

Alameda PDX

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THERE ARE SIGNS OF CONSTRUCTION THROUGHOUT THE NEIGHBORHOOD AS CITY OF PORTLAND CREWS BUILD AND REPLACE CURB RAMPS

Infrastructure Work is Happening in Alameda *by Dan LaGrande*

While a big infrastructure bill was wending its way through Congress this summer, in Alameda and other adjacent neighborhoods, City of Portland crews were busy replacing and constructing new curb ramps and making other improvements with funds already in the City transportation budget.

Last year 512 curb ramps were constructed across Portland. As many Alameda residents have noticed, this spring the City started building and replacing curb ramps on NE Fremont and then repaving part of the street.

“The curb ramp work on NE Fremont will go from NE 59th to Williams Avenue,” said Dylan Rivera, spokesperson for the Portland Bureau of Transportation (PBOT). “It is being done in segments of 10 intersections at a time. The work includes installing new ramps and replacing old ones to bring them up to the new Americans with Disabilities Act (ADA) standards. In some places new ramps are built to improve alignment across the street.”

Rivera said the Fremont project is an example of improving the coordination of staff and resources to make updates now rather let the streets deteriorate and increase future replacement costs.

“We are using what we call the ‘grind and pave’ technique,” he explained. “It is preventive maintenance that reduces costs and extends the life of the street. The curb ramps are installed first, and then the street is repaved. The cost is about \$150,000 per one mile of one lane. If the street is allowed to deteriorate and has to be replaced, the cost soars to about \$2-\$3 million dollars per one mile of one lane.”

“We try to juggle our staffing and budget to do as much of this far less costly preventive maintenance as possible,” Rivera added. “Right now, we are rebuilding a section of Naito Parkway downtown that had deteriorated to the point it has to be rebuilt, and that is costing \$12 million for three-quarters of a mile, with sidewalks. Again, this shows that preventive maintenance really pays off.”

Going back to the NE Fremont project, Rivera explained that this an example of improved project coordination so that street, parking and school crossing signs can be updated or replaced if necessary, and on transit routes signage can be upgraded if needed.

In wandering around the Alameda neighborhood, one observes a seemingly inconsistent, even random, placement of curb ramps. On the arterial streets like NE Knott, NE Fremont, NE 33rd and NE 24th, and some others like NE Klickitat (which is a bike route), nearly every intersection has a curb ramp.

On many of the residential streets, however, there are far fewer curb ramps. One can walk up to three blocks before coming to an intersection with curb ramps. And it is not uncommon to find that there are only two or three ramps at an intersection. One example is by Alameda School, which now has new curb ramps on the NE Fremont side. But on the back (south) side... *(continued on page 6)*



Have You Seen This Guy?

In case you haven’t noticed, bunnies are everywhere in Alameda this summer. According to the Oregon Department of Fish and Wildlife, they’re Eastern Cottontails, most likely from Missouri stock introduced near Battleground, WA in 1933. Although they’ve been in the Portland area for years, they’ve only recently been spotted in our neighborhood. Based on the numbers we’re seeing, it looks like they’re here to stay!

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Editor's Message



by Annette Bendinelli

Change. Our world, our country, our state, our city, and even our neighborhood are all changing in ways we couldn't have imagined even a decade ago. Who would've envisioned we'd be dealing with our second year of a global pandemic? And who could've predicted that climate change would affect our planet as rapidly and profoundly as it has. Even experts admit that we are unprepared for the crisis that's unfolding. Here in Alameda, there are signs of climate change almost everywhere. Many of our summer days have been clouded by wildfire smoke, and two extreme heat waves have caused even the sturdiest trees and plants to wither and die. As a result of hotter temperatures – and less rain - the plants we're seeing around the neighborhood are changing. More yards are filled with drought-tolerant grasses, succulents, and even cactus. One of our neighbors has a thriving row of Mediterranean olive trees. The warmer climate also means more water use, since the summer growing season has gotten longer. In the past, Labor Day weekend was basically the last hurrah for most annuals, as well as potted flowers and vegetables. Now

the weather stays warm enough for them to thrive until October. We've been known to water our garden as late as Halloween.

Which begs the question: Should we even be cultivating ornamental gardens, or green grass in our yards? As the planet heats up, the demand for water is increasing (as our own water bill will attest), and it seems irresponsible to use it for such a purpose.

As our climate evolves, we need to rethink how we landscape our cities and residential neighborhoods, and choose plants and ground covers that can endure higher heat and minimal hydration. It will be interesting to see how our own neighborhood continues to change and adapt.

While it may not be related to climate change, we also have a big change in the wildlife we're used to seeing around Alameda. I've lived here for almost 30 years and had never seen a single bunny in the neighborhood until a couple of months ago. Now (because they're bunnies), they're everywhere. We tolerate them because they're relatively tame and really cute, but they're starting to take a toll on our vegetable garden. I'm not sure how long we can coexist peacefully, especially since we can expect even more of them by next spring!

Other neighbors have spotted never-seen-before-in-Alameda salamanders, Cooper's hawks, and if you believe what you read on Next Door, even the occasional bobcat.

There are other, more urban changes going on in the neighborhood as well. The City has undertaken a major infrastructure project that writer Dan LaGrande details on Page 1. And there will be a changing of the guard at Alameda School this fall, as Matt Goldstein replaces longtime Principal, Raddy Lurie. Blythe Knott bids a fond farewell to Lurie on Page 3, and also on Page 3 you can learn a little about incoming Principal Goldstein, who we're hoping to profile in our Winter issue.

On Page 5, Doug Decker gives us a great then-and-now view of how the neighborhood has evolved, exploring some of the "mom & pop" stores and corner pharmacies that dotted our area in past years.

And as she often does, Gail Jeidy tugs at our heart strings as she celebrates some recent changes in her life. Look for her Picture Windows feature on Page 11.

Finally, it's important to remember that although life is filled with change, there are still a lot of great summer traditions that remain the same – family vacations (or staycations), backyard barbecues, swimming at Grant pool, lazy days reading in a hammock, and warm evening walks along the streets of Alameda.

Take advantage of these wonderful, waning days of summer, and I'll see you in the fall!

— Annette

Statement of Inclusion is Older Than You Think by David Spencer

The Alameda Neighborhood Association "Statement of Inclusion and Support" appears on the second page of every issue of this newsletter.

How did the declaration come about? It's not a product of the current racial tensions that started with Ferguson and accelerated with George Floyd – the statement is much older than that. The first line states, "Our community declared the Alameda neighborhood a hate-free zone in 1995."

It all started with Gene Avery and his wife Susan, who moved from Fresno to Alameda in 1990. The Averys were involved in social activism and were particularly focused on improving interracial relations, which they saw as a major issue facing society.

Gene reached out to Lucious Hicks, a local leader in Portland's Black community, to ask about ways they could contribute locally. Hicks suggested establishing a hate-free zone in the Alameda neighborhood.

"That's why I attended my first ANA meeting," Gene says. "I knew nothing about hate-free zones or Portland race relations in general. I also decided to attend a diversity training, then a month-long training for trainers (both at Southeast Uplift)." He went on to co-lead many diversity trainings for local police and schools.

He added, "I realized at my very first training that even though I considered myself socially aware at the time, when I was asked to check a box to declare my ethnicity, I thought to myself, 'I don't have any ethnicity, I'm white.' That showed me how much I still had to learn."

ALAMEDA NEIGHBORHOOD ASSOCIATION STATEMENT OF INCLUSION AND SUPPORT

Our community declared the Alameda neighborhood a hate-free zone in 1995. Today, we reaffirm Alameda's commitment to be a loving, caring, supportive and inclusive community for all who reside, work, do business, or visit our neighborhood. We stand against hatred, racism, xenophobia, discrimination and/or marginalization of any kind. We are committed to growing, nurturing and sustaining a community where all feel welcomed, safe and included.

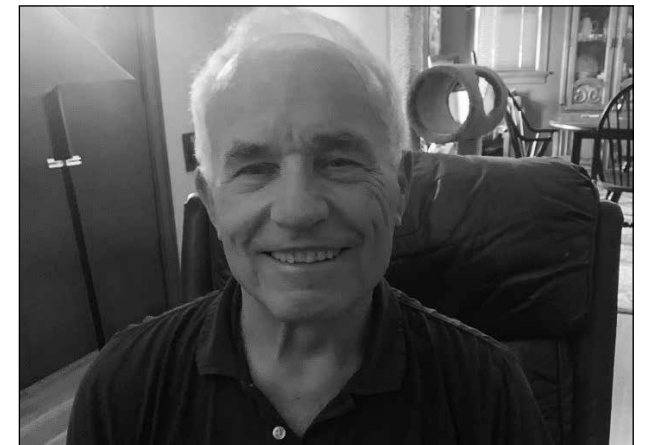
Gene remembers his first ANA meeting was also the Board's election night, and no one was running for vice-chair. He put in his name and won. In 1994 he became Board chairperson, and in 1995 he organized a group of Board members and neighborhood volunteers to work on the hate-free zone statement.

According to Gene, drafting the statement was somewhat controversial at first.

"One member just couldn't figure out why we needed it," he said. "She took it for granted that everyone would feel welcome in Alameda, without recognizing that a certain amount of white privilege exists here."

When the statement was completed, it ran in several issues of the newsletter, but somehow disappeared in the years following. Various editors came and went, and the newsletter even ceased publication for a short period of time.

Gene continued his work with social activism, including volunteering for CASA (Court Appointed Special Advocates) for 12 years, and working with Project Linkage until he was sidelined by recent knee surgery. Now retired from his career as a group



GENE AVERY

representative for a medical insurance organization, he still lives in the neighborhood.

In Winter 2018, the current newsletter editor made the decision to feature the Statement of Inclusion again in every issue. It remains part of the Alameda Neighborhood Association's framework, and is just as relevant now as it was 25 years ago, when Gene Avery first made his proposal to the Board.

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The ANA meets on the 2nd Monday of every month at 7pm at Fremont United Methodist Church.

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Alameda School Welcomes New Principal

This fall, Alameda School will welcome its first new principal in 13 years. Matt Goldstein will be taking over the job from Raddy Lurie, who has been promoted to Area Senior Director at the District's central office.

Shawn Bird, Chief of Portland Public Schools, sent the following message to Alameda families to introduce and welcome Principal Goldstein:

Dear Alameda Community,

I am pleased to announce that Matt Goldstein, an experienced leader in Portland Public Schools, will be the new principal at Alameda Elementary School.

He succeeds Raddy Lurie, who has been Alameda's principal for 13 years. Raddy will remain an important part of PPS in his new role as Area Senior Director in the central office.

For Matt, Alameda is near and dear to his heart, having lived in the neighborhood for 16 years, and having sent both his children to the school. He also served as a fourth-grade teacher at Alameda from 2007 to 2010.

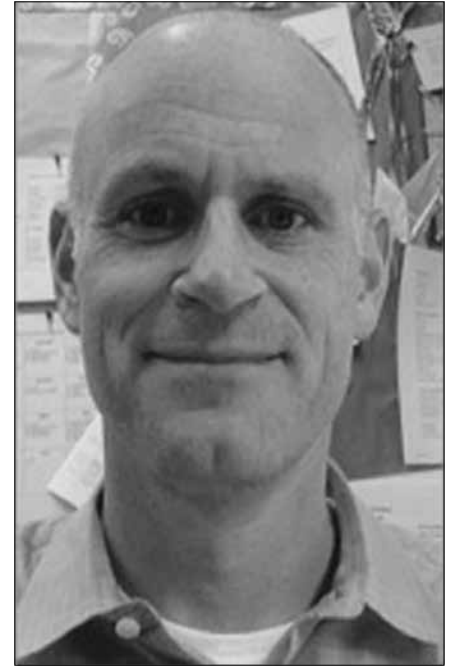
He comes to Alameda from Duniway Elementary School, where he served as principal since 2013. At Duniway he led a multi-year effort to overhaul and improve school climate by forming partnerships and shared leadership opportunities for staff, families and students. He used a variety of approaches to weave equity, social-emotional learning and culturally relevant instruction into daily classroom and school-wide practices.

Matt started his career as a teacher in grades 4 and 5 in West Linn before joining PPS at Alameda. He moved into administration as an assistant principal at Richmond Elementary School in 2010.

Matt earned a Bachelor of Arts in Political Science from Hobart College, a Master of Arts in Teaching from Lewis & Clark College, and Administrative Licensures from Portland State University.

Please join me in welcoming Principal Goldstein to Alameda.

Shawn Bird, Ed. D
Chief of Schools



NEW ALAMEDA PRINCIPAL MATT GOLDSTEIN

Longtime Alameda Principal Promoted *by Blythe Knott*

If you live in the Alameda neighborhood, you know Alameda Elementary School. And if you know Alameda Elementary School, you probably know its Principal, Raddy Lurie.

Raddy has been at Alameda for the last fifteen years. That's a long tenure, and it's given many neighborhood families the chance to get to know him and his leadership style.

This summer, when Raddy was offered a promotion to be Area Senior Director at Portland Public Schools, he was reluctant to leave Alameda because his experience at the school has been so positive. However, he decided to accept it, and in his new position he will support a number of elementary and elementary/middle schools in the district.

Back in 2006, Raddy was teaching and looking for a school administrator position. Then-Principal Teri Geist hired him as the Assistant Principal at Alameda, and two years later when she moved to the District office to run the TAG Department she advocated for Raddy to be promoted to Principal. And, as they say, the rest is history.

Alameda is a large elementary school. A lot of students, teachers, and staff fit into that beautiful yellow building. When Raddy arrived, there were 702 students and about 45 staff. When I asked Raddy about his initial impression of the school he noted that "Everyone at Alameda did a wonderful job of making the student experience feel unique and individual."

He also appreciated "the incredible neighborhood and community feel of the school."

Both of my own kids attended Alameda, and I completely agree with Raddy's assessment. The school always felt much smaller than its attendance numbers would indicate, and it truly felt like an extension of our neighborhood backyards. I always felt lucky that my kids were able to go to school at such a special place.

I asked Raddy what he thinks the new Principal needs to be prepared to expect. He noted that there is - appropriately so - a large degree of accountability and a very high set of expectations that comes from families and school staff.

"Staff expect their leader to engage them in professional development that challenges their thinking and supports students; and parents expect - as they should - excellent and continued communication about how the classroom environment is effectively helping kids grow and learn," said Raddy.

He feels that Alameda's new Principal, Matt Goldstein, is an ideal fit to lead the school. He was a teacher at Alameda, his kids went there, and he worked with Raddy directly while he was getting his Administrator's license.

According to Raddy, "Matt is a 'kids first' educator who is incredibly professional and who understands how to support teachers so they can be best equipped to support student learning."

Having a Principal who has direct, long-standing ties to the school will help ensure a steady transition after Raddy's long tenure.

He noted that it was not easy to pursue a promotion because he lives in the neighborhood, his kids attend Alameda, and he feels a very close connection to the community.

He told Alameda families in his departure letter that he "would put the education that happens at Alameda against the education at any other school in the state, public or private."

Raddy's new position will offer him many opportunities to put his school leadership experience into practice. He said he's "looking forward to supporting and working with a larger community of students, faculty and staff."

He added that "knowing the Alameda community has allowed me to become a better leader, a better educator,



OUTGOING ALAMEDA PRINCIPAL RADDY LURIE

a better parent, a better son, a better husband, a better human being. I would not trade my experience as Alameda's principal for anything. Ironically, it has been this experience that has provided me the opportunity to be selected into my new role."

He further noted that "after myself and both of my kids leave, I will have been associated with Alameda for a total of 19 years. How awesome is that?!"

I'd personally like to offer Raddy the best of luck in his new position, and many thanks for a job well done at Alameda!

Reintroducing the Northeast Community Center by Deborah Stein, NECC Board President

It's a new day for the Northeast Community Center (NECC)! You may already know us as a thriving hub of fitness, wellness, aquatics, recreational, and enrichment programs for all generations in the Hollywood District since 2007 (and before that as the NEYMCA, established in 1925). Weathering COVID-19 during the last 16 months has been challenging, but we are reopening our doors with energy and enthusiasm. We are especially excited to launch our new Community Fund, a resource that will expand access to wellness and recreational activities to more of our neighbors as well as nourish community connections as a whole.

The NECC has long been an integral part of the community. From the Hollywood District east to Cully, the NECC serves families within a geographic gap in Portland Parks and Recreation's service area. One of our most prized gems is our warm water pool, where more than 450 swimmers each 6-week session learn to

swim, and those with physical limitations experience the therapeutic benefits of the warm water.

We also provide a full range of supportive youth recreational sports and enrichment activities designed to promote NECC's values of caring, respect, and inclusivity. Adult Fitness and Community Wellness Classes support healthy aging and overall wellness, and promote intergenerational connection and social well being. Lastly, we actively share our resources to support our community partners and their clients, who are typically from historically marginalized communities.

Financial assistance has always been available to individuals, families, and other community organizations, but we know that we've left some people out. Our new Community Fund is designed to advance equity, diversity, and inclusion for all our neighbors, embodying the direction that the NECC has embraced through its newly adopted Strategic Plan. As we emerge from COVID-19 and regain our footing, we are

committed to strengthening financial support and expanding community-based programs to serve all generations.

For those of you who have stayed connected with us through the last 16 difficult months: Thank You! For those who haven't been in for awhile, or who aren't yet familiar with the NECC, please check us out in person or at www.necommunitycenter.org. Our doors are reopened for everyone at 1630 NE 38th Ave.



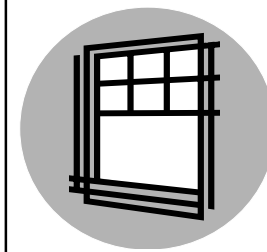
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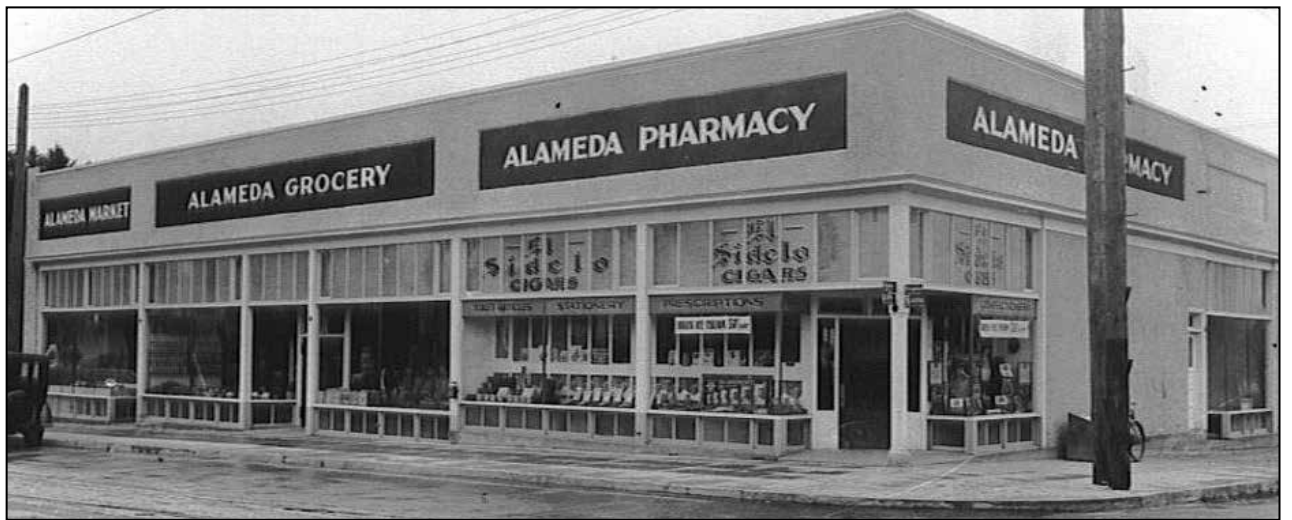
When Mom and Pop Groceries Ruled the Neighborhood by Doug Decker

We tend to think about change as our constant companion in life: always right there with us, frequently a silent partner guiding and shaping our habits and pathways. But sometimes it's not so silent, as when things change suddenly and dramatically.

Sudden change is easy to see. But slower changes can be invisible unless you hold them up and examine them from time to time. We've been busily researching several buildings in and around the neighborhood that have made some of these slower changes visible because they've left behind some clues: the old buildings. We thought you might be interested.

Consider for a moment how shopping patterns have changed. In 1931—a time when almost all of the homes in our neighborhood were well-established and occupied by young Alameda families—Portland's business directory listed more than 750 individual grocery stores, most of them owned and operated by families. Butcher shops, fish markets, general grocery stores, bakeries, candy stores. It's where Portland shopped, and also where neighbors met neighbors, information was exchanged, and neighborliness happened.

Here in the Alameda Park Addition, commercial development was prohibited. But just beyond our



LOOKING SOUTHWEST AT THE CORNER OF NE 24TH AND FREMONT, THE BUILDING IS CURRENTLY OCCUPIED BY GARDEN FEVER AND LUCCA

shop. Built in 1922 for T.W. Crowley, the building later housed the Food King Market, and today is currently being redeveloped.

Wilshire Market (3707 NE Fremont) is now Tacovore (and was once Fire and Stone). We've spoken with many Alameda families who did all their grocery shopping there. Padrow's Pharmacy, located in the same space, added an extra level of convenience. Built in 1923, the building existed three years before Beaumont School opened.

in 1910 as a "men's furnishings" shop, the building has been fully restored and is notable for the connection with its adjacent residence. A perfect example of a "bungalow market."

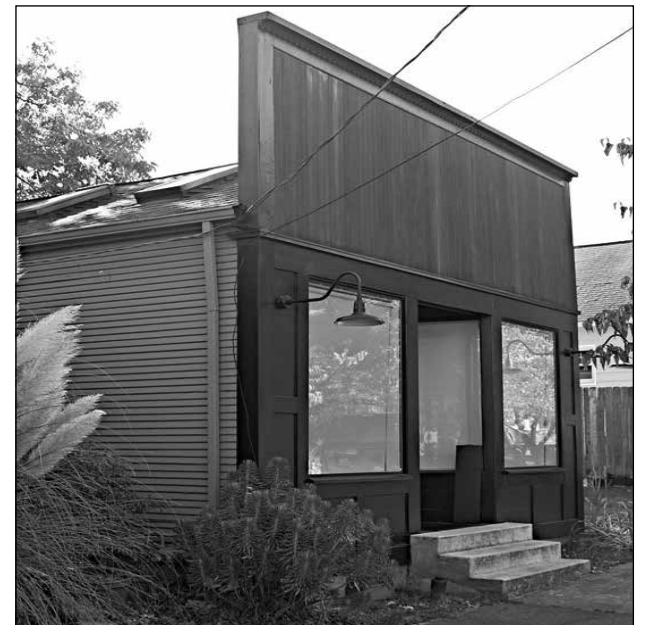
The Davis Dairy Store, built in 1926, is still further north, at the corner of NE 30th and Killingsworth. The Davis family lived in Alameda at NE 24th and Dunkley, and some of our neighbors undoubtedly shopped at their store.



ALAMEDA PARK GROCERY WAS LOCATED AT 4601 NE 27TH AVENUE



THE FORMER MARBLE PALACE MARKET AND GROCERY AT 3587 NE PRESCOTT STREET



THE FORMER THIRTY SECOND STREET GROCERY AT 4518 NE 32ND AVENUE

borders, small business was booming. Here's a look at 10 nearby businesses that once served our neighbors. Photos and more details about these places are available on our Alameda history blog at www.alamedahistory.org:

Alameda Grocery (3433 NE 24th), at the southwest corner of NE 24th and Fremont, was built in 1922 at the height of homebuilding in Alameda. You could phone in your order and have your needs delivered by bike, even if it was something as small as a pint of ice cream. Next door was John Rumpakis's shoe repair, and upstairs was a dentist. Today this corner is occupied by the Italian restaurant, Lucca.

Believe it or not, the southeast corner of NE 24th and Fremont was once home to a full-fledged **Safeway Store**, located in the building that now houses Alameda Dental and Union Bank (2416 NE Fremont). Developed in 1938, this was the site of a major land use battle in 1940 when Safeway wanted to expand to include the entire block (they lost). Later this became Brandel's Alameda Foods and Deli, which we still miss.

There was the **Prescott Fountain** (2909 NE Prescott), also known as Hunderup's, where you could run a monthly tab and just drop in for an iced Coke, or maybe get your hair cut or styled at the barber in the back corner of the

Bradford's Market and Serv-Us Grocery (3133 NE Prescott) is now a clinic, but note the parking area west of the building. Plenty of neighbors would drop in here for grocery items on the go. It looks a bit like a residence, but this building was purpose-built in 1921 as a grocery store.

A couple of blocks over was the tiny **Thirty Second Street Grocery** (4518 NE 32nd), built in 1910 and later known as Smith's Cash Grocery, and then simply as Doc's. This sweet little building is the epitome of the small neighborhood grocery, recently converted into an artist's studio.

This building was a bright shade of purple for awhile but was painted all black when it was converted into an artist's studio and print restoration business, but the **Marble Palace Market and Grocery** (3587 NE Prescott) really looks the part of the old neighborhood grocery. The building went up in 1924, and Grace and Earl Dickerman were the longtime proprietors here from the 1940s well into the 1960s.

Just to the north was the **Alameda Park Grocery** (4601 NE 27th), later known by several names including Coulter's, Rieker's, Moad's, Bob's Quick Stop Market and even the Mt. Zion Church of God in Christ. Built

Grant Park Grocery and Market (2647 NE 33rd), was built in 1925. This attractive grocery, now occupied by Family Medical Group, had sleek looking panel vans and a staff of white-aproned help who would deliver your phoned-in order to your door.

One hundred years later, our shopping patterns (and the things we're buying) are quite different. The infrastructure that developed around those earlier patterns and needs has been reconfigured into the convenience stores, restaurants, banks, and artist studios of today - which is a good lesson about the importance of being flexible, and responding to changing conditions. It's also about respecting and understanding the past, by bringing some of the original pieces along with us as we build the neighborhood and community we envision for the future.



Neighborhood historian Doug Decker prepares history studies of homes, leads history walks, and makes presentations to groups interested in learning about local history. To learn more about local history, and to look at the legacy of Mom-and-Pop groceries like Wilshire Market, visit Doug's website www.alamedahistory.org, or write him at doug@alamedahistory.org.

(Alameda Infrastructure, continued from Page 1)

of the school by the playground entrance at NE Klickitat and 27th, there is a ramp on the north side, but not on the south side. And this is where many parents park along Klickitat to drop off and pick up their children at the school.

Rivera explained that before the passage of the Americans with Disabilities Act in 1990, there were no curb ramps. "When the ADA became law 31 years ago, it did not require curb ramps on all corners of an intersection," he said. "It was not until 2010 that it became a requirement. The design of curb ramps also has evolved. The slope of older ramps is now considered too steep, so new ADA standards require the new replacement ramps to have a shallower slope, which is considered safer."

There are examples of increased curb installations on residential streets in Alameda – some new ramps, and chalk markings at intersections where a new ramp will go in. However, there is no indication that a full section of a street will have new ramps installed at each intersection.

Rivera said this may be an indication that the City is responding to a request from a neighborhood resident who would like a ramp installed because a family member may have mobility issues. He said the City has a process for residents to request a ramp. It will usually take about nine months before work can be scheduled, and even longer if there are special issues like a grate for a stormwater drain at the curb. The installation then will be more complex, requiring more time.

Nearly all streets in Alameda were built from 80 to over 100 years ago, and many have concrete, not asphalt, paving. Over the years the City and various utilities cut sections in the street for projects that required underground installation or repair work, and then almost always repaired the cut with concrete. As one notices driving around the neighborhood, the ride can be bumpy. The City also has a process for reporting potholes, and will determine if they qualify for repair.

We have a tendency to complain about the condition of streets and sidewalks around our neighborhood. However, improvements on NE Fremont - including new curb ramps and repaving the street along the business district and by Beaumont School, as well as new ramps at NE 33rd and Knott - are evidence the City is upgrading our infrastructure, and doing it in a smart way that saves money.

So next time you see a City crew working in our neighborhood, give them a high five and thank them for their good work.

To make a Curb Ramp by Request, go to www.portlandoregon.gov/article/292760 for a Ramps by Request application; alternatively you can call or e-mail the program coordinator at (503) 823-4414 (TTY 503-823-6868) or send an email to Lisa.Strader@portlandoregon.gov.

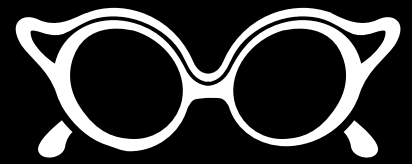
To make a request to repair a pothole in a neighborhood street, go to <https://www.portland.gov/transportation/maintenance/report-pothole-sinkhole-or-emergency-road-hazard>

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ANA/SOLVE Cleanup is a Success

Over 30 volunteers converged on the Hollywood neighborhood Saturday, July 10 for the Alameda Neighborhood Association/SOLVE Cleanup. During the course of the three-hour event, they picked up over 300 lbs. of trash.

According to ANA Co-Chair Travis Weedman, "We had volunteers ranging from kids to retirees. It was a lot of fun, and I think the Hollywood District looks better because of it. I want to thank Taryn Lange, who came up with the idea and then made it all happen!"

Lange, an Alameda volunteer, proposed the cleanup to the ANA Board earlier this summer, got approval, then reached

out to SOLVE. The plans coalesced quickly from there.

"We picked up trash all over Hollywood, including at the transit station, the Target and Dollar Stores, Starbuck's, and more," said Lange. "I was able to safely pick up and dispose of about 40 needles. My container barely fit all of them!"

Weedman added, "The cleanup was easy, rewarding, and I felt a great sense of community."

The ANA Board is considering additional cleanups in the future, possibly even on a monthly basis. Be sure to check the ANA website and Facebook page for details on upcoming events.



L. TO R. ANA CO-CHAIR TRAVIS WEEDMAN, EVENT COORDINATOR TARYN LANGE, AND ANDREA AND ZAK HOFFELT JOINED THE CLEANUP



The Alameda Neighborhood Association Needs You!

The Alameda Neighborhood Association is currently looking for Board members, including someone to take over the office of Treasurer.

The Treasurer's responsibilities primarily include handling billing and advertising sales for the quarterly ANA newsletter, and other occasional financial duties. The time commitment is minimal - just a few hours a year, plus attendance at monthly ANA meetings.

Serving on the Board is a great way to become involved in your neighborhood association, as well as the greater Alameda community! If you're interested, please contact Annette Bendenelli at alamedanewsletter@gmail.com.

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Local Volunteer Serves Many Communities by Dan LaGrande

“I live in Portland, but I sleep in Lake Oswego,” says Janice Yaden.

Wait, you say. How’s that?

Oregon resident Janice Yaden, her husband David, and their three young children lived in Portland’s Laurelhurst neighborhood for five years before beginning a life that took them to countries around the world, eventually returning to live in Lake Oswego.

“Even after settling in Lake Oswego, I continued my long-time relationships in Portland,” Janice explained. “I attended church, served on various committees, organized events, participated in a book group and joined several informal meetings. The relationships and friendships we built in Portland while we were young continue to this day.”

One of those enduring relationships is with parishioners at Alameda’s Madeleine Church. Janice serves on the Interfaith Alliance on Poverty, and has been a member of Maddy’s Cart, a group from Madeleine who prepare and deliver meals to people living on the streets.

A native Oregonian, Janice grew up in Depoe Bay, the daughter of a commercial fisherman. From that small coastal community, she went on to rub shoulders with top political leaders – and to work for some of them – and to work in many parts of the world for a good part of her life.

Both Janice and David graduated from Portland State University and were happily settled in NE Portland until they made a big move to the East Coast - and into politics.

You might say that Janice and David started their political work near the top – in Washington, DC, where they lived for almost a decade beginning in the mid-1970’s.

“I started as a volunteer on the staff of Oregon Congressman Les AuCoin,” Janice recounts. “Then I joined the staff of a congressman from California. That was my first paid political job in the nation’s capital. Later, I joined Sen. Ron Wyden’s staff when he was first elected to Congress in 1980.”

Janice’s husband worked for a congressman from Washington State as a special assistant to the U.S. Secretary of Transportation until Jimmy Carter lost the Presidency, whereupon David lost his job. The Yadens then moved back to Oregon – this time to Lake Oswego, where David grew up and where he liked to water ski.

They were soon back in the political world, both with high-ranking jobs in the administration of Gov. Neil Goldschmidt, commuting to Salem from Lake Oswego. David’s mother looked after their growing children.

David was in Germany on an assignment from the Governor when the Berlin Wall fell. He was mesmerized by what was about to happen in Eastern Europe. When Goldschmidt did not seek re-election, David was free to get a job as a consultant for the U.S. State Department

in Prague, Czechoslovakia (which became the Czech Republic in 1993).

Janice tagged along. “I taught at an international school in Prague for a year,” she recalls. “From that experience, I knew I wanted to work internationally. I started by organizing bicycle tours – two in Austria and one in Holland.”

Back home again, Janice was trying to decide if she could become a tour guide. Then, a huge tropical storm swept through Central America in the late 1990’s.

“I wanted to do something to help, so I organized a big fund-raiser,” Janice explains. “However, I wasn’t sure where to donate the money. Someone told me about Mercy Corps, which helps people around the world when disasters strike, and I donated the money to them. Then I went back to thinking about what I was going to do next.”

The answer came a year later, in 1999, when a huge earthquake hit Turkey. Again, Janice organized another large and successful fund-raiser at Alexis, a popular downtown Greek restaurant that long-time Portlanders will recall. “That time I knew exactly who to give the donations to – Mercy Corps,” Janice said. “I went as a volunteer with Mercy Corps to Turkey for three months and stayed for a year, becoming the project manager.”

“While I loved the work, I wanted to be closer to my husband and our children, who by then were in college and one was married,” Janice recalls. “So after a year in Turkey I returned home to Lake Oswego to sort things out.”

She soon began a pattern of short-term (three to six months) assignments allowing her to both pursue the work she loved but not be gone too long. Her first short-term assignment was to Pakistan, which began her 18-year, 15-country career with Mercy Corps, mostly in the Middle East and Asia. She went on assignment to some countries more than once.

“My big focus in doing this work was to support others to be successful, no matter what country they lived in,” Janice said, “so that when I walked away they could stand on their own feet and be who they were, and who they could become.”

I told Janice that she has led one of the most interesting lives of anyone I have known. She replied, “Yes, I have had a life of adventure, creativity and compassion – but with tough love.”

It is a philosophy and goal that she intends to carry into her next challenge—working with the homeless. She has already started by supporting and volunteering with the Bybee Lakes Hope Center in North Portland, as well as the Interfaith Alliance on Poverty and several shelters. Bybee Lakes is a non-profit program providing food, shelter and support for homeless men and women, including families with children, who are committed to improving their lives with a goal of self-sufficiency.



VOLUNTEER JANICE YADEN

(AlamedaPDX carried a story on the program in the Spring 2021 issue.)

“Everyone needs a safe place to sleep,” Janice says, “and that certainly includes those without homes. We have money, land and providers. What is missing is leadership. But I have hope because of elected officials like Portland City Commissioner Dan Ryan and Multnomah County Commissioner Sharon Meieran.”

From her long experience in working for politicians nationally and locally, and serving with Mercy Corps for 18 years, Janice understands the importance of leadership. Despite the divisive society we live in now, she still believes that with strong leaders, we can come together to deal with the tough challenges we face today.

And I have a hunch that Janice will be right there – setting a shining example on how each of us, individually and collectively—can make a positive difference in our community. Just as Janice has, sleeping in Lake Oswego and living and working in Alameda, in Portland and around the world.

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NECN: Building Community During the Pandemic and Beyond by Mariah Dula

Alameda is a member of the Northeast Coalition of Neighborhoods, an organization comprised of 12 area neighborhood and business associations as well as community groups based in northeast Portland. Over the past ten years NECN has been instrumental in advocating for neighbors with the city and state on housing and transportation policy, and livability issues including air pollution and homelessness. As our city has undergone rapid growth, NECN has served as a forum to debate these changes.

NECN is above all an organization connecting people to their local government to create solutions that are just and sensible for the communities they affect. By connecting the dots between people and their government, NECN works to build communities. From serving as an incubator for non-profits at its building in King School to fiscal sponsorships, and neighborhood association support, the small NECN staff and board has worked to engage our neighbors from all walks of life for over 40 years.

The organization's quarterly newspaper, *Hey Neighbor*, seeks to elevate Northeast neighborhood voices and highlight communities that are often underrepresented in Portland. This is evident in the diversity of topics and writers in each issue.

This year, despite the challenges of Zoom meetings – or maybe because of the ease for some people of attending virtual meetings – NECN fielded its most diverse board in many years, something the organization has been actively working toward to better represent the NE community.



Throughout the pandemic, the board and staff have focused on helping neighbors cope with the direct impact of COVID-19 and the ongoing homeless crisis. With the onset of COVID-19 and shutdowns NECN utilized its newspaper and network to provide local information at a critical time. This included multi-lingual mailers with COVID-19 information, and local resource listings - needed especially by residents without internet.

The staff also assisted more than a dozen small organizations in securing and managing federal and local grant money. This effort has netted real results and helped direct over \$75,000 to support small local projects from Right to Dream 2 (R2D2) a self-supporting houseless community in the Lloyd District, to the African Women's Health Coalition, which provides culturally specific health services to the African immigrant community.

NECN Board Chair Sean Green and Interim Executive Director Jessica Rojas have been actively collaborating with the city and partner organizations on policy, and are working to ensure that solutions for houseless neighbors involve communities and people where the impact is greatest—and include those with houses and those without.

This is important work, because as is evident on so many sidewalks, slopes, and corners in Portland, the pandemic has only exacerbated the need for shelter and the need for a coordinated city response.

NECN is now in a time of transition. Last December the Executive Director of six years, Adam Lyons, left the organization to work for City Commissioner Mingus Mapps. Lyons brought considerable stability to NECN, and expanded its scope of work to be more inclusive of low income and houseless community members.

Jessica Rojas, formerly NECN's Environment and Community Manager, stepped up to lead in an interim role as Executive Director role, but Rojas too is departing.

NECN will be conducting a search for a new Executive Director to take us into the next era as we emerge from the pandemic, and as the city again considers its commissioner form of government. To learn more, go to boardchair@necolition.org.

Mariah Dula is Alameda's NECN Representative, and Secretary of the Alameda Neighborhood Association.

THE FOLLOWING IS A PAID ADVERTISEMENT

Are You Worried Your Back Pain May Cause You To Miss Out On Activities With Family And Friends? By Portland Back Pain Expert, Dr. Carl Baird DC, MS



Have you, or someone you know, been dealing with back pain that keeps you from being as active as you'd like? Do you worry that if your back pain gets any worse, you'll have to give up your favorite activities? Or

worse, maybe you're already being forced to miss out on outings, trips, and adventures with your friends and family because of your pain.

My name is Dr. Carl Baird and every day I work with adults aged 40-70 who have been dealing with back pain for months to years and are concerned it may get to the point where they're forced to miss out on all the activities that they really enjoy.

They're frustrated and confused because the usual therapies they use to take care of their back pain (massage, chiropractic, physical therapy, etc.) are no longer working and the pain is returning weeks (if not days later). They know pain pills, injections, and surgery only provide temporary relief and are looking for LONG TERM SOLUTIONS.

Having helped 100's of people overcome back pain and keep active, strong, and doing what they love - I can confidently say that solution to your back pain does exist.

But the answers won't be found in more pain pills, injections, or endless chiropractic and physical therapy appointments. To overcome back 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 getting back to your favorite activities GUARANTEED to get you back to our favorite activities - even when nothing else has worked. It's essential reading for anyone aged 40-70 worried about having to give up some of the activities they love.

And for a limited time, we're giving away free copies for readers of *Alameda PDX* - just pay for shipping.

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

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P.S. We only have 10 free copies available, so get yours now and get back to the active, healthy life you want and deserve.

Love Rocks - Scribbles, Surprises, and Smiles by Scott Gunderson

A little positive energy in the world is never a bad thing, especially in these challenging times. Sometimes when you are able to send some out to others, you are fortunate to know it was appreciated. Sometimes it goes out and you have no idea. But that doesn't stop me from trying, and I hope it doesn't stop others.

Walking through the neighborhood, my family and I sometimes find what my children call "love rocks" in gardens: rocks with painted art or messages. During the boredom and isolation of the first pandemic summer last year, both of my children painted a few for our garden. Be Kind. Ad Astra. Hope. Black Lives Matter. Believe. Rocks with rainbows, smiles, and lady bug spots.

I would look out my front window and see people walking by who would sometimes stop, look down at the rocks, and smile. We sent some positive energy out to the world, and I was glad to be able to see that some people enjoyed it.

My late neighbor used to play the piano. On summer nights, with windows open, we could hear ragtime and old-style boogie woogie tunes coming from his old farmhouse, one of the first houses in Alameda. One night as I sat on the porch listening to his piano, I saw two young women walking down the sidewalk. They stopped in front of his house and sat under one of his front yard trees, silently listening to the music for about 20 minutes before getting up and continuing their walk.

He died a few years ago. I wish I had told him two strangers found his music worth stopping for on a warm summer night. I think he would have enjoyed knowing.

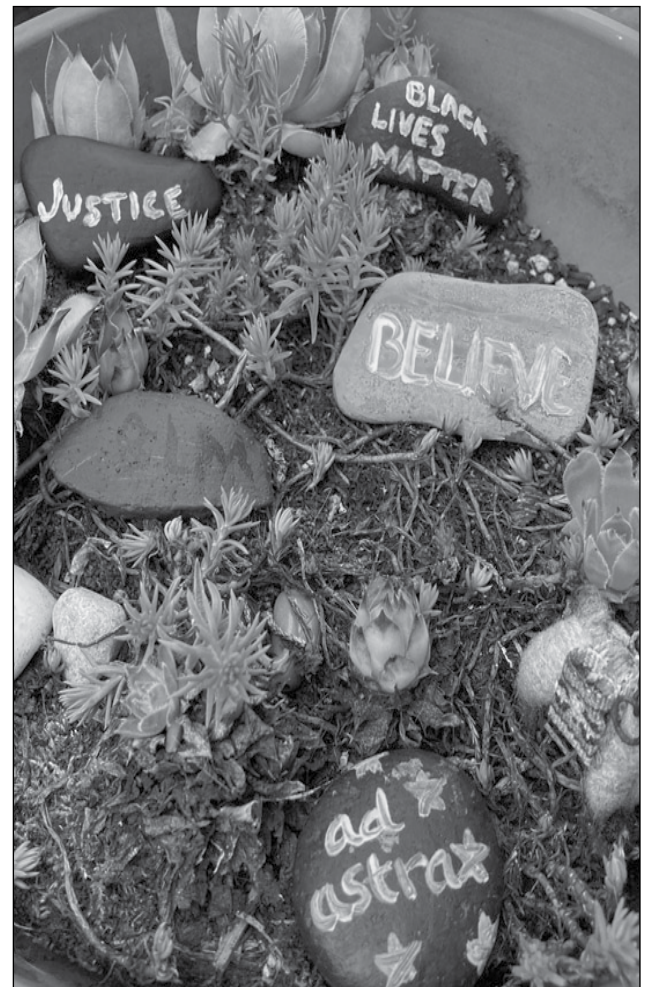


PAINTED ROCKS BRING CHEER TO PASSERSBY

One afternoon I came home from an errand and found a piece of paper on my front door. I pulled it off, first thinking it was a yard service flyer, and was surprised to see children's art, scribbled names, and a note: "From our little COVID pod to you, happy spring. It's been a tough year. Wishing you health and joy as warmth returns. The Micro Montessori Pod."

I don't know these children or their teacher, but I keep the paper on my bulletin board. I like to imagine the children having fun drawing and writing their names in their very young script. I like to imagine them having fun walking through the neighborhood and posting their art on doors. I like to imagine their teacher enjoying the time with them.

I never did tell my neighbor about the young women enjoying his music. And I don't know how I could find those children and their teacher to tell them I enjoyed the kind message on my door. They sent some positive energy out to the world, and I hope their teacher or one of their parents reads this and smiles, learning the children made at least one person in the neighborhood happy.



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Whitaker Ponds Nature Park by Barbara Strunk

Whitaker Ponds Nature Park is a resurrected treasure in our neighborhood's backyard. The ponds and woodlands of the park are part of the Columbia Slough that runs along the south side of the Columbia River from Troutdale to the mouth of the Willamette River. The slough is an urban watershed that provides wildlife habitat, green space crucial to the health of our city, drainage, and education and recreation.

The slough and wetlands were home to Native peoples for millennia. Until the 1920s the slough was the site of annual spring flooding from the Columbia River. With levee construction to prevent flooding, and urban and industrial development, the water quality of the slough deteriorated. Now, as a result of decades of cleanup and rehabilitation the slough is again becoming a healthy ecosystem for birds, mammals, plants and people.

Whitaker Ponds Nature Park is an example of successful rehabilitation of habitat that at one time was a junkyard. Over 2,000 tires have been removed in the process of restoration. It is still improving through the efforts of the Columbia Slough Watershed Council, Portland Parks and Recreation, and the Bureau of Environmental Services. A recent project by Portland Bureau of Transportation has provided parking and sidewalks at the entrance of the park located on NE 47th Avenue, ¼ mile north of Columbia Boulevard.

Volunteers and City staff continue to plant native wildflowers and shrubs in the black cottonwood forest, maintain the flat ½-mile trail along the ponds, and provide education about the plants and animals of the area. Birding is great at Whitaker Ponds, especially in the winter when the migratory waterfowl make a home there. There is a great horned owl nest from which you might spot owlets in February. Spring and summer are great times to brush up on your songbird identification skills at the park.

Groups such as Audubon conduct birding expeditions there, and many classes on native plants and habitat are offered, sponsored by the Columbia Slough Watershed Council. Take a look at the Council's website at www.columbiaslough.org for classes and volunteer opportunities.

The park also includes access to the Columbia Slough via a boat launch for canoes and kayaks. The east pond is a wildlife protection area with no public entry. Bring your binoculars, plant and bird identification books, and visit many times throughout the year to watch the changing seasons.

This article was originally printed in the Beaumont-Wilshire Neighborhood Association newsletter. Be sure to check with the Columbia Slough Watershed Council for the latest Covid-19 updates.



THE PARK IS LOCATED AT 7040 NE 47TH AVENUE



A GAZEBO PROVIDES A VIEWING AREA

Hopeful News on Monarch Butterflies by Dan LaGrande

Our neighborhood champion for the endangered Monarch butterflies has reason for hope this year. Ida Galash has seen and photographed a Monarch butterfly in her garden. Last year she had none.

Ida is delighted that the butterfly has laid eggs on her milkweed plants and 11 caterpillars have hatched and are happily feeding on the milkweed leaves. They're on their way to evolving into 11 new butterflies of the super generation who will make the long migration to California to over-winter.

"I am so happy to see at least one Monarch in my yard and to learn there have been sightings in other areas in the Northwest," Ida exclaimed. "This is such positive news, as last year we had only one report of a Monarch in the Portland area."

Ida has also learned that this last year some Monarchs overwintered in the San Francisco area, rather than migrating further south to the central California coast.

One of her fellow butterfly advocates, Dr. David James, is a scientist at Washington State University. "Basically, winter breeding populations occurred throughout the Bay area from Berkeley to San Jose," he wrote recently. "Everywhere there was milkweed." He also said Monarchs have been sited this year in southern and northeastern Oregon, up to Puget Sound in Washington, and east as far as Boise, Idaho.

"I have been involved with monarchs for 43 years," Dr. James added, "and the single, overriding thing that I have learned is that the Monarch is a highly adaptable insect!"

Ida considers this a good sign. "The Monarchs are adapting to new areas as their traditional winter habitat has been compromised. Also, I believe that home gardeners who have planted milkweed and pollinator plants that attract butterflies have made an important difference."

She added, "If home gardens will just provide some space for milkweed and plants like echinacea, coreopsis, asters, zinnias



MONARCH CATERPILLARS START SMALL BUT CAN REACH A LENGTH OF TWO INCHES BEFORE METAMORPHOSIS

and other pollinator plants that attract butterflies, it will make a huge difference in sustaining and saving the beautiful and beneficial Monarch butterflies."

To learn more about how you can help sustain the Monarchs, go to: www.savethewesternmonarchs.com

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Picture Windows: A Time For Everything by Gail Jeidy

Here's something I've often found to be true: You either have kids or a beautiful garden. As proof, several years ago on these pages, when our daughters were young, I shared a photo of the sunflower on our corner parking strip -- a foot-tall straggler that survived despite my neglect.

Now that our kids have grown, my green thumb has emerged. My breakthrough came this year when I grew dahlias in anticipation of our oldest daughter's August wedding. The gardening project helped me process the emotions associated with one's first child getting married. Joy. Letting go. Angst about the event. Concern about Covid coming back. And hope that these spectacular blooms would grace her wedding tables.

Our daughter began contemplating wedding venues in early spring while I, independently, poured through the Swan Island Dahlias catalog, settling on varieties of white, pink, orange,

while I mapped out a 10' x 12' "field" in our parking strip, brought my husband on board to help dig (ok, to dig), add bags of topsoil and a brick border. Then we waited.

The "kids" moved into their new home, and we celebrated our daughter's 25th birthday there in April. The dahlia tubers arrived in May just as we were leaving for a visit to the Midwest. The boxes waited in the dark for our return. The average bloom time was projected at 90 days. We were already beyond the possibility for an August bloom date, but we held hope.

I planted the last evening of May, a light drizzle coming down, my instruction book in hand, digging six inches deep, laying each tuber horizontally and covering completely with soil, all the while dreaming of the blossoms we'd reap. Meanwhile, our daughter was immersed in wedding planning. She even

took care to step around the "field." I stayed in the background of my daughter's wedding planning, taking care to not impose my dreams but rather be on call.

Growing dahlias -- and raising kids -- requires patience. And watering every other day. Plus a bit of slug bait -- for the dahlias. I enjoyed chatting with passers-by who offered dahlia anecdotes along with predictions about when they'd bloom -- the gardener's version of playground convo with other parents. We added stakes as the dahlia stalks threatened to tower and topple. Do you know my daughter towered over me by fifth grade?

Our daughter's wedding was spectacular. We didn't use the dahlias for décor. First, they were only about a third in bloom. But more importantly, before the first blooms ever came, she shared with me her vision for the wedding flowers -- white



NEWLYWEDS MATTIE AND TREVOR. PHOTO BY KELSEY STRAUS



NEWLY PLANTED DAHLIAS IN BLOOM

and pale yellow. I ordered 22 guaranteed-to-grow bulbs and awaited their arrival.

About that time, street hieroglyphics - those construction-to-come markings - showed up on the corner. The surveyors said access ramps would be installed and our corner drain enlarged (no more pop-up pond every rainfall). I called the City to ensure protection of my envisioned dahlia field, but no one knew about the construction project. A month later, a City manager called back with parameters on where to position my field without interfering with the corner renovation.

Our daughter and her beloved purchased their first home

ordered a couple of goats to visit during cocktail hour at the farm venue.

Growing dahlias requires a lot of waiting. You do not water dahlias until they pop through the soil. Like raising kids, you try not to jump in and save them at every turn. You let them find their way -- and trust they will. The first dahlia sprouts emerged at three weeks and the last couple at five weeks, just like the instructions said. Somehow the act of not-watering forced their growth.

Every bulb grew. Like the way kids grow, amazingly. The corner construction seemed to take forever, but the crews

roses and lots of greens.

Now with our dahlia field in full bloom I realize these blossoms weren't for her, they were for me. We have blooms to fill our empty place at the table and bring us joy all fall.

Here's something else I've found to be true: growing dahlias, like raising kids, feels like a miracle. It's also a commitment. As far as dahlias go, the instruction book helped. Imagine having one of those while raising your kids.



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AS CYCLISTS HEAD EAST UP THE HILL ON NE REGENTS DR. THIS SIGN SENDS A CONFUSING MESSAGE. THE BIKE ROUTE ACTUALLY TAKES A LEFT TURN TO THE NORTH AT THE BUS TRIANGLE ON NE 29TH AVE., BUT YOU WOULDN'T KNOW IT FROM THESE DIRECTIONS

AROUND ALAMEDA

Between street re-paving and curb ramp reconstruction, City of Portland crews have been a constant presence in Alameda this summer. They're doing a great job of maintaining our neighborhood streets, but occasionally their signage falls a little short. Here are some examples of signs and sidewalk stamps that we think missed the mark.

If you're interested in learning more about Alameda streets before they were renamed and renumbered in the early 1930's, visit alamedahistory.org. or check out [@sidewalkingpdx](https://www.instagram.com/sidewalkingpdx), an Instagram account devoted to "interesting or humorous sidewalk stamps" in Portland.



THE BEAUMONT DISTRICT IS DIRECTLY EAST OF ALAMEDA, JUST ACROSS NE 33RD AVENUE. HOWEVER, AS YOU HEAD NORTHBOUND NEAR THE CORNER OF NE MASON AND REGENTS DR., THIS SIGN POINTS YOU WEST TO BEAUMONT

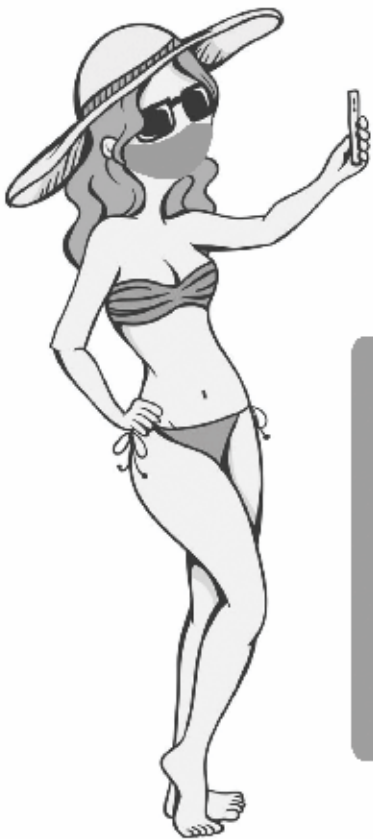


IT'S OBVIOUS FROM THESE SIDEWALK STREET NAMES THAT NE 32ND PLACE WAS FORMERLY GLEN AVENUE. OR WAS IT GLENN? ACCORDING TO NEIGHBORHOOD HISTORIAN DOUG DECKER, THE CORRECT NAME WAS GLENN, WITH TWO N'S. AT THE INTERSECTION WITH NE SHAVER, YOU CAN HAVE IT BOTH WAYS



WHEN NEW CURB RAMP WERE INSTALLED ALONG NE FREMONT, THE STREET NAMES WERE RE-ENGRAVED AS WELL. AT NE 28TH, WORKERS ACCIDENTLY PUT AN EXTRA E IN FREMONT - AN IRONIC TOUCH CONSIDERING THE MISPELLING IS DIRECTLY ACROSS FROM A SCHOOL

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No Shirt
No Problem

NO MASK
NO SERVICE
Masks available at boutique entrance

New Fall Hours

Thursday - Sunday
11am - 5pm

24th and Fremont
popinaswimwear.com