IRVINGTON’S URBAN ROOFERS -
MEET JOE CALDERON & HIS TEAM

Photos by Jeff Mendenhall

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First of all, congrats to Grant’s We The People Constitutional team for placing second at the national competition back in April. It is incredible how Grant pulls out top five finishes over the past decade!

Since summer is almost here that means it is time for the Irvington Yard Sale but this year it is a bit earlier - June 17th. Get your closets, basements and attic cleaned out and score some extra cash too. Kids, we look forward to seeing all of your refreshment stands too.

This month we are excited to feature Irvington business owner Joe Calderon’s roofing company, Urban Hammer. Who better to work with than a neighbor who understands historic homes! We also have some info on an event at Grant for the groundbreaking of the new building. How fitting that the event is called Grant’s Last Stand.

We don’t pick the features, you do. If you want to be featured or know a neighbor you’d like to nominate, contact us for the details.

Becky Mendenhall
Pub Director,
Irvington Living
becky.mendenhall@n2pub.com
irvingtonliving@gmail.com
503-719-5263

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**IMPORTANT PHONE NUMBERS**

**Emergency**
911 Fire, Ambulance, Police
(503)-823-3333 Portland Police Non-Emergency
(503)-823-3700 Portland Fire Department
(503)-234-3000 Hazardous Waste Disposal Center
(800)-222-1222 Poison Control Hotline

**City Numbers**
(503)-988-3066 Animal Control
(503)-823-1711 Sidewalk Repair
(503)-823-7350 Noise Control
(503)-988-3235 x 2 Parking Tickets
(503)-823-2925 Bicycle Hotline
(503)-238-7433 Tri Met
(503)-823-7529 Parks Information
(503)-823-7309 Report Abandoned Cars

**Utilities**
(503)-823-7770 Portland Water Department
(800)-342-8818 Portland General Electric
(888)-221-7070 Pacific Power
(503)-226-4211 NW Natural Gas
(800)-934-6489 Comcast Cable
(877)-980-7359 Dish Network

**Schools**
(503)-916-2000 Portland Public Schools
(503)-916-6185 Irvington School
(503)-916-6480 Beverly Cleary School
(503)-916-5160 Grant High School
(503)-288-9197 Madeleine School
(503)-235-3138 Central Catholic

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Please Contact Becky Mendenhall for any questions.

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**CONTENT CONTRIBUTORS**
Residents of Irvington and Dolph Park. To submit stories and photos email, irvingtonliving@gmail.com.
Timber Dental gives back to the community with free toothache clinic. This spring’s event was held in March but look for more Toothache clinics in 2017.

Timber Dental’s flagship location. Established in 2014, we are your friendly neighborhood dentist for the whole family. At Timber Dental, YOU are our top priority. We are a locally-owned, environmentally-conscious dental practice. We provide a pleasant experience from professionals you can trust. Our focus on exceptional customer service, comfortable quality care, and our convenient hours and timely appointments will assure you that Dr. Matt Kathan and his team truly care about you—and your smile.

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andrew@frazierwm.com
Congratulations to Grant’s We The People Constitutional Team for placing 2nd at the 2017 National Competition!

The event day begins at 10:00 am with a groundbreaking ceremony after which the school will be open for alums and community to wander about and reminisce. There is an alum basketball game in the “new gym” with more senior alum basketball players serving as refs and younger alums playing. Ndamukong Suh is scheduled to play and Terrell Brandon will be a coach. There will be a nurse on site too.

The program in the auditorium will be a look at Grant’s past, present, and future with remembrances from a few alums. We have gone through all the Memoirs and Grantonians for interesting photos which will be presented as a slide show. Rally/Gendrills/band will be there to underscore Grant spirit. Tom Grant or perhaps Tom TenEyck will accompany the Grant anthem and fight song. The piece de resistance will be the appearance of Frances Hulse Boly who graduated from GHS in ’38 and is the oldest Rose Festival Queen.

There will be opportunities for alums to reconnect and to visit a memorabilia room where copies of Memoirs, the annual yearbook, will be available for purchase.

The link below shows a virtual tour of how amazing our school will look in two years. https://www.youtube.com/watch?v=RHc3lTps3kM
Irvington Garage Sale, JUNE 17TH

15th Annual Historic Irvington Neighborhood Yard Sale

Saturday, June 17, 2017
9 am - 4 pm

Sign up now to join this year’s sale!
Each participating sale will be featured on a neighborhood map that can be picked up at two local coffee shops and/or via google maps online the morning of the sale.

The Irvington Neighborhood Yard Sale is put on by the Irvington School PTA. All proceeds go to benefit Irvington’s public K–8 school.

For more information or to advertise your local business on the map contact: yardsale@irvingtonschool.com

To participate in the sale:
Please return this form along with your $35 registration fee ($50 for multi-family sales) no later than June 10th. Your registration will place your sale and description on the neighborhood map, and then you keep all the proceeds from your sale. Make checks payable to the Irvington School PTA. Include your email address and/or phone number to receive additional information and instructions for obtaining a lawn sign. Please mail checks and registration forms to Irvington’s Yard Sale Coordinator: Irvington School PTA, c/o Heather Leon, 1925 NE 19th Ave #6A, Portland, OR 97212. *New this year: save $5 off your registration fee if you send in your form before May 20, 2017.

Let’s make 2017 the best and biggest Neighborhood Yard Sale yet!

Name:
Phone:
Email:
Street Address of your sale (for the map):
Description of your sale in 25 words or less (print clearly):

For more information about donating your sale items to another seller and/or to a local charity after the sale, or if you need a yard to hold your sale, please contact Heather at yardsale@irvingtonschool.com.
Joe Calderon, Native Portlander and Irvington resident since 2004 is the owner of Urban Hammer Roofing and Gutters. “We specialize in roofing more complex homes found in older Portland neighborhoods like Irvington,” says Joe Calderon, owner of Urban Hammer. He started selling roofs with Jesse Faulkner in 2007. In the Summer of 2008 however, the slowdown in the economy made it too difficult to continue the roofing business full-time. Joe started an online advertising company to supplement his income in 2009. “There were definitely some tough years there around 2008,” Joe says, “many of us had to improvise and create additional revenue streams to survive. Now that housing and construction are back and strong I can continue to grow my roofing business.”

Prior to selling advertising, Justin also ran his own contracting company. “Justin is an extremely thoughtful and detailed sales rep and project manager,” says Joe, “I love reading the reviews his clients give him because they are spot on.”

One of Urban Hammer’s newest additions is Rusty Roberts is a native of Oregon City who grew up in the Rouge Valley where he went to Eagle Point High School. He studied Science at Oregon State University and got a Master’s degree at Western States Chiropractic College. “I came to Urban Hammer to sell roofs,” says Rusty. “I’ve got a background in roofing and sales so when Joe approached me to sell for Urban Hammer a light went off.” Rusty is an avid hiker and loves to play guitar. His favorite band is Led Zeppelin.

Urban Hammer’s reception manager is Sandra McMillen. She is a recent transplant from Yuma, Arizona. “I love the rain,” she says, “but I know that Joe and the team would be fine with no rain because it keeps them from working.”

“I used to be an office manager at a preschool in Yuma so I’m used to running an office but construction is much different; it’s fun and exciting. Our number one priority is customer satisfaction. It’s nice to play such an important role at Urban Hammer because I know how daunting buying a new roof and dealing with a contractor can be. Joe and his team are very hands on and always put the customer first. It feels great to be a part of this team because they’re truly dedicated to the customer first.”

A recent home Urban Hammer reroofed was for Michael Thrailkill, owner of m.thrailkill.architect.llc (http://www.mthrailkillarchitect.com/). “Joe and his company were very prompt to start and quick to complete our tear-off and reroof work. After reviewing the various options for shingles to ridge...”

Joe started selling roofs again in 2015 with Justin Evans, also a native Portlander and a graduate of Wilson High School. Justin came to Urban Hammer from SearchLink Advertising where he sold online advertising. Justin is an avid fisherman and hunter and many of his advertising clients were guides, outfitters and charter boat captains. “Being a fisherman and hunter helped me create a deeper relationship with my advertising clients,” Justin says, “it’s the same with roofing because I understand construction and can build trust easily based on my experience.”

Prior to selling advertising, Justin also ran his own contracting company. “Justin is an extremely thoughtful and detailed sales rep and project manager,” says Joe, “I love reading the reviews his clients give him because they are spot on.”

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Jeff Shelton is Urban Hammer’s residential roofing manager. “Jeff was recommended to us by Jerimie Lankins from Roofline Supply,” said Joe, “He is a great asset to Urban Hammer.” Jeff ran Pacific Northwest Roofing & Construction with his father, Rich Shelton. Unfortunately, the company shut down after his father passed away. Working for Urban Hammer has been an opportunity to get back into roofing for Jeff. “Quality is number one,” says Jeff, “If you look up my father’s company online you will see it had all five-star reviews. Quality is paramount. That’s why I took the position with Urban Hammer, Joe is obsessed with delivering the best the quality possible so our visions are aligned.”

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<table>
<thead>
<tr>
<th>Address</th>
<th>Neighborhood</th>
<th>List Price</th>
<th>Beds</th>
<th>Baths</th>
<th>SqFt</th>
<th>Year Built/Parking</th>
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<td>1</td>
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<td>2</td>
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<td>3</td>
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<td>2</td>
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<td>3</td>
<td>4,695</td>
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Anxiety in its many forms is now the most common mental health disorder in the United States, even more common than depression. It is estimated that nearly 40% of adults suffer from some form of anxiety. Statistically, women are more likely to experience anxiety than men.

In general, Anxiety is accompanied by an inordinate amount of worry and concern, more than would be normally expected for the given situation. And unlike depression, anxiety can be harder to identify, tougher to pinpoint, and more difficult to see the signs and symptoms in others as well as yourself. This leaves a significant proportion of sufferers untreated despite the relative success rate of both therapy and medication.

Anxiety can take many forms. More common forms include Panic Disorder, which constitutes a severe and crippling panic attack consisting of an abrupt onset of four or discomfort that can be accompanied by excessive sweating, a pounding heart, trembling, feelings of choking, or chest pains. Sufferers of Generalized Anxiety Disorder exhibit an excessive amount of oftentimes uncontrollable worry that occurs more days than not, and takes place during most daily activities.

The most common anxiety disorder is Social Anxiety Disorder, affecting upwards of 15 million Americans in any given year. Others include Agoraphobia (the fear of being in either wide open spaces or enclosed spaces), Substance-Induced Anxiety, Obsessive Compulsive Disorder, Acute Stress Disorder and Post-Traumatic Stress Disorder (PTSD).

Anxiety can sometimes have a medical cause, such as hypothyroidism, but commonly, it is caused by a precipitating event that is viewed as stressful or life-threatening. So what do you do if you or a loved one seems to experience the aforementioned symptoms?

Well, you are in luck. Scientists and mental health clinicians know now that anxiety today is more common than ever before. We are starting to understand that there may be a genetic component to it, a personality component, a learned component, and even the composition of your gut may contribute to one's anxiety symptoms.

Some types of severe anxiety in which your daily life (work, sleep, eating) becomes affected may require professional guidance, such as a medical doctor to rule out biological causes and/or a Psychologist or Psychiatrist to provide talk therapy and medication.

One such proven therapy for anxiety is Cognitive Behavioral Therapy (or CBT for short) which focuses on the development of personal coping strategies for creating or improving one’s emotional regulation.

Even if you don’t have a diagnosed Anxiety Disorder, you may still get anxious from time to time. Here are some techniques and tools to employ to help you manage and reduce those symptoms.

1) Avoid or reduce your alcohol consumption
2) Reduce your caffeine intake
3) Exercise; aerobic exercise such as walking, biking, hiking or swimming 20-30 minutes per day at least 5 times per week.
4) Eat a healthy diet consisting of fruits, vegetables, high in fiber and protein and low in fat, sugar and salt
5) Self-care such as stretching, massage and acupuncture including the use of certain herbs
6) Maintaining good sleep habits
7) Meditation including relaxation and breathing techniques
8) Employing self-talk techniques by which you can learn to identify and alter your reactions to life’s stressors and ultimately where you can learn to change your behavior and the way you make meaning out of a stressful or anxiety-provoking event.

Ultimately, we cannot always control the things that make us anxious, but we can learn a new way of processing and internalizing those events so they no longer become damaging or debilitating.

Some mental health challenges like depression have the tendency, in many cases, to ebb and flow with the seasons; receding in the spring and summer months and peaking during the fall and winter. And while anxiety can cause sadness and anger, with bouts of feeling helpless and hopeless, just like depression, anxiety is more likely to be constant throughout the year.

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2617 NE 24th Ave.
STUDENTS REMARK ON MARSHALL MOVE

Grant High School is one of three Portland Public Schools high schools being modernized. This is part of an eight-year $482 million school building improvement bond. Grant’s modernization includes a complete reconfiguration and updated learning spaces with a focus on indoor environmental quality, sustainability, and historic preservation. The planning of Grant’s modernization began in the fall of 2015. The construction is set to begin this summer and last for two years. Students are scheduled to return to the campus in the fall of 2019.

As of this fall, Grant students will continue learning and participating in extracurricular activities at the Marshall Campus on SE 91st Ave. All Grant students receive student IDs on registration day at the Marshall Campus. The students’ IDs also include TriMet passes, which provide everyone free access on all TriMet transportation. The yellow bus service for special education students will still be provided.

The students’ opinions on moving to another campus vary. The length of the commute seems to be what most are concerned about. Freshman Josie McCord says “I think it will be inconvenient for many people because it’s a lot farther than Grant for many students. Other than the commute, I’m pretty neutral.”

Sophomore Ava Stammer says, “I don’t really like the whole moving thing, I am going to be a senior when we leave (Marshall) and I won’t be at my own school. Also, it’s just a really long drive there. That’s going to be really hard because I will have to get up earlier in the morning.”

Finn Dills, currently in eighth grade at Da Vinci Middle School, is starting high school in the fall and says, “I am kind of disappointed, I always thought that Grant would be my high school. We did take a tour of Marshall, it’s ok, I like that the campus has a courtyard.”

Emmet White, junior, says, “As someone who drives and lives in one of the closest areas to Marshall, I am feeling generally ok about making the move. I think it will be particularly hard for people who can’t drive as well as those who live in districts that are farther away. I will be taking my sister, who will be a freshman, to school every morning, so no late arrivals for me. I’m sure traffic will be a slight problem but we will learn to adapt. I have been a part of the golf team for the past two years and I am curious as to where and when we will practice. It will definitely affect the typical spots my friends and I usually spend time, but we will also learn about a whole new side of Portland.”

Part of the modernization process included a Design Advisory Group that met once a month for a year. The community was invited to take part and provided necessary input.

Within that group is a Transportation Committee. Families advocated for a higher level of transportation service, due to the significant transit time differences to the Marshall campus from all of the Grant boundary neighborhoods. The proposed transportation plan results from studies and reviews of the boundaries, which have been broken down into three zones.

- Zone 1: King, Boise Elliot, Humboldt, and Sabin School boundaries: 283 students
  This boundary faces the most significant TriMet commute times because there is not quick access to the direct MAX Green Line service to Marshall. For these attendance boundaries, supplemental yellow bus service is recommended.

- Zone 2: Irvington and Alameda School boundaries: 503 students
  This commute time to Marshall is approximately 45-50 minutes one way. These families have a less direct route to the MAX Green Line which provides the quickest access to the Marshall Campus. Providing yellow bus service to a MAX station will result in decreased travel times for these families. PPS Transportation will be able to provide a shuttle-type service to MAX stations with a limited number of additional busses.

- Zone 3: Beverly Cleary and Laurelhurst School boundaries: 459 students
  These students have adequate access to MAX stations and TriMet services. By using both private and free public transportation they can reach Marshall, in a reasonable amount of time.

The transportation department will be working closely with Grant administration to provide limited bus service to certain neighborhoods after the conclusion of activities and sports in the evenings.

Final approval for these services was addressed during the PPS budget process, which occurred during April and May. These sessions were open to the public and streamed live on the PPS website for those unable to attend.
making a difference

Metropolitan Family Services - Community Mission and Universal Vision

It’s an astonishing fact...more than half of all the human beings who have ever lived beyond age 65 are alive today. For some time now the number of seniors has been increasing twice as fast as the rest of the population.

Metropolitan Family Service (MFS), a non-profit in the Portland area for over 66 years, delivers programs that address the challenges and opportunities resulting from these seismic demographic and longevity trends. Their Older Adult Programs, located in the Irvington neighborhood, on NE 24th Ave between NE Thompson and NE Tillamook, are nationally recognized for helping older adults age with grace and dignity, provide essential support, and address social isolation.

One of these programs is the AARP Foundation Experience Corps, which provides inter-generational volunteer opportunities for adults age 50 and over to mentor and tutor children in select public schools. Research shows that Experience Corps is one of the most effective K-3 literacy interventions, generating enduring positive outcomes for students, volunteers, schools and communities. According to one mentor, “Joining Experience Corps has satisfied my own need to be communally productive and purposeful...” MFS has housed Experience Corps in Portland since 1995, and was one of five national pilot sites. MFS is in 3 other locations besides Irvington; on SE Belmont, as well Gresham and Hillsboro. Additionally, MFS facilitates 18 Community School sites, including community gardens and food pantries.

Some of the other services and programs provided by MFS:

- Project Linkage is another MFS program which helps older adults, as well as people with disabilities, remain independent in their own homes by linking them with vital support services such as transportation and minor home repairs. Services are provided by both staff and volunteers.
- MFS has many other programs and services that help people move beyond the limitations of poverty, inequity and social isolation. MFS helps connect people with resources, and offers volunteer opportunities throughout the Portland and SW Washington area. MFS is in 3 other locations besides Irvington; on SE Belmont, as well Gresham and Hillsboro. Additionally, MFS facilitates 18 Community School sites, including community gardens and food pantries.
- Children and Family Enrichment (CAFE) provides after school literacy classes and activities to promote student success by engaging children and their families.
- Schools Uniting Neighborhoods (SUN) builds student success by expanding school-based services to include academic enrichment, recreation, and health and social services for students, parents, and neighborhood residents.
- Parent Education reaches out to parents and families to promote strong family communication, good parenting skills, and involvement in their child’s education.

For more information about MFS: https://www.metfamily.org/

If you would like to make a difference by volunteering, see below contact information:

AARP Experience Corps and Project Linkage: volunteer@mfs.email
Community Schools (CAFE & SUN): volunteerinschools@mfs.email
Kindergarten Readiness: families@mfs.email

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7:30am – 5:30am
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<th>Category</th>
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