “All people need connection, especially kids learning to socialize,” reported Kelsey Naylor, MSW, CSWA and prevention specialist at Faubion School through Trillium Family Services. “Kids overall are resilient,” Kelsey said. “Our brains tend to not fully develop until we’re in our mid- to late-20s, so there’s room for healing in a giant trauma like this. But this might be piling on top of an already stressful life. “So much is circumstantial and differs on how the family is coping, and that’s going to look different for every family,” she noted. “Play – especially with other children – is important in childhood development. It also helps them process what’s happening in their lives,” Kelsey explained. “It teaches them problem solving and other skills essential to becoming functional adults in our society.”

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

*“If people can get interaction in any way that they’re safe, I’m all for it.”*

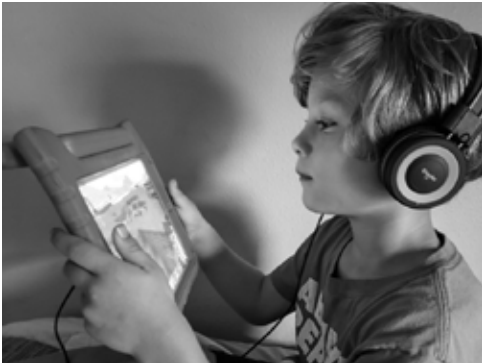
– Kelsey Naylor

That’s why some Concordia parents have created “pods” with other families. They put their trust in a group of parents who all vow to forego physical contact with others to allow their children to socialize and/or school together. According to Kelsey, many families can’t afford or don’t feel comfortable with the concept. Each must make the decisions suitable for them. Social interaction, however, doesn’t have to be in-person. Kelsey encourages finding social connections online, like



virtual play groups. “And, sure there’s more video games being played lately, but they’re interacting with people while they’re playing. “If people can get interaction in any way that they’re safe, I’m all for it.” Parents face at least two more challenges: economics and explaining the pandemic to their children. As for economic concerns, “The disparities we saw pre-COVID – access to education, health care, parent interaction – it’s only being magnified now,” she said. Kelsey considers the central piece of the COVID-19 puzzle for all families is

Crosby Levine (left) and John Russell Wiecking are among many Concordia children who socialize with friends, virtually.



parent engagement. The Centers for Disease Control offers tips on broaching the subject with children at [CDC.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html) “Keeping kids from being exposed to everything that’s happening isn’t the best way to approach it. Kids pick up on stress, news bits and things they’re hearing from friends, older siblings, etc. “Avoiding the topic or telling kids ‘Don’t worry about it,’ usually has the opposite effect.” She recommends simple, age-appropriate language to explain the information to children. Kelsey also warns against dwelling on the negative – sickness and death – and instead empowering children to take prevention measures like washing their hands, wearing face masks in public and more. “This approach gives them the facts about COVID-19 and actionable steps to stay safe.”

## Socializing tips

Multnomah County Health and the Oregon Health Authority offer tips on how to decrease COVID-19 exposure for families that may choose to socialize together. Visit [ConcordiaPDX.org/COVID-19SocializingTips](https://ConcordiaPDX.org/COVID-19SocializingTips).

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

## Is Knee Pain Keeping You From Your Favorite Walk, Run, Or Exercise Routine?

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



Portland, OR – Have you, or someone you know, been dealing with knee pain that keeps you from being as active as you’d like? For each day of activity are you forced to take 2-3 days off to rest your sore knees? Worse, maybe you’re thinking that injections or surgery are in your near future?

If you answered ‘YES’ to any of these questions I want you to know that you are not alone. My name is Dr. Carl Baird and over the last 10 years I’ve been working on a daily basis to help people 40+ find relief from chronic knee pain and keep active, strong, and able to do what they love – **even when nothing else has worked.** I have seen first-hand how limiting it can be to be to suffer with daily knee pain. The type of knee pain that doesn’t seem that bad until one day you wake up and realize that you feel it with each and every step of your favorite walk, run, or exercise routine. The type of knee pain that zaps your motivation to

keep active. The type of knee pain that slowly creates doubt, worry, or fear that you may eventually have to fully give up those activities all together. I understand the frustration that comes from investing so much time and energy (and money) on chiropractic, physical therapy, and other treatments – only to have the pain come back days later and not any closer **to feeling confident that you will be able to continue to do the things you love for years to come.** And lastly, I understand the fear that comes when your doctor tells you that you have ‘arthritis’, are ‘bone-on-bone’, and that the only option is injections, surgery, or completely giving up your favorite activities. You know the things that make you happy... If you’re aged 40+ and dealing with the frustration and fear that accompanies knee pain, please pay attention to what I’m about to tell you. It could be the difference between someone who suffers for years and someone who is able to stay active, strong, and able to do what they love – regardless of age. Knee pain doesn’t have to be

something that we come to ‘accept’ and there are better solutions than pain pills, injections, or endless doctors’ visits – most of which are free, can be done from home, and are overlooked by most doctors and insurance companies. In our new KNEE PAIN REPORT titled, **“Simple and Easy Ways to Stop Knee Pain from Interfering with Your Favorite Activities”** we discuss these options as well as what it takes to go beyond pain relief to building confidence in your knee’s ability to handle the activities you love.



And for a limited time, we’re offering our report for free to readers of the Concordia Neighborhood Newsletter. Inside our Free Knee Pain Report,

you’ll learn:

- The three most commonly overlooked causes of knee pain
- Tips to keep your favorite exercise routine from aggravating your knees
- Reasons why previous physical therapy may not have worked and what it takes to feel CONFIDENT in our knees
- Simple, actionable advice that you can use TODAY to be sure you aren’t limited in your favorite activities

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

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# Police reform: what do you think?

Your Concordia Neighborhood Association (CNA) Board of Directors has lost confidence in the Portland Police Bureau (PPB) to protect and serve the citizens of this neighborhood and beyond.

Do you feel the same? Join in on the Wednesday, Oct. 7, CNA general meeting at 7 p.m. It's virtual and atten-

dance instructions are at [ConcordiaPDX.org/CNAMeetings](https://ConcordiaPDX.org/CNAMeetings). Share your opinion about the letter below that the board has drafted to Portland city leadership. If you cannot attend to voice your opinion, please send your comments/edits to [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org) by Monday, Oct. 12.

Regardless of whether you agree, you

disagree, you have edits – your voice is welcome. The consensus of opinion will be represented in the final letter that goes to city leaders. Check [Facebook.com/groups/ConcordiaPDX](https://Facebook.com/groups/ConcordiaPDX) between Wednesday, Oct. 14, and Monday, Oct. 19, to read the final version of the letter and to add your name to it.

## Draft letter to Portland city leadership

We, the Concordia Neighborhood Association, demand change in the Portland Police Bureau (PPB). The bureau has proven to focus on defending and serving itself and its own interests above those of the community:

- It has supported and aided invaders instead of defending the city from invasion. It provides escort for armed out-of-town fascist vigilantes coming – and leaving – in caravans to shoot paint balls, pepper spray and mace, while brandishing guns and assaulting and/or threatening our citizens.
- It has failed to respond to incidents in a timely fashion. In one very local case, a family had to wait over 18 hours for a response to their home being riddled with bullets. They are the only black family on their block, and the PPB hasn't proved – or disproved – yet whether the shooters were white militants.
- It has used tear gas and other chemical weapons – ones that would be illegal during times of war – on Portland citizens peacefully protesting racial injustice. Those chemicals have adverse long-term health impacts on humans, animals and vegetation.
- It has made no public acknowledgements of its own dysfunction or willingness to respond to community demands and/or work toward self-improvement.

So our neighborhood association wants to ensure an option is on the table to consider dissolving the current PPB and all its current contractual relationships, including with its employees and the Portland Police Association union.

That option calls for replacing PPB with a wholly new system of providing public safety in this city. We must ask the questions, "What does it mean to be protected and served?" and "How can the city best provide those functions to us?"

Whether we replace PPB or attempt to salvage and improve it, these concerns must be addressed and satisfied:

**Eliminate police brutality:** We need a police force that focuses on policing from a place of compassion, rather than brutality. That can include downsizing and rightsizing. At the very least, there must be a very quick path to becoming an ex-police bureau employee with no pension for any officer found to have engaged in, condoned or covered up instances of police-inflicted brutality, including both physical and verbal brutality.

**Redirect the police bureau budget:** We need to fund activities that offer Black residents support and social safety nets, as well as protection for all Portland residents.

**Train and practice skills in de-escalation:** Currently, PPB efforts escalate violence when engaging in crowd control. In fact, an outright ban within city limits is needed on the purchase or possession of tear gas and other chemical weapons by anyone, including police officers. They should act like what they call themselves: peace officers.

**Respect First Amendment rights:** Our state and federal constitutions allow citizens to protest peacefully, without being met with violence.

We must make a break with our past, recent and historic. And we must make it now.

It is no secret that Oregon was founded upon racist intentions, with exclusionary laws intended to discourage Blacks from ever living here, or owning property.

It was only in 2002 that the last of the racist language was removed from the Oregon Constitution. And 30% of voters opposed that.

The Concordia neighborhood was a target of active redline segregation policies that concentrated and limited the city's small Black population here in the 20th century. That fact calls upon us to be particularly cognizant of the systemic oppression of our neighbors. And it must energize us to join the ongoing battle to undo the harm committed for more than a century.

Black and brown residents and visitors to our neighborhood have been the subjects of racial profiling by police for decades. Lately, the PPB and law enforcement organizations in neighboring communities continue to represent visible and active levels of racism.

The idea that Black and brown lives matter is not up for dispute. It is our responsibility as a neighborhood – and as a city – to hold that truth high.

## What's Selling in Concordia?

191 Homes sold in RMLS in last 12 months as of Sept. 9

4.0% Increase in Average Sale Price since 2019

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

Avg. Sale Price currently: .....\$543,456

Avg. Days on market: .....28

*This information provided by*  
Mark Charlesworth, Concordia resident & Broker  
Keller Williams, Portland Central.  
[charlesworthhomes@gmail.com](mailto:charlesworthhomes@gmail.com) • 503.807.9911



# New shop fills hyper-local consignment needs

By Nancy Varekamp  
CNews Editor

The nearly one year since Concordian Allyson Medeles opened the Pacific Holiday consignment shop hasn't been easy. Perseverance, ingenuity, experience in clothing retail and dedication to sustainability propelled her.

It doesn't hurt that the storefront at 4443 N.E. Fremont St. has housed consignment shops for 30 years. During the eight weeks indoor shopping was banned, customers turned to Instagram offerings on @pacificholiday and appreciated curbside pickup.

"The neighborhood has been using us as their local boutique/closet," Allyson reported.

"People are becoming more hyper local. They check here before going to malls or downtown, whether it's yoga pants, running shoes, comfortable sweaters, whatever."

Allyson promotes comfortable clothing in the caftans she designs, and



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

in consigned items in the store.

"We also don't really focus on luxury goods," she explained. "But we like quality. Sometimes that's less expensive and sometimes it's more expensive. I wouldn't call us upscale, but we are affordable."

"We probably have the most caftans of any store in town," she added. That includes her Hermosa line. Allyson's love of summer – and casual, resort-style wear – is the foundation for the shop's name Pacific Holiday.

But that doesn't mean the store will lack clothing for winter weather. In fact, Allyson will offer gift items for the holidays, and she'll promote the shop's gift cards.

Longtime consignment shopper, Allyson believes strongly in clothing sustainability.

"It's just such a better way to go, gentler on the planet. That's especially true with the recent 'fast fashion' movement of buying cheap clothing, wearing it once, getting a hole in it and sending it to the landfill."

Her website, PacificHolidayPDX.com, quotes the Ellen MacArthur Foundation: "Every second, the equivalent of one garbage truck of textiles is landfilled or burned and, if nothing changes, the fashion industry will use up a quarter of the world's carbon budget by 2050. Extending the life of our garments is the most direct way to cut waste and pollution..."



Allyson Medeles (foreground) opened her consignment shop in Beaumont Village only a few months before COVID-19 shut down indoor shopping across the state. That didn't stop her or employees Katrina Norwood, rear left, and Stephanie Kreutter. Photo by Lloyd Kimeldorf

Allyson goes two steps beyond reselling clothes. Her own Hermosa caftans are made of deadstock fabric, the leftovers of larger designers.

Moreover, Pacific Holiday offers its consignors an easy way to donate their unsold clothing. The store offers to send those items to Rose Haven, a local

day shelter and community center. It serves women, children and gender non-conforming people who experience the trauma of abuse, loss of home and other disruptive life challenges.

Allyson pointed out, "It's a good fit for us, since we have plenty of women's clothing."

## Pandemic Updates

# What's on, what's not

**Halloween goes virtual** this year for Alberta Main Street. There's no trick or treating at businesses. However, costumes will compete for local "best" prizes: costumes on children, adults, pets and groups, plus Best Decorated Business. Post your entries Oct. 19-31 on Facebook or Instagram and tag Alberta Main Street, #AlbertaMainStreet or @AlbertaStreet. Or email photos and questions to Admin@AlbertaMainSt.org.

**Save the date: Wednesday, Nov. 4, 7 p.m.** The virtual Concordia Neighborhood Association (CNA) general meeting is election night and you'll be asked to elect/re-elect six board members and the chair. Watch for details in the November CNews.

**Portland Indigenous Marketplace** Oct. 12 would've been in neighboring Beaumont-Wilshire, if not for the pandemic. Instead it's virtual to support indigenous vendors. Great Spirit Church is the fiscal sponsor & Metro supports efforts through a Community Placemaking Grant. Visit GiftingArtsAndCrafts.com/buy.

**Woodlawn Farmers Market** is open Saturdays 10 a.m. - 2 p.m. through October at northeast Dekum Street and Durham Avenue.

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



**Brent and Luciana Furstner**

**30th Avenue at Killingsworth Street** businesses plan to continue doing business in the plaza through Oct. 31. Check the weather report because they'll close for rain.

**The show goes on** at Alberta Rose with subscribed, downstreamed programming and even some free programs. Visit AlbertaRoseTheatre.com

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



## HAPPY FALL!

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PORTLAND CENTRAL  
KELLER WILLIAMS REALTY



# Sweethearts knew what to name their shop

By Tamara Anne Fowler  
CNA Media Team

It's a love story as old as time with a modern day twist. Two sweethearts – Jag Seyd and Joshua Bighaus – moved to northeast Portland and in July 2020 they opened the doors of their tattoo shop.

“Sweet Heart Tattoo is a love letter to one another, to the art of tattoo and to our clients,” Jag said.

“Sweet Heart’ is also a reference to my wonderful grandmother who was full of love and kindness. My grandmother always called me ‘sweetheart.’”

Jag was excited to get the spot.

The corner of 30th Avenue and Killingsworth Street has always been a community gathering space with local restaurants, shops and services.

Almost every day Jag and Joshua traveled past the corner. One day they noticed, tucked in between several of the stylish eateries, a little space for lease.

Sweet Heart Tattoo’s space is small, but foot traffic in the shop is limited, and they sanitize between clients, plus everyone who enters goes through a COVID-19 screening questionnaire.

Although Sweet Heart Tattoo cannot accept walk-in clients at this time, same-day appointments are available if you call ahead to 503.432.8570.

In the future when there is a vaccine for COVID-19, the sweethearts plan to host guest artists, and they are open to adding another team member.

Jag also hopes to host community art and charitable events as soon as it is safe.

“COVID is actually a big reason why we decided to open Sweet Heart Tattoo,” Jag explained.

“Joshua and I wanted to be able to ensure our clients had the safest possible experience while getting tattooed. We both had been quarantined together since mid-March and had limited our outings to exercise and essential travel like groceries.

We wear masks, frequently wash our hands and sanitize — doing everything we can to keep ourselves and our clients healthy, happy and safe,” she added.

“I have never had neighbors like the neighbors I have here — truly caring, sharing people, willing to help in any way they can. They have fed us, lent us tools, offered help and anything else they have to give” Jag said with a smile.

“Concordia is a beautiful community to walk through with parks, tree-lined streets, amazing restaurants, coffee shops and hidden treasures,” she continued. “But nothing compares to the people.”



*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.*



Sweethearts Joshua Bighaus and Jag Seyd feel at home in Concordia’s newest tattoo shop. Photo courtesy of Sweet Heart Tattoo

## Ready to Make a Move?

### Connect with us - we're ready to help!

5-star Google rated | 5-star Yelp rated | 5-star Zillow rated  
Willamette Week Best of Portland Finalist

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### Concordia Curiosities

LAST MONTH’S Concordia Curiosities featured a fairy village on Ainsworth Street near 28th Avenue. The homeowner reports a neighbor child designed and maintains this delight.

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](mailto:CNewsEditor@ConcordiaPDX.org) and it may appear in print or on [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).

## Have you lost confidence in police?

Your Concordia Neighborhood Association drafted a letter to city leaders that calls for police reform.

**Make your voice heard** about that draft at the virtual association general meeting Wednesday, Oct. 7, at 7 p.m.

To attend the virtual meeting, visit [ConcordiaPDX.org/CNAMeetings](https://ConcordiaPDX.org/CNAMeetings).

The draft letter and meeting details are on **Page 6**.