

First Year Success for Irvington Village

The friendships that have developed you wouldn't believe. With seniors there are no color barriers. It's like, we're all in this together.

— Lissa Guyton, Irvington Village assistant manager



PHOTO BY DAVID PLECHL/THE PORTLAND OBSERVER
Irvington Village resident Bettie Robins (left) and Lissa Guyton, the residential center's assistant manager.

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Guyton said a safe, healthy environment encourages seniors to leave their apartments and stay active and healthy.

"Interaction is good for our tenants," she said. "It takes some focus off any pain they may be in. And it keeps the mind active."

Opportunities for adventure outside the village abound with trips to the Nutcracker during the holidays, Blazer games and the Japanese Gardens. Arts and crafts classes, concerts and piano sing-alongs keep things hopping on the inside.

Irvington has already established itself as a diverse model for

assisted living in north and northeast Portland.

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Friendships are tightening and the health of residents is blossoming.

Minnie Powell, 91, moved into Irvington in December. Her health was suffering and she was sure she wouldn't like the assisted living facility.

"I wasn't eating right," Powell said.

When she first came to the village, she could barely walk across the room on her own power. But she

took advantage of the nutritious meals and some well deserved peace and quiet.

On Thursday, she told Guyton she had since gained 12 pounds and was feeling a lot stronger than she had in some time. Her opinion of the village had changed.

"The workers and everyone else here are really nice," Powell said. "No one turns their back on me and I appreciate it."

Her progress brought a happy smile to Guyton's face.

"So many people are thriving here," said Guyton. "From where they came from and where they are now, they're a different person and that's beautiful."

Difinitely Dogs

Adel Murad (left) and Greg Penson enjoy the afternoon on the front steps of Murad's apartment with Penson's pitt bull, Debo. More and more dogs are seen out and about with their owners in north and northeast Portland.



PHOTO BY WYNDE DYER/THE PORTLAND OBSERVER

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paper for canine lovers, 'The Dog Nose News,' which reports tender tidbits of local, national and international doggie happenings. Pet daycare services, dog gyms, dog-treat bakeries, pet shops and do-it-yourself dog grooming facilities have sprung up all over north and northeast Portland.

On the extreme end of the stick, Irving Park hosts Pug Play Day for snub-nosed snorters on the last Sunday of every month and Dove Lewis Emergency Veterinarian Hospital holds pet loss support groups each Thursday. At the end of each swim season the North Clackamas Aquatic Park opens the floodgates to a pack of dogs for Dog Days of Summer.

But more common, Rowton said, is the hordes of after work and early morning dog walkers who take their pups to the park for exercise in Portland's many off-leash areas.

"You go to Gabriel Park at six in the morning and the only thing missing is the cappuccino machine," Rowton said. "15 years ago you just didn't see that."

While Rowton attributes the

abundance of dogs on the streets to the downsizing of homes and changing of the social fabric, many long-time north and northeast Portland residents think there may be another force at work.

As housing costs in Portland rise and more prospective homeowners are pushed into traditionally crime-ridden areas, 'Beware of Dog' signs have popped up everywhere. It could be that the not-so-friendly streets of what used to be the ghetto might seem safer to walk in the company of a canine.

"A couple of years ago these streets were empty," said northeast Portland native Robert Bacote. "Now I see new faces walking through here with their dogs every day and especially at night."

While Bacote does think gentrification has played a role in the recent influx of dogs in north and northeast Portland, in the African American community, he said the popularity of dogs — especially big dogs — has been around as long as rap and hip-hop.

Ruff Ryder rappers DMX, Eve and Snoop Dog even started their own dog kennel to breed what

Bacote calls 'star quality dogs' and have launched their own dog food brand, Ruff Ryder Game Dog Food.

"It's a big trend right now to have big dogs," Bacote said. "All those rappers do is portray their dogs — in their music and in their lives."

From the music to the fashion to the big dogs, many inner-city kids grow up emulating those hip-hop stars. In a two-block radius of Bacote's parent's home on Northeast Going there are at least 10 big dogs. His friends Greg Penson and Adel Murad both own pit bulls and Bacote has two rottweillers.

"If it was up to me, I'd have a poodle," he said. "But my brother went to jail so we've got his dogs."

In spite of her size and menacing bark, Bacote said Gator, his favorite of the two dogs, is gentle and playful. He wasn't a pet person before, but since his brother's incarceration six months ago, he has grown to love the dog. When his brother gets out of jail, he hopes he can keep Gator.

"He understands me," Bacote said. "He'll lay there and listen and I can tell he knows what I'm saying. Sometimes I want to be like, 'Man, why can't you talk back?'"



REACH

Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30-7:30pm Begins 3/3/03 Sign Up ASAP Haugland	Water Aerobics 2:00 - 3:00pm Hampton		Water Aerobics 2:00 - 3:00pm Hampton		
Nature's 3535 NE 15th		Yoga 7:30-8:30 pm O'Rourke				Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)				Walking Group 12:30 pm Nickerson
Hallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller		

*Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!



African American Health Coalition, Inc.

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Forced Property Acquisitions Debated

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developer," Smith said. "If they want to sell, that's their right, but they shouldn't be forced to do it."

Smith fears new development will drive out many small, existing businesses and introduce high den-

sity and Section 8 subsidized housing, something she's against.

Kenton's Dancin' Bare, a highly visible nude entertainment emporium, was mentioned a possible condemnation target.

However, Mills said there was no there was no reason to believe it

could not be acquired by ordinary market practices.

Smith said while she doesn't frequent the establishment, they have a right to be there.

"It's fixed up, they pay taxes like everyone else and they don't have police problems," she said.



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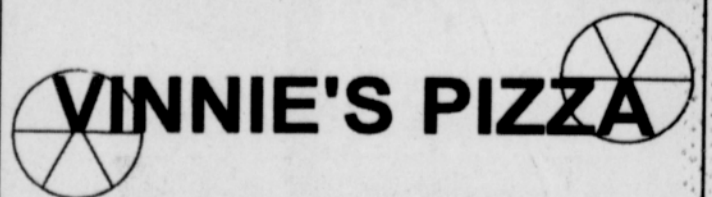
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