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The Southwest Portland Post

Southwest Portland's independent neighborhood newspaper since 1992



Commissioner Fish and Water Bureau staff discuss surplus property policy — Page 6

New Wilson HS turf finished in time for varsity football home opener

By Janet Goetze
The Southwest Portland Post

The refurbished Wilson High School field was finished Sept. 19,

just in time for the first home football game of the season. The opening festivities planned on the green artificial turf continued on schedule.

Principal Brian Chatard, who headed a committee that began rais-

ing field money last summer, arrived at the festivities in the sidecar of a big motorcycle. Like many students, he had a "W" painted in green on the side of his face.

Schools' Superintendent Carole Smith and three school board members had arrived earlier, wearing green T-shirts proclaiming "Trojan Turf," using the school's team name.

Chatard presented game balls to soccer and football captains, and he gave Smith a football in recognition of the district's efforts to improve fields for Wilson and nine other Portland high schools.

Smith acknowledged donors for the Wilson field, including Nike and Marcia Randall, the mother of Wilson graduates whose family donated \$250,000 for the project estimated to cost nearly \$1.8 million.

Chatard had expected the field to be ready a few days before the Sept. 19 season opener against Franklin High, but it didn't pass safety tests until the afternoon of the game.

Regardless of tests, earlier in the week a couple of neighborhood walkers squeezed through the opening of the fence around the field.

As other community members are expected to do, they tried out the red track surrounding the oval of bright green turf selected by the school district to keep the field usable in bad weather.

In 2008, the school board recognized the poor condition of 10 high schools' tracks and fields, which often included patchwork grass and packed dirt that turned to slippery mud in the rain.

Since then, the district has acquired Nike, Portland Parks & Recreation, Foothills Soccer Club, the Portland Timbers Army, parent groups and foundations as financial partners in upgrading the athletic fields.

The work is in line with the board's policy for student wellness, which includes nutrition and physical activity. Obesity rates have doubled among young children in the past 20 years, the board said in developing its wellness policy, and the rates have tripled among adolescents.

The school environment, the board said, can help prevent obesity-related diseases in both children
(Continued on Page 3)



Carole Smith, Portland School District superintendent, is whisked away in a motorcycle sidecar on Sept. 19 after festivities marking the opening of Wilson High School's new turf-covered field. (Post photo by Janet Goetze)

Local marching band goes international with invitation to Shanghai, China

By Erik Vidstrand
The Southwest Portland Post

After ten months of planning, numerous rehearsals and two dozen public performances, The Beat Goes On Marching Band flew to China on Sept. 10 to represent the United States at the Shanghai Tourism Festival.

You might know them as the Get-a-Life Marching Band (that was their original name), but it's the band most everyone experiences during the Multnomah Days festival and parade.

"Multnomah Village seems like home," said Patti Waitman-Ingebretsen, board secretary and twirler captain. "We got some big breaks with coverage that led us to experience some big events."

The Beat Goes On is an all-adult marching band committed to delighting northwest and national audiences while reliving the best parts of the high school and college marching band experience.

Waitman-Ingebretsen started twirling 65 years ago and is an energetic cheerleader. The band is known for its feel-good attitude, emphasis on audience interaction, and spontaneity on the street and on stage.

Though the musical tastes are eclectic, the band features a high-energy, brassy, rock 'n' roll style. The band members' ages range from 18-85.

The Beat Goes On started out this year in San Francisco for the Chinese New Year Parade. The band recently marched and played in the oldest 4th of July parade in the nation located in Bristol, Rhode Island.

They have also played in the Bahamas, the Calgary stampede in Canada, and were invited to President Barack Obama's first inauguration in 2009.

But the most exciting news was the invitation from the Shanghai Tourism Festival to appear in Shanghai, China at their 2014 Festival, which has "Marching Bands" as its theme.

"We are *the* marching band rep-



The Beat Goes On Marching Band performs in mid-September on the Great Wall of China. (Photo courtesy of Ken Kane)

resenting the USA," said Waitman-Ingebretsen.

"I'm anxious to see the reaction of the Chinese people," said Audrey Perino, one of the band members, "to a bunch of old folks marching down the parade route."

Moda Health chose to make a substantial donation to help enable the band's upcoming trip. So did Intel.

The band also received a \$50,000 grant from the U.S. Department of State.

It's the band's most ambitious trip ever: a parade through one of the largest cities in the world, followed by three days of concerts over 5,700 miles from home.

Director Steve Tolopka sounds like a football coach when talking about his band.

"We're peaking at just the right time. After a summer full of performances, we're at the top of our game," said Tolopka.

"The Chinese people will get a taste of American culture as it should be experienced—through music performed by ordinary, but inspired, people."

Band member Norm Wachlin added, "The main reason to go to China is to meet the people. I want our band members to learn how to say 'Ni hao' which means 'hello' and to smile. If you do that, 99 percent of the people will be your friends."

Check out The Beat Goes On Marching Band's web page for more information or to make a donation of support. The band is also on Facebook and YouTube.

Don't forget to renew your subscription. Form on Page 2.

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Letters to the Editor



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Mud covers the new sidewalk at the corner of Southwest 37th Avenue and Vermont Street after a two-hour cloudburst on Sept. 1. The ground is higher than the sidewalk in that area. (Photo courtesy of Rose Florek)

New sidewalk on Vermont Street at 37th Avenue built with a defect

I contacted you some weeks ago with my concern about the trough left in the new sidewalk on Southwest

Vermont Street at 37th Avenue. The contractor installing the sidewalk made one modification to the slope of the walk, but didn't correct the "trough" problem, which results from the ground being higher than

the sidewalk. The first downpour of the season (Aug. 30) filled that trough with two inches of mud and gravel, for a distance of between two and three feet (my guess). It's a mess! Attached is a photo, which you may publish.

There is a similar problem at Vermont and 36th, but on a smaller scale.

Kyle Chisek, the person in charge of sidewalks for the City of Portland, assures me that once grass is established, the ground will not wash onto the sidewalk.

There is no hope that grass could be established there before this coming rainy season. A short curb was installed next to the sidewalk to protect it from just this thing, but it doesn't go far enough.

It is my belief that the only solution to the problem is to extend that short curb along both sides of the walk where the ground level rises above the sidewalk.

I suspect that the city has already released the contractor, and may have trouble getting him back.

If you could do an article to help us apply pressure, it might help to save all users of that sidewalk from this messy inconvenience for the next 50 or more years!

Rose Florek
Multnomah

Editor's Note: A whole different kind of air traffic control



The Post received a phone call Sept. 17 from reader Lee Ashe who thought cartoonist Jesse Springer was unfairly picking on Republican nominee Dr. Monica Wehby in her campaign against Democratic Sen. Jeff Merkley. "Don't forget to give Merkley a kick in the butt as well," said Ashe.

He was referring to the airliner cartoon in the September 2014 edition of The Post that implies the Koch Brothers were pouring millions into the U.S. Senate race. I asked Springer if he would like to comment.

"I have done a couple of Koch Brothers cartoons—the one you mention doesn't reference (Monica) Wehby at all, so I am a little confused," said Springer. "That cartoon simply criticized wealthy out-of-staters trying to influence an Oregon election."

— Don Snedecor




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Massive concrete pours scheduled for Oct. 1 & 13 on Sellwood Bridge project

By Erik Vidstrand and Don Snedecor
The Southwest Portland Post

Work continues this month on construction of the new Sellwood Bridge. At press time a massive concrete pour for the Bent 4 (west side) river pier was scheduled to begin at 6 a.m. on Wednesday, Oct. 1. The pour will last about 36 hours. Hundreds of concrete trucks will deliver loads from Macadam Avenue (Highway 43).

The pour will form the upper section of the pier and the angel wings that support the steel arches. Neighbors may notice work lights during the pour and for several days after, as crews monitor the water cooling system.

The east pier pour is scheduled to start at 6 a.m. on Oct. 13 and will also last about 36 hours. Internal water cooling systems will cool the structures while the concrete cures.

Old Bridge: A subcontractor removed the massive concrete blocks of the last river pier in September. The blocks weighed up to 300,000 pounds each. According to Mike Pullen, spokesman for Multnomah County, that is roughly equivalent to the weight of 1,250 LaMarcus Aldridges or 82 Ford Mustangs.

The old river piers had very little steel rebar, compared to the new bridge. The additional rebar will give the new bridge greater strength and stability to resist loads, including seismic forces. Divers will soon begin saw-cutting the underwater

portion of the pier.

West Side: Retaining walls are being constructed and will close the outside southbound lane of Southwest Macadam Avenue weekdays until 4 p.m. This is between Taylors Ferry Road and the bridge.

Installation of tie-backs and concrete anchor heads continues north of the bridge. The tie-backs are being stress tested this month before the final concrete fascia is added.

A northbound lane is closed weekdays from 9 a.m. to 4 p.m. north and south of the bridge during excavation. Installation for ground anchors of the retaining walls has also been happening.

Night drilling has ended and fencing was installed on walls north and south of the bridge. Installation of soil nails and tie back anchors continues near the lowest level of the north wall.

New Bridge: The new bridge and interchange is shaping up. Work continues on walls and ramps for the new two-level interchange with Macadam Avenue.

Concrete diaphragms were poured to provide stability between pre-cast concrete girders. Some shorter diagonal girders in the interchange are being cast in place, so forms and rebar are being installed for those. Vegetation clearing on the slope above the ramp will be completed soon.

At the west end of the new bridge, conduit will be installed next week for streetlights. More concrete diaphragms were poured



A crane removes a 300,000 lb. chunk of concrete from Pier 2. (Photo courtesy of Mike Pullen, Multnomah County)

in September on Span 2 to provide stability between pre-cast concrete girders. Shorter diagonal girders between the bridge and the southeast ramp will be cast in place in October.

River Trail: The contractor rerouted a sewer line and installed a manhole along Miles Place as part of the reconstruction of the road that will be part of the regional trail. Pav-

ing is scheduled for early October. Non-residents should avoid this very confined work zone if possible.

Piles were installed in the river recently to support the erection of steel arches in 2015.

For questions about the new Sellwood Bridge project, contact Mike Pullen via email mike.j.pullen@multco.us or call 503-209-4111. Visit www.sellwoodbridge.org for more information.

New Wilson HS Turf

(Continued from Page 1)

and adults. In improving fields for all students, the board said, it is providing access to safe facilities for physical fitness.

Principal Chatard headed a committee of Wilson, Jackson Middle School and Robert Gray Elementary School parents who began raising money for the field in 2013.

According to school district figures, the Randalls provided \$250,000 for Wilson. Other donors and amounts included Nike \$150,000; the district's Great Fields Fund \$77,017; Foothills Soccer Club \$50,000; and others, including parents, \$133,529.

Jessica Tindell, whose son, Riley, 16, is on the varsity football team, said of the field, "It's pretty impressive. . . It's really exciting to see what can happen in a community when they put their efforts into it."

Tindell, a member of the Touchdown Club, which supports Wilson's football program, said the group has a new website, www.trojantdc.com. It carries information, game schedules and has a place to log in to hear a game when fans can't be in attendance.

Editor's Note: In case you're wondering, Wilson's varsity football team beat Franklin 54-7 in their home opener, Sept. 19.

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One of Two Water Main Construction Projects in SW Hillsdale Neighborhood Completed

The Portland Water Bureau constructed two vital water system improvement projects this summer.

The **Bertha Service Area Improvement Project** is complete. More than 2,230 feet of 8-inch diameter water mains were installed to improve water pressure to the neighborhood.

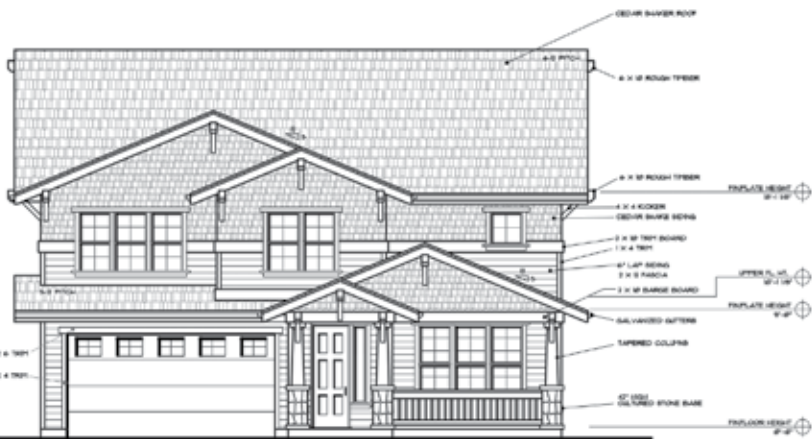
In July, Phase 2 of the **SW Carolina Mains Project** began. Installation of the 24-inch diameter water supply pipeline has been completed on SW Burlingame Drive, on SW Burlingame Terrace, and on SW Terwilliger Boulevard.

The contractor has begun work in the traffic island at SW Terwilliger Boulevard and SW Capitol Highway. The construction area is fenced off from the pedestrian path. Some nighttime work is required on Friday and Saturday so as not to disrupt daytime access to the OHSU hospital.

The paved pedestrian path on Terwilliger Trail is still closed; the gravel path remains open.

Once all pipe work has been completed, road restoration work will begin under favorable weather conditions.

For more information, contact Terry Black, Public Outreach, at 503-823-1168 or terry.black@portlandoregon.gov



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COMMUNITY LIFE

By KC Cowan and Don Snedecor
The Southwest Portland Post

3 Mingle with the Artists: The Multnomah Arts Center will hold a gallery reception Friday, Oct. 3, 7 - 9 p.m. for Diane Flack's new exhibit of block prints, "Inkworks." The prints explore color and geometry through representational and abstract flower images and black and white pattern. The show runs through Oct. 28 at the Multnomah Arts Center Gallery, 7688 SW Capitol Hwy. For more information contact Jaye Campbell at the MAC, 503-823-2787, or visit www.MultnomahArtsCenter.org.

7 Looking for a new job? Want to polish those interview skills? Attend the Interview Success workshop on Tuesday, Oct. 7, from 6:30 - 7:30 pm. The workshop will cover a variety of job seeking tips, so you'll be prepared for your next interview. It will be held at the Hillsdale Library Meeting Room, 1525 SW Sunset Blvd. For more information, call 503-988-5388 or www.multcolib.org. Free, but registration is required.

8 Maplewood Neighborhood Association: The Maplewood Neighborhood Association will hold its monthly meeting on Wednesday, Oct. 8, at 6:45 p.m. at Maplewood School, 7452 SW 52nd Ave. Agenda will include a discussion concerning neighborhood in-fill construction. For more

information, email maplewood@swni.org or call 503-823-4592.

11 Don Baack will lead the monthly SW Trails Walk on Saturday, Oct. 11. Be ready to leave promptly at 9 a.m. Meet behind the bleachers at Wilson High School (Sunset Blvd. and Capitol Highway). Bring a snack and water and dress for the weather. Well behaved, leashed dogs are allowed. The group will be celebrating the re-opening of the Iowa Street Trail after being closed for four years because of construction. Route includes the trail under Barbur Bridge, Mt. Hood views, Willamette Park, Custer Street stairs, Fulton Park and back to Wilson. About four miles with 480 feet elevation gain. For more information, email Sharon Fekety (fekety@hevanet.com) or call the Southwest neighborhood office at 503-823-4592.

Celebrate autumn with reading and apples: In honor of the 10th anniversary of her book, *Apples to Oregon*, award-winning author Deborah Hopkinson will give a retelling of the true story of the Luelling family, Oregon's first orchardists. The reading will be followed by a book signing and family activity. Free tickets for seating will be available 30 minutes before the program, Saturday, Oct. 11, 2:00 to 3:15 p.m. at Capitol Hill Library, 10723 SW Capitol Hwy. Call 503-988-5388 for more information.

14 Multnomah Neighborhood Association: Next general meeting will be held on Tuesday, Oct. 14, at 7 p.m. at the Multnomah Arts Center, Room 30, 7688 SW Capitol Hwy.



Multnomah neighbors catch up on the latest rumors, gossip and innuendo during the afternoon of the Multnomah Days festival on Aug. 16. (Post photo by Don Snedecor)

Agenda includes elections of new officers and a presentation by Barry Manning, senior planner in the Portland Bureau of Planning and Sustainability. For more information, contact: Moses Ross, mnachair@gmail.com or visit www.swni.org/multnomah.

18 Ready for trick-or-treating? You will be after you make your own mask! Join artist and teacher Judith Hankin in a mask-making workshop at the Capitol Hill Library (10723 SW Capitol Hwy.) on Saturday, Oct. 18 from 2-3 p.m. Feathers, ribbons, colors and fun will be available for you to design your own fantastical creations. Free tickets for seating will be available 30 minutes before the program.

21 The 5th annual Garden Home Community Sustainability Fair takes place Tuesday, Oct. 21 from 4 - 7 p.m. Peruse booths on various sustainable topics and businesses from gardening to recycling to water. Topics include toxic reduction, solar energy, recycling and more. Recycled craft and activities for children, too. Plus, a Tesla electric car will be on

display. Garden Home Community Library: 7475 SW Oleson Rd. (Inside the Garden Home Recreation Center.) Call 503-245-9932 for more information.

28 Community Policing Reception: This event will be held on Tuesday, Oct. 28 at 7 p.m. at the Multnomah Arts Center auditorium, 7688 SW Capitol Hwy. Everyone is invited. To nominate a police officer to be honored at the reception, call 503-823-4592 or email publicsafety@swni.org.

Nov 1 Southwest Neighborhoods, Inc. Fall Cleanup: This event takes place on Saturday, Nov. 1, 9 a.m. - 1 p.m. at Portland Christian Center (parking lot), 5700 SW Dosch Rd. Scrap metal, old furniture, large appliances, and yard debris are among the items being accepted. SWNI/SOLV Litter Patrol will be cleaning neighborhood streets. Some pick up available to senior citizens. To volunteer or for more information call 503-823-4592 or visit www.swni.org.

African Children's Choir of Uganda makes stop in Hillsdale



The African Children's Choir, based in Kampala, Uganda, performed for a standing room only audience at the Hillsdale Library, Aug. 26. They were on a world tour canvassing a variety of cities and towns.

The children bring a message of hope—sharing their African through music and dance.

They are the fortunate few who have been rescued from poverty and are now a voice for children who are still waiting to be sponsored.

Each year, the choir tours around the country and gives people an

opportunity to provide children in developing countries with an education and a hope for a future.

Fourteen children in the choir, whose ages ranged from 7 to 12, danced energetically, sang upbeat songs and played the drums.

The music was a mixture of native African rhythms and contemporary gospel music. The children wore colorful costumes and utilized a variety of instruments including baskets, wooden xylophones, and thumb organs.

— Story and photo by Erik Vidstrand

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THE COUNTRY STORE

By Erik Vidstrand
The Southwest Portland Post

Sunshine and Mustangs make Raleigh Hills Community Fair a success

The fourth annual Raleigh Hills Community Fair was held on Sept. 7 and according to the folks in the Raleigh Hills Business Association a grand time was had by all. Twenty-seven booth spaces and 13 classic Ford Mustangs were present.

Brian Jarrett and his 1967 Mustang Fastback took top honors with four ribbons starting with Best of Show.

"In all it was a really good fair without the rain we had last year,"

said Michael Chase, board member. "Over 700 raffle sales were made but we really did not keep count of the total number of visitors."

Former Pagenwood building gets remodeled for two new businesses

The former Pagenwood building on Southwest Capitol Highway at 35th Avenue in Multnomah Village has been empty for years. But recently work has begun creating a place to get a haircut then get something to eat next door.

BMK Construction has shored up the back wall and is waiting for city permits for next steps as water and sewer lines are installed.

The upper lot where garbage bins are stored has been remodeled and will provide some off street parking.



Visitors admire the Mustangs at the Raleigh Hills Community Fair on Sept. 7. (Post photo by Erik Vidstrand)

Accuracy is important to Multnomah mystery writer April Henry

By KC Cowan
The Southwest Portland Post

April Henry said that when she was a little girl in southern Oregon, she wanted to be a writer when she grew up. However, she also didn't think it was possible that someone from Medford could ever be a "real author."

As an adult, she composed informational medical pieces, ad copy and press releases. But the dream to be an author never left her.

"And then in my thirties, I read a book that was really bad, and it was published and I thought, well, I could write a book that bad!" Henry said. "So I started writing."

Henry completed her first book and set about finding an agent. She got rejection after rejection.

She wrote a second book and tried again, eventually approaching an agent she read about in a magazine. The agent loved her book and signed Henry as her client.

Unfortunately, no publishing house bought Henry's book. So she wrote another one. It also didn't sell. But in 1997, her fourth book, titled "Circles of Confusion," sold in three days.

Henry was off and running and has published 17 books since. On Feb. 1, 2008 she was able to quit her day job and has been making a living as an author ever since.

She doesn't get huge advances, but as she puts it: "I'm doing OK. I'm doing pretty good!"

Henry writes mysteries and thrillers for adults and young adults. In a mystery, the identity of the bad guy is kept hidden from the reader and "red herrings" abound.

However, in a thriller, Henry said both she and the reader know who did it, so the plotting is different.

"With thrillers, you just have to keep throwing bad things at (the hero) and you know they're going to be all right at the end. So you just keep going."



April Henry holds *The Body in the Woods*, her latest book for young adult readers. (Post photo by KC Cowan)

If you read Henry's books, you'll often notice references to Portland locations, restaurants and businesses. A Multnomah Village resident, she loves to sprinkle her books with local places.

In addition, accuracy is very important to her. Her favorite source of material is the Writers Police Academy, held annually on the grounds of a real police academy in North Carolina.

"It's like a summer camp for mystery writers. It was started by a retired cop, (who was) tired of mystery writers making mistakes in their books. Getting police procedure wrong, getting all sorts of things wrong," she said.

"And a lot of the lectures are hands-on. For example, presumptive blood testing. They might have a class where you are given something with red on it and then you're given the equipment and then you test it."

"And you can see, 'Oh! It smells like vinegar when you snap this little vial.' Details that you would never get even if you looked at a catalogue showing that equipment."

(Continued on Page 6)

On the west side of the building will be **Bishops Barbershop**. Celebrating almost 14 years, Bishops began in Seattle and has grown to 13 locations including Seattle, and Bend, Ore. Most are in Portland.

While there are several hair salons and barbershops in the immediate area, Bishops draws a different clientele according to several stylists in the village.

"It is competition for sure, but competition is healthy," said Tamara Marshall of Fusion Cut and Color.

"We have just celebrated 11 years in Multnomah Village," Marshall said, "and we have been best eco-friendly and organic hair salon five

years in a row."

A representative of BMK Construction said Bishops should be open by the end of November.

Next door, **Tastebud**, which creates wood-fired baked goods, will be opening east of Bishops in the same building. Many folks were fortunate to get a sample of their food during Multnomah Days, but they sold out early.

Tastebud began as a sustainable farm, but after building a brick oven, found their niche in cooking bagels and pizzas. They have a variety of food carts around Portland and are at the Hillsdale Farmers Market year round. They are expected to open their doors in February.

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Commissioner Fish and Water Bureau staff discuss surplus property policy

MULTNOMAH NOTEBOOK

By Erik Vidstrand
The Southwest Portland Post

Over 60 residents, community activists, and government officials attended the Sept. 9 meeting of the Multnomah Neighborhood Association.

City Commissioner Nick Fish, Water Bureau director David Shaff, and other city folks were on hand to discuss the new city policy on surplus property.

"We sold the Water House—a project launched by Commissioner (Randy) Leonard in 2009—to demonstrate the benefits of water-efficient homes. We also curbed water rates to below five percent," Fish said. "Tualatin's rate is 12 percent."

"We also created a statewide independent advocacy group to monitor water bureau actions."

"The Freeman Water Tank was the catalyst," Fish went on. "I wasn't satisfied with the current policy. I was obliged to honor the contract." *Editor's Note: For background, see letters and story in the November 2013 edition of The Post.*

Fish went on to say that in the future, the Water Bureau will not advertise on Craigslist, ask a fair value price, have no advertising or signs, and notify the neighborhood and business associations.

"We appreciated the public's input, but let's test drive the revamped policy first," Fish said.

Fish complimented the group for "turning lemons to lemonade."

Questions came next. Neighbors questioned everything from pending lawsuits against Fish and the Water Bureau, Superfunds, and gouging rate payers for unrelated projects.

"It is illegal to use funds from every bureau to help pay for water services," Shaff explained.

"Was it appropriate to charge ratepayers money to move pipes?" a Multnomah resident asked.

"Yes, it was fine," Shaff answered. "But we need to shift the cost of the superfund to taxpayers, not the water rate payers."

Shaff explained the new surplus property policy.

"First of all, all bureaus will be notified. The property is no longer needed and will ask if four or five other bureaus want to purchase the land."

After ten days, the property sale will be put into writing, then public notice to all including Metro, the county, and state.

"It will then be listed on the city's website, and not buried, hard to find," the director continued to explain.

The property will then be listed with a sign for intent to sell for at least a minimum of 45 days. Community newspapers would be utilized, and then an emergency ordinance will be enacted, after a second hearing, by the city council.

If the council says yes, then the property will be listed on the NMLS (Nationwide Mortgages Licensing System and Registry) and the city



Commissioner Nick Fish discussed the city's new surplus property policy at the Multnomah Neighborhood Association meeting on Sept. 9. (Post photo by Erik Vidstrand)

will not accept any offers for 30 days.

Randy Bonella said that 30 days is not very long since business and neighborhood associations meet only once a month.

"Sixty days is much better," Bonella said.

"Ask the (City) Auditor to audit the property," someone else suggested.

"We're committed to doing better," Fish conceded. "We're going to fine tune this model and export it to all bureaus. This will be a consistent policy that everyone can use."

Writer April Henry

(Continued from Page 5)

Unlike some writers, who agonize before a blank computer screen, Henry said she "likes writing," and rarely has writer's block.

As for her inspiration? Henry keeps a huge file of potential book topics. She thinks life itself is full of great ideas. "Don't you think the news is filled with stories?" she said, smiling.

When asked how her writing has grown since she finished her first book, she didn't hesitate. "Oh, I can write a book in a really short amount of time and have it be good."

Henry had two new books come out last summer. A young adult mystery, "Body in the Woods," for which she accompanied search and rescue teams for background research, and "Deadly Business," co-written with Lis Wiehl, a former reporter and federal prosecutor.

Henry doesn't get many rejections anymore. But she will never forget her determination to achieve her childhood dream.

In fact, her advice for would-be authors is pretty simple: Don't give up. "I think tenacity is more important than talent." Fortunately for Henry, she has an abundance of both.

April Henry has a wonderful website where you can contact her, read about her books and more. Visit www.aprilhenrymysteries.com.

If you took photos of Southwest Sunday Parkways on Sept. 28, please email high resolution images to ThePostnews@multnomahpost.com. Be sure to include contact information so we can credit you accordingly. We will include photos in the next edition. Thanks!

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Moss Street/28th Avenue neighbors learn what to do in case of major emergency

By Erik Vidstrand
The Southwest Portland Post

You're working in your garden; the kids are at school; and your partner is still at work.

Suddenly, a 7.9 earthquake hits and all hell breaks loose. Electricity is off; water mains are bursting down the street; and the smell of rotten eggs is prevalent, which you remember is the odor of a gas leak.

The Big One has hit. Now what?

Perhaps it isn't an earthquake. Maybe it's a flood, a storm, or some bacterial incident.

Are you prepared? Some are, some just a little, but most, probably not.

Folks that live in the Moss Street/28th Avenue neighborhood are at least a little bit closer to knowing what to do when the stuff hits the fan.

On one of the hottest Sundays of summer, over 30 neighbors gathered at a private home to meet and learn what to do in a major emergency.

Volunteer neighborhood rescuers will likely be the first on-the-scene when firefighters and police are slowed by impassable streets or overwhelmed by calls for help.

"Not if an emergency happens," emphasized Bob Cogan, Neighborhood Emergency Team captain, "but when an emergency happens, we all need to coordinate as a team."

Whether it's the Big One that seismologists are predicting or a major storm that may hit the Northwest, residents of the Moss Street/28th NET were linked together in a listserv, a list of skills and tools, and communication instructions.

Under the coordination of trained team captains Bob Cogan and his

cousin Jeanne Fitzgerald, participants saw firsthand emergency food rations, water requirements, wind up radios and flashlights, and learned how to put out small fires.

The Portland Fire Bureau's Engine 18 truck arrived to the delight of young and old children alike and firefighters started a couple of fires in an outdoor grill.

The firefighters demonstrated fire extinguisher dos and don'ts, how to put a fire out but still call 9-1-1. How to recognize that your fire extinguisher, that's been stowed away for seven years, most likely doesn't work anymore.

In addition to emergency preparedness, a rare occurrence of three new families moving right in a row within weeks of each other was welcomed to the street.

Erika Nebel, staff from City Commissioner Steve Novick's office, was present to answer any city questions.

"This neighborhood doesn't wait for National Night Out," exclaimed Stuart Ellis, a long-time resident. "We

have national nights out, and days out, year 'round."

According to Ellis, the neighbors have been getting together not only for parties and BBQs, but organized to move hot tubs, help with the semi-annual Southwest Neighborhoods, Inc. Cleanup, cut down trees, provide assistance to the elderly, and support a family who lost a loved one.

"Heck! We even share hops and grapes to make wine and beer," said Ellis.

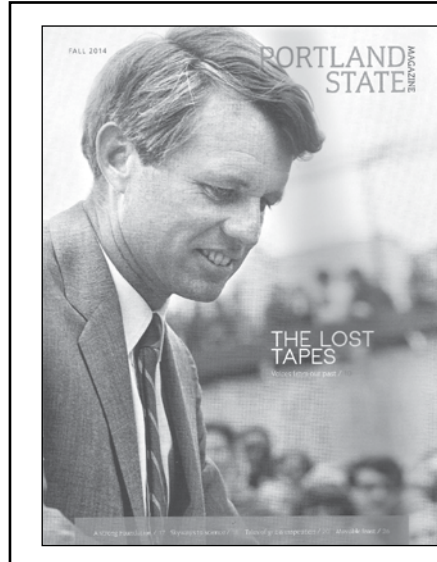
"Some of the neighbors were on the border of the actual Moss Street/28th team boundary," Cogan added, "but



Ken Hittle, puts a small fire out with an extinguisher at the Moss Street/28th neighborhood meeting. (Post photo by Erik Vidstrand)

they came anyway and now will form their own NET that fits their geography and dynamics."

For information on how to form a NET team for your particular area, or how to join an existing NET team, please visit www.netportland.org.



Voices from our past

Running for the Democratic nomination for president in March 1968, Sen. Robert F. Kennedy made a campaign stop at Portland State University. A reel-to-reel audio tape of that event was discovered by an archivist at PSU in 2013, along with more than 250 hours of political speeches from luminaries of the 1950s, '60s and '70s including poet Allen Ginsberg, astronomer Carl Sagan, novelist Toni Morrison, and civil rights activist Stokely Carmichael, just to name a

few. Miraculously, nearly all of the tapes were transferred to a digital format intact. Best of all, they were posted online for all to listen to. Called the Oregon Public Speakers Collection, these amazing voices from our past can be heard at pdxscholar.library.pdx.edu/orspeakers. The cover story, "The Lost Tapes" by John Kirkland can be read in the Fall 2014 issue of Portland State Magazine.

- Don Snedecor
(Photo by Craig Hickman)

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Wilson PE class first in nation to utilize yoga and meditation techniques

By Janet Goetze
The Southwest Portland Post

About two dozen Wilson High School students enter the classroom in comfortable clothing, take off their shoes and settle on a yoga mat with a round pillow.

Teacher Allyson Copacino begins the class by running a mallet around the edge of a metal bowl to produce a singing tone, a familiar sound in yoga classes.

After a few moments of relaxation, the students rise and begin a series of stretching exercises and breathing techniques, including one that sounds like a cat hiss that makes several students smile.

The class, called "Mindful Meditation," is believed to be the first full-year high school program of its type in the United States, said Caverly Morgan, a contractor who teaches the class with Copacino.

The goal is to help students develop emotional resilience, self-awareness and compassion by using yoga movements and focused meditation techniques, Morgan said.

Morgan, the director of a non-profit organization called Peace in Schools, said the techniques are intended to help students become neutral observers of their thoughts, especially those stressful ones, without using coping mechanisms.

"Eating a whole chocolate cake," she said, is one immediate way to cope with stress, but it can make the eater feel worse afterward.

By examining fears, anger, depression and other emotions, students can bring themselves into the present moment without focusing on what happened yesterday or what might happen tomorrow.

According to Morgan, by taking deep breaths students can relax as

they examine the emotion.

To help students learn the technique of mental focusing, Morgan rings a small, brass bell. "Raise your hand when your mind wanders from the bell," she tells the class.

Some raise their hands after about a minute while others remain seated with their eyes closed and their faces relaxed.

Then, a truck pulls up outside the open classroom window, and the other hands go up as students laugh at the noisy interruption.

After less than a month of class, several students said the techniques are having positive effects.

A junior, Cassia McIntyre, 16, said, "I hold a lot of tension in my body. I get test anxiety, too. . . . I find I'm learning to take deep breaths when I get stressed out."

Senior Ryan Nilsen, 17, practices yoga with his father and sister and was attracted to the class because of its yoga movements.

"I notice that the days I have the class, I can come to class feeling grumpy or sad or angry," he said. After class, he said his mood is brighter for the day.

The "mindful" part of the class has become mainstream in the corporate world where executives and salespeople are learning to be focused and "in the moment" to perform well, said Principal Brian Chatard.

Chatard sat in on one of the classes, which were introduced last school year to Wilson's leadership class and peer counselors.

"I found it beneficial myself," said Chatard, who noted that in his job, he needs to be "in the present" for situations he faces each day, which may include an angry parent or a student or a group of students.

The "mindful" ideas have come from the work of Jon Kabat-Zinn, an emeritus professor of medicine at the



Cassia McIntyre, 16, and Ryan Nilsen, 17, demonstrate an exercise used in "Mindful Meditation," a new Wilson High School class intended to help teens reduce stress and gain emotional resilience. By lifting opposing arms and legs, the instructor says, they are using both sides of the brain. (Post photo by Janet Goetze)

University of Massachusetts.


For about 40 years, Kabat-Zinn has studied mind and body interactions in people with chronic pain and stress-related disorders. In 1979, he opened a clinic using what he calls mindful meditation techniques to assist those patients.

Wilson students may take the class for a physical education credit or as an elective, Chatard said. Nearly 300 expressed interest in the program but the three classes accommodate

fewer than 100.

Some may have been attracted to the class for the yoga movements, Chatard said, but others may have been seeking the mindful meditation they saw introduced last school year.

"There is no time that I think is more fraught with distraction than among teenagers," Chatard said. It's the kind of class that can become "an essential part of how to teach a kid to be successful in life. There's more than academics in that."



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