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# STROLL<sup>®</sup>

## North Wilham

PHOTO BY SADDLE &  
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MAKING THE MOST OF SUMMER

## Meet The Ko Harden Family





# Rooted in Family, United by Community

From sports and summer traditions to neighborhood friendships, the Ko Harden family has built a life filled with connection, adventure and hometown pride.

PROVIDED BY EDALYN KO, RESIDENT, PHOTOS BY SADDLE AND SAGE PHOTO CO.

**W**HEN EDALYN KO AND HER THREE CHILDREN settled into their Crescent Meadows home in 2016, they brought with them a love of sports, a deep appreciation for family and a readiness to put down roots. Nearly a decade later, it is clear they have done exactly that. Edalyn, a podiatric physician and surgeon with Pacific Sports and Spine, has built a full and active life here alongside her kids. Their story feels right at home in a neighborhood like North Gilham.

The family consists of Edalyn and her children: Robbie, Rey and Angela Harden. Rounding out the household are a guinea pig named Mookie, after Los Angeles Dodgers star Mookie Betts, and

two leopard geckos named Lucia and Rosie. The pets reflect the family's personality perfectly: a little sporty, a little unexpected and full of character. Edalyn was raised in Portland, and after stops in Montgomery, Alabama, and Roseburg, Oregon, the family eventually made Eugene home.

Baseball and softball run deep in this family. Edalyn and her sister played at La Salle High School in Portland, and all three of her children have followed suit, competing in baseball and softball since they were small. Robbie is finishing his first year at Oregon State University, studying pre-med, and has recently discovered a passion for fishing. Rey plays football, basketball

and baseball at Marist Catholic High School, but his newest enthusiasm is e-bikes. He helps friends customize their bikes and has become something of a go-to resource on the subject. Angela, who is graduating from eighth grade at O'Hara Catholic School, plays volleyball, basketball, lacrosse, track and softball. She earned a third-place medal in discus at the district track meet this spring, landed a throw of 66 feet 9 inches to place seventh on O'Hara's all-time school record list, appeared in the school play and has maintained honor roll throughout middle school.

When the family wants to unwind, they head to Umso Park just down the street. With pickleball courts, a playground, a basketball court and open space for Wiffle Ball and bike riding, it draws the neighborhood kids in like a magnet. For special occasions, the whole family heads to Fuji. And when August rolls around, they make the drive to Sunriver for a reunion with close friends from their Roseburg days. "When we moved 10 years ago, we made it a point to keep our kids and families connected even if we live far away," Edalyn explains. "We look forward to re-connecting every year and continuing the tradition." The hope is that one day, the next generation will carry that tradition forward, too. A trip to Kona, Hawaii, last year, complete with snorkeling and swimming alongside sea turtles, rounded out their sense of adventure. They have also taken up paddleboarding, kayaking and regular family fishing outings, finding that time outdoors together matters more than whatever they reel in.

At home, Edalyn is the family chef, and each child has a clear favorite. Robbie's request is her apple pie or strawberry jam, made from scratch. Rey asks for beef stroganoff and

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banana cake. Angela leans toward BBQ steak and chocolate chip cookies. When the Cubs are on, the whole family is watching. (The Cubs earn a second look, too, thanks to Shohei Ohtani and Mookie Betts.) Marvel and Star Wars are favorites, and the family just caught the newest film together. Community involvement comes naturally as well. The Hardens volunteer through activities at O'Hara, Marist and St. Mary's Catholic Church throughout the year.

What brings it all together is the neighborhood itself. Edalyn summed it up simply and honestly: “My favorite part about living in our neighborhood is that it is safe, family-friendly, and beautiful. I don't worry about my kids riding their bikes in the neighborhood, and we have great neighbors who would look out for us if something doesn't look right.” That kind of trust in a community is not something a family takes for granted, and the Ko Hardens clearly do not. For anyone who has crossed paths with them at the park, the ball fields or just out on the street, it is easy to see why North Gilham is lucky to have them.



# Finding Home Through Healing

*North Gilham resident Dr. Edalyn Ko reflects on the friendships, faith and unexpected opportunity that led her to her dream career at Pacific Sports and Spine.*

PROVIDED BY EDALYN KO, RESIDENT

Since opening in 2019, Pacific Sports and Spine has focused on bringing world-class care and the latest treatment techniques to patients seeking relief from acute and chronic pain. The practice was built on a vision of delivering compassionate, innovative care that helps patients improve their quality of life, regain mobility, and return to doing what they love.

That commitment to people is exactly what drew podiatric physician and surgeon Dr. Edalyn Ko to the growing practice.

When Edalyn moved to Eugene from Roseburg nearly a decade ago, she was navigating one of the most difficult seasons of her life. Going through a divorce while beginning a new position at the Eugene VA, she relocated with her three young children, Angela, Rey, and Robbie, hoping to build a fresh start.

“My children were just 4, 5, and 9 years old,” Edalyn recalls. “I wanted them to receive a great education and continue growing in their Catholic faith, so I enrolled them at O’Hara Catholic School.”

The first family they met was the Phillips family, Greg, Jennifer, and their children, Troy, Logan, and Chloe, who welcomed them as the school’s host family. Their children quickly became friends, helping Edalyn’s family settle into a new school, a new neighborhood, and a new chapter of life.

“Over the past 10 years, we’ve stayed connected through our kids’ activities,” she says. “Their kindness never changed.”

Years later, while practicing at Cascadia Foot and Ankle, Edalyn treated Dr. Greg Phillips as a patient. As the two families grew closer, they often found themselves talking about both family and work. When circumstances at her previous practice changed, Edalyn reached out to Dr. Phillips with a simple request: she wondered whether Pacific Sports and Spine might have office space she could rent while she figured out her next steps. Instead, they offered her something far greater.

After meeting with Dr. Greg Phillips, Dr. Greg Moore, Dr. Rishi Vora, Stephen Peirce, the practice’s board members, and practice manager Kimberly Vaquera, COO, Edalyn was invited to join Pacific Sports and Spine full-time.

“It was so much more than I ever expected,” she says. “For them to bring me in as an entirely new specialty was a huge leap of faith.”

By welcoming podiatry and wound care into the practice, Pacific Sports and Spine expanded its ability to provide comprehensive treatment for patients while continuing its mission of innovative, patient-centered care.



“Expanding into podiatry and wound care shows how open-minded and forward-thinking they are,” Edalyn says. “Giving me this opportunity demonstrates how much they care, not just about their patients, but about this community.”

Today, Pacific Sports and Spine provides specialized care for a wide range of conditions, including complex regional pain syndrome (CRPS), facet joint syndrome, headaches and migraines, sports injuries, herniated discs, sciatica, spinal stenosis, osteoarthritis, chronic joint pain, foot and ankle conditions, and wound care. The practice’s new Gateway location reflects its continued commitment to making advanced, personalized healthcare more accessible throughout the region.

Looking ahead, the team is excited to deepen its roots by partnering with the Springfield Chamber of Commerce and neighboring businesses to support continued growth throughout the Gateway district.

For Edalyn, however, the new location represents something even more personal.

“Ten years ago, I moved to this neighborhood feeling overwhelmed and alone, knowing no one,” she says. “Today, I’m working at my dream job alongside people who have become like extended family.”

She remains deeply grateful to Dr. Greg Phillips, Jennifer Phillips, Dr. Greg Moore, Dr. Vora, the practice’s board, and Kimberly Vaquera, COO, for believing in her.

“I’ll always be thankful for the opportunity they gave me,” she says. “I truly feel at home here, and I’m excited to continue serving this community while watching our children grow up together. We feel incredibly blessed.”



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