

► Folks get crabby at Hillsdale Winter Market – Page 8

► Holiday Quartet performs during Holiday Gala – Page 5

► Mothers get a workout at Baby Boot Camp – Page 7

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Lawson brothers team up on crew of hit television series, "Grimm"

By KC Cowan
The Southwest Portland Post

Set in Portland, "Grimm" is a modern cop-drama with a twist. The lead character, Homicide Detective Nick Burkhardt (played by David Giuntoli), discovers he is descended from a centuries-old line of hunters, called Grimms, whose purpose in life is to battle and destroy evil creatures known as Wesen. Nick relies on a trailer of weapons and books about various Wesen left to him by his aunt to fight the evil beings. Wesen look like everyday people to those who are not Grimms. He also is helped by Monroe (Silas Weir Mitchell), a Wieder Blutbad, who becomes Nick's friend, and has a wealth of knowledge about the Wesen world.

"Grimm" is one of NBC's most popular shows. Shot in Portland between July and April, it provides more than 150 full-time jobs.

Positions in every department from hair and makeup to sound recording are staffed by Oregonians.

Three men from one Portland family have the grip department locked up.

Bruce Lawson and his brothers, Brian and Brent, make up respectively: the key grip, dolly grip and best boy. And all three graduated from Wilson High School in Southwest Portland.

Bruce gives Wilson credit for fulfilling his creative longings back in the mid 1970's.

"For me, it was a really creative atmosphere there," Lawson said. "Between (drama teacher) Julie Accuardi and (choir director) Merle Lotz, those were some of the best years of my life, really."

(Continued on Page 6)



A group of Wilson High School alumni works on the NBC television series, "Grimm." Left to right: Sean Kennedy '78; Brian Lawson '78; Maureen Berrie-Lawson '78, Bruce Lawson '77, Brent Lawson '78; Tyler Stephens '88; Jesse Bellis '07. (Post photo by KC Cowan)

Is construction never-ending along Multnomah Boulevard?

By Erik Vidstrand
The Southwest Portland Post

Jim Prenty, owner of Jimmy's Sports Bar and Grill, is upset at the city but you



Workers complete construction on a new catch basin and sidewalks along Multnomah Boulevard near 36th Avenue. (Post photo by Erik Vidstrand)

would never know it sitting with him at his bar. He just seems worn down and tired of all the issues getting in the way of running a small business.

According to Prenty, his business, employees, and customers have suffered financially, emotionally, and physically.

"This has all been due to the road work on Multnomah Boulevard for years" Jimmy said.

It began over 15 years ago when the city had to replace the sewer pipe from Interstate 5 west to 40th Avenue due to complaints of raw sewage odors.

"When they first dug up the road," Prenty recalled, "the city put in the wrong size sewer pipe. They excavated the street again to replace it

with the right size."

That took almost a year and affected business owners village-wide.

"Customers could literally not make it to the bar," Prenty explained. "I lost my lunch business and lottery sales went down."

Then, when he thought everything was finished, the city came back to add new sidewalks, a bike track, and green street planters.

The interview was interrupted by a customer who stopped in to ask Prenty if he had parked correctly out front. "I now have to play parking enforcement officer," he said, grinning.

Prenty pointed to the parking configuration which appeared to be somewhat in the middle of the boulevard. The bike track, which looks like a second sidewalk, has dashes for a short half-block then weaves back into the street by 31st Avenue. Parking is marked with a big P on the black asphalt.

To get the latest update on Multnomah Boulevard construction, The Post interviewed Rich Newlands, a project manager with the Portland Bureau of Transportation. What follows are excerpts from that mid-December interview.

Q: There have been reports of people being confused by parking near Jimmy's Sports Bar. What's going on?

A: Parking on the cycle track has been a problem over the summer while we waited for the installation of the two pavement markings needed to clarify where parking is allowed and not allowed.

The "bike man" symbol marking for the cycle track was in black rather

than the usual white for better contrast with the concrete, but delayed because it was on back order. Both markings were installed several weeks ago and now people seem to get it much better.

We are going to also add more markings soon make it clear there is another 20 feet of parking available to the east of the driveway.

Q: There were reports that Multnomah Boulevard fills up with water during downpours due to the cycle track being a little bit higher than the asphalt. Cars were seen hydroplaning. Do these not drain properly?

A: Not quite. The cycle track is supposed to provide vertical grade separation with the roadway and is designed with a two percent slope to drain water into the street. Multnomah is relatively flat so I suspect during the really intense portions of the other week's rain it seemed like it was not draining.

Q: What's going on with the crosswalk beacon at 25th Avenue?

A: The original final inspection identified several issues with the construction of the rapid flash beacon that need to be corrected before turn-on. A follow-up inspection passed in mid-December, so the beacon is now on.

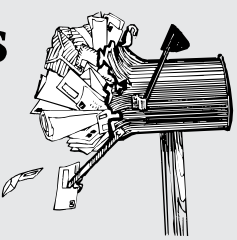
The crosswalk striping did not meet the (slip resistance) specifications either and will have to be replaced. The schedule from the contractor for replacement is not yet known.

Q: Mature trees were cut down at near the former Sears's Armory, at 25th and 28th avenues. At an earlier interview, the (Continued on Page 3)

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Letters to the Editor



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Shattuck Road Alpenrose, and the Fanno Creek bridge construction

In response to letters in the December 2014 issue of *The Post* about Fanno Creek and also Shattuck Road, the idea that both pedestrians and bicyclists should avoid Shattuck Road is bizarre.

TriMet bus no. 1 has run on Shattuck Road for years. Residents in nearby unincorporated Multnomah County and the adjacent Bridlemile neighborhood want better bus service. Who uses bus no. 1 without walking, using a wheelchair, or riding a bike?

Driving in illegal manners or with illegal devices, overgrown brush, mud, and trash are the easily-changed things that will help pedestrian travel on Shattuck Road.

The Alpenrose velodrome often has bike riders who travel on their bikes on Shattuck to enjoy that rare treat.

In no way was I discrediting what Alpenrose brings to Southwest Portland. I stated that they employ many industries.

I greatly appreciate the public events they have. Alpenrose freight

traffic is having a difficult time entering and exiting the property due to the poor driving habits of others.

No one is forced to travel on Shattuck Road due to Washington County building a modern bridge over Fanno Creek. There is even a temporary bike and pedestrian bridge at the construction site on Oleson Road.

Part of the \$7.3 million Fanno Creek bridge price tag relates to cost of buying an adjacent apartment building, bulldozing it, removing dirt, and landscaping with tens of thousands of native plants and trees.

The new bridge deck will be seven feet higher than the previous one due to the flood plain. It took over two miles by foot to get around the old bridge when it flooded; who wants soaking wet clothes and shoes?

Parking spots on Oleson adjacent to RadioShack will be removed in order to make a south-bound bike lane. \$50,000 is the cost of just one of the 16 new vaults that will contain the storm filters.

The new Fanno Creek bridge on Oleson Road is taking eight months to build because Washington County is not requiring the contractor to work full-time of that bridge and also due to the confined area.

Carter & Company from Salem is also currently building a bridge in downtown Beaverton so they have to split time and energy.

*Rick Kappler
Raleigh Hills*

Editor's Note: Due to space limitations, what appears above are excerpts of the original letter. *The Post* welcomes letters, photos and news tips. For best results, readers should limit letters to one subject and 300 words.

Wilson High School sophomore dies in hospital after home suicide attempt

FROM THE EDITOR'S DESK

By Don Snedecor
The Southwest Portland Post

A candlelight vigil was held Dec. 19 at the Wilson High School track for Shea McCune-Sims who died after an attempted suicide on Dec. 14.

According to Wilson principal Brian Chatard, McCune-Sims was resuscitated by emergency medical technicians and taken by ambulance to Doernbecher Children's Hospital where she was placed on life support.

She died on Dec. 18 when it was determined she would not recover from her injuries and her family made the decision to disconnect her from life support.

"The news of this devastating loss has had a deep impact on this school and the community that we are only beginning to deal with," said Chatard, in a letter addressed to the Wilson community.

"We are deeply concerned about our students' mental health and safety, particularly for Shea's friends and for those who may be struggling with depression or who may already be in crisis themselves," said Chatard.

A sophomore at Wilson, McCune-Sims had previously attended Capitol Hill Elementary School and Jackson Middle School.

Kevin Crotchett, principal at Jackson Middle School, sent a letter addressed to Jackson families and the community.

"Shea is well-remembered by many teachers at Jackson as a vibrant, active

young woman and a student they cared about," said Crotchett. "As a teen in our community, Shea had many friends at Wilson and Jackson. She is remembered and in our minds,"

In language directed at parents, Chatard went on to say that, "It is important to allow the grieving process to happen. It is helpful for young people to get together and talk about what has happened. Isolation from peers at this time, and/or bottling up the emotions that this has brought up, are not going to help your child cope with this loss."

Chatard urged families to use the Multnomah County Crisis Line, 503-988-4888, "as an informational resource as well as for responding to a crisis you may encounter."

Principals Chatard and Crotchett also included additional information including help for parents to talk to their children about suicide. Concerned individuals should contact Wilson High School or Jackson Middle School to speak to counselors or for more information.

The Post welcomes reader response. Send letters or commentary to: Editor, *The Southwest Portland Post*, 4207 SE Woodstock Blvd #509, Portland, OR 97206. Fax (866-727-5336) or email editor@multnomahpost.com.

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Hillsdale neighborhood wants a city task force to study home demolitions

By Janet Goetze
The Southwest Portland Post

The Hillsdale Neighborhood Association wants a city task force to study concerns about house demolitions that are increasing in Portland.

The association heard proposals from the United Neighborhoods for Reform in December and, while not endorsing all the points developed by a United Neighborhoods committee, agreed that demolitions raise issues meriting new scrutiny.

One point cited by many city residents in the past year is issuance of demolition permits without notifying neighbors or observing a waiting period set in a city ordinance. Developers may seek a waiver under certain circumstances.

At press time, the Portland City Council was scheduled to amend the building demolition code "to require notice and delay for all single family residential demolitions in areas with a residential Comprehensive Map Designation and make other changes."

The Hillsdale neighborhood approved a motion asking the city council to form a task force of citizens, staff members and developers to address the concerns outlined in the United Neighborhoods resolution.

These include preservation of each neighborhood's historical heritage, retention of affordable housing and neighbors' protections from lead, asbestos and other contaminants released by some demolitions.

Several people attending the Hillsdale meeting cited demolitions they have seen in West Side neighborhoods, noting the activity isn't confined to the East Side.

While the code amendment on the council agenda addresses the issues of neighborhood notification and permit waiting period, it falls short of what many residents want, said Al Ellis, immediate past president of the Beaumont-Wilshire Neighborhood Association.

Ellis convened a "demolition summit" in May 2014 after hearing complaints from residents of his Northeast Portland



The Hillsdale Neighborhood Association wants the city of Portland to form a task force to review homes slated for demolition by developers. (Photo courtesy of bikeportland.org)

neighborhood.

To his surprise, he said in a telephone interview, representatives of more than two dozen neighborhoods attended the meeting and formed the United Neighborhoods group.

Some complained of "knock downs" that they believe didn't follow state law for containing lead in paints and asbestos around pipes or insulation, Ellis said.

His neighborhood has at least two examples of substantial houses on large lots being demolished and replaced by two houses, he said, offering

the developers more income than remodeling a single house.

Some residents complained of new house designs that don't blend with the neighborhood, and others were unhappy that new tall houses limited their solar access.

Ellis said representatives of historical organizations want an update of the city's Historic Resources Inventory, with a waiting period mandated before a property can be removed from the inventory. The United Neighborhoods also propose an online system available to the public to track demolition activity.

Multnomah Blvd. construction

(Continued from Page 1)

city said new trees would be planted in the fall of 2014?

A: Urban Forestry will be installing 61 street trees, scheduled for late January or early February.

Q: The "Multnomah Village" sign on the westbound direction right before 28th Avenue has been lying on its side for months now. Whose responsibility is it to put it back up?

A: I spoke to Randy Bonella from the Multnomah Village Business Association about this last spring when it was pulled (out of the ground). To our knowledge the sign was never permitted for installation in the public right-of-way so we can't reinstall it until it is permitted.

Q: The existing green street planters have not been planted yet. There is just a burlap type cover with no plants. The city said these would be planted in the fall as well?

A: The Bureau of Environmental Services will be planting all the storm swales. They are waiting for all the construction of the western section to be completed, so they can do all at

once. (There is more work being done from 35th to 40th avenues on both sides of Multnomah Boulevard.)

Our BES contact indicated that given the proximity to the holidays it will probably be pushed to January, weather permitting. If it's too cold they said it may wait until March.

Back at the bar, Jim Prenty sipped his light beer. The Oakland Raiders scored another touchdown. The bar erupted in cheers.

Prenty was compensated for his old marquee which had to be removed and now he said he doesn't have the funds to erect a smaller version in a different location.

"What gets me most of all," Prenty said, "is that I really miss the marquee. I miss the fun: the birthday wishes, congratulating the Winterhawks, previewing upcoming events."

The one that sticks in his mind the most? "Roadwork ahead next 40 years!" Don't even get him going about the proposed street fee.

For more information about Multnomah Boulevard construction from the Portland Bureau of Transportation, please contact Rich Newlands at 503-823-7780 or rich.newlands@portlandoregon.gov.

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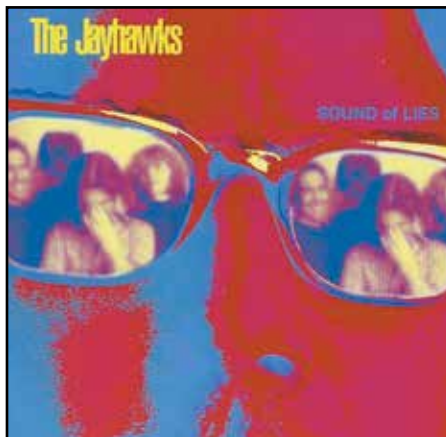
By KC Cowan and Don Snedecor
The Southwest Portland Post



Lynne Patton is one of the 500 artists whose work is for sale at the Big 500.

The Big 500: What happens when 500 local artists produce original art on 8 inch x 8 inch wood panels? You get thousands of original works of art that each sell for \$40. All the work is on display and available for purchase through Jan. 11 in the four galleries on the top floor on the Pioneer Place Mall, 700 SW Fifth Ave. Open Thursday through Sunday from 12–6 p.m. A portion of each sale benefits the Oregon Food Bank.

2 “The Child,” a show of paintings, wood-burns and prints by Nate Orton, opens Jan. 2 in the Multnomah Arts Center Gallery, 7688 SW Capitol Hwy. The exhibit reflects a focus on simple scenes and ideas of Orton’s city, family and hinterlands. The show will be on display through Feb. 3. For more information, visit www.multnomahartscenter.org.



7 **The Jayhawks:** Hailed as pioneers of the alt-country sound, the Minneapolis band has a 30-year history of strong roots/country-rock influence and power-pop melodies. They play the Aladdin Theater, 3017 SE Milwaukie Ave. (east end of the Ross Island Bridge) on Wednesday, Jan. 7 at 8 p.m. Doors open at 7 p.m. Minors OK with parent or guardian. Tickets are \$35 and available at the box office or online at www.aladdin-theater.com/.

9 “The Seven Wonders of Ballyknock” is a play set in a small Irish town in 1953. Written by Oregonian C.S. Whitcomb, the play originated in 2013 at Portland’s Fertile Ground, a festival for original work. It opens Jan.



Cordelia Snowden (Louise Chambers) reacts to seeing a ghost while having a drink with Jonty (Heath Koerschgen) and Mag (Marilyn Stacey) in “The Seven Wonders of Ballyknock.”

9 and runs through Feb. 15 at the Lakewood Center, 368 S. State St., Lake Oswego. For tickets, call 503-635-3901 or visit www.lakewood-center.org.

10 Folk Dancing: Get on your dancing shoes, grab the kids, and head over to the Fulton Park Community Center, 68 SW Miles St., for the Second Saturday Family Dance with live music and caller. It’s on Jan. 10 from 4:30–6:30 p.m. Just \$6 for adults, \$5 for kids, or \$20 per family. For more information call 503-659-0281.

12 Safety on Shattuck Road is a primary concern for the Hayhurst Neighborhood Association. Safety vigils and added safety measures by the Portland Bureau of Transportation will be discussed at the next Hayhurst meeting on Monday, Jan. 12, at 7 p.m. at Hayhurst School, 5037 SW Iowa St. Contact Janet Hawkins at 503-244-7703 or janethawkins@msn.com for more information.

14 Green Goddess Remedies, a medical marijuana dispensary, has been working on a good neighbor agreement with the Crestwood Neighborhood Association. There are also three Crestwood board positions open. Next Crestwood meeting is Wednesday, Jan. 14, at 7 p.m. at West Portland United Methodist Church, 4729 SW Taylors Ferry Road. Contact Tony Hansen at 503-317-3914 or email crestwoodnaboard@gmail.com for agenda information.

20 Getting published: Have you written the next great novel and want to get it into print? Paul Gerald, author of *60 Hikes within 60 Miles of Portland*, has written five books and has the scoop on how the publishing industry works. Gerald will conduct a workshop to answer questions and discuss the pros and cons of self-publishing. The workshop is on Tuesday, Jan. 20 from 7–8:30 p.m. at the Garden Home Community Library, 7475 SW Oleson Road. Limited space, so please call 503-245-9932 to register.

25 Creating a legacy: Are you passionate about researching your family? Have you uncovered fascinating information and stories about family history but don’t know what to do next? Come to the Capitol Hill Library for a presentation that will help you turn your research into an illustrated heirloom book to share with your family. Sunday, Jan. 25, 2–4 p.m. at 10723 SW Capitol Hwy. Registration is required. Register online, at the Capitol Hill Library, or by calling 503-988-5234.

28 Film Night at Flanagan Chapel: Watch the 1995 film, “Dead Man Walking” in preparation for Sister Helen Prejean’s scheduled February talk about the issue of capital punishment on the 20th anniversary of this ground-breaking film. The film shows on Wednesday, Jan. 28, at 7 p.m. in the Agnes Flanagan Chapel on the campus of Lewis and Clark College. Free. For information on the Sister Prejean’s talk, visit <http://college.lclark.edu/live/events/32088>.

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Hillsdale and Multnomah Village businesses have healthy holiday season

THE COUNTRY STORE

By Erik Vidstrand and Don Snedecor
The Southwest Portland Post

It's been a robust holiday season for neighborhood businesses according to local business association sources.

Paloma Clothing sales increased 7.5 percent over 2013.

"Golden Ticket sales and Small Business Saturday promotions contributed to the shop's success," said Paloma owner Mike Roach. He's also the chair of the Hillsdale Business and Professional Association.

The newest Hillsdale business, Gigi's Café, located in the Hillsdale shopping center, seems to have had a great first few months, said Roach. "There are people eating at all hours of the day."

"Barring any major weather events," Roach said, "I'm cautiously optimistic that the holiday season could produce some very solid gains."

Roach also spoke to *The Post* about two other businesses: a credit union that is under construction as well as a grocery market that has been struggling.

"OnPoint Community Credit Union, is the only credit union in Southwest Portland," (barring Downtown) Roach explained. "The foundation was poured during the dry fall weather." The work is on schedule to be completed in early summer.

Two other businesses will set up shop in the same building with OnPoint but they haven't been finalized yet.

"On the downside," Roach sighed. "Food Front has been struggling."

Members of the Hillsdale business association recently brainstormed ways to help out the business.

"This customer owned co-op has to compete with New Seasons, Fred Meyer, and other large [grocery] chains," Roach stated. "We're trying to come up with a variety of ideas."

Golden Ticket program a huge success for local businesses

Randy Bonella, executive director of the Multnomah Village Bloc's Initiative, created the Golden Ticket program in 2009.

"We had over 36,000 tickets out in circulation," Bonella explained, "but we are just getting into the heaviest two weeks of the shopping season."

Bonella said that the Golden Ticket redemption is down about 10 percent from last year at this time but up 27 percent from 2012.

"However," Bonella continued, "a number of businesses are reporting record sales and most are very happy with 2014 holiday season so far."

"Last year's program was off the wall, fantastic," he said.

"My expectation is that the Golden Ticket program will be down slightly from 2013," Bonella predicted, "but nonetheless, it should be very successful for Multnomah Village and Hillsdale."

Average redemption rate overall has been around 20 percent over the years. Beaumont and Clinton/Division business associations have adopted programs similar to Bonella's, but they are still in their infancy.

Venture Portland, the alliance of Portland neighborhood business associations, coordinates promotions with approximately 20 business districts around town, partnered with Little Boxes (a Small Business Saturday event).

According to Venture Portland executive director, Heather Hoell, "Portlanders can feel good knowing their money is staying home for the holidays. For every dollar spent at a local business, 70 percent stays in the local economy."

Hoell said Venture Portland's goal is to ensure the season is merry and bright for local retailers. In Portland, where 98 percent of neighborhood businesses have five or fewer employees, supporting small is really big.

"We appreciate the support of our community by shopping at our local small businesses," Bonella added. "By keeping our businesses strong and healthy, we keep our community strong and healthy."

Renner's Grill celebrates 75th anniversary

Last month, Renner's Grill, an institution anchored in the heart of Multnomah Village for decades, held its 75th anniversary party.

All day long and into the evening, regulars, guests, and long-time customers celebrated the milestone. They were welcomed by the new co-owner, Steve Potter, a former employee.

According to Potter, all proceeds from the anniversary festivities went to Neighborhood House charities. Some may know Potter as the bingo announcer on Wednesday nights.

"We raised approximately \$400," reported Josh Harthill, the manager, and most recently, the other co-owner. "We sold a lot hot dogs and beers for 75 cents."

Renner's Grill was established in 1939 after Milo and Bessie Renner acquired the property and business formerly known as the Cry Baby Café. After several years, they added the second floor known as the Suburban Room Lounge. Steve Langton owned




The Rose City Mixed Quartet performs a cappella inside Switch Shoes and Clothing during the Dec. 5 Holiday Gala in Multnomah Village. (Post photo by Erik Vidstrand)

the bar for many years.

Marshall Meadows, former chef of the Trianon Restaurant, restored the bar to its former glory after Langton died in 2004, and then sold it just recently.

"Breakfast is back," announced Harthill while changing some music on the compact disc player. "We haven't had breakfast here in over seven years."

Legend has it that Milo Renner was Multnomah's first millionaire. Renner's Grill is open daily from 7 a.m. - 2:30 a.m. and is located at 7819 SW Capitol Hwy.



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The Southwest
Portland **Post**

Lawson brothers team up on "Grimm"

(Continued from Page 1)

Lawson majored in telecommunications at the University of Oregon. His junior year he talked himself into an internship at Portland's KOIN television in commercial production. After graduation, he began looking for work in that field.

"I did a Shriner's All Star Game; that was my first paying gig. Holding a microwave wand on the far sideline."

He worked in sound production for Blazer Broadcasting, but things took off for him in the late 1980's when he got hired as best boy for one of the many made-for-TV-movies that filmed in Portland.

The key grip, Don Duffield, liked what he saw and after working with Bruce Lawson on another movie, he recommended the "rookie" to act as key grip on the third film.

"I thought, geez, I'm just a kid - I've only done local commercials and sports," Lawson remembers. But he did it.

Now, Lawson heads a grip team of twelve members, including his two brothers. You've seen the titles, but what do they actually do? Simply put, they're problem solvers.

"You have to be good at lots of different things to solve everybody's problems. If wardrobe needs someplace to hang the second change of clothes, they come to you for a c-stand.

"The electricians have their lights, but they don't have sandbags to make them safe, so we have to level them up and make them safe."

The most creative work comes after the lights are set.

"I like to say we sculpt the light. We diffuse the light and put the shadows back in.

"We make it look real and we make it look more beautiful." Or, on location, they might put up a giant swath of silk

overhead to soften the sunlight.

Grips are also in charge of camera movement. Brian is the dolly grip on the camera.

"There are three pieces to the 'camera creature,' Bruce Lawson said. "There's the head, which is the camera operator. There are the eyes, which is the assistant cameraman and he focuses."

Then there's Brian, who's the body and the feet. His job is to actually put that head of the camera creature in the right spot. Managing the needs of the grips is the best boy, who is Brent.

"He's like my business manager for the department," Lawson says. "He makes sure we have all the manpower we need when we need it, plus all the special gear, and he also takes care of the paperwork for each episode."

Twenty-five years ago the brothers formed BLT - Brothers Lawson Team. In 2010, they joined with another Wilson High graduate, Mark "Sparky" Haleston to form Elite Camera Cars, after Haleston learned of the opportunity to buy a special trailer and crane.

They use them to film in cars that actors pretend to be driving, but are actually on the trailer. The purchase was an expensive gamble.

"We brought those up, not really knowing where it would work," says Lawson. "But we felt like it was going to be a good investment for the price. And we were right. We use the crane - the 'elite' - probably two or three days every episode."

There is a lot more local work, partly because of the state tax incentive to production companies for shooting here.

"The incentive says they have to spend a certain amount in Oregon," Brent Lawson said. "They don't require you to hire the crew, but the more vendors they hire in the state, the better."

However, the other part of that equation is having the professional



Brothers Brian, Bruce and Brent Lawson stand by one of their trucks filled with everything necessary for grip work on the NBC television series, "Grimm." (Post photo by KC Cowan)

vendors necessary. "Grimm" sound mixer Tyler Stephens said producers want to hire capable crews locally, because bringing crew up from Los Angeles is too expensive.

"So, having the Lawson team here and their equipment is essential to bringing a production into a fringe market like Portland," Stephens said.

It's provided years of solid employment for the Lawson brothers. Not in Bruce Lawson's job description are all the other things he does on set.

One crewmember dubbed him the "mayor of Grimm," because he is always promoting charitable activities, like a toy drive, or volunteering at the Oregon Food Bank.

Film and television crews work notoriously long hours; 12-hour days are common. But working on "Grimm" is a happy place to spend those hours. In a sense, the crew becomes "family."

"I'm just lucky I get to work my real family, too," Bruce Lawson said.

Maybe there's something in the water. In addition to the Lawsons, there are seven

other Wilson High alums who work on "Grimm." "Grimm" airs Friday nights at 9 p.m. on KGW-TV, Channel 8.

Baby Boot Camp fitness program

(Continued from Page 7)

by Nike and other local stores.

Hasman has weaved a variety of other supportive programs together with local businesses. A baby signage class is scheduled and a reading program for parent and toddler was organized at the library right around the corner.

Baby Boot Camp, founded in 2001, follows the guidelines set by the American College of Obstetrics and Gynecology and the American Council on Exercise.

"I couldn't be more excited to bring moms together in Southwest Portland for not only a fantastic fitness class but fun and friendship for them and their little ones," Hasman says.

For more information, contact www.babybootcamp.com. The first class is free.

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Baby Boot Camp is fitness program for mothers with strollers

By Erik Vidstrand
The Southwest Portland Post

The new year is here. The parties and celebrations are over. Most of the college bowl games have been played. Excessive eating and inactivity gets the best of people at the end of each year so some people make a pact and head off to the nearest gym.

But what is one to do if you are a new mom or have an infant in tow?



Tawni Marchi, a new mother from Southeast Portland, wins a door prize at the grand opening of Baby Boot Camp after a strenuous workout with her stroller and baby. (Post photo by Erik Vidstrand)

One answer is perhaps a gym where small children are welcome: Baby Boot Camp.

The national stroller fitness and nutrition program opened in an existing gym recently in Hillsdale. There are several other franchises in Oregon, but none in Portland.

Delivered by nationally-certified fitness professionals, the stroller-fitness classes combine strength-training exercises with cardiovascular drills in 60-minute sessions.

In addition, the program offers 5K training and a four-week nutrition program especially designed for women. Pilates, yoga, and abdominal

exercises are also available which helps improve core strength.

Alexa Hasman, owner, and an instructor of the new franchise, is mom to a four-month-old.

Hasman invited *The Post* for a look, not a workout. The grand opening celebration was held at the Westside Academy of Kung Fu/Crossfit in Hillsdale on Nov. 3. Hasman welcomed over two dozen mothers with babies in strollers in the space, available when the gym is not in use for other exercise classes including Crossfit.

After graduating from the University of Oregon, Hasman pursued a career in fitness through attending the National Personal Training Institute.

"This was a perfect fit for me once my daughter was born," Hasman beamed.

"The generosity of landlord Frank Hasabe has made this new enterprise a success by being providing all of us a great deal," said Lara Jones, Crossfit owner.

The martial arts school just celebrated five years in this location.

"Crossfit serves clients 13 - 70 years old," Jones said. "We also provide kung fu, jiu-jitsu, and self-defense classes."

"This program is not just about losing weight," said Hasman between sets. "It's about supporting moms seeking healthy lifestyle habits in their families and their communities."

During the inaugural class, some moms took breaks, breastfed, or comforted their infants. Most babies remained bundled and strapped in the strollers looking on in bewilderment.

Between one of the yoga moves, many of the babies began singing in unison.

One of the mothers, Tawni Marchi,

came from southeast Portland.

"I wanted to see how it was," she told *The Post*. "I'm trying it out even though it was a bit of a drive. There's nothing like this where I live."

Teresa Fear, mother of a sleeping eight-month-old, signed up right away. Fear, who lives in Beaverton, said she

wants to stay in shape.

"Babysitters are not cheap," Fear admitted. "Gyms don't come with babysitters. This is first time since my baby was born that I have worked out."

She beamed even more after winning a door prize of workout items donated (Continued on Page 6)

Construction on Terraced Rain Gardens Project to continue through March

By Don Snedecor
The Southwest Portland Post

The Portland Bureau of Environmental Services and the Oregon Department of Transportation are constructing a series of terraced rain gardens to treat stormwater runoff at the intersection of Interstate 5, Barbur Boulevard and 26th Avenue to protect water quality in Tryon Creek.

Stormwater runoff from these roads drains directly to Tryon Creek and carries pollutants to the creek. During heavy rains, stormwater volume and velocity increase and erode the creek banks.

This project includes constructing a forebay to collect sediments and some pollutants before stormwater flows into the terraced rain gardens. The rain gardens will slow runoff velocity and allow more pollutants to settle out before stormwater enters Tryon Creek.

According to Joe Annett, project

manager, the city's contractor began installing pipe across Barbur Boulevard the week of Dec. 17 and the pipe work will continue for about four weeks. Construction on the whole project has been delayed and will continue through March.

At press time, Annett said excavation was scheduled to occur in phases going from east to west across Barbur Boulevard with lane restrictions during construction hours.

Barbur Boulevard northbound crossing will restrict lanes from 9 a.m. to 6 p.m. Monday through Friday. Barbur Boulevard southbound crossing will restrict lanes from 7 a.m. to 3 p.m. Monday through Friday.

Annett said to be aware that this schedule is subject to change due to conditions underground, weather, traffic impacts, subcontractor schedules and availability of materials. Contact Annett, 503-823-2934, joseph.annett@portlandoregon.gov or visit the project website for updated information.



(Post photo by Erik Vidstrand)

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Winter season of Hillsdale Farmers Market begins Jan. 11

By Janet Goetze
The Southwest Portland Post

Brightly colored squash, jewel-tone vinegars and creamy cheeses are a few of the products available through the winter at the Hillsdale Farmers Market.

The gathering of regionally grown foods and products developed locally is a favorite among shoppers from all over the city during the May-to-November weekly season. They continue to come for the twice-monthly winter market that will operate January to April.

"It's one of the best markets," said Ellen Lodine, a Northeast Portland resident who likes to support local growers and buy organic produce.

The market is located in the parking lot between Rieke Elementary School and Wilson High School at 1405 SW Vermont St. Shoppers also may enter from Southwest Capitol Highway at Sunset Boulevard.

The market's winter times are 10 a.m. to 1 p.m. on Jan. 11 and 25; Feb. 8 and 22; March 8 and 22; April 12 and 26.

Julie Peterson travels from Northwest Portland for organic vegetables, and she also recommended the Fire Cider, created with herbs and cider vinegar by Gee Creek Farm of Ridgefield, Wash. Another specialty of the farm is pickled golden beets with ginger, canned in jars.

Peterson held up sacks of caraway rye crackers and sourdough wheat crisps she also found in the market on a Sunday in December.

"I don't go to the grocery store much," Peterson said. "I come here every chance I get."

A new resident, Karen Sharp, whose company recently transferred her to Portland from Austin, Texas, said she was delighted to find a farmers market near her Southwest home.

She selected a fat stem of Brussels sprouts and what she described as braising greens. These include the leaves of broccoli, kohlrabi, collard and mustard which can be delicious with gentle braising, she said.

These vegetables also are members of the cole family, she said, which grow well in cool weather and appear in fall or winter markets. In addition to the taste, she likes them for nutritional value.

Long-time growers say they enjoy returning to the market, which opened June 2, 2002, and has steadily attracted both vendors and shoppers, said manager Eamon Malloy, who has been with the market since 2004.

"We have just as many vendors today in the winter market as we had in the summer of 2002," Molloy said.

Lyle Stanley of Gee Creek, an organic farm for more than 20 years, said he's been bringing produce, cider and canned specialty items to Hillsdale for 11 years.

Heatherleigh Weldon, who began Peace of Soap Co. in 2000, has had three seasons at the Hillsdale market. She uses coconut milk, olive oil, lavender and other scents in her products, which she creates to be gentle to skin.

Grass-fed beef and lamb, sausages



Emma Edwards works for Linda Brand Crab at Hillsdale Winter Market. (Photo courtesy of Eamon Malloy, Hillsdale Farmers Market)

and smoked salmon are part of the market, along with apples, mushrooms, cakes and other baked products.

Cheese makers include Ancient Heritage Dairy of Madras, started in 2005. For the past three years, Ancient Heritage has been bringing soft and hard cheeses made from sheep and cow milk to Hillsdale year round.

Blossom Vinegars, started 10 years ago in North Portland by Connie Rawlings-Dritsas, are flavored with fruit and herbs from local farms, said Kotie Threlkeld, an employee at the company stall.

The culinary vinegars, for salads or

marinades, include apple jalapeno, Thai pepper lime and wildflower honey. "Drinking" vinegars, which are concentrates to flavor water or use in recipes, include ginger apple pear, mango habanero, and loganberry beet.

The market's supporters say it is a place to get acquainted with people in the community and learn about food production and preparation.

The operating board welcomes volunteers, too, to help set up stalls, run special summer events, or work at the information booth. More information is available at the website: www.hillsdalefarmersmarket.com.



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